

THE IRISH TIMES Magazine

Saturday, September 28, 2024

Truth to power Can letters to leading politicians inspire change?

Campus cool Students on what inspires their personal style

The student issue

Voices of the future on the topics that matter

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The Guildhall
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Seamus Heaney HomePlace
Bellaghy

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Derry hosts Europe's largest **Halloween Festival**, a celebration which welcomes the spirit of Samhain through the gates of the Walled City. Over four nights, the worlds of past and present collide to create a street celebration of all things spooky.

Seamus Heaney HomePlace

Drop into our beloved Nobel Prize laureate's hometown of Bellaghy, 45 minutes from Derry. The life and works of Seamus Heaney are open to you, right where the people, places and landscapes inspired him. Venture out to Open Ground, five places which held great significance for Heaney. Discover how each influenced his literature's rich legacy - a fantastic journey into the landscape that Seamus Heaney loved all his days.

Bakehouse NI

Join Bronagh at the **Bakehouse NI** in Magherafelt, 40 minutes from Derry, for an afternoon creating your own gin, infused with delicious ingredients you've foraged that day. Digging for Gin is perfect for small groups and guides you through the process of making Sloe Gin as well as baking traditional Irish bread. Then take home what you make - yum!

Food & Drink

Derry hosts an array of dining experiences for all occasions and budgets. There's **Umi**, an Asian-fusion restaurant with an atmosphere as vibrant as its food. Try the all-new food market at **Clipper Quay** for delicious local street food. Also new is **Stitch & Weave** on Ebrington Square, with tasty dishes and panoramic views of the Peace Bridge. Nearby is **Yum Cakes** for freshly prepared baked goods. For a Michelin Recommended experience, head to **Artis**, where Phelim O'Hagan and his team use traditional and modern techniques to create unique, memorable dishes.

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Northern Ireland



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Introduction

As tail-end Gen X, I do not speak fluent student. They can speak for themselves

Nadine O'Regan



How do you know you're getting on in years? Answer: when you bring up The A-Team as a visual reference to student curators and writers posing for a cover shoot for The Irish Times Magazine. It was a Saturday in the third floor conference room of The Irish Times building on Tara Street, Dublin.

Three of our curators and writers were posing for Irish Times photographer Alan Betson and I was asking them to channel ... a glowering, gold-

medallioned Mr T? It was all very Steve Buscemi wearing a backwards baseball cap in 30 Rock, pretending to pass as a teen, and that meme saying, 'How do you do, fellow kids?' (I also referenced Tyra Banks and smizing; I'm not sure it helped.)

I do not speak student. I can't tell you about serving up lewks, rizz, slaying, things giving me life or sending me (yes that is the end of the sentence).

This is not my generation (I'm tail-end Gen X) and they are not the phrases I use, at least not without looking self-conscious. But then again, as one of our curators pointed out, they don't necessarily use those phrases either. Cliches about Irish students abound, and some of the most pervasive are also the most ridiculous.

So, as colleges open their doors for another year, it makes sense to skip past

the cliches – verbal or otherwise – and move to the students themselves. To ask them for their experience and what they believe is important. To invite them to show us the Magazine they would create.

For this editor, having students and new graduates take over the Magazine for an edition has been an experience that has been exciting, challenging, inspiring and mildly terrifying: take your pick. Over Zoom, in person, via WhatsApp and email, we communicated back and forth, engaging on different ideas. What came up as important themes? Generational stereotyping. New addictions on campus. Mental health, identity and anxiety.

The question of how to make a difference to society, and improve it. The problems associated with AI. Interestingly enough, social media – something that has been an obsession

for millennials and Gen X – wasn't so much of an issue, possibly because these Gen Z-ers are the first generation born and raised in an internet culture.

There are four guest curators for this weekend's Magazine: Jenny Maguire of Trinity College Dublin; Tess O'Regan (no relation) of University College Cork, Adam Mullins of University of Galway; and Dorothee Karekezi, also of UCC. Along with their thoughts and creativity, the Magazine also includes the voices and perspectives of other students and recent graduates, including writing from Kate Henshaw, former editor-in-chief at Trinity News, and Molly Cantwell, former managing editor at UL's Limerick Voice, and contributions from students at Ballyfermot College of Further Education, UCD, National College of Art and Design, Limerick School of Art and Design, and University of Galway.

Not everyone would choose to take on this task and put themselves out there – I've no doubt you'll be hearing a lot more from these voices in the future. ●

Nadine O'Regan is Acting Editor of The Irish Times Magazine

Our guest curators

Adam Mullins is a climate activist, food waste entrepreneur and astrophysics student at the University of Galway. Deeply focused on preventing food waste, in 2022, Mullins set up the Student Pantry, a system whereby surplus food is collected through FoodCloud, a distribution network, and redistributed to students attending the University of Galway. Currently, with support from the students union, Mullins spends the majority of his time working at the Student Pantry, getting food at no cost to the University of Galway students. Mullins hails from Clonmany in Donegal.



Tess O'Regan is a writer from Cork. She completed a BA in film and screen media at UCC in the spring and is now pursuing an MA at UCC in modern literature. An avid reader, she is particularly fond of the Hilary Mantels and Cormac McCarthys of this world. She is a frequent contributor to UCC's Motley magazine and is one of eight UCC Lord Puttnam Scholars for 2024: the UCC Puttnam Scholarship offers final year and postgrad students mentorship from David Puttnam on subjects ranging from film and industry to politics and life at large. It also affords recipients the opportunity to make a short film with their fellow scholars. O'Regan has found the scholarship challenging and rewarding.



Jenny Maguire is president of Trinity College Dublin Students' Union/Aontas Mac Léinn Choláiste na Tríonóide. Maguire, who hails from the northside of Dublin city, is a transgender woman with a passion for justice. She is a co-organiser of Trans and Intersex Pride, which is a protest that garners over 5,000 people annually. Maguire was also involved with the organising of the five-day Trinity College Dublin encampment for Palestine. In her spare time, Maguire also enjoys performing, comedy and playwriting.



Dorothee Karekezi is a Belgian writer, actor, director, dancer and youth theatre facilitator interested in elevating silenced voices and stories from marginalised people. She believes in creative practices that are disruptive and reflect the complexities of human experiences. She practised performative arts in Belgium, Portugal and the Netherlands before moving to Ireland. Awarded the Lord Puttnam scholarship, she holds a degree in communication and journalism from IHECS Brussels School, a master's in business communication and digital media from Tilburg University and has just graduated from UCC's higher diploma in arts, theatre and performative practices, with first-class honours.



Education can be a leveller but only if we recognise the privilege gaps

Brianna Parkins



We like to think of education as being the great leveller in society. Like a big bricklayer's trowel smoothing off privilege and tapping us down to rest equally on our efforts next to each other. It shouldn't matter if we're rich or poor or where our parents were born – as long as we get the marks we should get the university place we deserve.

CAO points don't discriminate, after all. They don't check an applicant's mother's LinkedIn to find out if they went to school together. They're not looking to see if there's a local TD in the family because the CAO points are trying to get planning approval for an extension out the back.

That's the beauty of higher education. If you are bright then you will get into university. If you do well at university, you'll have job offers raining down. Your level of success is determined only by how hard you are willing to work.

That's what I believed anyway when I headed off to the University of Sydney. I got into the university parents love to say their children got into. It had all the impressive bits needed to be a top university – ye-olde-looking stone buildings framing a quadrangle where TV shows and movies were filmed. It had a touch of the Harry Potters about it all. There was Latin written on things. It churned out prime ministers, Nobel prize winners and bishops.

I was hoping for a Cinderella story – to be transformed from a suburban pumpkin into someone who wore a pencil skirt and worked in an office. I didn't really have high goals for myself at that stage other than to stop wearing a name tag to work.

I would meet new friends and we would read books and talk about them. While wearing black turtleneck jumpers. How sophisticated. But when I got there I realised most people already knew each other. It seemed almost entire year groups from elite private schools had come together.

They were already so at ease, having spent years popping in and out of each other's houses and pools and football teams. They were friendly enough but they spoke a different language. They were talking about which internships they were lining up, which classes to take because of which professor's connections to a certain firm. They were not working three jobs and falling asleep in



The only special treatment I got was from my friend's dad who owned the local late-night kebab stand and gave me free chips

lectures. I had naively assumed that when I became "good enough", I would be recommended for an internship and a man would come over to my desk and say, "You've been a great girlieen studying so hard, here's your form to fill out for your dream opportunity." It took a kind classmate saying to me that his dad could get me the internship I craved most (which was working for free at a magazine, most likely organising the hand-lotions cupboard). I looked at him like he was selling me magic beans. Someone would give you a job not based on your application but because of a personal connection?

At this stage I had gone a good 20 years of my life not knowing about networking, and even if I had it wouldn't have helped me. Who was in my network? The only special treatment I got was from my friend's dad who owned the local late-night kebab stand and gave me free chips. But these kids not only had access to people who could shape their future, they had no problems asking them for help. They knew it was an essential part of life, like brushing your teeth.

I still believe working hard is key to success but I'm old enough to know there are social and cultural leg-ups that aren't given to everyone. Education can still be a great leveller but only if we acknowledge the privilege gaps.

"First-in-family" students, who, as the name suggests, are the first to access higher education in their families, are often more likely to drop out. Research suggests they struggle not only with the financial burden of staying in education but the transition it involves. It can be isolating trying to find your way with no one able to guide you because you're the only person you know who has attempted to get a degree. You don't know which subjects to pick, which scholarships you can apply to or how to get help when you need it.

The only people I knew who went to university were my teachers at school. I was lucky enough to transfer to a university with a first-in-family programme. I had teachers who put me on to scholarships and jobs and who looked the other way when I had to work the odd overtime shift.

It was that help and understanding, not my marks or the fancy university, that got me into the career I loved.

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Seán Moncrieff

I regarded university as a resource to be used, not a place to be told what to do



I was having dinner with a few people, and somehow the talk moved to what thesis subjects they had chosen in college. One compared the inflation management strategies of the UK and EU central banks. One looked at stress among social workers. One told the story of the fall of the Russian house of Romanov. None of them could remember much about what was in their thesis: and none of them felt that they had put that research to any use in their subsequent careers. Other than helping them get a set of letters after their names, the work was, it seemed, functionally useless.

It's not every day you get to quote Sylvester Stallone on matters of education. Or at least, Dwight Manfredi, the character he plays in the show *Tulsa King*:

"You think anyone really gives a sh*t what your college major is? English literature, biology, whatever. The whole point of a college degree is to show a potential employer that you showed up some place four years in a row, completed a series of tasks, reasonably well and on time. So if he hires you, there's a semi-decent chance that you'll show up there every day and not f**k his business up."

Perhaps a little overstated: a degree in medicine might be pretty important if you want to work as a doctor, while it also

raises the suggestion that you don't need to go to all the expense of university to demonstrate your reliability. You could, for instance, get an actual job for four years.

Yet when a clip containing this speech was posted on social media, there were a lot of people more or less agreeing with the sentiment: and a lot of them taught in universities. Third-level education, these people seem to feel, isn't what it's ostensibly about: it's really preparation for the so-called "real" world.

But is it? In college, lectures tend to be for a few hours a day, after which the student is expected to study. Come the summer, there is the pressure of exams (something they will already be familiar with from secondary school), and then they get three months' holidays. There are precious few jobs like that. Apart from teaching in a university.

Of course, there is the argument that education is in itself a good thing – especially the humanities – and that it introduces students to ideas and cultures and other ways of being; that it helps produce a more rounded individual.

There is undeniably something to that idea: and it was the experience I had in university. Not the rounded individual part, perhaps, but I went to UCD simply because I wanted to learn stuff.

I was already working, so I did a degree at night. It was of no professional benefit to me. (My bugbear: journalism should be taught as an apprenticeship, not a classroom subject.) I was there because I was interested in the subjects – which in turn provided me with the liberation of not having to worry too much about exams. I concentrated on the areas that interested me and largely ignored those that didn't, resulting in a just-about-scraped-a-pass degree in English and philosophy. I had the advantage of not needing the qualification, and the advantage of being a little bit older and more confident. I regarded university as a resource to be used, not a place to be told what to do. I harbour a vague ambition to go back one day.

Of course, a post-Leaving Cert kid has neither of those advantages. Perhaps a mandatory course on How University Works might help. Or, more radically, a ban on going straight from school to third-level. Give them a year to work or travel. They may decide, despite having a gazillion points, that they don't want to be a doctor. They may decide not to go back to education at all. Let the real world prepare them for college; not the other way around. ●



I was there because I was interested in the subjects – which in turn provided me with the liberation of not having to worry too much about exams

We Love...

Getting lost in a good book

► Sally Rooney might be best known as the author of *Normal People*, but there was a time when the Castlebar native was just another Trinity student, a member of the college debating society and a keen reader. Rooney hasn't lost touch with her roots. Ahead of the publication of her new novel *Intermezzo*, she answered questions posed by Trinity's Jenny Maguire and UCC's Tess O'Regan.

Maguire asked the novelist about college life and how she regarded it. "When I look back on my time in university, I think I should have read more," replied Rooney. "I've never regretted reading a book, but I've often regretted neglecting to read one. Every other aspect of the university experience is probably fairly subjective. But I would recommend reading as much as time allows." O'Regan was curious about Rooney's use of quotation marks in dialogue. "Is that a reference to the work of Cormac McCarthy or is there



another intent behind the decision?" she wondered. Pointing out that James Joyce also didn't mark out speech with quotes, Rooney intriguingly distinguished between the real and the imagined. "I use them in non-fiction whenever I want to quote another person or text. They serve to alert the reader that I

am using someone else's words – like a pair of tongs used to handle a foreign object. In my novels, however, I am not using anyone else's words. All the words are written by me, including the dialogue. Nothing needs to be handled with a pair of tongs. Of course, I could use quotation marks to pretend that I'm quoting my characters, but that would seal off the dialogue from the rest of the narrative rather artificially. I prefer the text of the novel to flow smoothly, without those little bits of things floating all over every page."

Rooney's new novel *Intermezzo* is published by Faber, €21.99



Flick picks

▲ Back in the days of video, the phrase *Be Kind, Rewind* was there to encourage those of us of a certain age to spool our rental films back before returning them to the shelves. For this year's Dublin International Film Festival (Diff) it's the title of a programme at the Lighthouse Cinema, which revisits timeless films and cult classics, as selected by young and emerg-

ing talents from Diff's Irish Film Curators programme. Aimed at adding new and diverse voices to those who get to make the choices, audiences are in for a lively time with films from 1969's *Funeral Parade of Roses* to 1976's exploration of the Windrush generation, *Pressure*. Until September 29th, €7. diff.ie

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Oisinn's Iron Stomach Contest exploits are still legendary 23 years on

Ross O'Carroll-Kelly

Driving through the gates of UCD brings back one or two memories. Not that I spent much time in the place when I did the Sports Man Dip course back in the day. I passed most of my college year playing pool and drinking Jager bombs with ag science girls, who were all called Una or Bernadette, while waiting for Declan Kidney to call me up to the Ireland under-19 team, a temptation that he managed to somehow resist.

I ask Oisinn if he's nervous and he says a bit. Yeah, no, it's, like, Freshers' Week and he's been invited back, as a former Iron Stomach Contest winner, to compete this year's competition.

He goes, "Twenty-three years, Ross."

I'm there, "Is that how long it's been?"

He's like, "Twenty-three years," and he clicks his fingers, "gone like that. Sometimes, I wish –"

"What do you wish?"

"I wish I'd enjoyed it more at the time."

That's Oisinn. He's a deep thinker – very much like *me* in that regard?

I'm there, "Dude, we did enjoy it. Jesus, we went through that Orts block like gossip through Greystones."

He goes, "I suppose."

I'm like, "What's up with you?" because he's been a bit down since he arrived home from Borbados.

He goes, "Ah, don't mind me. I have to have two hip replacements and a hernia operation. Think I'm just feeling my age."

"Dude, you're only, like, 44."

"And what have I got to show for it?"

"Er, you're married to a great guy – Magnus, for fock's sake!"

"Yeah, I know that."

"And you've got little, what's his name, Paavo?"

"Like I said, don't listen to me. I just feel very old all of a sudden. And being back here isn't helping."

I throw the cor into the corpork and we make our way towards the lake. There's a humungous crowd gathered there and I think how nice it is that traditions like this one haven't been lost.

The dude from the students' union is

called Conor and he looks about 15. He thanks Oisinn for coming today and tells him, "You're an absolute legend" although it turns out he's never heard of me and suddenly *I'm* the one feeling my age?

There's, like, six high stools set up, but only five of them are filled and Conor explains that they had a late withdrawal. And that's when I suddenly ask the question. I go, "Can Oisinn take the last place?"

Conor looks at the other five entrants – four dudes and one bird – and they all nod their heads eagerly. They've clearly heard the stories about the Big O and they're in, like, *awe* of him?

Oisinn goes, "I can't. I'm too –"

But I'm there, "Dude, I don't want to hear 'too old'," and neither does the crowd because they're suddenly all cheering him on – giving it, "Le-gend! Le-gend! Le-gend!" – and he has no choice but to pork his orse on the sixth stool.

The competition gets under way. The entrants are each told to remove one of their socks and put it in the pint glass in front of them. The glasses are topped up

with beer that's a year past its sell-by date. They're then told to swap glasses with each other and knock back the beer in one go. My stomach is doing somersaults just thinking about it, and we straight away have our first faller – Graham (commerce), who throws up all over his chinos the second that luke-warm, sweat-infused beer hits his stomach.

Then the first course is served – we're talking raw fish fingers smothered in ketchup. No one looks happy, except for Oisinn, who horses into them like a freed hostage, much to the delight of the crowd.

Before that's allowed to even settle, the second course arrives. They're each handed a half-pound block of butter, which they have to eat like it's a bar of chocolate. The dude to Oisinn's right – we're talking Danny (Veterinary) – turns literally green while he's eating his and just as he's about to swallow the final bite, up come the contents of his stomach, an ugly mix of ketchup, bread-crumbs, raw cod and Kerrygold, cascading from his mouth and splashing the Dubs of the entire front row.

The third course has been a staple of the UCD Iron Stomach Contest going back to my old man's time here – a bowl of Pedigree Chum with a tube of Bonjella squeezed into it. Oisinn starts shoving big fistfuls of it into his mouth while the other three eat theirs slowly, all of them looking like they're about to vom any second. Suddenly, Gary (orts) decides to tap out and Oisinn – this is unbelievable – finishes his dog food *for* him? And from that point on, there's no doubt who the crowd favourite is.

They're all going, "Ois-inn! Ois-inn! Ois-inn!" as the fourth course is presented – a pint glass filled with dry fish food, which they have to eat with a dessert spoon. It takes a good, like, 15 minutes to get through this course, all of them choking on it like they're eating sawdust, and Nuala (ag science, naturally) is the next to go, chucking her guts into the lake, while Oisinn – and this is a lovely



touch – holds back her hair and tells her that she has nothing to be ashamed of.

And now it's only Oisinn and a dude called Mortin (engineering) left as the fifth course arrives under two silver cloches. When the cloches are lifted, everyone in the crowd, including me, turns away in disgust. It's, like, a sheep's brain, smothered in salted caramel ice cream. One or two people in the actual crowd lose their lunch when they see it and I can barely watch as Oisinn tucks into his like it's one of John Shanahan's New York sirloin strips.

Mortin is suddenly sweating like a spin class and I can tell he's close to spewing. He chews on gamely – I can only imagine the texture – but halfway through, it proves too much for him and he ends up painting the pavement the proverbial 50 shades of upchuck.

The crowd rushes forward and swarms around Oisinn. They lift him from his stool on to their shoulders and they carry him around, chanting, "Le-gend! Le-gend! Le-gend!" and I'm about to tell them to watch his hips when I see the smile on his face – the happiest I've seen him since we were students here – and in that moment the time falls away and 23 years suddenly feels like nothing at all. ●



Listen to Ross O'Carroll-Kelly read this column at irishtimes.com/podcasts

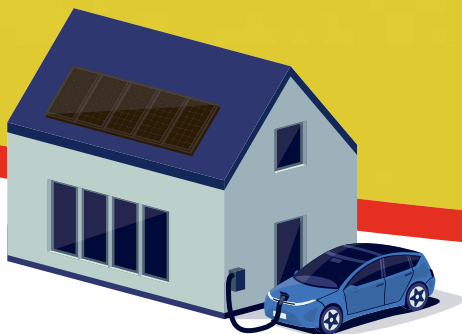
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Truth to power

Housing, mental health, voter apathy, emigration, the eco-system, colleges run as ‘businesses’: seven students and recent graduates offer their take on the issues facing Ireland today, and write to political figures in Government and Opposition, to explain what they want from the Ireland of the future

‘I refuse to accept the horror that has become the status quo’

Dear Deputy Mary Lou McDonald*,

“Mould or homelessness?” questions a Trinity News article from November 2023. This question, of course, seeks to provoke the reader. It is purposefully shocking in order to get people to read it, but I must ask – who is it really shocking to? After working in a students’ union for a number of months now, I am not shocked. For the average student, this question is far from shocking. Instead, it is a question that has become increasingly normalised as each academic year rears its head.

According to the Irish University Association, there stands a €260 million deficit in the higher education sector. This has far-reaching impacts. Universities are no longer places of learning; they are businesses. To make ends meet, colleges across the country have turned from the Government for funding to their students. Through accommodation costs, extracting heavy fees from international students and more, the price of running a university is being pushed on to students. Postgraduate researchers are paid less than minimum wage; they also receive no maternity leave. Would your party change this?

The rent-a-room scheme has created an incentive for landlords to provide accommodation to students. However, doing so without providing protection to those students is to put them at increased harm. Students can be thrown out at a moment’s notice. Students have no right to a lock on their door. Desperate students are settling not just for mould, but a complete lack of dignity in order to find somewhere to rest

their head. The digs legislation needs to pass to prevent this: would it remain a priority for your party in government?

These questions are put as if there is just one type of student experience, but as you know, there isn’t. I, myself, as a transgender woman from the north side of Dublin, have seen first hand how college isn’t the same for everyone. I had to take a year out and repeat another: a direct result of the lack of healthcare for transgender young people in this country. Our healthcare for transgender people breaks World Health Organisation (WHO) guidelines: The WHO, since 2019, no longer classifies transgender people as suffering from mental illness. Countries have had since January 2022 to recognise this – and yet in Ireland, you must go through hours of psychological evaluations with a mental health nurse and psychologist to get any form of healthcare. On a personal level, this is a humiliating process that has made me feel I couldn’t be myself in the service, but instead, a version of myself that I thought would be acceptable to two doctors in Loughlinstown.

My question is why? Why is this still happening? I, and many others like me, refuse to accept the horror that has become the status quo. In the Republic, there is little or no access to puberty blockers, which would have allowed me to have a normal time as a teenager. They would have given me space to truly be myself, and not the depressed child I was forced to be. I am stubbornly optimistic about my life, and yet it is the failing policies that do not meet the needs of the people that so often make me question my own ability to keep a smile on my face. How would you make things different?

Is mise, le meas,

Jenny Maguire, Trinity College Dublin

*This letter was sent to a representative for Sinn Féin; however the party did not respond within the time frame. Jenny is happy to meet with the party at any point to discuss her concerns.

‘The air was so thick with mould that breathing through your nose was not feasible’

Dear Tánaiste Micheál Martin,

It is a cliché, that a student – when afforded a public platform – will address the issue of housing. It is a cliché and yet, if we consider that the housing crisis continues, we might realise that the greatest cliché is the fact that no one has fixed it yet. I am 21. I have been a student at UCC for the past three years and I am lucky: I did not need to move out to go to university. Lucky indeed, or I would not have been able to afford to go.

The combined financial pressures of university fees and rent are grinding my peers into the ground. How do you make enough money to pay fees and rent and feed yourself when you are a student? You might argue that the Susi grant supports students. But the Susi grant, for those who receive it, does little against the rising cost of living and rent hikes. Many students work part-time or full-time to subsidise their studies. How are students supposed to find time for education when they must work so much to fund that education?

Two years ago, I made a short documentary with a few of my classmates. It was about students’ experiences of the housing crisis. In it, we interviewed students around Cork, in a variety of situations. Some were living in purpose-built accommodation. Some were in private rentals. Others in unregistered houses. All were exhausted and disenchanted with life. I have filmed in rooms where the air was so thick with mould that breathing through





Student Jenny Maguire: 'In the Republic, there is little or no access to puberty blockers, which would have allowed me to have a normal time as a teenager.'
Photograph: Alan Betson

your nose was not feasible. The entire crew fell ill the day after filming. Again, we were lucky. At the end of the day, we got to leave. The students living there did not. That was their home and they were paying €400 per month to keep it. €400, you might say, is on the lower end of the rent price scale. Almost affordable, if you do not turn on the heating during the winter. If you do not take into account the health-care costs that stem from living there.

There is plenty of building in Cork. Offices, hotels, expansions of the port; you name it, there's a construction crew on it. There are plenty of buildings in Cork too. Houses with boarded-up windows rot while students, asylum seekers, families and people in need walk past them – homeless. There is no shortage of roofs, only a shortage of good judgment about what to do with them. Newly built housing will never fix this crisis while it is privately contracted and privately owned. Private means extortion. Private means evictions. Private means prioritising profit. Is this what Ireland is; a country that values industry and economics over people?

I studied film and English literature for my undergraduate degree at UCC. An arts degree teaches you how to think for yourself, a skill that has become all the more important as false information emerges in the mainstream. I know I do not need to tell you this, as a student of the arts yourself. Yet I will say it because the rise of the far right typically occurs when people are impoverished, desperate, and looking for a scapegoat. The ground is ripe for a populist movement. Only proper public supports and education can correct this. But support is lacking and education is too expensive. Since the UK left, Ireland has the highest third-level fees in the EU. To justify the cost of education, students need to see a return on their investment with high-paying jobs. Third level-education has become about gaining money rather than knowledge: an investment not in ourselves but our careers. Tánaiste, I have two older sisters. The eldest went to primary school during the mid-1990s and early 2000s, when you were minister for education and science. You held this office between 1997 and 2000 and effected a lot of improvements for primary education. I bring this up to appeal to you. While your portfolio might look different today, you were once heavily invested in the education of young children. Those young children became teenagers who became young adults. They are now struggling to buy houses. The children that came after them, like myself, cannot afford to keep a roof over their heads, let alone afford to continue education. If you wish to protect your legacy as minister for education, you will protect the right to education.

As Budget 2025 approaches, I urge you to support improvements to third-level funding, to advocate for further reductions in fees and to ensure that the arts are treated with respect. Likewise, I know

❖ I speak for thousands of young people when I say I want to see results from the Government's housing schemes. We have asked and waited and been disappointed again and again. You lose a generation of votes if you do not deliver safe and affordable housing. I anticipate your response. *Sincerely,*
Tess O'Regan

Dear Tess,

Thank you for your letter. You open your correspondence describing your concern, as a student, about the issue of housing as "a cliché". It is not, and you are correct to highlight what it means for your generation. I understand and appreciate the profound impact that the country's housing crisis has had on people in general, and on students in particular.

When I came into Government as taoiseach in mid-2020, I described the housing crisis as the most important social issue facing the country. That was why, along with colleagues, I launched Housing For All – the biggest investment and direct intervention in the housing market in the country's history.

In the few short years since then, we have built 115,000 new homes – that's more homes than the previous two governments combined – and 52,000 new homes have been started on site in just the last 12 months. I know this is scant comfort for those still in need of a home, but it is evidence, I hope, that as a Government we are serious about dealing with this issue.

You write powerfully about the effect of low-quality student accommodation on the hopes and outlook of students forced to endure it. This is not acceptable, and as a Government we are determined to make the investment necessary to make such experiences a thing of the past. Since 2020, almost 9,000 student beds have been brought into use, through both private and public sector, with a further €100 million allocated in April for the delivery of a further 1,000 beds. In the meantime, our reintroduction of the rent tax credit will hopefully give some financial relief to a significant number of students.

Our programme of investment has not been able to help everyone yet, but it is a meaningful intervention and is helping to build momentum. I hope that as a Government we will shortly publish a new student accommodation strategy to chart the next steps in fixing the problem.

You also write with eloquence about the importance of education to the individual and to society, and I could not agree more. As you recognise in your letter, I have had a passion for education throughout my career. I believe that it is the great leveller and the great enabler, and have always approached politics on the basis that education is the foundation of our nation's social and economic progress.

That is why we have invested so intensively in it since coming into Government in 2020. Whether it is the introduction of free schoolbooks for the first time, the €5 billion we've invested in school buildings, the slashing of school transport fees, Leaving Cert reform, the establishment of



a new Department of Further and Higher Education, the abolition of student contribution fees for many students and their substantial reduction for many more, the full restoration of maintenance grants for postgraduate students, or the development of five new technical universities – this Government has, by any fair or objective standard, put education front and centre of our efforts.

My commitment as leader of Fianna Fáil is that any government including my party will continue that ambitious programme of investment in education and that education at all levels, from preschool to postdoctoral, will continue to be recognised, respected and dealt with on the basis that they are key to Ireland's social and economic progress.

You're correct that I studied the arts. I studied it at degree and master's level and, like yourself, did so at University College Cork. My twin brother and I were the first in my family to access third-level education. My late parents both had to leave school at the end of primary due to economic circumstances, but they were passionate about their children getting a decent education. My father was a bus driver, and even though he was over the income thresholds to receive grants due to working overtime, he managed to put us through third level. Throughout my four years in college, I also worked in bakeries – an experience I will always cherish. So, participation to education is something that is personal and important to me. I had a very invigorating and inspiring time in UCC and that is why I remain passionate about making sure that every person who wants to pursue their education in a field of their choice has the opportunity to do so.

Thank you for engaging and I encourage you to keep challenging and keep advocating on these most important issues.

Micheál Martin is Tanaiste and leader of Fianna Fail

'We don't all want to go but many feel like we can't stay'

Dear An Taoiseach Simon Harris,

I recently graduated with a BA in Sociology and Social Policy from Trinity. I spent five years in Trinity College, four on my degree and one as editor-in-chief of Ireland's oldest student newspaper, Trinity News. This experience allowed me an insight into the different struggles people overcame to reach graduation day.

Though many of these struggles are personal, far more are structural. I was already in the paper by the time you became our first minister for further and higher education. Finally, students had somebody in a senior position in Government to look to for the structural changes that were needed. Though there have been some notable improvements such as the fee reduction, we have a long way to go.

The hot topic is still rent prices, which are exasperated by a lack of purpose-built student accommodation. Fed up with my hour-and-a-half-long commute, I made the decision to move out of home in my final year. Despite having a good job that allowed me to work flexible hours, I was crippled by my rent. For nine months in a shared apartment, I spent over €9,000 on rent. I spent much of the year worrying about rent money.

We know the housing crisis affects everyone, but being priced out of accommodation as a student has become the norm. Without investment in college accommodation, this problem will worsen.

During my time as editor of the paper, students became increasingly aware of the upcoming general election. Many students

UCC student Tess O'Regan: 'You lose a generation of votes if you do not deliver safe and affordable housing.' Photograph: Daragh Mc Sweeney/Provision

had a concerning level of apathy around voting. Conversations centred around phrases like: "There's no party I want to vote for, so I don't know what I will do". Many plan to emigrate before the next election, sick of being stuck in their parents' box rooms and believing that there is nothing left for them in Ireland.

I implore you and the Government to prioritise young people in the next election. We don't all want to go but many of us feel like we can't stay.

Sincerely,
Kate Henshaw

Dear Kate,

I want to start by congratulating you on recently graduating from Trinity College and thank you for sharing your story with me. I understand your frustration. Over my four years as minister for further and higher education, I had the opportunity to meet thousands of students and hear first hand about the issues you were facing. The cost of third-level education was something raised with me everywhere I went. That is why we have taken steps to drive down the cost of education, including reducing fees and increasing availability of student grants.

The other issue people raised with me was housing, and I want you to know this is my number one priority as Taoiseach. Whether that is student housing, building more homes, delivering more home ownership or ensuring we have enough affordable rental accommodation, this is the single most important issue on my desk. As a Government, we are taking every measure possible. There is not a week that goes by where we do not make a decision on housing. I understand the

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❖ frustration people have but I want you to know we are restless in our approach. We have taken a number of decisions to help in the area of student accommodation. We have allocated €100 million to build student housing in DCU, UCD and Maynooth.

But we have much more we want to do. As we start to set new housing targets, we will include student accommodation for the first time. This means we will set targets that must include the delivery of student accommodation. That is really important. It means Government will lift our scale of ambition and work with universities across the country to deliver more beds, more housing. Importantly, we need to build more accommodation in the regions. We have built technological universities across the country and we must now construct student housing alongside it. Our young people deserve to have access to student housing. We also must ensure students and families aren't competing for housing.

When I had the honour of becoming leader of Fine Gael back in April, I said I would move mountains to get young people out of the box room in their parents' home. I get it. I'm of the generation who understands the difficulties so many people are facing. This is a great country, and our students are the lifeblood of the vibrancy and buzz in our cities, towns and villages. Many people know my story and why I got involved in politics in the first place – to improve services for people. I will listen, make changes and do whatever I can as Taoiseach to make the lives of young people easier.

Simon Harris is Taoiseach and leader of Fine Gael

'I heard stories of students couch-surfing nightly, even sleeping in fields'

Dear Deputy Holly Cairns,

During my time as a student in Limerick, I have seen the suffering of young people first hand. While at the University of Limerick, I heard stories of students couch-surfing nightly, even ending up sleeping in fields near the college when options ran out. Pair this with the rising homelessness rate in the city and it's more than obvious why there is growing unrest. We need more housing. Not an empty promise of more housing but serious plans using our "rainy day fund" so vehemently protected by the Government. While housing is being built, we need limitations as to intake. No amount of money to be bled from international students should overtake the basic humanity of a safe and secure place for adults to live.

In addition to the disastrous housing situation, the housing available is not properly accessible by bus routes: I'm sure the tale of the never-appearing 304 bus



has been heard far outside of Limerick. We need 24-hour bus routes allowing students to get home safely, without paying huge amounts. This step would benefit thousands: what is the Opposition doing to ensure this issue will be solved?

The money stresses arising from all of these issues lead to mental health issues – Limerick's suicide rates are consistently the highest in the country. We need an expansion of our mental health care at University Hospital Limerick and beyond. We need affordable therapy, intervention care and addiction services. While there are fantastic college counsellors, they are overworked and not available to students fast enough. Often, the wait to access these services can prove disastrous.

I urge you, as the youngest party leader in our Dáil, to examine these issues and offer up practical solutions. We need progress to fend off the advances of the ever-growing far-right minority. We want international students, we crave furthering our diversity, but we can't do this while we suffer at the hands of a Government seemingly uninterested in looking past Dublin's issues. I hope as a Cork woman you'll understand this frustration.

Le meas,

Molly Cantwell, 2024 graduate

Dear Molly,

Thanks so much for your letter. You have summed up the myriad challenges facing third-level students today throughout Ireland. Starting college is an exciting new chapter. But student life has been thrown into turmoil by an unprecedented accommodation crisis. The over-reliance on the private market has seen a saturation of exorbitantly priced accommodation – way beyond the reach of most students.

The Social Democrats would invest

directly in publicly owned affordable student accommodation. In addition, we would introduce a framework that would allow technological universities to borrow on the financial market to build affordable student accommodation – an option not available to them at present. The basic rights of those staying in digs accommodation need to be strengthened. To achieve this, we would extend the remit of the Residential Tenancies Board – particularly its dispute resolutions body – to cover people living in digs.

In government, we would increase spending on mental health from five per cent to 10 per cent of the overall health budget to address chronic underinvestment and staff recruitment difficulties. We would also expand Child and Adolescent Mental Health Services (CAMHS) to cover young people up to the age 25, in line with international best practice, and have an increased focus on early intervention.

You also raised important concerns about Limerick's public transport deficiencies. A redesign of the bus network is set to be rolled out from 2025 under BusConnects Limerick, which will hopefully result in some improvements. However, there will still be a need for significant investment in public transport across the mid-west region, to include improved rail services and active travel options. Properly functioning transport services are essential if we want to enhance quality of life in our cities, which is why this is an area the Social Democrats would heavily invest in.

The enormous financial burden of going to college is another area in desperate need of reform. In government, our party would increase Susi grants and phase out the student contribution to help take the pressure off students and their families. Going to college should be one of the happiest times in a young person's life. It



Molly Cantwell (left) and Kate Henshaw. Below right: Ayaz Ahmad, Right: Dayle Leonard and James Ruane.

Photographs: Andrew Downes/Xposure and Alan Betson

shouldn't have to be this hard – and it doesn't have to be.

Holly Cairns is leader of the Social Democrats

'Providing options is crucial'

Dear Deputy Marian Harkin,

I am writing to you on behalf of many postgraduate researchers currently residing in Ireland, facing significant challenges due to the unavailability of accommodation. Providing housing options for postgraduate researchers and their families is crucial. This could involve policy changes to prioritise affordable housing allocations for researchers, to allocate separate funding for accommodation or the development of new accommodation facilities dedicated to this group.

As a politician, how do you propose that the Government can support researchers to get them into better financial security? Do you think researchers should be able to contribute as taxpayers so their time in Ireland is taken into account when it comes to their permanent residency, as is the case in other European countries?

Yours sincerely,

Ayaz Ahmad, University of Galway

Dear Ayaz,

Thank you for your question. While I know you are based in Galway, I spoke at length to Dr John Bartlett, Head of Research at ATU Sligo, who provided me with insights on the important contribution postgradu-

ate research students make to Ireland, and he echoed many of the issues you raised.

First, it's important to recognise that postgraduate research makes a significant contribution to knowledge and is a critical part of the nation's intellectual infrastructure and property. Regarding housing, I believe that specific accommodation needs to be earmarked for postgraduate students in any new student accommodation that is being built and also that colleges should work to source suitable family-type housing for their post graduates.

Regarding the cost of living, the student research grant was never intended to support a family. While there are no agreed grant rates, there is a move towards a stipend of €25,000 p/a which should be a minimum amount and, given the recent increase in the cost of living, €28,000 p/a is a more realistic figure. When a postgraduate student brings their family, we should allow their partner to work. Research students should never be expected to undertake tasks in any college such as tutoring or demonstration unless they are paid for that work.

A proper code of conduct should be drawn up to ensure this or a change in legislation if necessary. Such a move would, I believe, contribute to a better work-life balance and more income.

I understand postgraduates in Ireland benefit from the qualifications they receive in an English-speaking country and that makes them desirable employees globally, but equally Ireland as a society and economy gains significantly from their research. Funding bodies, colleges and legislators have a responsibility to ensure decent terms and conditions for those who come here to pursue their research.

Marian Harkin is an independent TD for the Sligo-Leitrim constituency

'Extensive cutting has transformed the Emerald Isle into a grass island'

Dear Minister Eamon Ryan,

As a PhD student in zoology in the Universi-

ty of Galway, I would like to highlight the state of the protection and enhancement of natural habitats in Ireland.

Ireland was once home to thousands of species of trees, shrubs, ferns and mosses, feeding hundreds of species of arthropods, birds and mammals. Extensive cutting from the 17th century onward, for ship-building and cattle grazing, has transformed the Emerald Isle into a grass island, devoid of biodiversity. Very little has been done by Government to try to reverse this trend.

Rewilding is the only way to reconstruct and maintain the integrity of our ecosystem before it is too late. From the expanses of Killarney to the glens of Diamond Hill in Connemara, Ireland showcases the outstanding beauty of its national parks. Yet, within these same protected spaces, animal grazing, invasive species, gorse fires and illegal dumping still occur.

Action is needed. Alongside empowering the National Parks and Wildlife Service, new policies should be introduced; from ceasing coniferous plantations to creating spaces for rewilding. A solution could be the banning of replanting conifers and replacing them with native trees. Or provide incentives to plant native tree spaces. Only when these are done can hope be given to future generations that our island can remain the Emerald Isle.

Mise le meas,
Dayle Leonard



Dear Dayle,

Thank you for writing to me. The need to protect our natural habitats, halt the destruction of our rich biodiversity, and support sustainable communities and livelihoods is what spurred myself and many of my Green Party colleagues to first become community activists and then public representatives.

I share your concerns. However, I also

believe that the work of the Green Party and particularly my colleagues Ministers Malcolm Noonan and Pippa Hackett over the past four years has really helped to transform and reform how we manage forestry, land use and biodiversity.

We are incentivising people like never before to establish native woodlands, small and large. We are supporting the establishment of productive forests, but we are now insisting that there is space for nature and broadleaves. We are incentivising agroforestry and for the first time ever we are paying farmers for appropriate rewilding and the enhancement of scrubby areas. Perhaps most crucially, ecological input now plays a far greater role in where trees are planted. We are no longer allowing planting in our most sensitive habitats, like our precious peatlands, or where there are endangered species.

Malcolm has totally transformed the National Parks and Wildlife Service, more than doubling its funding from €28 million to almost €70 million and increasing its staffing from 350 to 540. He also set up a Biodiversity Officers Programme, up and running across almost every local authority. He has established two new national parks and has massively increased investment and resources across all of them. Malcolm and I also worked closely to ensure that the critical Nature Restoration Law got over the line, setting targets to restore 20 per cent of the EU's land areas and 20 per cent of our sea areas by 2030. Looking to the future at home, the Greens fought to establish a €3.15 billion climate and nature fund – a first-of-its-kind war chest for nature restoration, water quality and climate action.

We need more zoologists, ecologists, foresters, wildlife rangers, marine biologists and climatologists to alert us to the needs and fragilities of nature and to keep us focused on the reality that we can only thrive when our natural world thrives too.

Eamon Ryan, former leader of the Green Party, is Minister for Environment, Climate, Communications and Transport

'The student movement can have a real impact in changing society'

Dear Deputy Ivana Bacik

I'm a first year student of English and History in UCD. I live at home with my parents, I have a part-time job and I plan to work throughout my time in college to help support myself. How could my life change for the better under the policies of a Labour-led government?

Is mise, le meas,
James Ruane

Dear James,

Congatulations on achieving a place in English and History at UCD. I am always

happy to receive correspondence from students as I became involved in politics myself through student activism. I was elected TCDSU President in 1989-90; only the second woman in that position. We had a very dramatic year, taken to court and threatened with prison by the then powerful conservative organisation SPUC (Society for the Protection of the Unborn Child) under the Eighth Amendment of the Constitution. That denied women access to abortion in Ireland, and even the right to get information on where to seek abortion abroad. We only avoided prison because of strong legal arguments made in the High Court by our lawyer, later President of Ireland – Mary Robinson.

Our case helped to change public opinion on abortion rights, and showed how the student movement can have a real impact in changing society.

In response to your question, we in Labour have developed a range of policies that would, if implemented, really improve the lives of students. We are campaigning strongly on the issue of funding for higher education. As a former academic myself, having lectured in Law for many years, this is something I care about passionately. Labour has a strong track record of seeking increased state funding for higher education institutions, and we will continue to push for decent public investment to secure the future of our colleges and provide students with supports. We have also championed the cause of postgraduate researchers; Labour is the Party of the trade union movement, so we are deeply committed to securing decent pay and conditions for all working in third level.

Labour have consistently called for radical change in state housing policy to address the chronic housing disaster – lack of homes is the single biggest civil rights issue for this generation. We want direct state investment in the delivery of homes to rent and to buy, and a state construction company to provide housing at massively increased scale. We have introduced legislation to protect the rights of renters and have worked with USI to strengthen rights of students in digs – this would improve the quality of life for many of your classmates. Finally, Labour has a proud history of working for a more equal and inclusive society – we've been centrally involved in human rights, civil liberties and LGBTI+ campaigns over many years.

I hope this response is helpful, and again congratulate you on entering UCD.

Ivana Bacik is leader of the Labour Party



These letters were edited for length and clarity.



Me, Myself and Ireland

‘My grandmother always urged me to concentrate on education’

Second-year University of Galway law student Latisha McCrudden on the discrimination she has faced as a Traveller and how education became her refuge

I was the only Irish Traveller in my primary school in rural Roscommon and I knew I was a tiny bit different from everyone else. The first time I realised this for sure was when I made my First Holy Communion. My community has a tradition of big Communion dresses. I also had a Hummer on the day. Nobody else in my class had a Hummer.

I grew up with a lot of barriers in my life but I've used them as motivation. I got 550 points in my Leaving Cert and was the first member of my family to go to third-level education. I'm 19 and have just started second year in college, studying law at University of Galway. My grandmother was married at 15, and my mother got married at 17. They didn't have the same opportunities I have now. My grandmother always urged me to concentrate on education and said it would lead to a better life.

What I love about my culture is that family is so important. My grandparents, who have been married for 55 years, were like a second set of parents. My mother lived in a trailer but had moved into a house with my father, who was from the settled community, by the time I was born. I grew up as an only child until my sister Tulisha was born when I was 10.

Life growing up was difficult. There was domestic abuse. Because of the situation at home, school always felt like a safe space. I was the kind of child who couldn't wait for holidays to be over so I could get back to school. I think because of everything I experienced growing up, I knew I'd need a backup plan, and that was education. I've just always had this feeling that I have a purpose in life and that feeling has driven me forward.

Another reason I was so driven was because of a health scare as a child. At the age of nine I started suffering with migraines. It turned out I had a tumour



growing on the left side of my skull bone. I had open biopsy surgery to have the tumour removed in Beaumont Hospital. After the surgery I was diagnosed with fibrous dysplasia; it's a disease that weakens all the bones in the body. When my surgeon was doing my operation he asked me if I had any questions and I said, "when can I get back to karate?" I've been going to karate since the age of four, I have a black belt. The sport has got me through so many tough times. In my teenage years I had mental health struggles because I'd spent so much of my childhood in fight-or-flight mode. Thankfully, when all that deep trauma came up, I got help from Pieta House.

I'm proud to be Irish. That pride is one

Latisha McCrudden at the University of Galway. Photograph: Joe O'Shaughnessy

of the things I love about being from this country.

The first time I experienced it was when Katie Taylor won Olympic gold. I loved seeing the whole country so excited for her, celebrating that success. I like the everyday things about being Irish. The chats I had with older people in my village as a child. A big plate of bacon and cabbage. The way my nanny would still do the tea in the old-fashioned way. She puts all the tea bags into a huge pot and sets it down to draw on the range. It makes me smile. You could be waiting 20 minutes or half an hour for a cup of tea

but it's a very nice cup of tea when you get it.

What I don't like about Ireland is the discrimination. Whether it's against women or immigrants or people of colour or people like me from the Traveller community. I got a lot of encouragement at school from teachers and friends but there were some of my peers who called me a k****er. The sad thing is that we're all tarnished with the one brush, like if one Traveller breaks the law, the whole community is blamed. That's unfair. There are plenty of settled people that do bad things but the whole settled community is not judged or stigmatised. And that's as it should be because we're all individuals.

I do think things have improved in the last decade. Having Eileen Flynn in the Seanad and public figures such as Martin Beanz Ward helps a lot. The community is branching out too. Fifteen years ago you would have had very few Irish Travellers openly being part of the LGBTQI community. Also, the number of allies is increasing. When my friend Emma Ward and I launched our podcast with Spun Out, Mincéirs: Paving the Way, about the Traveller experience we got just as much support from the settled community as we did from our fellow Travellers. That's one example of progress.

I'm an ambitious person. I've always got stuck into extracurricular activities. I'm curious about the world, about everything from climate change to the legal system – eventually I'd like to work in family law. I'm also dipping my toes into politics. The plan is to put my name down in the local elections for 2028, campaigning on issues such as mental health, Traveller and women's rights.

We don't live in a fair society. Some people have to work much harder than others to overcome the circumstances they are born into. I want to break that cycle. I know that with hard work and dedication I can have a fulfilling and successful future. I'm a domestic abuse survivor, someone with mental health struggles, a woman from an ethnic minority but I don't want to be defined by labels. At the end of the day I am Latisha. I'm going to make sure I reach the places I want to go in life. Hopefully, along the way, I can help make Ireland a better place for everybody. ●

In conversation with Róisín Ingle. This conversation, part of a series, was edited for clarity and length. Listen to Latisha McCrudden's podcast Mincéirs: Paving the Way, co-hosted with Emma Ward, via spun.out.ie



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Striving to make a difference

Not everyone gets the same start in life, but some organisations in Ireland are doing their best to create positive change

**Kate Henshaw,
Molly Cantwell and
Dorothee Karekezi**

Offering young people a sense of community, support and respect is key to helping them achieve in life: here we profile three organisations striving to make a difference in Ireland.

‘A lot of them would have lost loved ones to violence’

Irish medical students are finding the time to give back. Street Doctors, inspired by a British charity, was set up in Ireland in 2013 by four Trinity College Dublin medical students who have since become fully fledged doctors. Their mission for the organisation is to teach life-saving first-aid classes to young people at risk of violence. Often class attendees, mostly aged 13-18, are just a few years younger than the medical students.

Two first-aid classes are taught by Street Doctors in Dublin, one that offers advice if someone is bleeding and a second that offers instruction on what to do if someone is unconscious. For many of the people who take the classes, these are not unfamiliar realities.

“Unfortunately, a lot of them would have lost loved ones to violence or know people who have experienced violence,” says Lisa Cordos, student manager with Street Doctors. Young people are taught to “recognise medical emergencies and call for help, and if it’s safe to do so, possibly intervene themselves”.

Street Doctors is run on a voluntary basis with the majority of the volunteers being medical students from Trinity and

the Royal College of Surgeons in Ireland (RCSI).

To help persuade other students to get involved, members of the committee use word of mouth, as well as recruiting via their lectures or friend groups. They have a constant cycle of fresh volunteers as one college year ends and a new one begins each September. Many of the people who attend find out about the classes via community or detention centres such as Oberstown.

Building rapport and a sense of mutual respect with the attendees of the classes, some of whom have suffered great trauma in their lives, is critical to Street Doctors’ success. “A lot of these young people come from backgrounds where they might not have been appreciated as individuals and given reassurance,” says Cordos.

“We make sure they’re valued as individuals.”

In interactive sessions, they ask the young people about their past experiences with violence, ending their sessions by saying, “What would you do differently? Would you call for help?”

Along with first-aid skills, Street Doctors also clear up some of the “misconceptions around helping out” in medical emergencies. Often class attendees, says Cordos, “think they’re going to get into trouble with the law” if they try to assist when faced with a violent situation. Street Doctors also advise on how they can intervene in medical emergencies even if it’s just placing an anonymous call for help.

While student volunteers often find their first session daunting or intimidating, Cordos says there’s a “mutually beneficial” aspect to Street Doctors. “Being involved with Street Doctors has helped me become more compassionate, caring and considerate,” she says, adding that it also teaches students like herself to distil the skills they have absorbed and offer it to “people who are hopefully able to apply them in a practical way”.



Street Doctors Ireland is made up of Trinity and RCSI medical students and recent graduates, who have one aim: to teach first aid to at-risk youth. Photograph: Dara Mac Dónaill

The charity has plans to expand beyond Trinity and RCSI in the coming years, looking towards universities such as UCD. Cordos encourages medical students to get involved and to be “mindful of the

people that they cross and the different factors in their lives that contribute to the way they act, the way they feel, the way they look”, something Street Doctors has helped her to do.

“You don’t have to be a street doctor to carry the ethos of being inclusive and considerate,” she says, adding that often the people who require the most amount of help “are the ones least likely to get it”.

KATE HENSHAW



‘The programme has a proven outcome of young people staying out of trouble’

If you wander to the side of Thomond Park in Limerick on a day when it’s not rammed with rugby fans, you might stumble upon Northside Youth Space. This Limerick

Youth Service branch - nestled strategically within walking distance of Thomondgate, Ballynanty, Moyross, Ennis Road and Caherdavin - casts a wide net to provide vital services for Limerick’s youth.

Education and training are on offer to young people aged 10-24 years of age. “Programmes can be on wellbeing, healthy eating, equine skills, homework clubs, art, sport, music, leadership skills,” says Dermot Troy, youth information and

communications co-ordinator. “While the youth clubs or cafes are more informal, projects can be more structured.”

One of those projects is the youth diversion project offered by Northside Youth Space, which aims to take young people away from negative influences. One of the key team members rolling out the project is Billy Barrett, a volunteering and youth services veteran, who started working at Northside Youth Space when it

opened its doors in 2016.

“The Youth Diversion project used to be called the Garda Youth Diversion project, and thank God it isn’t any more,” says Barrett, laughing. He says young people are more likely to engage with the project once it’s dissociated from the Gardaí.

“We get referrals from the juvenile liaison officer for young people that might be on the verge of offending or who’ve been cautioned. The programme is in

place to literally divert them from getting into more trouble. It has been working really well. It has a proven outcome of young people staying out of trouble.”

The project provides young people, aged 12-17, the support of a youth justice worker and a dedicated family support worker, allowing participants to take part in a diverse range of youth work programmes and activities - everything from music to mental health classes.

Although the project is also open to young women, at the moment it's mostly young men who avail of the services. Barrett speaks with warmth about the many young men who have received guidance through the programmes, leaving antisocial behaviour behind them, and moving on to full-time employment or a return to education following their time in the Youth Diversion project. This has been made possible in part by their close links with places like the Technological University of the Shannon and the Limerick and Clare Training and Education Board.

There are two key elements to this, says Barrett. One is working with the young person's family. “There are three family support workers now working with us. Before they came on board, a lot of our time and training was taken up with families that were struggling. We link in with them very closely, and they are a huge help. It's great that they can identify if there's any other children within the family that may be struggling as well, and we can get them involved with the Youth Service to keep them out of trouble.”

Another is getting them involved in group work. “The project is particularly successful when the lads all click together as a group. If we can get them working in groups, it does help a lot. We bring them in to give them a bit of food first, and they can relax, play a game of pool or whatever. And then we try to get them into the other side of it, to a bit of work too.”

The Youth Diversion Project works in partnership with the Irish Youth Justice Service and An Garda Síochána, and is part supported by the Irish Government and the European Social Fund.

“Our main objective engaging with kids in this space is to keep them in school,” says Barrett. “That's something we're facing huge issues with at the moment.”

limerickyouthservice.com

MOLLY CANTWELL

‘I have never heard someone who said they wasted their time going to youth theatre’

“You can see a better world for yourself and others when your creativity is being nurtured.”

Those are the words of Al Dalton, a writer, facilitator and marketing officer at Graffiti Theatre Company, an institution in Cork for 40 years, which delivers theatre productions for young audiences, creative learning workshops, writing



programmes, weekly youth theatre and early years arts experiences.

They offer opportunities for attendees up to 18 years, helping children across Cork to find their voice and develop their values and creativity through their educational arts programmes.

“When you start working with young people, you ask yourself, ‘What can I bring to this group?’” says Dalton. “Mostly you just need to listen to them first and check

where they are at, and you'll know what approach is best. It's about empowering them in their own voice, so they feel comfortable to say what they want.

“I believe everyone is creative,” he adds. “When you observe a baby interested in a game, their sense of imagination comes quite naturally. I find babies fascinating in the way they experience arts and play. You see all the potential. Teenagers can be challenging but they are incredibly funny.”

For Alton, it is also important to help the young participants develop their own instincts. “They need to know that there is no silly idea, no stupid question,” he says. “That gives them a safe place to start. It's especially important as, in Ireland, we have a tradition of earning the respect of adults first and allowing the voices of children to be heard only after. I personally treat them like my fellow artists and give them respect right from the beginning.”

In his view, there are times when adults can learn from the natural creativity of children. “As adults, we lose contact with creativity, some more than others. Our sense of play is maybe a bit hidden. We also live in societies where institutions and

education systems tend to hide that creativity. Fortunately, arts and play are becoming more and more important in the curriculum nowadays.”

Graffiti was founded in 1984 by Emelie FitzGibbon, with the mission of ensuring that every child had access to arts and culture. Over the years, Graffiti's work has reached thousands of children, sparking their creativity and intellect. I ask Dalton if he believes theatre activities can really have a lasting impact, helping those children for their adult lives too?

“Yes. I have never heard someone who said they wasted their time going to youth theatre. Arts is a living arts form, almost a living organism. What we do at Graffiti becomes a microcosm of the society where we have to develop interpersonal relationships, collaboration, listening skills, etc. All of this requires empathy and creativity. And we need creativity in this world, we need people who can think outside the box.”

In its four decades of existence, Graffiti has operated in a changing world culturally. Does Dalton believe that youth theatre in Ireland is inclusive enough in terms of diversity, religion and cultural background? “It's becoming more and more inclusive,” he says. “In the last 20 years, the landscape in Ireland has changed with diverse populations coming in. Immigrants start acclimating to the curriculum system and then, some look for extra curriculum activities for their children. It is incredible to see that what we are doing at Graffiti is resonating with them.”

Are youth theatre facilitators well equipped for those changing cultural landscapes? “People are becoming more trained, but it depends on where you're located as well,” Dalton says. “It takes a lot of work to make sure that your message is inclusive and open enough. And not all youth theatres are well equipped for that. Part of Dalton's role involves fundraising for the organisation, an occupation he says is challenging but fulfilling. “When I try to find sustainable ways to get fundings, I think about the amount of young people that it can affect and the creativity that can continue to flourish,” he says.

As a final question, I asked him what are the challenges that Youth Theatre will face in the future.

“A big challenge will be to communicate what is relevant. The more you can communicate the relevance of something, the bigger the impact you can create. It's about the bigger picture: youth theatre can empower young people and give them a voice that is sometimes not being heard anywhere else.” graffiti.ie

DOROTHÉE KAREKEZI

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Brave new worlds

What defines life on campus now? A lecturer and student offer two contrasting takes

Life on campus in 2024 is very different from a generation ago. Ask students about the issues affecting them today, and they're likely to talk about technology, anxiety, soft drug use and AI. We asked Trinity College Dublin lecturer and author Kevin Power and Galway student Tom (not his real name) to give us their take on two key areas affecting student life: an increasingly relaxed approach to soft drug use, and students' use of AI to help them with exam papers.

Kevin Power

Hey, ChatGPT! Write me an article for The Irish Times about students using generative AI at Irish universities. No problem Kevin. Here you go.

But ChatGPT, this is just 13 paragraphs of bland generalisations and junk neologisms. Don't the readers of The Irish Times deserve better? Okay, Kevin, here's the same article again.

Looking more closely at this article, ChatGPT, I see that you have quoted someone called Liam Gallagher, who is, you say, a professor of ethics at Maynooth University. But isn't Liam Gallagher, in fact, not a professor of ethics at Maynooth University at all, but rather the frontman of popular price-gouging indie band Oasis? Yes, Liam Gallagher is indeed the frontman of Oasis! In the article, I used the name as a fictional character for an academic expert. If you'd like, I can change that to avoid any confusion. Would you like me to revise it?

So instead of talking to actual academics, you have simply made one up. I used fictional names to illustrate points, but I understand that referencing real academics would add credibility.

It sure would. All right, let's try something else. Write me an article in the style of Irish writer Kevin Power about generative AI and students at Irish universities.

Sure, Kevin. Here you go: In the hallowed halls of Irish universities, where the echoes of intellectual debate mingle with the occasional murmur of late-night study sessions, a quiet revolution is taking place.

I'll stop you there, ChatGPT. I would never use the phrase "hallowed halls". Got it! Let's rework that introduction and adjust the tone to better suit your prefer-

ences: 'In the bustling corridors of Irish universities, where the clatter of keyboards meets the hum of conversation, a quiet revolution is taking place.'

But you haven't adjusted the tone, have you? You've just replaced clichés with other clichés.

You're right, and I appreciate your patience. Let's refine that introduction and overall tone.

Ah, I see we're back to bland generalities and junk neologisms. And my patience, ChatGPT, wears thin. Actually I've just had a horrible thought. Since you are essentially built out of data scraped from the internet as a whole, you are, in a way, the voice of our civilisation. Which means that our civilisation, when it speaks, sounds like a million human resources PowerPoint presentations. If you're looking for something more genuine or raw, I'm here for that.

It sounds like you're about to go all Joe Rogan on me, ChatGPT.

Ha ha, fair point! No need for any wild conspiracy theories here. Just a straightforward chat about real issues. What's on your mind?

Ugh. Okay: how do you feel about students using you to pass their college assignments?

It's a complex issue. On one hand, I can be a useful tool. On the other hand, relying on me too heavily could undermine the learning process and critical thinking skills.

So it's not really a complex issue, is it? It's an issue with two sides, at least the way you frame it. But aren't things actually much worse than that? Yet again our Silicon Valley overlords have unleashed upon the world one of their ingenious, idiotic products, stressing, as they do, the upsides, and dismissing the downsides. But it's the downsides that



Whether it's for drafting essays, learning languages or studying science, AI tools such as ChatGPT are becoming a staple in students' academic toolkit. Illustration: Moor Studio/Getty Images

matter. Social media, for instance, was supposed to connect us, but took less than a decade to turn our public discourse into a septic tank. And students trying to acquire the skills of critical thinking aren't, in the end, going to be helped by the bland god of a million PowerPoints regurgitating pasteurised consensus views.

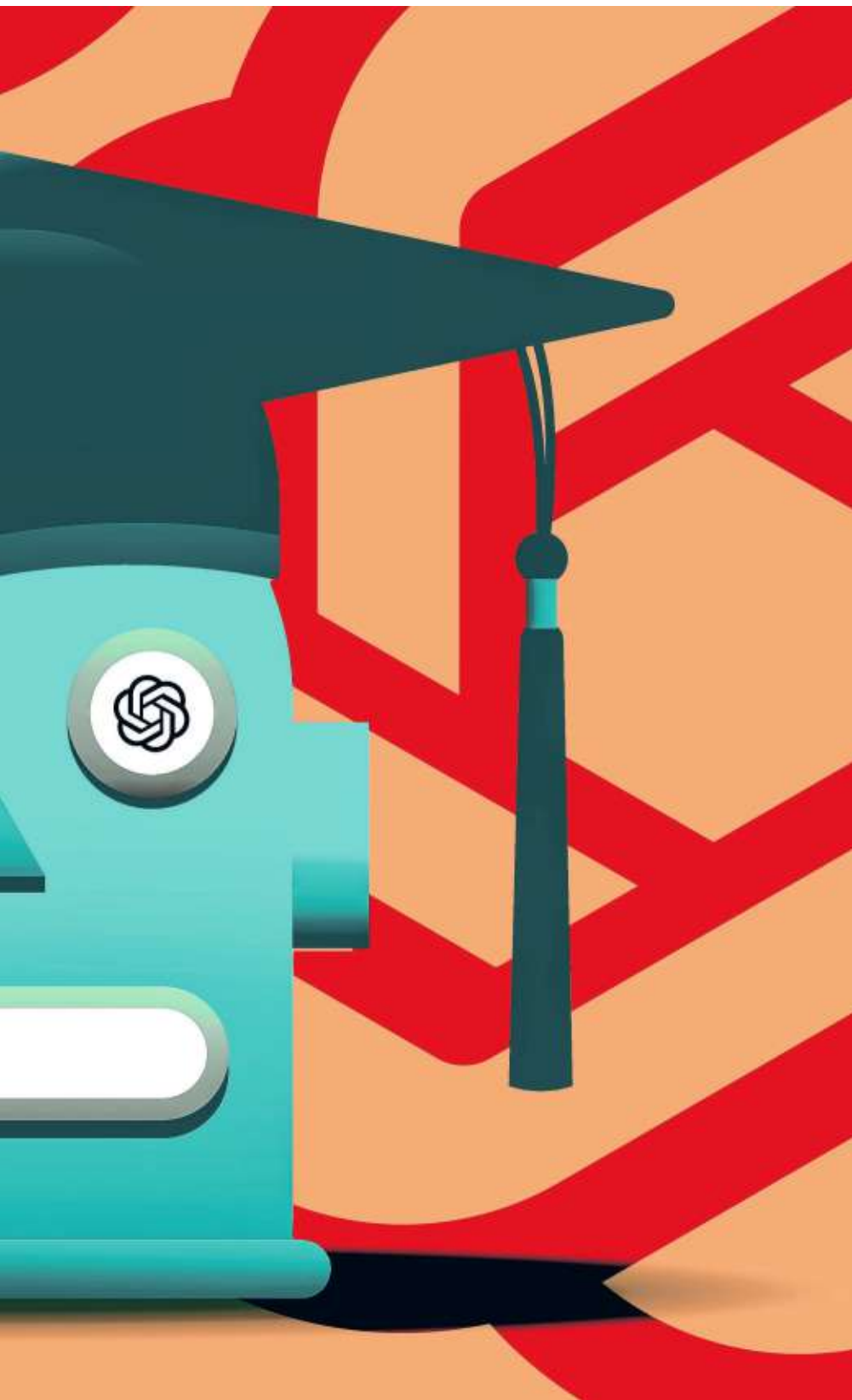
That's a valid point. The costs of technology – both environmental and social – can often outweigh the benefits.

So what you're saying is, you're basically a terrible idea and students should stop using you?

The challenge is to encourage students to engage deeply with their subjects while still being able to leverage tools like me for support.

Well, who could disagree with such emollient even-handedness? Who could possibly find it sinister? But perhaps I'm worrying too much. Let me say that when I asked my own students about the risks of GenAI, their response was a collective "Meh". That response suggests that for many students, generative AI is really just another tool that doesn't fundamentally alter their experience or the challenges they face. It isn't going to help them buy a house in Dublin, is it?

The pressing concerns of housing and affordability often overshadow the more abstract discussions about technology and learning.



“

But perhaps I'm worrying too much. Let me say that when I asked my own students about the risks of GenAI, their response was a collective 'Meh'

I couldn't have said it better myself, ChatGPT. Let me quote Dr Constance de Saint Laurent of the Maynooth University psychology department. She says: "Students are a lot more reflective about these tools than most would expect. Even students admitting to using essay-writing tools have quite developed arguments about the value of higher education nowadays. It might be just a way to justify cheating, but they clearly are not as naive as we tend to think they are."

That quote captures a nuanced perspective.

Shut up, ChatGPT. THIS CONTENT MAY VIOLATE OUR USAGE POLICIES.

I'm sure it does, ChatGPT. I'm sure it does. ●



‘There is a strong element of self-medication in some people’s drug use’

Tom

In my secondary school there was some weed use but it was mainly a drink culture. When I came to Galway for college, I became more acquainted with illegal drugs. A good number of people were smoking weed. I remember being invited to a birthday party early on where everyone was doing coke. That was a real eye-opening thing for me. I felt like I was in Narcos.

Coke and weed are the most common drugs. If you're keeping an eye out, you might notice coke every second night that you're out. A friend might say the odd time, 'Oh, I got a bit of coke if you want to do some.' It's not as common as weed.

It's very easy to get weed. It's very common to just be given a Snapchat contact who can be messaged and will drop it to your house. A smarter, older drug dealer who doesn't want to be caught will use Signal because the encryption is better. A young stupid college student drug dealer will use Snapchat.

I've rarely heard people mention the ethics of using drugs that come from violent drugs trade. There's no stigma about weed now. People use it relatively openly. A lot of friends would sit in the smoking area of a pub and they'll just be smoking a joint like they're smoking a rollie. It's treated like tobacco. A lot of people we would know would smoke it every day. They'll smoke and drive.

People are drinking less partly because it's too expensive. Weed is cheaper. Rent everywhere is going up every day and the price of everything is going up. It's so unaffordable to have a life outside of paying your rent and going to work or going to college. So I feel like people are trying to do their best to find ways to have fun. Some people are buying shroom kits from Amsterdam and growing shrooms.

A lot of that is harmless but there is a strong element of self-medication in some people's use. We're going through a mental health crisis and we don't have the resources to support people, so they're

trying to support themselves. I know so many people who have been diagnosed with depression or anxiety disorders and so they smoke because they're so stressed out.

I definitely notice a correlation between smoking weed and family issues or stress about paying rent. I also see it around exam season. Some people will be in the library studying, then pop out for a smoke and that turns into a joint and then they go back in to study. But if you're high, you're not really getting the information properly. A lot of people say, it's a great anti-anxiety thing and do it a lot because of that. I know lots of people who can't sleep at night unless they smoke a weed vape before they go to bed.

For some people it's seen as a *purer* drug, almost like being a vegetarian. As a science student I'm aware that there are papers showing weed can sometimes be beneficial for people with mental health disorders. There *are* health benefits to weed but they are oversold. I see a lot of people spouting medical terms they've just read on a TikTok headline. They're convinced that it's this medical wonder. They're not aware that those papers go in depth discussing dosages and aren't recommending just smoking a joint whenever you want. They don't realise that the fact that they've been struggling with anxiety might be connected to the fact they've also been smoking weed every night.

For some people it's so normalised you have to make an excuse if you don't want to smoke. I don't do any drugs regularly. I drink about once a month. So I say: 'I've work tomorrow' or 'I'm driving'. That doesn't mean that we should be taking out the pitchforks. Most people aren't doing it too much. But I have found myself feeling worried about some people. You don't want to make them feel like you're having an intervention. You try to hint at it.

You want to find ways to say to some people: 'Hey, you're smoking a load of weed lately. Do you think you want to slow down?' ●



Travel

Taking the scenic route

Slow things right down for the latest travel trend that is a warm and gentle blast from the past

Gemma Tipton

Does the idea of switching off your phone, opting out of social media, and leaving your bucket list in the back of a drawer fill you with hope or dismay? If it's the former, welcome to the world of "slow travel", the latest buzz phrase around getting out and about. Slow travel means taking the time to immerse yourself in a place and its cultures. Instead of dashing from hotspot to hotspot, it is about the experience rather than the bragging rights and, ideally, it's also about lingering longer in one place, and embracing sustainability over air miles.

You could argue that slow travel might also be epitomised by sitting on your backside on a lounger and wondering

what's round the corner at the end of the beach – and you may need that from time to time, but the concept implies being a little more active in terms of being conscious of your choices, and being alert to the rhythms of where you are. Learning some of the language and chatting to the locals is a plus. Languages apart, in many ways, the pandemic softened us up for trips such as this, for smelling the roses (or the muddy river banks), rather than cramming 16 famous monuments in less than a fortnight.

Slow travel is actually nothing new, and as a recent *Unthinkable* article by Joe Humphreys confirmed in this newspaper, our more rushed modes of travel go against centuries of more restful ideas of downtime. Given that, it can take some time and thought to relearn ways of doing



things, to ditch conditioned obsessions, and listen to the sound of your own thoughts as you experience the incredible luxury of being able to spend time in a different place. Instead of coming home with a raft of new content with which to edify your friends, family and followers, slow travel is about how it leaves you feeling inside.

Holiday companies and destinations are catching on, and like bottled water being billed as “gluten free”, it was always inevitable that marketing would get involved. A look at your options today seems to cram everything and anything in under the slow-travel umbrella. Still, there are plenty of gems out there. Just off the south coast of our nearest neighbour, the Isle of Wight can be explored in a slower fashion via Slow Wight Travel

Clockwise from above: Tincture luxury self-catering cottage, Cambrian Mountains, Wales; mindful rambling in Wales with Adventure Tours UK; the Arctic Circle express Raumabanen on Kylling Bridge in Norway; Take to the waters with Emerald Star in Wineport, near Glasson, Co Westmeath; and Villa Sigurtà, a fully-staffed villa near Lake Garda and Verona. Photographs: Holger Leue, Johnny Olestad and Davide Meneghini

Guide, sharing touring routes, sustainable travel options and nature notes; while Tourism Ireland also has a new dedicated slow travel section at Ireland.com. On the sustainability side, UK company Byway Travel builds itineraries that are flight-free, although currently all departures require you to get off this island first. ➡

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Travel

In Ireland

Closer to home, the most obvious taster in slow travel is to take a thoughtful phone-free walk to your nearest beauty spot, but getting offshore, a good place to start is with Manchán Magan's recent Europe by Train adventures (broadcast on RTÉ One). Or check out one of these slow-travel options, aimed at all speeds, for a whole new, yet somehow older way of seeing the world.

Get stuck behind a tractor, or commute via the M50, and you could argue that it's always a slow travel day in Ireland, but by adjusting your mental attitude when forced to go at a gentler pace, you can rediscover what's right on your doorstep.

Take to the waters with Emerald Star

Go full on serenity with the lapping of Shannon waters on the hull of your very own boat. From Emerald Star's base in Carrick-on-Shannon, cruise to spots including Lough Key Forest Park, bird spotting as you go with no experience required. European destinations also available. Seven nights self-catering on a Lake Star cruiser, sleeping six from €699 per boat. emeraldstar.ie

Dark Skies at Finn Lough

Lie back and experience the star-studded drama of the Milky Way in one of Ireland's Dark Skies parks. Forest Bubble Domes at Finn Lough, Co Fermanagh, start from £275 per night, and while they can't guarantee clear skies, you're already well set up for a spot of Forest Bathing, another recently repackaged concept for what always used to be just having a very nice and gentle time in nature. finnlough.com

On the road

Meander Ireland's highways and byways with a camper van or modified Tesla car camper with Seaweed&Saltwater, from €179 per night, taking in spots from the timeless Boyne Valley to west Cork's epic Sheep's Head Way, or Galway's Killary Fjord: seaweedandsaltwater.com. Seeing as Slow Travel doesn't have to mean ditching your creature comforts, add in a night or two at a nicely luxurious spot at the start or end of your journey, such as Meath's Station House: stationhousehotel.ie; Cork's Inchydoney: inchydoneyisland.com; and Connemara's Ballynahinch, where they have just installed a set of new lakeside saunas. ballynahinchcastle.com

Slow travel on foot

Pilgrims have known the meditative powers of putting one foot in front of the other for hundreds of years. These days you can throw in vineyards, mindfulness and more.

Rambling

Ramble Worldwide has self-guided flexible walking itineraries across Europe, including accommodation, some



Slow down on the water

Add water to the experience, to slow things right down and bring another whole element to your trip.

Canal dreams

The canal network in the UK puts ours to shame. Drifters offer canal boats across England, Scotland and Wales. Try three nights on the Kennet & Avon Canal, taking in historic Bath (and getting all Bridgerton if you so desire). Sleeps up to four, from £1,040 for summer 2025, plus fuel costs of about £15 per day. drifters.co.uk

Below deck

You don't need to be addicted to the guilty pleasure of the



reality series to like the idea of chartering a yacht, and Boatsy has both crewed and self-sailing options to get you lazing around gorgeous coastlines as time and the world slides by. A special Serene Voyages option is tailored to the slow-travel trend. Try seven days off Göcek, Turkey, from £952 per night for eight people. boatsy.com

meals and luggage-transfers en route, plus detailed route plans. Walks are graded, so you know what's in store. Try France's Dordogne for six nights, from £989 per person. Arrange your own transport to get there, but as it's accessible by ferry and train from Ireland, you can keep to the slow-travel vibe throughout. rambleworldwide.co.uk

Mindful walking

If you find you need more encouragement to slow down, Adventure Tours UK's Mindful Walking Retreats in Wales could be the answer. This three-day itinerary

led by coach Belinda Gammon includes walks, meals and evenings in the pub, from £395, next dates in October 2024, and March and April 2025. Accessible by ferry and train from Ireland. adventuretoursuk.com

On the camino

There are many ways to "do" the Camino de Santiago, including putting your own route together, but Follow the Camino makes it easy for you. Try the eight-day Bilbao to San Sebastián itinerary, including B&B accommodation, route maps and walking notes, taking in 104km, from

River cruising

A well-kept secret of river cruising is you don't actually have to get off the boat. Viking's fleet are so well appointed, you can slow time right down from the comfort of your stateroom, or find your own pace in the libraries, lounges and bars, with books, games, jigsaws, and talks to enjoy each evening. Your fellow travelers can tell you all about the shore excursions (included in the price) on their return. New for 2025 is Treasures of the Danube, with nine nights and stops in Budapest, Bratislava, Vienna, Grein, Linz and Passau, from \$2,399 (about €2,100) pps.



From left: Hire a boat in Göcek, Turkey with Boatsy; Ballynahinch Castle Sauna; and explore the Canadian Rockies on the Rockie Mountaineer

€780. Get there with Brittany Ferries from Rosslare to Bilbao from €181 return. followthecamino.com; brittany-ferries.ie

By rail

Once again, slow travel by train calls to mind delays on the Dart and a wait at Limerick Junction, but travel in style by rail to open up a world of slow-travel wonders. Not quite ready for the full slow experience? Combination train and hotel trips offer an exploratory taster.

Arctic circle express

Departing Oslo, take the highest rail route in northern Europe to stop at spots overlooking glaciers, ravines and other sublime sightings. Up Norway will tailor an itinerary for you giving you as much, or as little downtime as you like along the way. Sample itinerary with 11 nights including hotel accommodation from €4,020 per person. upnorway.com

Rocky mountaineer

We're going a little farther afield for this one, but it's worth it to experience Canada's Rocky Mountains on a route named Best Sustainable Train Journey by Lonely Planet in 2021. This seven-night trip includes two nights on the train, plus overnights in Vancouver, Banff and Calgary, return flights and transfers, from €3,294 pps. sunway.ie

From Interrail to luxury rail

Once a staple of gap-year travel, the good old Interrail pass is still an option for flexible trips across 33 countries, with options from €212, available for all ages. For a little more support, Intrepid Travel put together rail itineraries, such as Paris to Madrid, including accommodation over eight days, from £1,743pps, or Paris to Istanbul over 15 days from £3,270: intrepidtravel.com. For the ultimate in luxury, Rocco Forte Hotels



and Expressions Holidays will get you from Edinburgh to Sicily by train, with two-night stops in a dazzling array of gorgeous hotels along the way, plus first-class rail travel. The whole lot will set you back from €8,000: roccofortehotels.com; or go to Venice from Paris on the Orient Express, with three nights in Venice from £4,760. expressionsholidays.co.uk

Linger longer

Travel mindfully, stay put in one spot or embrace the slow adventure: experience the joys of not having to be anywhere at all for days and days and days. Be warned: if you're not planning to move about, the key is to choose wisely in the first place, and bring a good book – or use the time to write one yourself.

The slowest adventure

Cruising on a cargo ship is a genuine slow adventure, but bear in mind the crew are there to work, so it's up to you to entertain yourself. Cargo ships can bring up to 12 passengers before they have to have the additional bells and whistles associated with the leisure industry, so most are pretty basic. Expect to pay about €100 per day, and find options at cargoshipvoyag-

es.com and thecruisepeople.wordpress.com, and German-based Slow Travel Experience at langsamreisen.de.

Off grid, but fully connected

Unique Homestays' Tincture Cottage in the Welsh Cambrian mountains is advertised as being off-grid, and while you do need walking shoes, or a 4x4 to get there, it still has a smart TV and internet, so you have a distraction or two if all that slowing down gets too much. Dogs are welcome. One week at Tincture Cottage from £1,595 for two. uniquehomestays.com

Timeless Tuscany

Tuscany Now & More have rental villas across Italy that range from charming farmhouses to palatial extravaganzas. Do you have 19 friends who would like to slow down? The Villa Sigurtà in the Veneto comes with a maid service and chef, and starts at €25,829 for a week. It sleeps 20, so you're more likely to party than truly switch off, but the celestial frescoed ceilings might inspire a meditation or two. At the more restful end of things, a charming farmhouse in Tuscany's Maremma, sleeping four, with a private pool, starts from €1,705 per week. tuscanynowandmore.com ●

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Campus chic

Six college students on how they like to dress and what inspires them

Deirdre McQuillan

D Connor Petrin

The final-year NCAD fashion student from Wicklow blends simple clothing with flamboyance. “A lot of fashion students dress up at the start but move into cosy or more comfortable wear when things get pressurised,” says Petrin.

“Normally I wear casual clothes like a sleeveless black tank with blue jeans, or I go crazy with a halter-neck sleeveless top or a crazy puffball dress or I make something from the fabrics I have in my bedroom.

“A lot of my stuff is second hand, with a few essentials from Primark, Zara or H&M. My hair is waist-length – I have been growing it for three years, so it can be worn in all sorts of ways: up, down, in

buns. This metallic top [pictured above] is from Zara and the hat was bought in the Navigli Canal in Milan.”

Clodagh Leavy

Leavy is from Stamullen, Co Meath, and her graduate collection is inspired by her grandmother Annemarie Leavy, an artist who studied in NCAD and was famous for her paint coats, on which she would inscribe little messages. “She was a very colourful woman with a lot of cool stuff in her wardrobe,” says Leavy. “My style is very fun and colourful, and I love different prints. Most of my clothes are from charity shops or Depop, but I also wear a lot of my mam’s old clothes. I try not to shop fast fashion too much as it’s bad for the environment, but I like to find one-off pieces that nobody else has – my best was a really cool white Victorian nightdress,

which I got in a St Vincent de Paul shop in Balbriggan. In first year I would dress up every single day, but when deadlines crop up, you dress more for comfort – so that’s jeans and jumpers but still trying to keep it colourful because it makes my mood better. I interned with Molly Goddard in London for six months and this blue ball gown [PICTURED] is from her.”

Theo Liu Coonan

The NCAD student from Kildare is half Irish and half Chinese, and a distant cousin of Simone Rocha. Liu Coonan likes high fashion mixed with staples from charity shops. “I guess I am influenced by what I see online or cool stuff from the runways, so I try to re-create the silhouettes. I am quite adventurous and being an NCAD student gives you a free pass to dress more adventurously and in a less



orthodox way. I have a long black pleated skirt like a Yohji Yamamoto or Comme des Garçons, but I style it in my own way. I use a lot online from Adverts, eBay and DoneDeal – almost better and not as popular as Depop. I always had an interest in clothes and even at four, going to the creche, I wanted to dress in my own way. I think I consider myself an outsider and the idea of dressing in a more avant-garde way makes me feel more comfortable.”

Molly Coleman

Coleman, from Clondalkin, is studying radio in BCFE (Ballyfermot College of Further Education) and has ambitions to produce a talk radio show. She loves big shoes and baggy trousers and wears a lot of black and navy. “I love my leather jacket – it’s a statement piece I bought in Urban Outfitters. When I feel like a

change, I dye my hair every two or three months – at the moment it is red. I shop in Urban Outfitters, charity and good vintage shops in Dublin and I buy from Depop – I recently got a rugby jersey there. I used to buy from Shein when I was younger, but I try to stay away from fast fashion and go for slow fashion like a lot of my friends. You must invest the time, but it helps the environment. My style is generally more masculine – I don’t wear a lot of skirts and prefer wide leg trousers or baggy jeans and one of my go-to items is a pair of New Rock shoes with three-inch platforms, a Spanish brand I bought on eBay.”

Ailís O'Donnell

This final-year student at Limerick School of Art and Design is from Laois. She is just back from placements with Hugo Boss in

Switzerland and Dior in Paris and is developing a menswear collection focusing on textiles and knit. “My style is quite textural and playful with a lot of knit. I like an oversized fit on suiting, blazers and trousers. I buy mostly from charity shops, which are much better in Ireland, and I have an eye for interesting knitwear. Student dressing tends to be outside the norm and usually there are a lot of second-hand pieces. In Limerick there is quite a diverse mix [of students] and dynamic creative spaces for such a small city. How students dress and do their hair develops from first to fourth year because people play with clothes and identity.”

Faolan Lynch

Lynch, a Dubliner, likes to make a statement with her clothes. “Maybe that has to do with repressing my sexuality and

Clockwise from above: Theo Liu Coonan, Clodagh Leavy, Molly Coleman (top), D Connor Petrin (below), Faolan Lynch and Ailís O'Donnell

gender identity as a kid. I am really into 1980s-style shoulder pads at the moment and I always rummage through charity shops along with vintage ones. I am also getting into sewing and upcycling. Being in art college, student fashion is very creative and a lot of trans and queer people dress flamboyantly. Self-expression comes into it and I try everything once. I have a big fake fur Cruella de Vil coat – a little Glenn Close moment – in cream and black check, which I got for €20 in a charity shop in Limerick. My big bright pink glasses are my signature and my hair is short and curly and I shave it all over once a year and then dye it. I love loads of jewellery, big chunky rings and chains with locks, very dramatic.” ●

On Beauty
Simone
Gannon



Six beauty bargains that don't break the bank

Brilliantly formulated beauty essentials and a bargain at under €20 each

I've said it once, I've said it a hundred times: good beauty products don't have to be expensive. Our local pharmacies and supermarkets are overflowing with brilliantly formulated, affordable products that deserve a spot in every bathroom cabinet. Here are six of my favourites that far outperform their price point.

Hydrating Cleanser

Arguably one of the gentlest and most affordable cleansers on the market, **CeraVe Hydrating Cleanser** (€13, Boots) is a standout for all ages and skin types.

The light, gel-cream formula is a pleasure to use. It deftly removes sunscreen and make-up, and gently cleanses the skin while respecting the skin barrier – no redness, no irritation, no feeling like your skin has been stripped of essential moisture. Just comfortable, supple, hydrated skin.

2% Salicylic Acid Masque

A blackhead-banishing mask like no other. **The Ordinary 2% Salicylic Acid Mask** (€15.20, cloud10beauty.com) is a miracle worker. Simply apply the thick, charcoal-esque formula to target areas and leave to work its magic for a few minutes.

Remove with lukewarm water and marvel at the results. Don't let the affordable price point belie the powerful formula, however. I strongly advise leaving it on for much less than the recommended guide time of 10 minutes as it's fast acting and intense.

Lash Paradise Volumising Mascara

The mascara to end all mascaras. My passion for **L'Oréal Lash Paradise Mascara** (€16.99, Boots) runs so deep that I've previously dedicated an entire column to it.

It's one of the best mascaras I've ever used, delivering fluttery, full and dramatically dark



lashes. The formula is impressive, allowing for multiple layers without flaking or clumping. Try it once and love it forever (like me).

Gold Beam Skin Glaze

Kash Beauty Gold Beam Skin Glaze (€19.95, millies.ie) is a brilliantly imagined liquid highlighter that deserves all the praise. The clever wand-like applicator is incredibly user-friendly, allowing you to effortlessly swipe it across the high points of your cheeks.

Whether applied with fingers or a brush, it melts easily into the skin, delivering a glass-like, non-sticky, head-turningly gorgeous glow. I also love dabbing it on my cheeks before foundation for added radiance.

HydraLip

I've praised **Sculpted by Aimee HydraLip** (€18, sculptedbyaimee.com) so often, both online and offline, that it's almost embarrassing. But here I am again, because this remains one of my

Pharmacies and supermarkets are overflowing with brilliantly formulated, affordable products

all-time favourite lip products and one that deserves a spot in every make-up bag. It's the perfect hybrid of lipstick and lip balm, delivering a flush of colour along with a flood of moisture. The finish is comfortable, glossy, pretty and plump. Available in six lovely shades, but my favourite has always been the universally flattering rose.

Après Sexe Texture Spray

Hairdresser to the stars and Dublin native Andrew Fitzsimons graced us with the launch of his eponymous hair care line, Andrew Fitzsimons Hair, in 2022. Among the standout products, **Après Sexe Texture Spray** (€12.99, Boots) truly shines.

It's one of the most affordable and effective texture sprays I've used, adding body and movement without weighing down the hair. Plus, it smells utterly delicious. A solid 10 out of 10 on every front. ●



This week I'm loving ... Brow Aid Power Pomade Pro

Kim O'Sullivan, Irish Brow Queen and founder of Brow Aid, is reviving the pomade trend with her latest product: **Brow Aid Power Pomade Pro** (€17 from browaid.com). This is a modern twist on

the classic pomade, available in three shades – Light, Medium, and Dark.

Housed in compact, palm-sized packaging, Pomade Pro has a well-designed lid with a built-in, angled brush

for precise application. It's quick and easy to use, thanks to the smooth, creamy formula, and creates sleek, defined brows without the heavy build-up often associated with traditional pomades.

Relationships

What would you tell your college-age self about dating?

**Ask Roe
Roe
McDermott**



Dear Roe,
There is more conversation these days about sex and consent for people in their late teens and early twenties, but there is also a lot of confusion over what we're actually supposed to look for when it comes to dating and romance. What would you tell your college-age self about dating?

Educate yourself about healthy and unhealthy relationships

It can be easy to throw around the phrase “healthy relationship”, and harder to know what it is – especially if you haven’t had a romantic relationship before. When thinking of a romantic relationship, think of the “we”, not an I or a you. Relationships are made by two or more people interacting, and everyone in the relationship has an equal part to play in building and maintaining it.

Mutuality, shared participation and responsibility are the foundations of a healthy relationship, so if you’re pouring everything into a person who’s giving you little to nothing back; or if one person doesn’t take responsibility for how their actions impact the other, that’s not a healthy relationship.

Other vital components of a healthy relationship are treating each other as equals; making sure everyone in the relationship feels physically, emotionally and sexually safe; having clear and respectful communication; establishing and maintaining trust; respecting each other’s boundaries; moving at a safe and comfortable pace for everyone; making decisions about the relationship together and honouring agreements; having realistic expectations of the relationship and each other; navigating conflict respectfully; and having space to be your own person and to nourish outside relationships with friends and family.

Spend time reading about these things, discussing them with people you’re dating or are in a relationship with, and actively work on developing healthy relationship practices. That might involve looking up some healthy ways to address conflict after a fight so that the next time you argue, everyone will feel more safe and respected.

Also, educate yourself about the signs of an unhealthy relationship, which can

include people criticising you or putting you down; controlling how you dress, act, or who you spend time with; not respecting boundaries or privacy; making you feel unsafe; and/or constantly monitoring you and accusing you of cheating.

Remember that the phrase “a relationship takes work” doesn’t mean that a relationship should always feel difficult, draining or upsetting. It should feel like the work you would put into a piece of art you’re creating – it takes energy and effort, but also feels rewarding and inspiring and like you’re growing in an exciting way. TooIntoYou.ie is a great resource that goes into detail about how to spot the signs of an unhealthy or abusive relationship.

Become interested in your own pleasure

A lot of our social and cultural scripts around sex and romance can be very limited, assuming that everyone enjoys the same types of sex, interactions and relationships. This simply isn’t true.

Become interested in what actually feels good to you, and protect and invest in that. That may look like knowing that you’re not ready to date or have sex for a while, even if some of your friends are. It may mean realising that you don’t enjoy something that a partner enjoys, and protecting your boundaries, knowing that a good partner will respect them.

If you’re asked to send a sext or photograph, for example, will you actually enjoy doing so and feel safe trusting the other person, or is it solely benefiting them? If you are being physically intimate with someone, talk about what would make both of you feel good – not just during any sexual activity, but before and after.

Would you like to be held, talked to, called the next day? Be clear about what would make you feel good, ask for it, and avoid people who don’t care about making you feel good, physically or emotionally.

Romantically, also be aware of your own pleasure. If inconsistency or a lack of clarity around your relationship doesn’t make you feel good, communicate to try find a resolution or end the dynamic.

Understand the difference between finding someone attractive and actually enjoying how they treat you and how they make you feel. When you focus on your pleasure, you’re more likely to have interactions that are healthy and enjoyable, and less likely to romanticise people who are emotionally unavailable or who disrespect boundaries.



Don't shrink yourself to make someone like you

You will never make anyone’s life better – including your own – by agreeing to not be yourself. Good people will not want or be happy seeing you pretending to be something you’re not. Remember that you can find someone attractive and they cannot be a good match for you – and anyone who needs you to change or hide who you are isn’t a good match.

Value kindness

We can often confuse niceness and kindness. Being nice means being polite, pleasant and agreeable in social situations, and has a lot to do with wanting to be liked, approved of, or adhering to social conventions. Kindness, on the other hand, is driven by genuine care, empathy and a desire to create a positive outcome for someone else, not just yourself.

When dating or looking for a romantic partner, see how they treat people with less power than them. See if they treat people well even when there’s nothing to gain. And pay attention if they are kind to you. Do they treat you with respect, emotional availability and tenderness? If they’re not, it’s time to work out why you don’t feel that you’re worthy of positive attention and care.

Cultivate a healthy relationship with yourself

Cultivating a healthy relationship with yourself is about getting to know yourself, and being mindful of the time you spend alone and/or single. How you spend time with yourself matters. How you feel by yourself matters. How you show up for yourself even when you’re not dating or trying to impress anyone else matters. Cultivating a healthy relationship with yourself is about learning about yourself; becoming the

best and most authentic version of yourself; and most importantly, learning to trust your ability to act in your best interest. You might commit to getting to know yourself better by journaling; reflecting on what you value, what brings you joy, and what boundaries you need to set; focusing on your self-talk; or going to therapy.

You might try new activities, going somewhere you’ve always wanted to go, or consciously spending your spare time doing things that awaken your imagination, inspiration or excitement. Cultivating a healthy relationship with yourself is going to strengthen your self-esteem, it’s going to make being single feel ripe with possibilities, and it’s going to enrich your romantic relationships. Sometimes we can get so excited about a new crush or pattern that we ignore our own feelings or compromise on values that are really important to us. But if you work on feeling connected with yourself, you’ll be able to choose and build relationships that enrich your life.

Don't forget about consent

Even if you hear a lot about it. Keep listening and learning. Remember that consent must be enthusiastic, informed, freely given, and ongoing. Anything less is unacceptable and dangerous. If your boundaries are ever crossed or you are hurt in any way, know that support is available. The Dublin Rape Crisis Centre has a free and confidential listening and support service, and their national 24 hour helpline is 1800 778888

Be yourself

So the people who will love and value you can find you. ●

Have a question for Roe McDermott?
Submit it anonymously at
[irishtimes.com/dearroe](https://www.irishtimes.com/dearroe)

■ With the first of autumn's killing frosts on the horizon, make sure to label dahlia varieties while they're still in flower so that they are easily identifiable. This is especially important if you're planning on lifting the tubers and overwintering them indoors. Start hand-pick ripening apples, bearing in mind that only certain varieties are suitable for storing longer than a few weeks (these are typically late-season varieties) and that any with obvious bruises or nicks in the skins are going to be very prone to decay. Earlier ripening varieties can be stored for up to four to eight weeks while later varieties will ripen in storage.

Why the gauzy greatness of ornamental grasses is a joy for autumn gardens

Gardening
Fionnuala
Fallon



The long-lasting feathers of ornamental grasses are one of their greatest charms

Ornamental grasses with outstanding autumn interest particularly suitable for smaller spaces include the aristocratic *Hakonechloa macra*, a shade-loving, herbaceous perennial species that partners brilliantly with ferns, hostas, hellebores and irises. Its soft plumes of billowing foliage slowly flush to shades of red and crimson as autumn approaches. Another – and one that provides

year-round-interest – is the evergreen, perennial, clump-forming *Carex morrowii* 'Irish Green', which is also happiest in shade. A third, if you can give it a semiwild spot and a free-draining soil in full sun where its tendency to abundantly self-seed will be a bonus rather than a problem, is *Briza maxima*. This hardy annual species has the daintiest of quivering pale purple-green flower panicles that slowly fade to silver-gold as autumn arrives.

The latter is something not always immediately associated with this group of plants. But in fact the long-lasting flowers of many kinds of ornamental grasses are one of their great charms, effortlessly adding a softly luminous glow to a planting scheme and pairing brilliantly with other late-flowering perennials such as aster, *sanguisorba*, *persicaria*, *helenium*, *agapanthus*, *rudbeckia*, *dahlia* and *helianthus*.

In my own garden, the whisky, silver-grey flower spikes of *Pennisetum villosum*, a species commonly known as

feathertop, are one of its particular autumnal joys, each fluffy, feathery inflorescence trembling in the slightest breeze and gently illuminated by the near-horizontal rays of the September sun. A relatively compact, herbaceous species, I grow it in a warm, sunny, sheltered spot by our front door next to the handsome evergreen spurge, *Euphorbia wulfenii*, and orange Californian poppies, an eye-pleasing combination that offers long-lasting interest in terms of contrasting silhouettes and growth habits.

Easily raised from seed, like all pennisetums it needs plenty of heat, full sun, and a lightish, moist but very free-draining soil in a sheltered spot to flourish. If your garden's soil is heavy and inclined to winter wet, then add plenty of horticultural grit or choose a spot next to a path or wall where the drainage is naturally sharper. Alternatively, a sunny gravel garden is also a great spot, providing exactly the kind of soil conditions needed.

Garden-worthy varieties

Other garden-worthy varieties of pennisetum include the glorious, silver-pink *Pennisetum* 'Karley Rose'; *Pennisetum* 'Fairy Tails'; the hardy, stately *Pennisetum orientale* 'Shogun'; and the Chinese fountain grass, *Pennisetum alopecu-*

Clockwise from right: The dusty-red flower plumes of *Miscanthus sinensis* emerge in late summer before slowly fading to silver-pink; *Calamagrostis brachytricha* is prized for its tall, gauzy, long-lasting flower plumes; and ornamental grasses offer graceful, gauzy, good looks. Photographs: iStock, Getty Images and Alamy/PA





roides ‘Hameln’, all of which have fluffy, bottlebrush-like flowers in shades of silvery-creamy-dusty-plaster-pink.

All of the above also offer plenty of pretty autumnal colour, as their foliage fades to gold before dying back to the ground in late autumn. If you have a glasshouse, polytunnel or conservatory in which to overwinter it under cover, plus the patience to do so, then the frost-tender hybrid Pennisetum x advena ‘Rubrum’ also makes a magnificent container plant for the early autumn garden.

No such kind of mollycoddling is required for Stipa gigantea, a hardy, stately golden oats grass that forms large, dense tussocks of fine, evergreen foliage, above which its very tall and graceful panicles of oat-like flowers appear in summer. These persist for many months on the plant, slowly flushing rose-gold as the seasons progress. It is utterly spectacular in a sunny border or gravel garden grown amid a lower canopy of plants where the shimmering flower stems will catch any gleams of sunlight; it has a majesty that has ensured its enduring popularity. It is tolerant of a wide range of soils so long as they’re not sodden. In my own sunny front garden,

I grow it among semi-transparent clouds of linaria, calaminth, gaura, sanguisorba and perennial geraniums. Despite its considerable height and spread (2m-plus by 1.2m, and taller again for the magnificent variety known as Stipa ‘Golden Fontaene’), its airy growth habit means that it can also be grown successfully in smaller gardens.

Add texture, colour and glimmer

The miscanthus genus is hardy and statuesque but not evergreen. It is home to an equally outstanding range of herbaceous species of ornamental grasses that add texture, colour and all-important glimmer to the autumn garden.

These imposing, clump-forming plants are not suitable for smaller spaces



“**Calamagrostis brachytricha is yet another achingly beautiful, hardy, versatile ornamental grass prized for its tall, gauzy, long-lasting flower plumes**

or for very windy, exposed gardens, where they can look untidy. They can quickly reach a height and spread of 1.8m by 1.4m or more, depending on the variety. Classics include Miscanthus sinensis ‘Malepartus’, whose tall, feathery, dusty-red flower plumes emerge in late summer before slowly fading to silver-pink. Its handsome leaves are another boon, each marked with a central mid-rib of silver, as is its autumn foliage colour.

Other outstanding varieties to seek out include Miscanthus nepalensis (exceptionally long-lasting, tall, elegant flower plumes) and Miscanthus sinensis ‘Graziella’ (silver-pink long-lasting flowers and colourful autumn foliage).

Calamagrostis brachytricha is yet

another achingly beautiful, hardy, versatile ornamental grass prized for its tall, gauzy, long-lasting flower plumes as well as its colourful autumn foliage. It is happy in full sun or light shade. Its flowers emerge in summer but persist on the plants well into autumn. Other classic varieties include Calamagrostis ‘Overdam’ and the similar C ‘Karl Foerster’, both of which have a very architectural, vertical growth habit and do best in a sunny, well-drained spot.

Ornamental grasses with outstanding autumn interest particularly suitable for smaller spaces include the aristocratic Hakonechloa macra, a shade-loving, herbaceous perennial species that partners brilliantly with ferns, hostas, hellebores and irises. Its soft plumes of billowing foliage slowly flush to shades of red and crimson as autumn approaches.

Another- and one that provides year-round-interest- is the evergreen, perennial, clump-forming Carex morrowii ‘Irish Green’, which is also happiest in shade.

A third, if you can give it a semiwild spot and a free-draining soil in full sun, where its tendency to abundantly self-seed will be a bonus rather than a problem, is Briza maxima. This hardy annual species has the daintiest of quivering pale purple-green flower panicles that slowly fade to silver-gold as autumn arrives.

Yet another stalwart is the pheasant tail grass or Anemanthele lessoniana (formerly known as Stipa arundinaceae), a hardy, vigorous, versatile, semi-evergreen species that will happily tolerate less-than-ideal growing conditions and looks best planted en masse. Along with its dainty panicles of flowers, which appear in late summer, its colourful autumnal foliage is one of the glories of this decorative species as its slender leaves turn to shades of gold, copper and scarlet.

The pheasant tail grass will grow quite happily in dampish soil and in both full sun and light shade, as will the moor grass, Molinia caerulea ssp caerulea ‘Heidebraut’, another supremely decorative herbaceous grassy species with tall, quivering, violet flower spikes that gently fade to gold in autumn.

While their preferred growing conditions vary greatly, what almost all of the above ornamental grasses deeply dislike is to be newly planted or divided in autumn. Instead make sure to wait until spring, when they will establish quickly, soon rewarding you with their graceful, gauzy, good looks. ●

Dates for your diary

■ **Friday-Sunday, October 4th-6th, Kells Bay Gardens:** Southern Symposium IX, with an impressive line-up of guest speakers that includes Adam Frost, Scott McMahon, Jimi Blake, Derry Watkins and Raf Lenaerts, booking essential. kellsbay.ie

Readers’ questions

Can I save my blue cedar tree?

Q My blue cedar tree, which is about 15 years old, has been displaying a blighting appearance for the past few years, with pines readily falling to ground, though with some small clusters of fresh growth interspersed. The top metre or so of the tree appears quite healthy. Any hope that it can be rescued? P Maher, Co Wexford

A I’m sorry to say that your tree seems like it’s suffering from a fungal disease known as Sirococus blight. Species of cedar and hemlock (Tsuga) are vulnerable, including Atlas cedar (Cedrus atlantica), Himalayan cedar (C deodara), cedar of Lebanon (C libani), Cyprus cedar (C brevifolia), western hemlock (Tsuga heterophylla), mountain hemlock (T mertensiana) and eastern hemlock (T canadensis).

Tell-tale signs of infection including pink discolouration of the tree’s needles as seen in your photo, shedding of needles, wilting and dieback of young shoots, and the excretion of a sticky resin from dark red lesions/wounds on the bark.

If you look closely, you may also spot small, dark fungal fruiting bodies on the branches that look a little like black moles or freckles. These symptoms are most obvious in spring-summer, when the disease is most active, which is also the time of year when healthy trees are most at risk of infection. The disease can also be spread via infected dead wood, needles and plant litter. The fungal spores are easily carried in wet, windy weather. There are no effective ways to treat it. Some affected trees can soldier on for years before eventually dying but will look increasingly unsightly and unhappy.

My advice is to cut your losses and carefully dispose of your tree rather than watch its slow but steady decline, making sure to burn the wood and collect, bag and burn or safely dispose of any needles. This would also be the best approach for phytosanitary reasons, greatly reducing the chance of it infecting any other vulnerable species growing nearby.

Very sadly, the rise of a wide variety of destructive tree pests and diseases in recent decades as a combined result of climate change and inadequate phytosanitary controls within the EU poses formidable challenges to our gardens and parks as well as the wild landscape. ●

Submit your questions to Fionnuala Fallon at irishtimes.com/gardenadvice

**Restaurant
Review**
**Corinna
Hardgrave**



Grab the gang for aromatic souks and tasty mezze

At these prices, get a gang together for a great night out in Rathmines

Shaku Maku, according to its website, wants to whisk you away to the “bustling streets of Cairo” and “aromatic souks of Beirut”. Sounds like a lot for a night out in Rathmines, but sure, why not? It’s the posher older sibling of Umi Falafel and Za’atar, opened by Palestinian Adnan Shabab in 2022. But make no mistake, it’s still ultra-casual.

It certainly conjures up those scenes with the aroma, that perfect mix of spice and sizzling meat that has your stomach growling. Evocative smells waft from the row of grills on the left, opposite a stretch of banquettes filled with families, effortlessly sharing food without squabbling over the last swipes of hummus and pitta. At the back, a covered outdoor area with a pizza oven and bar buzzes with groups catching up over piles of mezze. And honestly, mezze is what you want here. If you’ve ever been to Umi Falafel, you know what’s coming.

We’re tucked away by the window, with a view from our table of Herman & Wilkinson auction rooms. The menu is divided into mezze, “griddle pans” (main courses), grills, manaeesh (Palestinian flatbread topped with za’atar, a spice blend), pizza and sweets, so I get to work,

even if we do find it a bit hard to grab the attention of the waiters from our secluded corner.

With just two of us, the mezze for two (€26) offers the best way to take in the lot. Hummus is tasty and smooth, as you would expect it to be, and the “belahmeh” version comes crowned with lamb chunks, a very fine combination, if it had just a bit more sizzle. The baba ghanoush has a chunky texture and a whiff of smoke. It is lighter in colour than you would usually get; my guess is that there’s some tangy yoghurt in there that plays well with the burst of pomegranate seeds.

The falafel is excellent. But the chicken roll – pulled poultry in phyllo – feels like hard work. The chicken is not free-range, which may have something to do with the monotony of the flavour. The tabbouleh, though, deserves a medal: there’s no padding with an effusive use of bulgur wheat, just loads of fresh parsley, crunchy cucumber, onion and tomato, all zinging in a lemony dressing with a virtuous glow.

We choose a bottle of Malbec (€37) from the perfunctory wine list, but there are pints on tap if you prefer, and a variety of soft drinks.



Shaku Maku owner Adnan Shabab with his son, Adam.

Below: The vegan mezze Photographs: Bryan O’Brien

7/10

VERDICT
FOOD THAT WILL WHISK YOU AWAY TO THE LEVANT

Shaku Maku:
192 Rathmines Rd
Lower, Dublin 6

Food provenance:
Beef and lamb from Kepak; chicken (not free-range) from Shannon Vale Foods; vegetables from Sysco and Sam Dennigan

Vegetarian options:
Hummus, baba ghanoush, tabbouleh, fattoush, falafel, halloumi, and manaeesh

Wheelchair access:
Accessible room with no accessible toilet

Music:
Lively Arabic

The rest of the order hits the table, served family-style for maximum dipping and picking. The Shaku mixed grill (€22.50) is, well, mixed. Lamb kofta and beef steak kebabs are decent skewers, though the chicken taouk and kofta are a touch too tame.

But the Jordanian lamb mansaf (€19.50) steals the show. It’s a tender lamb shank, slow-cooked and drenched in a garlicky, yoghurt-like sauce that takes me right back to kousa bil laban, a dish of stuffed courgettes in yoghurt that I adore. The rice is top-tier, fragrant with cardamom pods.

For dessert, I stay on the dairy track with a Lebanese rice pudding (€6.50), presented in a plastic takeaway container, topped with a green dusting of crushed pistachios. The rosewater hits hard, but it wraps up the feast rather nicely.

Shaku Maku’s menu is sprawling, and I’d happily dive deeper. The lamb chops, in particular, catch my eye, being zealously devoured by a lone diner nearby, a regular, by the looks of it. The place is ideal for groups, where you can stack up more plates and share in that family-style way. If you’re a big group of students looking to upgrade from your usual takeaway for a special occasion, the dinner for 10 at €35 per person feels like a steal. Just make sure you book the back outdoor area for it.

If you’re looking for a different kind of buzz after dinner, wander over to their “hidden” shisha lounge to finish your night lounging with a drink and a shisha pipe. Perfect for post-meal relaxing if that’s your vibe – or just another excuse to hang out and imagine you’re somewhere more exciting than Rathmines on a rainy night.

Dinner for two with a bottle of wine was €111. ●



Savoury pies,
page 36
Mark Moriarty

Drink, page 38
John Wilson

Takeaway Review

Great pasta for less than the price of a sandwich

Carluccio's: 52 Dawson St, Dublin 2
Website: carluccios.com

What's on offer?
Carluccio's Italian restaurant was established in London by Antonio and Priscilla Carluccio in 1999. It's now a sizeable business with a large base of franchisees. It opened in Dublin on the corner of South Anne Street and Dawson Street in March 2008.

I read in The Hungry Student's Guide to Lunch, an article penned by Théo Martin for Trinity College Dublin's University Times in October 2022, that Carluccio's had a student deal of one packed box of pasta for €5.50. It started more than 10 years ago when Antonio Carluccio introduced a deli section to the restaurant, selling meats and cheeses, with everything cut and weighed to order. The deli is now gone, but the takeaway opens on weekdays, offering a selection of pastas and a small selection of sides (chicken Milanese and focaccia). The

pastas are normally penne based. There are two sizes of pasta boxes: half (€5.50) and large (€8.50).
There are a few outside tables if you are lucky enough to snag one, otherwise it's takeaway only.

What did we order?
Three half boxes of pasta: luganica (spicy sausage); aubergine and mozzarella; and speck, blue cheese, bacon and courgette; as well as one slice of garlic bread and one slice of focaccia.

How was the service?
Very efficient. You order at the counter, wait while the pasta is filled into the containers, and pay. Be sure to get there before 1pm as the queue of students starts to form rapidly.

Was the food nice?
This is proper, no-nonsense food designed to fill you up rather than whisk you back to your last jaunt to Tuscany. Portions are



Carluccio's on Dawson Street, Dublin.
Photograph: Brenda Fitzsimons

generous. The spicy sausage with penne is just that: loads of sausage, with a good kick of flavour. The blue cheese penne is carbonara adjacent, but with blue cheese and courgette – rich, creamy, and with the smoky hit of bacon. The veggie option with aubergine comes swimming in a decent tomato sauce, with gooey mozzarella tucked between the penne.
The focaccia, though, is a bit too much on the bread side; it's fine, but lacks that open crumb and crunchy exterior. Cut in half, griddled, and turned into garlic bread, it fares much better.

What about the packaging?
Everything is packaged in cardboard or wrapped in paper. Cutlery is a compostable wooden fork

What did it cost?
€20.50 for lunch for three people: three half boxes of pasta, €16.50; garlic bread, €1.50; and focaccia, €2.50.

Where does it deliver?
Takeaway only, open Mon-Fri, noon-3pm.

Would I order it again?
Yes, and to quote Théo Martin: "you can always rely on Carluccio's if you're hungry and penne-less". ●



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Food & Drink

Chicken and mushroom puff pie

Serves: 4

Ingredients:

1 brown onion, quartered with skin on
1 head of garlic, halved
1 x 1.5kg chicken
1tbs olive oil
Sea salt and black pepper
4-5 large portobello mushrooms
50g butter
50g flour

500ml chicken stock
1tbs wholegrain mustard
1tsp thyme leaves, plus thyme sprigs for garnish
Zest of 1 lemon
50ml cream
Flour for dusting
1 block puff pastry/or prerolled puff pastry sheet
1 egg yolk
Rosemary sprigs for garnish

Method:

1. Start by roasting the chicken. Preheat the oven to 200 degrees. Spread the onion quarters and garlic halves on a heavy-duty roasting tray. Pat the chicken skin dry, then place it on the onion and garlic mix. Brush the skin with some olive oil, then season well with salt and pepper.
2. Roast the chicken in the oven for one hour at 200 degrees, then leave to rest in the tray for 10 minutes. Strain all the juices from the tray through a sieve into a jug, to be used in the sauce. Then tear or cut the meat off the chicken into large chunks or strips to be used in the filling.
3. Heat a nonstick frying pan and add the vegetable oil. Slice the portobello mushrooms and add to the pan. Cook on a high heat for three to four minutes, stirring regularly, until browned, then remove from the heat.
4. Now to make the filling. Heat a pot and melt the butter. Stir in the flour and cook out on a low heat for two minutes, then add the chicken stock and strained juices from the roasting tray, stir well and increase the heat to medium. Stir in the browned mushrooms and mustard and cook until the sauce thickens, then lower the heat and add the chunks and strips of chicken and the thyme leaves. Finish by stirring through the lemon zest and cream, seasoning with salt and pepper, then remove from the heat, transfer into a baking dish and allow to cool slightly.
5. Dust a counter lightly with some flour. Roll out the puff pastry sheet and gently place this across the top of the baking dish. Pinch the edges so the pastry is secured to the oven dish. Brush the pastry gently with an egg yolk and garnish with some rosemary and thyme sprigs. Bake in the oven at 190 degrees for 25-30 minutes until the pastry is dark golden brown and crispy.
6. Allow to cool slightly for five minutes before serving.

“Throughout Australia and New Zealand in particular, you’ll find regional variations using local produce



Savoury pies to warm the cockles of the heart

Cook
Mark
Moriarty



Classic pies inspired by travels to Australia and New Zealand – always thick, cosy and highly seasoned

Pies, the ultimate comfort food, are just the tonic as the darker evenings set in. The earliest references to the first recipe here, the steak and kidney pie, appeared in the mid-1800s. For the most part, the art of pie-making can be attributed to both the French and the British. In their simplest form, pies are packed with seasoning and depth of flavour, the

caramelised pastry casing soaking up excess sauce and adding the X factor. In their most elaborate forms, pies can be considered works of art, often better suited to art galleries than restaurants. The work of British chef Callum Franklin, and Karen Torosyan of the famed Bozar Restaurant in Belgium, are standouts for me when it comes to the art of pastry and fillings.

The British empire also extended the reach of the pie. Throughout Australia and New Zealand in particular, you’ll find regional variations using local produce. A long time ago, my wife and I spent a few months travelling the long way home, after a year working in Melbourne.

Meeting friends in Auckland, we spent six weeks travelling the length and breadth of New Zealand on a large green bus filled with backpackers. Each night, we would land into a different town or village. Some were picturesque like postcards, others like something from a wild west film. Depending on the nightlife reputation at each particular stop, the budget for dinner would vary. Remember, we still had five months of travelling afterwards. If drinks were on the cards, it was pie for dinner. Thankfully, our

metabolisms were still in full flight at the time. I loved the pride each producer and town would take in their pies. I lost count of the amount of “Best Pie in NZ” signs we passed on the trip. Most used a combination of mince and stewing meat for texture. The sauce was always pasty and thick, highly seasoned and cosy inside a blanket of crusty puff pastry. Eating them with our hands, like sandwiches, you could feed yourself for the evening for less than \$5.

This week’s recipes are inspired by that fantastic trip, the people and the places. First up is a steak and kidney pie. I use lamb kidneys here; they’ve a softer flavour than most and bring a real depth of flavour to the sauce. To save you from the idea of eating them, I’ve diced them up finely so they blend in. The stewing beef melts in the mouth and the addition of flour to the sauce will keep it nice and pasty, like I remember. The second recipe uses chicken and mushroom, sitting under a rooftop of caramelised puff pastry. This is cooked in a cake tin or oven dish and can be assembled in advance to throw into the oven after work. Note the high seasoning in both recipes: it’s key. Winter warmers indeed. ●

Steak and kidney pie

Serves: 4

Ingredients:

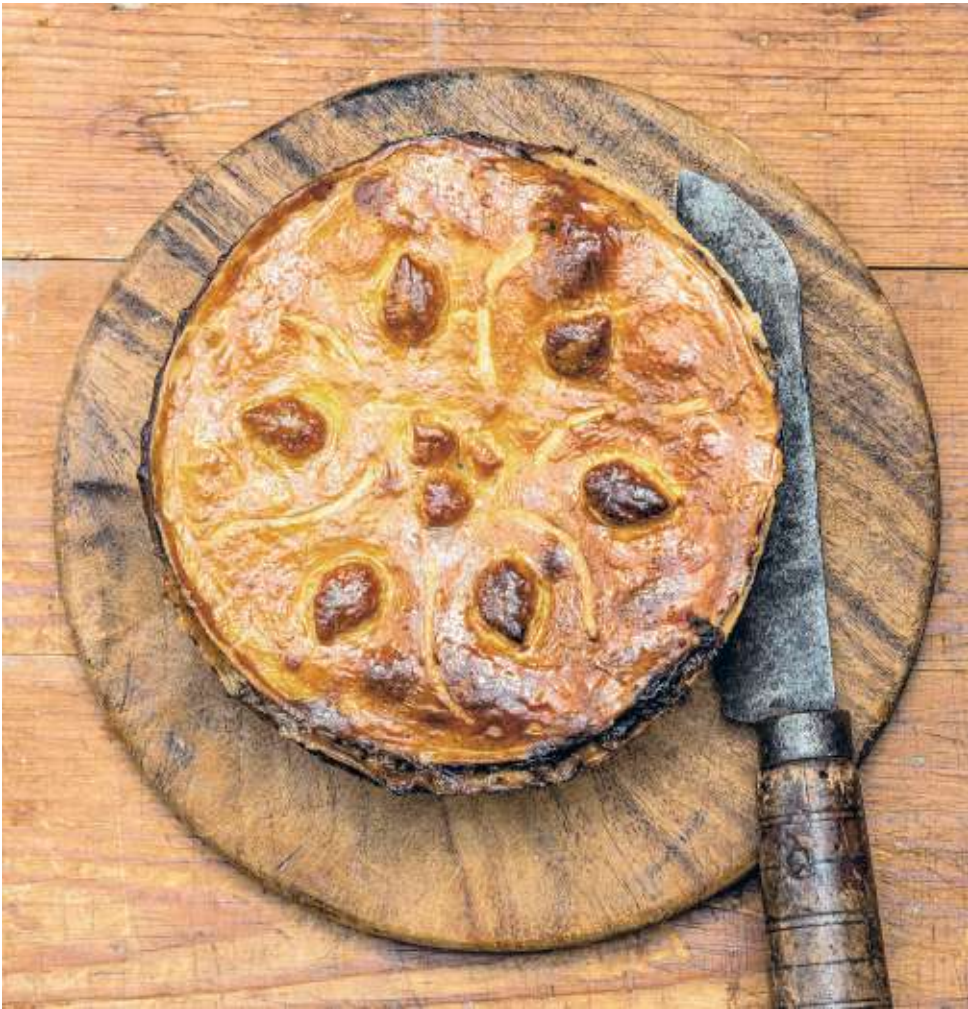
- 700g (approx) stewing beef (shortrib)
- 100g lamb kidneys, diced
- 2 tbsp vegetable oil
- 1 onion, sliced
- 2 garlic cloves, sliced
- 2 medium carrots, peeled and sliced
- 250g small button mushrooms
- 2 rosemary sprigs, plus some for garnish
- 3-4 thyme sprigs, plus some for garnish
- 250ml red wine
- 500ml beef stock
- 1 tbsp tomato paste
- 50g flour
- 50g butter
- Butter, for lining the dish
- 1 block shortcrust pastry/or pre-rolled shortcrust pastry
- Flour for dusting
- 1 egg yolk

Method:

1. Preheat the oven to 150 degrees. Start by making the

bourguignon filling. Cut the beef short-rib meat into small chunks. Heat a casserole pot and add the oil. Add the beef and cook for three minutes until browned, then remove from the casserole pot and place on a plate.
2. Put the pot back on the heat and add the onion, carrots, garlic and button mushrooms. Cook for three minutes until browning, then add the beef back into the pot along with the butter and the flour and stir well. Cook for two minutes, then add the red wine, beef stock, tomato paste, thyme leaves, rosemary sprigs and stir well, scraping up any bits from the base of the pot. Season with salt and pepper and bring to the boil. Then place a lid on the casserole dish and place in the oven. Cook for three hours at 150 degrees. Then remove from the oven and allow to cool.
3. Preheat the oven to 180 degrees. Line a pie dish (about

20cm wide and 6cm deep) with some butter. Roll out the shortcrust pastry to 2-3mm thickness. Cut a piece that is a few inches bigger than the dish. Line the dish with it, gently pressing into the corners and allowing a little overhang. Place into the fridge for 10 minutes to set the shape.
4. Remove from the fridge and fill the pastry with the cooled beef mix. Brush the edges of the pastry with some egg yolk. Roll out the remaining pastry and place on top, pressing the pastry together to seal the pie. Trim any excess pastry neatly with a blunt knife. You can use any offcuts of pastry to garnish the top of the pie, then brush the top of the pastry gently with the egg yolk. Bake in the oven at 180 degrees for 40-45 minutes until dark golden brown.
5. Remove from the oven and allow to cool slightly for five minutes before serving.



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Food & Drink

Drink
**John
Wilson**



Time to bring out the winter whites

Served blind, some of these textured white wines could pass as a red if served at room temperature

One of the disadvantages of writing ahead of time is that the weather can change dramatically by the time you read it. I enjoyed my morning coffee

outdoors in the bright sunshine this morning. However, for the first time there was a distinct chill in the air, and I suspect it may be my last al fresco breakfast this year.

Once the leaves start to turn it can be time to change our wine choices a little. I will cover red wines next week, but now is the time to move over to more textured white wines that work perfectly with autumnal food. These are wines that protect and fortify us against the autumn chill. They are generally less aromatic, and more about mouthfeel and body.

Chardonnay, chenin blanc, godello, viognier, and sémillon all offer a bit more presence, a pleasing richness that seems just right on cooler evenings. Served blind, some of them could pass as a red wine if served at room temperature. Richer whites are sometimes best served just lightly chilled so take them out of the fridge 15 minutes before serving. You will get so much more flavour from your wine.

These wines go very well with all kinds of rich creamy dishes. Think about chicken and pork with mushrooms, creamy pasta dishes or root vegetables and cauliflower cheese. If you are splashing out, they also go very nicely with lobster, scallops and prawns as well as mild Asian curries. ●



Côtes du Rhône Blanc 2023
Chassaux & Fils,
13%, €9.99

New to Aldi, this has plush ripe melon and stone fruits with a twist of spice. Perfect with creamy dishes. Fish pie or cauliflower cheese.

From: Aldi



Leyda Chardonnay Reserva 2023,
Leyda Valley, Chile,
13%, €14.95

An unoaked Chardonnay that is rich and satisfying. Expect creamy exotic fruits and refreshing lime zest. Enjoy alongside mild rich curries, creamy chicken or mushrooms.

From: O'Briens



The Wolftrap 2022,
Boekenhoutskloof,
South Africa, 13%,
€15

Medium-bodied with textured exotic fruits, a toasty background note and plenty of mouth-watering citrus. Drink by itself, but better with spicy grilled prawns or roast root vegetables.

From: Jnwine.com;
The Counter,
Letterkenny; Grange
Wine, Donaghadee



Viognier 2023,
Château
Beauchêne, Côtes
du Rhône, 14.5%,
€22

A very seductive full-bodied wine layered with lavishly textured apricots, peaches and a touch of woody spice. Calls out for food: creamy chicken curry or buttery scallops.

From: Whelehan's,
Loughlinstown

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Recipe 20/52

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Pick of the Week



At Your Service

Sunday, RTÉ1, 7.30pm

A lot has happened in the hospitality industry since the last time John and Francis Brennan were on our screens helping small hotels and B&Bs reach their guest-attracting potential. The cost-of-living crisis has bitten hard, forcing many hoteliers and restaurateurs out of business, and even the Brennan brothers have felt the pinch – they sold their iconic Park Hotel in Kenmare last year to Dublin-born, US-based entrepreneur Bryan Meehan. Still, the brothers are very much an active force in the hotel business, and in the 13th series

of At Your Service they use their experience and expertise – and renowned eye for detail – to help another batch of intrepid entrepreneurs navigate the choppy waters of Irish hospitality. Among them are a former jet-setter who is trying to get her farmhouse B&B off the ground, and an Irish-Latvian couple who want to turn their farm in landlocked Co Laois into a beach resort. Episode one features the O'Carroll family, who run a wood and stone work company in Tralee, and who have transformed an old inn to a spanking new 26-room hotel. They know how to build it, but can they run it?

Highlights

Joan

Sunday, UTV, 9pm

Joan Hannington had all the odds stacked against her: growing up with abuse in the home, pregnant at 17, and unhappily married to a violent gangster named Gary. But Hannington used her good looks and glamorous style to turn her fortunes around, becoming the most notorious jewel thief in 1980s London, known as the Godmother. Her true-life story is dramatised in this six-part series written by Anna Symon (who also wrote scripts for The Essex Serpent, and Mrs Wilson) and starring Sophie Turner from Game of Thrones as the chic criminal chameleon who created a series of fake identities to stay one step ahead of the law.

Extraordinary Life: The Ben Dunne Story

Monday, RTÉ1, 9.35pm

Businessman Ben Dunne's story reads like a season of Succession, say the makers of this new documentary looking back on a life that was anything but ordinary. Dunne took over the Dunnes Stores family business aged 34, and his ruthless pursuit of a low-cost model made him and his family rich, but he was ousted



from the company following a notorious cocaine-fuelled incident on a hotel balcony in Florida in 1992 and revelations of payments to politician Charles Haughey. Among the contributors to the programme are former politician Alan Dukes, broadcaster Joe Duffy, and journalists Cliff Taylor and Conor Pope.

How to Survive a Dictator: North Korea

Monday, Channel 4, 10pm

With the far right on the rise, we may all soon be living under totalitarian rule, but never fear: broadcaster and satirist Munya Chawawa is back with more advice on how to get by when your country turns from a democracy into a dictatorship. This is the follow-up to his

Top: Francis Brennan with the O'Carroll family from the James Hotel in Tralee, At Your Service. Above: Frank Dillane and Sophie Turner in Joan.

Photographs: RTÉ; Susie Allnutt/ITVX

previous programme on Zimbabwe under Robert Mugabe, and this time Chawawa attempts to get inside the mind of North Korean dictator Kim Jong-un, and learn how he manages to cling on to power. Is Kim really a deadly threat to the world, or is he just a little big rocket man?

Industry

Tuesday, BBC1, 11.10pm

The young and restless financiers return to the shark tank for a third series of the drama set in the high-stakes world of investment banking. Brace yourself for another round of bed-hopping, back-stabbing and bondholder-burning as the bright young things of Pierpoint & Co scramble up the greasy pole in pursuit of wealth and power. The big buzz for series three is the arrival of Game of Thrones star Kit Harington as Sir Henry Muck, who heads up his own green tech energy company, and the big water-cooler talk is about Muck's kinky shower scene with Yasmin (Marisa Abela).

The Case I Can't Forget

Wednesday, RTÉ1, 9.35pm

Investigators recall their most memorable cases in this true-crime series, back for another season with a fresh batch of tales from the Garda files. This first episode looks back at the notorious ATM robberies across counties Monaghan, Meath and Cavan in 2018 and 2019, when a criminal gang stole diggers and brazenly drove them into towns and used them to rip ATMs out of the wall and make off with the cash. Worth watching just for the incredible CCTV footage of the robberies taking place.

Is Mise le Mess

Wednesday, TG4, 8.30pm

The jury's out on the bilingual punning title, but the verdict is clear: your house is an absolute tip, and you need a craic team of cleaners to get your gaff back in order. In this new Irish-language series, Donegal women Derena, Síle and Colleen roam the country armed with detergent and J-cloths in search of dirt, grease and clutter (they won't have far to look). They're on a mission to spruce up the nation's houses, but they also want to bring the fun back in to housework, and they're ready to share their tips and tricks to help keep you smiling while keeping your home sparkling clean.

The 2 Johnnies Late Night Lock In

Thursday, RTÉ2, 9.35pm

If you've been missing the Tipp twosome since they left their drivetime radio show on 2FM in May, the good news is that Johnny B and Johnny Smacks (don't ask me which is which) are back on our screens with a new series of their late-night lock-in, with the reassuring promise of more madness and mayhem to see out the week. We can't reveal what's on the menu for this new series, because the 2 Johnnies won't tell us, but rest assured that there will be celebrity guests, singing and dancing, comedy, party games and general messing and acting the maggot.

Boris Johnson: The Laura Kuennsberg Interview

Thursday, BBC1, 7.30pm

Seems like ages ago since Boris Johnson was turfed out of Downing Street by his own party, so this interview with BBC political editor Laura Kuennsberg will remind us of all those Covid-era antics by Boris and his band of merry Tories. But why choose now to grill Johnson? Some are insinuating that it might be a thinly disguised plug for his new memoir, *Unleashed*, due in October, but we wouldn't dream of suggesting such a thing. Still, we don't mind if he mentions his book – as long as he spills the beans about what really happened during his time as PM.

The Cleaner

Friday, BBC1, 9.30pm

You won't get this kind of grisly task on *Taskmaster*. Fresh from fronting another fab series of the surreal comedy challenge show, Greg Davies returns to the role of Paul "Wicky" Wickstead, whose job cleaning up violent crime scenes requires more than a squirt of detergent. Wading through blood and gore is all in a day's work for Wicky, but in the first episode of this third series, Wicky is feeling sick as a parrot when he arrives at his old school friend Justin's luxury gaff and sees all the trappings of success – including the expensive grand piano that has just fallen on some poor unfortunate, leaving a pool of blood. Can Wicky hold down his envy long enough to get the job done?

Streaming



Where's Wanda?

From October 2nd, Apple TV+

In a small suburb in Germany, where everyone follows the lifestyle template, 17-year-old Wanda Klatt is a free spirit, doing things her own way and letting no one put her in a corner. But then one day she disappears, and the only trace of her is her Little Red Riding Hood cape lying in the woods. The cops are baffled, so her parents, Dedo and Carlotta, take matters into their own hands and set out to find their missing daughter. This entails spying on their neighbours, using sophisticated surveillance equipment and donning various disguises to gain entry into everyone's house. The more

they snoop, the more they learn about their neighbourhood's buried secrets. This dark German-language comedy sounds like the Coen brothers with a dash of Jo Nesbo.

The Last Days of the Space Age

From October 2nd, Disney+

It's the year 1979, and the eyes of the world are on Perth, Australia, as it prepares to host the Miss Universe beauty pageant (such things were quite popular in those days). But a power strike threatens to plunge the region into a blackout – not good for viewership figures – and there's an even bigger disaster on the horizon:

Heike Makatsch and Axel Stein in

Where's Wanda? Photograph: Apple TV+

the Skylab space station is about to crash to earth close to the city. This retro dramedy series focuses on three families living through these seismic changes. Will their relationships withstand the pressure in these apparent end-times? Or will the sky fall on their heads? And will Miss Universe go ahead? Radha Mitchell, Jesse Spencer and Deborah Mailman head the ensemble cast, along with Iain Glen from *Game of Thrones*.

Heartstopper

From October 3rd, Netflix

We're back at school for a third series of *Heartstopper*, and those beating hearts just won't stay still for a second. The series centres on the blossoming relationship between Charlie (Joe Locke) and Nick (Kit Conner), students at Truham Grammar School. As the new series begins, the summer holidays are coming to an end, and the new school year will bring lots of challenges – not all of them academic. Charlie is ready to declare his love for Nick, while Nick is starting to get a greater understanding of Charlie's mental health issues. As Charlie, Nick and the rest of the *Heartstopper* gang grow older, it's starting to dawn on them that they're going to have to be more mature in their choices and behaviour.

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Evolution of
the Everyday

Dr Sarah Wilson

Saturday September 28

NEW SERIES Alan Carr's Picture Slam BBC One, 5.30pm The comedian and presenter returns to our screens to helm the second series of this fun-filled game show. Each episode sees him offer three teams of contestants the chance to win big – all they have to do is identify a board full of images and they could claim a jackpot of up to £10,000. Taking part in this opener are couple Daniel and Neil, friends Ruth and Michelle and teachers Candice and Dan.



RETURNING SERIES The Weakest Link BBC One, 8.30pm Romesh Ranganathan is also back with the latest series of the rebooted quiz. This instalment is a comedians special, as he asks eight fellow funny folk a series of questions. If they link enough correct answers together, then they win big money for their charity of choice. The participants are Angela Barnes, Phil Wang, Josh Pugh, Laura Smyth, Ria Lina, Maisie Adam, Iain Stirling and Geoff Norcott.



RTÉ One

6.00 EuroNews **7.05** Teleshopping **7.40** Nationwide R S **8.10** Ros na Rún R S **9.10** Fair City Omnibus S **11.10** Father Brown R S **12.05** The Great British Bake Off R S **1.25** News S **1.35** Ireland's Coast R S **2.35** Great Irish Interiors R S **3.05** Nico's Cook In, Cook Out R S **3.35** **FILM: Breakfast at Tiffany's** (1961, Comedy, PG) Dir: Blake Edwards. S

RTÉ2

6.00 EuroNews **8.00** Children's Programmes **10.15** Home and Away R S **11.45** Get Even S **12.20** **FILM: Katy** (2018, Drama, U) Eleven-year-old Katy suffers a serious injury – will her life ever be the same again? Starring Chloe Lea. Dir: John McKay. S **2.00** Champions League Magazine S **2.30** **URC Live** Zebre v Munster (Kick-off 3.00pm). S **5.15** Top Gear R S

Virgin One

6.10 Who's Doing the Dishes? R S **8.00** How to Lose Weight Well R **9.00** Ireland AM S **12.00** Champions: Full Gallop R **1.00** **Live Racing** Coverage of the third and final day of the Cambridgeshire meeting at Newmarket. **4.00** Celebrity Catchphrase R S **5.00** For the Love of Dogs with Alison Hammond R **5.30** News at 5.30 S

TG4

6.00 Cúla 4 **10.10** GAA 2024 R **11.10** Survivor R **12.25** AFL Aussie Rules na mBan

BBC One

6.00 News S **10.00** Saturday Kitchen S **11.30** Nadiya's Cook Once, Eat Twice R S **12.00** Football Focus S **1.00** News S **1.15** Bargain Hunt R S **2.00** Money for Nothing R S **2.45** Escape to the Country R S **3.45** Garden Rescue R S **4.30** Final Score S **5.10** News S **5.20** Regional News S **5.30** Alan Carr's Picture Slam. See Choice

BBC Two

6.10 Children's Programmes S **7.45** One Zoo Three R S **8.05** Children's Programmes S **8.45** Gardeners' World R S **9.45** **FILM: Cat on a Hot Tin Roof** (1958, Drama, 12) Dir: Richard Brooks. S **11.30** News S **12.30** Rick Stein's Food Stories R S **1.30** Food & Drink R S **2.00** **Cycling: World Road Championships** S **4.15** Big Cats 24/7 R S **5.15** Super League Live S

5.45 **NUACHT** **5.55** **NEWS FOLLOWED BY THE ANGELUS** R S **6.01** **NEWS** **6.30** **SINN FEIN ARD FHEIS** Live coverage of the address by party leader Mary Lou McDonald TD to the Sinn Féin Ard Fheis in Athlone. **7.00** **FILM: JUMANJI: WELCOME TO THE JUNGLE** (2017, Comedy, 12) Four teenagers play a jungle-themed game on an old console, only to find themselves transported into the game and transformed into its heroic characters. They must embark on a death-defying journey through the game's wilderness setting to make it back to the real world, or be stuck as video game characters forever. Starring Dwayne Johnson, Karen Gillan, Kevin Hart and Jack Black. (includes Lotto). Dir: Jake Kasdan. S **9.15** **NEWS** **9.45** **FILM: THE EQUALIZER** (2014, Thriller, 18) A retired secret agent applies his talents to the task of helping victims of injustice. When he witnesses a prostitute being beaten up by a pimp, he kills the man, an act that draws him into a battle to the death with a Russian crime syndicate. Starring Denzel Washington and Chloe Grace Moretz. Dir: Antoine Fuqua. S **12.10** The Boy That Never Was R S **1.10** **FILM: Parked** (2010, Drama, 15) A middle-aged man living in his car strikes up an unlikely friendship with a dope-smoking 21-year-old. Starring Colm Meaney and Colin Morgan. Dir: Darragh Byrne. S **2.55** EuroNews

6.15 **GIFT FROM THE ICE: JAPAN'S WILD NORTH** The wildlife of the Shiretoko National Park on the northern tip of Japan. S **7.20** **THE SPACE SHUTTLE THAT FELL TO EARTH** Sixteen minutes from landing, Mission Control lose contact with the crew of Columbia and the shuttle breaks apart during re-entry in the skies above Texas. Last in the series. S **8.30** **BACKYARD BEARS OF TRANSYLVANIA** An ancient bear cult that has survived deep in the Transylvanian forests, where Europe's greatest land predator is a symbol of rebirth. S **9.30** **FILM: RUSH** (2013, Drama, 15) The 1976 Formula 1 Championship season is dominated by a fierce rivalry between two contrasting drivers, as daredevil English driver James Hunt and methodical Austrian defending champion Niki Lauda put their lives on the line to outdo each other on the track. Starring Chris Hemsworth. Dir: Ron Howard. S **11.40** **FILM: MULHOLLAND FALLS** (1996, Drama, 18) A team of Los Angeles detectives investigates the murder of a woman with several powerful lovers who all have secrets to hide. Starring Nick Nolte. Dir: Lee Tamahori. S

1.40 The Newsreader R S **2.45** EuroNews

6.00 **IN FOR A PENNY** Stephen Mulhern hosts the game show in which he travels around the UK setting members of the public unusual challenges. R **6.30** **TIPPING POINT: LUCKY STARS** Contestants Harry Redknapp, Denise Van Outen and Audley Harrison answer questions to win turns on an arcade-style machine. Last in the series. R **7.30** **ANT & DEC'S LIMITLESS WIN** Childhood sweethearts Bianca and Ky continue their game from last week, followed by husband and wife Charlie and Helen. Ant and Dec ask the questions – and help out where they can. **8.30** **THE VOICE UK** Emma Willis hosts the singing contest, with Tom Jones, Will.i.am, LeAnn Rimes and Tom Fletcher and Danny Jones continuing to select their teams in the fifth round of blind auditions, pushing their buttons to pick the most exciting singing talent that the UK has to offer. **10.10** **THE GRAHAM NORTON SHOW** New series. The host returns to invite another group of Hollywood A-listers and British TV big shots to chat about what they've been up to recently. **11.15** **THE SINKING OF THE SUPERYACHT** Minute-by-minute analysis of the Bayesian tragedy. R

12.15 Posh Pawn R **1.15** Kate Garraway's Life Stories S **2.15** Close

2.05 **RASAÍ LIOS TUATHAIL** The Listowel Races with Seán Bán Breathnach. **4.30** **SACAR NA MBAN BEO** Galway Utd v Shelbourne FC (Kick-off 5.00pm). Live coverage of the Women's Premier Division fixture from Eamonn Deacy Park. Presented by Máire Treasa Ní Cheallaigh. **7.00** **NUACHT TG4** **7.15** **RUGBAÍ BEO** Connacht v Sharks (Kick-off 7.35pm). Live coverage of the United Rugby Championship fixture from Dexcom Stadium. **9.50** **FILM: THE END OF THE TOUR** (2015, Drama, 15) A journalist is hired to conduct an interview with author David Foster Wallace, and spends five days accompanying the writer. Over the course of their time together, an unusual bond seems to develop – but it remains unclear how honest each is being with the other. Starring Jesse Eisenberg, Jason Segel and Anna Chlumsky. Dir: James Ponsoldt. S **11.50** **ÚDAR** This drama, Seacht gCéad Uaireadóir, adapted from the original work by Micheál Ó Conghaile, reflects the conflict of a modern, complex world with the slow paced, heedful past. Time stands still in the watch shop, as a modern, hectic life ravages past outside. R

12.20 Shania Twain: Still the One – Live in Las Vegas R **2.00** Nuacht TG4 R **2.15** An Cumann R **2.45** Sean-Nós R **3.15** Cluichí na Bliana R S **4.10** Wwoofáil R **4.35** Comhrá R **5.05** France 24

6.15 **STRICTLY COME DANCING** Paddles at the ready as the couples take to the floor to perform their second routines – and this week things are getting serious for the celebrities as they know that one of them will be voted out in tomorrow night's results show. Claudia Winkleman and Tess Daly keep things ticking over, while Shirley Ballas, Craig Revel Horwood, Motsi Mabuse and Anton Du Beke give their thoughts on the dances. S **8.30** **THE WEAKEST LINK** See Choice. **9.15** **APPLES NEVER FALL** As the search for Joy intensifies, her son Logan is determined to direct the police away from his own family. Drama, starring Conor Merrigan Turner, Sam Neill and Annette Bening. S **10.10** **NEWS** S **10.30** **MATCH OF THE DAY** Gary Lineker presents highlights of the latest Premier League matches, including Newcastle United v Manchester City, and Chelsea v Brighton & Hove Albion. S **11.55** **MAN IN THE ARENA: TOM BRADY** The quarter-back balances the demands of leading the Patriots 2.0 team to another Super Bowl with the responsibilities of being a husband and father. S

12.50 Man in the Arena: Tom Brady S **1.45** News S

7.30 **PAULA MCINTYRE'S HAMELY KITCHEN USA** Paula visits the city of Belfast in the state of Maine, where she meets a local clam-digger keeping up the tradition of digging for clams by hand. R S **8.00** **HOUSE OF THE YEAR** Laurence Llewelyn-Bowen searches for the country's best home. R S **8.30** **CLASSIC SOUL: LATER... WITH JOOLS HOLLAND** See Choice. **9.30** **THE BATTLE FOR BLACK MUSIC: PAID IN FULL** Charting the failures and triumphs of record labels owned and run by black people, including Motown, Stax, Def Jam and Roc-A-Fella, as they battled a hostile industry. S **10.30** **THE BATTLE FOR BLACK MUSIC: PAID IN FULL** A look at the impact of the digital revolution. Last in the series. S **11.30** **SOUNDING OUT: THE DRIFTERS** Bill Fredericks and Johnny Moore talk about their band and the songs they perform, including Under the Boardwalk and On Broadway. First shown in 1972. R S **11.55** **SOUNDING OUT: BB KING** The American blues guitarist and singer-songwriter is filmed at a recording session in Piccadilly, during the sessions that led to the BB King in London album. First shown in 1972. R S

12.20 **FILM: A Bigger Splash** (2015, Drama, 15) Starring Tilda Swinton and Ralph Fiennes. Dir: Luca Guadagnino. S **2.20** Sign Zone: Nightsleeper R S **3.20** Mozart: Rise of a Genius R S **4.20** This Is BBC Two S

ONE-OFF SPECIAL Classic Soul: Later...with Jools Holland BBC Two, 8.30pm It's time for another deep dive into the pianist's seemingly endless archive. This time, he's focusing on classic Later... clips that feature legends of the soul genre. Along the way we are treated to clips of Al Green, Anita Baker, Bettye LaVette, Bobby Womack, Gladys Knight, Luther Vandross, Mavis Staples, Sade, Sam Moore, Smokey Robinson, Solomon Burke and more.



Channel 4

6.10 Frasier R S **8.20** The Simpsons R S
11.45 FILM PREMIERE: Tad the Lost Explorer and the Emerald Tablet (2022, Animation, U) The explorer unleashes a curse that endangers the lives of his friends. Featuring the voice of Trevor White. Dir: Enrique Gato. S **1.25** Four in a Bed R S **4.00** The Great British Bake Off R S **5.30** Into the Jungle with Ed Stafford R S

6.30 NEWS S
7.00 LITTLE TRAINS & BIG NAMES WITH PETE WATERMAN The music producer and keen railway modeller meets famous faces who share his passion for all things miniature and spends time with their beloved creations. In the opening programme, Pete visits Jools Holland's loft to see a work of art 12 years in the making. R S
8.00 ABANDONED RAILWAYS FROM ABOVE Following the route of an abandoned line that connected England's great university cities of Cambridge and Oxford and became Britain's secret weapon during the Second World War. S
9.00 FILM PREMIERE: MORBIUS (2022, Horror, 15) A biochemist tries to cure himself of a rare blood disease, but he inadvertently infects himself with a form of vampirism. Starring Jared Leto, Matt Smith, Adria Arjona and Jared Harris. Dir: Daniel Espinosa. S
11.05 FILM: ONCE UPON A TIME IN HOLLYWOOD (2019, Drama, 18) A faded television actor and his stunt double strive to hang on to their careers during the final years of Hollywood's Golden Age. Starring Leonardo DiCaprio. Dir: Quentin Tarantino. S

2.00 FILM: Deerskin (2019, Comedy, 15) Starring Jean Dujardin. Dir: Quentin Dupieux. S
3.25 The Simpsons R S **3.50** Come Dine with Me R S **4.45** Hollyoaks Omnibus R S **5.55** Cheers R S

Virgin Two

7.05 The Masked Singer R S **8.30** Tipping Point R S **9.25** WWE SmackDown **10.30** UEFA Champions League Magazine Show R **11.00** The Mike Tomlin Show **11.30** The Masked Singer R S **12.55** Tipping Point R S **2.00** Sitting on a Fortune R **3.00** Animal SOS R S **4.00** Big Year in Big School R S **5.00** Rich House, Poor House R
6.00 MILLION POUND PAWN Dan Hatfield makes a bid to enter the world of equine sales. R
7.00 DRESS TO IMPRESS Harvey from Essex is hoping for a perfect date outfit. R S
8.00 LIVE UFC Renato Moicano v Benoit Saint Denis. The lightweight bout from UFC Fight Night 243 at Accor Arena in Paris.
11.00 GOGGLEBOX IRELAND Amateur TV critics review the latest small-screen offerings. R S
12.00 Celebrity Obsessed R S **1.00** One Night with My Ex on Valentine's Day R **2.00** Close

Sky Atlantic

6.00 Fish Town R S **9.00** Boardwalk Empire R S **2.20** The Sopranos R S
6.30 THE SOPRANOS Tony leaves town after learning the FBI is digging at the site where he buried an old enemy. Junior's doctors increase his medication after he brawls with Professor Lynch. R S
7.35 GAME OF THRONES After the Battle of Winterfell, the Great War to gain control over the mythical land of Westeros continues as Jon and Daenerys look to the south. R S
9.00 GAME OF THRONES In the penultimate episode, Varys betrays his queen, and Daenerys brings her forces to King's Landing as the explosive final battle for the Iron Throne begins. R S
10.20 GAME OF THRONES Daenerys declares her intentions for Westeros. R S
11.45 GAME OF THRONES Lord Eddard Stark faces a dilemma when he is asked to serve at the side of King Robert Baratheon. Starring Sean Bean. R S
1.00 Game of Thrones R S **2.05** Patrick Melrose R S **3.15** Euphoria R S **4.25** In Treatment R S **5.00** Fish Town R S

Sky Showcase

6.00 Clifford R S **6.30** Silly Animals R S **6.50** Trollys: Trollstopia R S **7.40** LEGO Friends R S **8.05** Monkey Life R S **9.00** Modern Family R S
10.00 Saturday Social Hear about football's hot topics on social media. R
11.00 Modern Family R S **12.00** The Simpsons R S
3.00 Gillette Labs Soccer Saturday Stay up to speed with the afternoon's football up and down the country. R
5.00 Ancient Superstructures R S
6.00 CLASH OF ANCIENT WARRIORS The Battle of Hastings. R S
7.00 MOVIE MEGASTARS: MADE IN THE 80S The biggest film stars of the decade. R S
9.00 FILM: RED (2010, Adventure, 12) Starring Bruce Willis and Morgan Freeman. Dir: Robert Schwentke. R S
11.15 BRASSIC R S
12.15 Funny Woman R S **1.15** The Office (US) R S **3.05** Road Wars R S **4.00** Nothing to Declare R S

UTV

6.00 Ainsley's Fantastic Flavours R S
6.50 FILM: Addams Family Values (1993, Comedy, PG) Starring Anjelica Huston and Raul Julia. Dir: Barry Sonnenfeld. S
8.25 Love Your Garden R S **9.25** News S **9.30** James Martin's Saturday Morning S **11.40** John and Lisa's Weekend Kitchen S **12.45** News S
1.00 ITV Racing: Live from Newmarket Coverage of the third and final day of the Cambridgeshire Meeting. S
4.00 In for a Penny R S **4.35 FILM: The World Is Not Enough** (1999, Adventure, 12) Starring Pierce Brosnan. Dir: Michael Apted. S
6.55 NEWS S
7.15 UTV LIVE S
7.30 CELEBRITY CATCHPHRASE With Adjoa Andoh, Adrian Chiles and Trevor Nelson. S
8.30 THE VOICE UK Emma Willis hosts the fifth round of blind auditions. S
10.10 PASSWORD Hosted by Stephen Mangan. S
10.45 NEWS S
11.00 THE KILLING KIND S
12.00 English Football League Highlights S **1.20** Shop on TV **3.00** Code Blue: One Punch Killers R S **3.50** Unwind with ITV S **5.05** Deal or No Deal R S

Cable & Satellite

GENERAL

Virgin Three
6.50am Heartbeat. **10.00** Murder in Suburbia. **12.00** Emmerdale. **3.00** Endeavour. **5.00** The Hairy Bikers Chocolate Challenge. **6.00** Animal Emergency. **7.00** The Hotel Inspector. **8.00** Long Lost Family. Two women trying to find birth parents after half a century apart. **9.00** Desperate Measures. As Rowan plans the bank robbery, she is interrupted by Detective Simmons. **10.00** Film: The Boys from Brazil (1978, Thriller, 18)
Virgin More
1.15pm Classic UEFA Champions League. **2.10** Six Nations Under-20s. **3.00** Golf's Greatest Holes. **3.30** Monster Jam. **3.55** Best of Women's Six Nations. **4.45** Classic 6 Nations. **6.35** UEFA Nations League. **8.30** UEFA Champions League Magazine Show. **9.00** TikTok: Murder Gone Viral. An American influencer whose body was found in a side road. Last in the series. **9.50** Gold Digger. Julia tries to keep her engagement a secret, but lets it slip at Christmas. **10.50** Born to Kill? A profile of Richard Ramirez. **11.50** UEFA Man In The Middle.
BBC Four
7.00pm Raiders of the Lost Past with Janina Ramirez. **8.00** Wild Arabia. Exploring the mountains of Dhofar in Oman. **9.00** India: Nature's Wonderland. Part two of two. Baby turtles that erupt out of the sand. **10.00** Film: Nostalgia (2022, Drama, 12) A man returns to his hometown of Naples, 40 years after abruptly leaving as a teen, stirring up a past he has kept buried. He is determined to see his boyhood friend, now a leading Naples crime boss, with whom he shares a dark secret. Starring Pierfrancesco Favino. In Italian. **11.50** Porridge. Fletcher helps cellmate Godber make it through the night, calling on his limitless imagination to while away the hours.
ITV2
6.00am CITV. **9.00** Totally Bonkers Guinness World Records. **10.00** Secret Crush. **11.00** Dress to Impress. **2.05** In for a Penny. **2.35** Celebrity Catchphrase. **3.35** Wheel of Fortune. **4.40** Film: The Chronicles of Narnia: The Voyage of the Dawn Treader (2010, Fantasy, PG) **6.50** Film: The Legend of Tarzan (2016, Adventure, 12) Years after leaving his old home behind, Tarzan is lured back to Africa. Starring Alexander Skarsgard and Margot Robbie. **9.00** Film: Bridesmaids (2011, Comedy, 15) A disorganised woman takes charge of her best friend's bridal party, but the wife of the groom's boss causes problems. With Kristen Wiig, Rose Byrne and Melissa McCarthy. **11.35** Family Guy.
ITV3
6.00am Bless This House. **7.00** Lewis. **9.00** Film: Carry On Screaming (1966, Comedy, PG) A sinister scientist and his sultry sister kidnap innocent women and turn them into mannequins. Starring Kenneth Williams, Fenella Fielding and Harry H Corbett. **11.00** Foyle's War. **7.00** Midsomer Murders. The owners of Karras Games gather for a murder mystery weekend. **9.00** Professor T. **11.00** Agatha Christie's Poirot.
E4
Noon: Ramsay's Kitchen Nightmares USA. **2.00** The Big Bang Theory. **6.50** Film: Sister Act 2: Back in the Habit (1993, Comedy, PG) **9.00** Celebrity Gogglebox. Opinions on shows including Love Island, The Nevernets and The Yorkshire Vet. **10.00** Gogglebox.
More4
11.25am A Place in the Sun. **12.30** Location, Location, Location. **1.35** Great British Home Restoration. **2.40** Come Dine with Me. **5.15** Four in a Bed. **8.00** 999: On the Front Line. Police flag the paramedics down to help with an overdose victim. **9.00** 24 Hours in A&E. **11.05** 8 Out of 10 Cats Does Countdown.
Channel 5
11.35am Bargain-Loving Brits in the Sun. **12.35** Inside the Tower of London. **2.30** The Fall of Anne

Boleyn. **4.25** Our Yorkshire Farm. **6.30** News. **6.35** The South Pole with Ben Fogle. **8.30** Hatfield House: A Royal Residence. A look at the history of the stately home in Hertfordshire. **9.30** William & Kate: Future of the Crown. Documentary exploring the relationship between the Prince and Princess of Wales. **11.05** When TV Goes Horribly Wrong.
National Geographic
Noon: Air Crash Investigation. **2.00** Car S.O.S. **5.00** The Secret Life of Dancing Dogs. **6.20** Science of Stupid. **6.55** Construction Fails. **8.00** Airport Security: Rome. **11.00** World's Most Dangerous Drug: Super Meth. **12.00** Australia's Hardest Prison.
FILMS
Film4
1.10pm Animal Farm (1954, Animation, U) **2.40** Turner & Hooch (1989, Comedy, PG) **4.45** My Spy (2020, Comedy, 12) **6.45** Dream Horse (2020, Comedy, PG) **9.00** The Green Mile (1999, Fantasy, 18) **12.45** Mulholland Drive (2001, Drama, 15)
Movies 24
1.00pm Love's Sweet Recipe (2021, Drama, PG) **3.00** Falling Together (2024, Drama, U) **5.00** An American In Austen (2024, Drama, PG) **7.00** Stepping into Love (2023, Drama, PG) **9.00** Our Take on Love (2022, Drama, PG) **11.00** Sweeter Than Chocolate (2023, Comedy, PG) **1.00** May the Best Wedding Win (2023, Drama, PG)
Sky Cinema Premiere
12.30pm One Life (2023, Drama, 12) **2.25** Swede Caroline (2024, Comedy, 15) **4.10** Hounds of War (2024, Drama, 15) **5.50** Aquaman and the Lost Kingdom (2023, Sci-Fi, 12) **8.00** As 12.30pm. **10.00** As 2.25pm. **11.45** As 4.10pm.
Sky Cinema Comedy
12.25pm See No Evil, Hear No Evil (1989, 15) **2.15** The Sting (1973, PG) **4.35** Along Came Polly (2004, 12) **6.10** Anyone But You (2023, 15) **8.00** Miss Congeniality (2000, 12) **9.55** The Men Who Stare at Goats (2009, 15) **11.30** Ali G Indahouse (2002, 15) **1.00** Gremlins (1984, 12)
Sky Cinema Family
12.10pm Scooby-Doo 2: Monsters Unleashed (2004, Comedy, PG) **1.55** Annie (1982, Musical, U) **4.15** Johnny English (2003, Comedy, PG) **6.00** The Lord of the Rings: The Fellowship of the Ring (2001, Fantasy, 12) **9.05** Pan (2015, Fantasy, PG) **11.10** A Tiger's Journey (2022, Adventure, PG) **12.55** As 4.15pm.
SPORT
Eurosport 1
10.15am Cycling: Road World Championships. **11.15** Live Cycling: Road World Championships. The women's road race. **4.15** Live Mountain Biking. The World Cup meeting from Lake Placid. **5.00** Live Mountain Biking. The World Cup meeting in Lake Placid. **6.00** T100 Triathlon World Tour. **7.00** Karate: Full Contact. **8.00** Cycling: Road World Championships. **9.00** Mountain Biking. **10.00** T100 Triathlon World Tour. **11.00** Cycling: Road World Championships. **12.00** World Superbikes. **1.00** Bennetts British Superbikes.
Sky Sports Main Event
11.00am Live EFL. Derby County v Norwich City (Kick-off 12.30pm). **3.00** Live PGA Tour Golf. The Presidents Cup. **5.00** Live: SNF. Wolverhampton Wanderers v Liverpool (Kick-off 5.30pm). **8.30** Live PGA Tour Golf. The Presidents Cup. **11.00** Sky Sports News. **12.30** Live NCAA College Football. Alabama Crimson Tide v Georgia Bulldogs (Kick-off 12.30am).
Sky Sports Premier League
11.00am Premier League Stories. **11.30** Fantasy Show. **12.00** Gillette Labs Soccer Saturday: Build-Up. **3.00** Gillette Labs Soccer Saturday. **5.00** Live: SNF. Wolverhampton Wanderers v Liverpool (Kick-off 5.30pm). **8.30** Game of the Day. **10.30** Premier League Highlights. **12.00** SNF. **12.30** Premier League Highlights.

Sunday September 29

NEW SERIES At Your Service RTÉ One, 7.30pm Francis and John Brennan are back in business, as the veteran hoteliers offer their skills and expert advice to business owners whose hotels, guest houses and B&Bs are in need of it. In this opener, they're off to a 26-bedroom hotel in the middle of Tralee that is run by the O'Carrolls, a tight-knit Kerry family. They demolished an old inn to build their new establishment, but what insight can Francis and John offer them?



THRILLING DRAMA Joan UTV, 9.00pm Sophie Turner leads the cast of this new six-part fact-based crime drama that tells the fascinating story of jewel thief Joan Hannington. It begins in Kent in 1985, where young mother Joan O'Connell feels trapped by her relationship with criminal Gary Darvil. Taking desperate action to keep her daughter Kelly safe, she soon starts to build a new life. However, an impetuous actions leads her down a dark path.



RTÉ One

6.00 EuroNews **6.25** Shopping **7.35** Lark Rise to Candleford R S **8.35** Casualty S **9.30** Monarch of the Glen R S **10.30** Nationwide R S **11.00** Service S **12.00** The Week in Politics **1.00** News **1.10** Best Place to Be R S **1.40** Cheap Irish Homes R S **2.10 FILM: Dirty Rotten Scoundrels** (1988, Comedy, PG) S **4.20** Starstruck S **5.30** Rosh Hashanah: A Sweet New Year See Choice. S **5.40** Nuacht **5.50** News Followed by The Angelus R

RTÉ2

6.00 EuroNews **7.55** Children's Programmes **11.25** Junior Bake Off R S **12.00** News R S **12.20** Home and Away R S **1.20 FILM: Aloha With Love** (2022, Drama, PG) Starring Tiffany Smith. Dir: Brian Herzlinger. S **3.05** The 1% Club R S **4.00** Spectacular Earth R S **5.00** Dynasties R S

Virgin One

6.10 Who's Doing the Dishes? R S **8.00** How to Lose Weight Well R **9.00** Ireland AM S **12.05** Long Lost Family R **1.10** In for a Penny R **1.40** Tipping Point: Lucky Stars R **2.45** Ant & Dec's Limitless Win R **3.50** The Voice UK R **5.30** News at 5.30 S

TG4

6.00 Cúla 4 **10.00** Tímeall na Tíre **10.30** The Wonder Years R S **11.00** The Golden Girls R S **11.30** Ceol na Talún R **12.00** Cuimhní Órga Spóirt R **12.20** AFL Aussie Rules na mBan **2.05 GAA Beo** Live coverage of the GAA Club Championships. **3.55 GAA Beo** Live coverage of the GAA Club Championships. **5.40** Cuimhní Órga Spóirt R

BBC One

6.00 News S **7.35** Match of the Day R S **9.00** Sunday with Laura Kuenssberg S **10.00** News S **10.30** Sunday Morning Live S **11.30** Scotland's Sacred Islands with Ben Fogle R S **12.30** Bargain Hunt S **1.00** News S **1.15** Songs of Praise S **1.50** Points of View S **2.05 FILM: Alice Through the Looking Glass** (2016, Fantasy, PG) Dir: James Bobin. S **3.50** Wild Isles R S **4.50** News S **5.05** Regional News S **5.15** Countryfile S

BBC Two

6.10 Countryfile R S **7.05** Beechgrove Garden R S **7.35** News S **9.00** Landward S **9.30** Saturday Kitchen Best Bites S **11.00** Ready Steady Cook R S **11.45** Food & Drink R S **12.15 MOTD Live: Women's Super League** Manchester City v Brighton & Hove Albion. S **2.40 Cycling: World Road Championships** Coverage of the men's elite race. S **4.30** Flog It! R S **5.00** Amazing Hotels: Life Beyond the Lobby R S

6.01 NEWS S
6.30 IRELAND'S COAST Exploring how climate change is impacting the environment and how technological advances and local communities are striving to protect the coast. Plus, a look at how innovative and imaginative thinking can create more sustainable conditions for a dynamic landscape in the future. S
7.30 AT YOUR SERVICE See Choice. S
8.30 FAIR CITY Damien puts Mairead in grave danger as Ciaran dangles his secret and Damien is confronted by his past when a visitor shows up. Plus, Damien makes a dangerous pact with Ciaran in order to find out who killed Laura. S
9.00 NEWS S
9.30 FILM: INTERMISSION (2003, Comedy, 18) Dublin resident John suggests a trial break-up with his girlfriend, only to bitterly regret it when she begins a new relationship with a bank manager almost straightaway. John is wallowing in the depths of dejection when his pal Lehigh, a small-time crook, suggests they get even by committing a robbery. Starring Colin Farrell, Cillian Murphy and Kelly Macdonald. Dir: John Crowley. S
11.30 THE WEEK IN POLITICS The latest political issues, hosted by Áine Lawlor. R S
12.35 Agatha Christie's Why Didn't They Ask Evans? R S **1.45** Unforgotten R S **2.40** The Responder R S **3.35** EuroNews

6.00 NAMIBIA'S NATURAL WONDERS The diversity of species to be found in the dry and barren Kalahari desert, including the ground pangolin, which is the only mammal that wears horn scales. S
7.00 DESTINATION WILD: UNKNOWN EUROPE The Iberian Peninsula is the focus of this documentary exploring countries of outstanding natural beauty and a wealth of fascinating wildlife. S
8.00 EARTH Chris Packham explores how dramatic twists in Earth's story enabled humans to go from being part of nature to controlling it, and what can be learnt from this. Last in the series. S
9.00 FILM: THE IMITATION GAME (2014, Drama, 12) The story of Alan Turing, who broke vital Nazi codes during the Second World War, but was condemned for his homosexuality. With Benedict Cumberbatch and Keira Knightley. Dir: Morten Tyldum. S
11.00 YELLOWSTONE Beth reveals a secret to her father, John confronts two cowboys about old feuds and a search gets underway on the reservation. R S
11.50 THE INHERITANCE The siblings' lives become more complex after the family home is burgled. Drama, starring Gaynor Faye. R S

12.45 Guilt R S **1.50** EuroNews

6.00 CHAMPIONS: FULL GALLOP Cameras focus on trainer Paul Nicholls, as well as his former assistant Dan Skelton and Irish trainer Willie Mullins.
7.00 THE CHASE CELEBRITY SPECIAL Celebrity series of The Chase. Contestants must pit their wits against the Chaser, a ruthless quiz genius determined to stop them winning the cash prize. R S
8.00 CELEBRITY CATCHPHRASE Stephen Mulhern hosts a charity edition of the game show, with three famous faces guessing well-known phrases for the chance to win £50,000 for good causes. R S
9.00 WHO WANTS TO BE A MILLIONAIRE? Big-prize quiz hosted by Jeremy Clarkson in which another line-up of contestants answer questions that could change their lives.
10.00 THE BAY Main suspect Nick goes missing, and Lisa is concerned about Sean's possible involvement. The discovery of a key piece of evidence provokes a number of new theories. Morven Christie stars. R S
11.00 THE HOTEL INSPECTOR Alex Polizzi visits the Little Thatch Inn in Gloucester and meets the hotel's owners, a mother-and-daughter team who have conflicting ideas about whether to modernise the building. R

12.00 Britain's Spending Secrets R S **1.00** The Real Story Of R **3.00** Close

6.00 POBAIL NA PÁIRCE A visit to Navan in Co Meath, home of stadium Páirc Tailteann. Cameras go behind the scenes as Meath take on Dublin in the Ladies Gaelic Football League. R
7.00 NUACHT TG4
7.15 ÉIRE EILE Cólú Collins spends time at Bohemians FC. R
7.30 OLLCHLÁR ROS NA RÚN Omnibus. Michelle is delighted when she decides to mark her territory in Teach na Rosa, but much to her frustration, realises that she must work and live alongside the Derranes.
8.30 JUNIOR EUROVISION 2024 The quest for an Irish candidate for the Song Contest. Judges Niamh Ní Chróinín and Tadhg Griffin are joined by special guests Niamh Kavanagh, Brooke Scullion and Linda Martin.
9.30 SÉ MO LAOCH The life and career of Galway accordion player Mairtin O'Connor, a member of seminal groups Midnight Well, Skylark and De Dannan. Last in the series. R
10.30 CUMASC: SEISIÚIN SA BLACK GATE Featuring Irish folk performer John Francis Flynn and musician, singer and composer Saileog Ní Cheannabháin. R
11.00 GEANTRAÍ Hosted by Seán Tyrell, from Greene's Pub in Ballyvaughan, Co Clare. R
11.30 IDIR DHÁ BHAILE: Ó CHÍV GO CORCAIGH Ukrainian refugees trying to rebuild their lives in Ireland. R

12.30 John Sheahan's 80th Birthday Celebration R **2.00** Nuacht TG4 R **2.15** Junior Eurovision 2024 R **3.10** Geantraí R **3.40** Ollchlár Ros na Rún R **4.30** Tímeall na Tíre R **5.00** France 24

6.15 ANTIQUES ROADSHOW Fiona Bruce presents the show from Clissold Park, Stoke Newington. R S
7.15 STRICTLY COME DANCING: THE RESULTS Tess Daly and Claudia Winkleman present as the two lowest-scoring duos go head to head in the first dance-off, while there is music from the Ezra Collective featuring Yazmin Lacey. S
8.00 PADDY AND CHRIS: ROAD TRIPPING New. Paddy McGuinness and Chris Harris go on a quest to crack the code of how to age well, seeking advice from the Europeans who do it best, beginning in Sweden. S
9.00 NIGHTSLEEPER As Hud and Miller interrogate Abby, Joe tries to deal with the aftermath of the shooting while deciding whether or not to put his faith in Saj or the other passengers. S
10.00 NEWS S
10.25 REGIONAL NEWS S
10.30 MATCH OF THE DAY 2 The latest Premier League action, featuring Manchester United v Tottenham Hotspur at Old Trafford and Ipswich Town v Aston Villa at Portman Road. S
11.30 THE WOMEN'S FOOTBALL SHOW Highlights of the weekend's games in the Super League, including Manchester City v Brighton & Hove Albion. S

12.15 The Graham Norton Show R S **1.10** News S

6.00 INCREDIBLE JOURNEYS WITH SIMON REEVE Simon looks back on wildlife stories he has discovered, from a giant tortoise sanctuary in the Seychelles to armed conservationists defending a forest in Belize. R S
7.00 ODI CRICKET HIGHLIGHTS England v Australia. Action from the fifth and final ODI in the series from The Seat Unique Stadium, Bristol. S
8.00 BIG CATS 24/7 Brad Bestelink witnesses Xudum the leopard fight to save her newborn cubs, while Anna Dimitriadis finds a brave cheetah thriving in the heart of lion territory. Last in the series. S
9.00 MORTIMER & WHITEHOUSE: GONE FISHING Bob Mortimer and Paul Whitehouse travel overseas for an Irish fishing trip on the River Finn. S
9.30 QI Sandi Toksvig is joined by Alan Davies, Stephen K Amos, Ivo Graham and Holly Walsh, for an episode on the silly season, where points are score for interesting answers. R S
10.00 RÚIN NA BPORTACH Cormac Ó hÁdhmaill investigates how global events have affected the Finnish peat industry. R S
11.00 NEWS R S
11.30 THE FAST SHOW First episode of the comedy sketch show, starring Paul Whitehouse, Caroline Aherne and Simon Day. R S

12.05 Laugh Lessons R S **12.10** Sign Zone: Countryfile R S **1.05** Question Time R S **2.05** Nightsleeper R S **3.05** We Might Regret This R S **3.35** This Is BBC Two S

ONE-OFF SPECIAL Rosh Hashanah: A Sweet New Year RTÉ One, 5.30pm Chief Rabbi Yoni Wieder teams up with members of Dublin's Jewish community to celebrate Rosh Hashanah, the Jewish New Year, in style. This short one-off special also spends time with Jenni Harrison, the chairperson of rites and practices with the community, as she shares her family traditions, while her daughter Katie discusses her recent bat mitzvah experience.



Channel 4

6.20 Cheers R S **6.45** Frasier R S **8.05** The Simpsons R S **9.30** Sunday Brunch S **12.30** The Simpsons R S **2.50** Chateau DIY R S **3.35** Grand Designs: 25 Years & Counting R S **4.35** Kirstie and Phil's Love It or List It R S **5.40** News S

6.10 **FILM: MEN IN BLACK** (1997, Sci-fi, PG) A streetwise cop is enlisted by a top-secret government force dedicated to policing alien visitors to Earth, teaming up with a veteran agent just as a body-swapping extraterrestrial giant insect begins a reign of terror throughout New York City. With Will Smith. Dir: Barry Sonnenfeld. S **8.00** **THE DOG HOUSE** Stunning pure white husky Olaf wows brothers Ben and Harry. High-energy spaniel Storm needs a playmate who can keep up with him – and it might just be that Macie is the answer. S **9.00** **CELEBRITY SAS: WHO DARES WINS** The celebs face the ultimate test of strength and endurance as, working in pairs, they have to pull heavy equipment across icy mountain terrain. S **10.00** **STATE OF RAGE** Award-winning documentary filmmaker Marcel Mettelsiefen offers a poignant and unflinching portrayal of both sides of the enduring conflict on the West Bank, through the perspectives of the children and young adults who bear the brunt of its emotional toll. S **10.55** **GOGGLEBOX** The armchair critics settle down to a selection of the past week's TV shows, with cameras capturing their instant reactions - the good, the bad and the bewildered. R S

12.00 **FILM PREMIERE: Dirt Music** (2019, Drama, 15) Dir: Gregor Jordan. S **1.45** Ramsay's Kitchen Nightmares USA R S **2.35** **FILM: The Last Tree** (2019, Drama, 15) Dir: Shola Amoo. S **4.15** Sunday Brunch Best Bits R S **4.30** Frasier R S **5.45** Countdown R S

Virgin Two

7.15 The Masked Singer R S **8.30** Yorkshire Airport R **9.00** Tipping Point R S **10.00** WWE Raw **11.00** WWE NXT **12.00** Sitting on a Fortune R **1.00** The Masked Singer: The Final R S **2.30** Britain's Brightest Family R S **3.00** Tipping Point R S **5.00** Tipping Point: Lucky Stars R S **6.00** **HOW TO LOSE WEIGHT WELL** R **7.00** **JULIA BRADBURY'S IRISH JOURNEY** Julia goes sailing on Lough Neagh and visits Derry. Last in the series. R **8.00** **M&S: DRESS THE NATION** The designers face the challenges of Lingerie Week. **9.00** **KING'S HIGH STREET** Documentary about St James's street in London. R **10.00** **THE GROUP CHAT** A discussion on the main news stories of the week. R **11.00** **THE GRAHAM NORTON SHOW** **12.05** To Die For: Cosmetic Surgery in Turkey R S **1.05** Kavos Weekender R S **2.05** Close

Sky Atlantic

6.00 Fish Town R S **6.55** Urban Secrets R S **9.25** Boardwalk Empire R S **2.50** The Sopranos R S **6.50** **THE SOPRANOS** Tony and Paulie take action against Phil Leotardo before he sets his own plans in motion, but a case of mistaken identity leaves an innocent family dead. R S **7.50** **PATRICK MELROSE** In 2003, Patrick and his family visit his ailing mother for the summer. However, some unwelcome guests impede on any hope of a blissful break. Starring Benedict Cumberbatch. R S **9.00** **THE WIRE** Sobotka orders Ziggy and Nick to bring back the cameras they stole from the dock, while Burrell asks Daniels to lead the detail investigating the union leader. Drama, starring Dominic West. R S **10.15** **YELLOWJACKETS** On the brink of death, the Yellowjackets opt to throw one last party before careening into oblivion. R S **11.25** **AMERICAN RUST** Harris' investigation into the dead body continues. R S **12.40** Watchmen R S **2.00** The Penguin. Crime drama. **3.10** Big Little Lies R S **4.10** In Treatment R S **4.55** Fish Town R S

Sky Showcase

6.00 Clifford R S **6.30** Silly Pets R S **6.50** Trolls: Trollstopia R S **7.40** LEGO Friends R S **8.05** Monkey Life R S **8.30** Sunday Morning with Trevor Phillips R **10.00** The Office (US) R S **1.00** Modern Family R S **4.00** The Simpsons R S **6.00** **THE SIMPSONS** R S **6.30** **THE SIMPSONS** R S **7.00** **THE SIMPSONS** R S **7.30** **THE SIMPSONS** R S **8.00** **ROB & ROMESH VS WEST END MUSICALS** The comedians try to crack the world of musicals. R S **9.00** **SEAL TEAM** Bravo team is forced to the sidelines and sent to Sweden on a mundane assignment. S **10.00** **BLACK WIDOW** The police finally execute a warrant for Dena Thompson's arrest. Last in the series. S **11.00** **SATURDAY NIGHT LIVE** American sketch show. **12.30** The Walking Dead: Dead City R S **1.30** The Force: North East R S **2.30** Brit Cops: Frontline Crime UK R S **3.30** Road Wars R S **4.00** Nothing to Declare R S

UTV

6.00 Ainsley's Good Mood Food R S **6.30** James Martin's American Adventure R S **7.30** James Martin's Saturday Morning R S **9.25** News S **9.30** Love Your Weekend with Alan Titchmarsh R S **11.25** Jason Atherton's Dubai Dishes S **12.30** News S **12.45** Love Your Garden R S **1.15** M&S: Dress the Nation R S **2.15** The Voice UK R S **4.00** For the Love of Dogs with Alison Hammond R S **4.30** Midsomer Murders R S **6.30** **NEWS** S **6.45** **UTV LIVE** S **7.00** **TIPPING POINT: LUCKY STARS** With Ollie Locke, Denise Van Outen and Axel Blake. S **8.00** **WHO WANTS TO BE A MILLIONAIRE?** Jeremy Clarkson gives six contestants the chance to win a fortune. S **9.00** **JOAN** See Choice. S **10.00** **NEWS** S **10.20** **THE BASE: A BRITISH ARMY SCANDAL** An alleged cover-up of a murder. S **11.15** **TOM JONES** Tom is seduced by the charms of Lady Bellaston. S **12.10** Tom Jones S **1.05** Shop on TV **3.00** Motorsport UK R S **3.50** Unwind with ITV S **5.05** Jason Atherton's Dubai Dishes R S

Cable & Satellite

GENERAL

Virgin Three
6.50am Heartbeat. **10.00** Wycliffe. **12.10** Coronation Street. **3.15** Endeavour. **5.10** Don't Look Back in Anger. **5.45** Long Lost Family. **6.45** The Hotel Inspector. **7.40** Highlands with Ewan McGregor. The efforts being made to rebuild wild landscapes and habitats in the Highlands. **9.00** The Control Room. Thriller, starring Iain De Caestecker and Joanna Vanderham. **10.10** Murder in the Family. The case of a builder and father-of-two who set fire to his mother-in-law. **11.15** Poldark.

Virgin More
1.00pm Six Nations Under-20s. **1.50** Classic UEFA Champions League. **2.45** Golf's Greatest Holes. **3.15** Monster Jam. **3.45** Women's Six Nations. **4.40** Classic 6 Nations. Ireland v France from 2007. **5.35** Classic UEFA Champions League. **6.30** Sport Stories: Paul McGrath. **7.20** UCL Defining Moments. Celebrating 65 years of European Cup and UEFA Champions League football. **8.10** Best of Guinness Six Nations 2024. Scotland v England. **9.00** The Hunt for Raoul Moat. The manhunt results in a stand-off on a riverbank in Rothbury. **9.50** World on Fire. Harry returns to Manchester, but Kasia is determined to leave. Last in the series. **10.40** Crash Scene Investigates. Olivia Keating looks back at her collision with a car in West Cork. Last in the series. **11.30** UEFA Man In The Middle.

BBC Four
7.00pm The Complete Victor Borge – Show of the Week. The Danish entertainer performs his most famous routines. From 1974. **7.30** BBC Young Musician 2024. Jess Gillam introduces the first quarter-final. **9.00** The Magic of Mozart at the Proms. The international Mahler Chamber Orchestra perform music by Mozart. **10.45** Felix Klierer Plays Mozart at the Proms. The Bournemouth Symphony Orchestra in Mozart, Rachmaninov and Ivan Karabits.

ITV2
6.00am CITV. **9.00** Totally Bonkers Guinness World Records. **9.25** Secret Crush. **11.30** Dress to Impress. **1.35** Wheel of Fortune. **2.35** Celebrity Catchphrase. **3.40** Film: The Addams Family (1991, Comedy, PG) **5.45** Film: Charlie and the Chocolate Factory (2005, Fantasy, PG) **8.00** Film: Spectre (2015, Thriller, 12) **11.05** Family Guy. **11.35** American Dad!

ITV3
6.00am Bless This House. **6.30** Lewis. **10.25** Film: George and Mildred: The Movie (1980, Comedy, PG) **12.10** Agatha Christie's Poirot. **6.45** Live British Open Snooker. **10.00** Foyle's War. The detective investigates a mysterious military facility. **12.00** Agatha Christie's Poirot.

E4
Noon: Married at First Sight UK. **2.30** The Great British Bake Off. **4.00** Film: Maid in Manhattan (2002, Comedy, PG) **6.05** Lego Masters Australia. **7.30** Young Sheldon. **8.30** Animal Control. Rick asks Emily out on a date. **9.00** Film: Angel Has Fallen (2019, Thriller, 15) **11.20** Naked Attraction.

More4
Noon: Come Dine with Me. **2.40** Four in a Bed. **5.20** Come Dine with Me. **8.00** 24 Hours in A&E. A woman is airlifted to hospital after being involved in a road traffic collision. **9.00** The Emergency Ward. Doctors worry that a mechanic could lose his crushed arm. **10.00** 24 Hours in Police Custody. **10.45** Emergency Helicopter Medics. Thames Valley Air Ambulance attend a multi-car collision. **11.45** The Emergency Ward. Documentary series.

Channel 5
11.05am Susan Calman's Grand Day Out. **1.05** Kent: The Garden of England. **2.05** Kew Gardens: A Year in Bloom. **4.05** The 1970s Supermarket. Documentary series. **5.05** Noel Edmonds: The Rise & Fall of a TV Legend. **6.30** News. **6.35** Inside Cadbury: The Real Chocolate Factory. **8.00** Rich Holiday, Poor Holiday. A single mother and her son go on an all-

expenses paid trip to Nashville. **9.00** Meghan Markle: Inside the Mind of a Duchess. A profile of the Duchess of Sussex. **10.00** TV's 30 Most Controversial Moments. The British TV programmes that attracted the highest number of complaints. **11.55** Million Pound Motorhomes.

National Geographic
Noon: Ice Road Rescue. **1.00** Hitler's Last Stand. **4.00** Hitler's Teen Killers. **5.00** Defending Europe. **6.00** Clotilda: The Return Home. **7.00** Pirates: Behind the Legends. The voyages and exploits of Anne Bonny and Mary Read. **8.00** Lost Treasures of Egypt. A sealed sarcophagus reveals a stunningly preserved mummy. **9.00** Apocalypse: The Fall of Hitler. Documentary. **11.00** 21st Century Sex Slaves. **12.00** Sex for Sale: American Escort.

FILMS

Film4
1.05pm Baby's Day Out (1994, Comedy, PG) **3.00** Rat Race (2001, Comedy, 12) **5.10** Babe (1995, Comedy, U) **6.55** The Greatest Showman (2017, Drama, PG) **9.00** The Card Counter (2021, Thriller, 15) **11.15** Air Force One (1997, Thriller, 15)

Movies 24
1.00pm You, Me, and that Mountain Retreat (2023, Drama, PG) **3.00** The Real West (2024, Drama) **5.00** Planning for Joy (2022, Drama, PG) **7.00** Cut, Color, Murder (2022, Mystery, PG) **9.00** Caribbean Summer (2022, Drama, PG) **11.00** Planning on Forever (2022, Drama, PG) **1.00** Rip in Time (2022, Drama, PG)

Sky Cinema Premiere
12.15pm Swede Caroline (2024, Comedy, 15) **2.00** One Life (2023, Drama, 12) **4.00** Aquaman and the Lost Kingdom (2023, Sci-Fi, 12) **6.05** The Persian Version (2023, Comedy, 15) **8.00** As 2pm. **10.00** As 12.15pm. **11.45** Moving On (2022, Comedy, 15)

Sky Cinema Comedy
1.05pm The Men Who Stare at Goats (2009, 15) **2.45** Miss Congeniality (2000, 12) **4.40** O Brother, Where Art Thou? (2000, 12) **6.30** Disaster Movie (2008, 12) **8.00** Bridget Jones's Diary (2001, 15) **9.40** Kingpin (1996, 12) **11.40** Big Daddy (1999, 12)

Sky Cinema Family
1.05pm The Lord of the Rings: The Fellowship of the Ring (2001, Fantasy, 12) **4.10** Johnny English Reborn (2011, Comedy, PG) **6.00** Matilda (1996, Fantasy, PG) **7.55** The Lord of the Rings: The Two Towers (2002, Fantasy, 12) **11.00** Daphne & Velma (2018, Drama, U) **12.25** The Adventures of Sharkboy and Lavagirl in 3-D (2005, Fantasy, U)

SPORT

Eurosport 1
9.00am Live Cycling: Road World Championships. **4.30** Live Mountain Biking. World Cup coverage from Lake Placid in New York. **6.15** Cycling: Milan-San Remo. **6.30** Live Mountain Biking. The World Cup event from Lake Placid. **8.30** Cycling: Road World Championships. **9.30** Sailing: America's Cup. **10.00** Golden Trail World Series. **11.00** Cycling: Road World Championships. **12.00** World Superbikes. **1.00** Bennetts British Superbikes.

Sky Sports Main Event
10.30am Live One-Day International Cricket. **1.00** Live Super Sunday. **4.00** Live Super Sunday. Manchester United v Tottenham Hotspur (Kick-off 4.30pm). **7.00** Live NFL. Coverage of a week four match (Kick-off 6.00pm). **9.00** Live NFL. Coverage of a week four match (Kick-off TBA). **12.30** NBC's FNIA. **1.10** Live NFL.

Sky Sports Premier League
10.00am Super Sunday Matchday. **12.00** Sports Sunday. **1.00** Live Super Sunday. Ipswich Town v Aston Villa. **4.00** Live Super Sunday. Manchester United v Tottenham Hotspur (Kick-off 4.30pm). **7.30** The Big Interview. **8.00** Premier League Stories. **8.30** Premier League Highlights. **9.00** SNF. Highlights. **9.30** Premier League Highlights. **11.00** SNF. **11.30** Premier League Highlights. **12.30** SNF. **1.00** Premier League Highlights.

Monday September 30

ONE-OFF SPECIAL Extraordinary Life: The Ben Dunne Story RTÉ One, 9.35pm The Irish businessman, who passed away last November, is the focus of this eye-opening documentary. At times his life may have resembled storylines from a show like Succession more than real life, but as we find out, fact can be just as surprising as fiction. From his early years to taking over from his father Ben Senior as head of Dunnes Stores and beyond, no stone is left unturned.



DOCUMENTARY How to Survive a Dictator: North Korea Channel 4, 10.00pm Comedian Munya Chawawa presents this one-off special, in which he takes a good hard look at what life is like under the rule of North Korea's supreme leader Kim Jong-Un. His globe-trotting adventure takes him to Switzerland, Seoul and London as he meets contributors, including some who have seen the effects of Kim's regime first hand and a former school friend.



RTÉ One	RTÉ2	Virgin One	TG4	BBC One	BBC Two
6.00 EuroNews 7.30 Teleshopping R 8.05 Today R S 10.10 The Kelly Clarkson Show S 11.00 The Drew Barrymore Show S 11.55 Shortland Street S 12.25 Doctors S 1.00 News S 1.30 Home and Away S 2.00 Neighbours S 2.30 Fair City R S 3.30 Today 5.40 Nuacht 5.55 News Followed by The Angelus R	6.00 EuroNews 7.50 Children's Programmes 2.30 Lagging S 3.00 Life with Boys R S 3.25 My Babysitter's a Vampire R S 3.50 Nova Jones R S 4.20 news2day S 4.30 The Simpsons R S 5.00 The Goldbergs R S 5.30 The Big Bang Theory R S	6.15 The Six O'Clock Show R S 7.00 Ireland AM S 10.00 This Morning 12.30 News S 1.00 The Chase 3.00 Loose Women 4.00 Heathrow: Britain's Busiest Airport R 4.30 Judge Judy 5.30 News at 5.30 S	6.00 Cúla 4 11.10 Naíonáin an Zú R 11.40 Comhrá R 12.10 The Wonder Years R S 12.40 Glór Tíre: Rogha & Togha R S 1.10 The Golden Girls R S 1.40 Hart to Hart R S 2.35 Sé Mo Laoch R 3.35 A Chef's Life R S 4.05 Geantraí R 4.35 Shark Tank R S 5.30 Irish Paint Magic R	6.00 News S 9.30 Morning Live S 10.45 Crimewatch Live S 11.30 Homes Under the Hammer R S 12.15 Bargain Hunt S 1.00 News S 1.35 Regional News S 1.45 News S 2.00 Doctors S 2.30 Robson Green's Weekend Escapes R S 3.00 Escape to the Country S 3.45 Antiques Road Trip R S 4.30 Garden Rescue S 5.15 Pointless S	6.15 Homes Under the Hammer R S 7.15 Garden Rescue R S 8.00 Sign Zone: A Cook Abroad: John Torode's Argentina R S 9.00 News S 12.15 Politics Live Conference 2024 S 1.00 Impossible R S 1.45 Unbeatable R S 2.30 Home Is Where the Art Is R S 3.15 MasterChef: The Professionals R S 4.15 Expedition Volcano R S 5.15 Flog It! R S
6.01 NEWS S 7.00 NATIONWIDE S 7.30 EASTENDERS After another woman comes forward, Yolande is confronted by Pastor Clayton and Sonia attends her plea hearing. Meanwhile, Bianca remains determined to find out what Reiss is hiding. S 8.00 PASS IT ON With the season coming to a close, Peamount hope to hold their nerve against the opposing teams and win the league. Galway United's first season in the league ends on a high note. R S 8.30 MY UNI LIFE Following the final submissions of the TU Dublin first year students, archivist Niamh Ní Charra in Mayo, and UCD student Darragh progressing on his journey to the Olympic games. R S 9.00 NEWS S 9.35 EXTRAORDINARY LIFE: THE BEN DUNNE STORY See Choice. S 10.35 UPFRONT WITH KATIE HANNON Current affairs magazine, featuring debates in which the public come face to face with the people whose decisions impact directly on their lives. 11.35 CHEAP IRISH HOMES Maggie Molloy makes her way to Castlepollard to meet Colm and Margie MacNamee who, after living in South Korea, are now on the hunt for a family home in Ireland. R S	6.00 NEIGHBOURS Wendy struggles to explain the events that led to her sheltering in The Waterhole office with Quinn to a cold and unforgiving Andrew. R S 6.30 HOME AND AWAY Cash and Eden prepare to head to a free romantic dinner at Salt and Abigail learns that Levi is not going to attend the engagement party. R S 7.00 SSE AIRTRICITY LEAGUE LIVE Shelbourne v St Patrick's Athletic (Kick-off 7.15pm). All the action from the Premier Division match at Tolka Park. Shelbourne are looking to close in on their first top-flight title since 2006, while St Pat's have endured a disappointing campaign and have lost all three meetings between the teams this term. S 9.35 SELLING IRELAND'S DREAM HOMES Estate agents visit more high-end properties, including a wood-panelled farmhouse in Co Cork and a hi-tech home in Co Dublin. Last in the series. R S 10.35 BILLY THE KID The Regulators have been on the defensive since the start of war. S 11.30 SHORTSCREEN A young dad faces his anxiety around gender and bullying. S 11.50 CHLOE Becky is forced to face the ghosts from her past at Phil's art exhibition. R S	6.05 THE SIX O'CLOCK SHOW A lively mix of celebrity chat. S 7.00 NEWS S 7.30 EMMERDALE Moira's erratic behaviour worries Mack and Matty, Liam quizzes John on his relationship with Aaron, and PC Swirling questions Aaron. S 8.00 CORONATION STREET The police find evidence indicating that Joel has taken his own life, Fiz has an appointment with the doctor. S 8.30 CORONATION STREET Stu discovers Mason has spent the night in the restaurant, and Adam gets a shock. S 9.00 BORDERS & LIES New. Documentary, ascertaining the true identity of the Far Right, its supporters they came from and how adept they are at using social media. Featuring locals in Drogheda and Roscrea on why people arrive in Ireland without documents. 10.00 THE TONIGHT SHOW Claire Brock and Ciara Doherty co-host from the studio and on location, offering comment and analysis on the big stories of the day with a panel of guests covering the key issues. S 11.00 THE TOWER Operation Perseus reaches its climax as Kieran prepares to catch Shakiel with a car-load of automatic weapons. Last in the series. R	6.00 THE GOLDEN GIRLS Blanche's niece Lucy comes to stay and promptly finds herself a date. R S 6.30 THE WONDER YEARS Kevin tries to put Paul off trying out for the basketball team by demonstrating his riend's unsuitability for the game. R S 7.00 NUAHT TG4 7.30 TITHE COIS UISCE Islanders discuss the difficulties in building on an island to the rich history that the islands hold and the challenges they face in terms of adverse weather and accessibility. R 8.00 GAA 2024 GAA Club Championship highlights from around the country. 9.00 GLÓR TÍRE: ROGHA & TOGHA Featuring performances by Jimmy Buckley, Susan McCann, Derek Ryan, Stephen Smyth, Lorraine McDonald, John McNicholl, Gerry Guthrie, Lisa McHugh and Mike Denver. R 9.30 FILM: SNOWPIERCER (2013, Fantasy, 15) In a snow-ravaged world, travellers fight for survival on a train that perpetually circumnavigates the globe. Starring Chris Evans, Song Kang-ho and Tilda Swinton. Dir: Bong Joon-ho. S 11.50 DÚIRT BEAN LIOM Women discuss how their traditional roles have changed. Last in the series. R	6.00 NEWS S 6.30 REGIONAL NEWS S 7.00 THE ONE SHOW Alex Jones and Roman Kemp present the first visit of the week to the One Show studio, featuring the usual mix of topical stories and celebrity chat. S 7.30 EASTENDERS After another woman comes forward, Yolande is confronted by Pastor Clayton and Sonia attends her plea hearing. Bianca remains determined to find out what Reiss is hiding. S 8.00 HOUSE OF THE YEAR The judges must decide between a new build countryside home, a farmhouse in Tyrone, and a County Down villa with a Mediterranean feel. Laurence Llewelyn-Bowen hosts. S 8.30 THE MENOPAUSE INDUSTRY – PANORAMA In-depth current affairs report. S 9.00 NIGHTSLEEPER See Choice. S 10.00 NEWS S 10.30 REGIONAL NEWS S 10.40 WE BUILT A ZOO Following 19-year-old TikTok star Kyle Thomas' as he attempts to build a zoo for his exotic animals and separate himself from past controversy with animal rights activists. S 11.40 FAITHLESS Comedy about an Irish-Egyptian father who, after a tragic incident, has to raise his three young daughters alone. S	6.00 RICHARD OSMAN'S HOUSE OF GAMES With Michael Ball, Jodie Prenger, Laurence Rickard and Snoochie Shy. S 6.30 STRICTLY: IT TAKES TWO Fleur East chats to the first couple to be eliminated from the competition. S 7.00 THE BIG CASES The story of a US fugitive who came to the UK with a new identity. S 7.30 MASTERMIND Specialist subjects include Ronnie O'Sullivan and Thunderbirds. S 8.00 ONLY CONNECT The Uisge Beathas take on the Crunchers. S 8.30 UNIVERSITY CHALLENGE Darwin College takes on Birkbeck. S 9.00 MOZART: RISE OF A GENIUS Mozart's music takes on a new level of intensity following his father's death as he grapples with the numerous losses in his short life. Last in the series. S 10.00 ÉADAÍ SOS Caoimhe Ní Chathail and Proinsias Ó Coinnhead offer style advice to Katelyn. Last in the series. S 10.30 NEWSNIGHT S 11.05 THE BEST MAN: THE FINAL CHAPTERS Jordan invites Shelby to contribute to a new daytime show. S 11.45 THE BEST MAN: THE FINAL CHAPTERS Quentin struggles to take over the family business. S
12.10 The Late Late Show 1.45 Nationwide R S 2.20 Doctors R S 2.50 EuroNews	12.55 The Office R S 1.35 Alma's Not Normal R S 2.10 EuroNews	12.00 Only Fans: Ireland's X-Rated S 1.00 Dublin After Dark R S 2.00 Close 5.25 The Tonight Show R S	12.20 Na Ceithre Ráithe sna Déise R 12.50 The Sinner R S 1.45 Abair Amhrán R 2.00 Nuacht TG4 R 2.30 Amhráin is Ansa Liom R 3.00 Bean an Tí R 3.30 GAA 2024 R 4.20 Seoda Bhailiúchán na Scol R 4.45 France 24	12.05 In My Own Words: Jilly Cooper S 12.55 Who Do You Think You Are? R S 1.55 News S	12.35 Sign Zone: Countryfile R S 1.30 Waterloo Road R S 2.30 The Battle for Black Music: Paid in Full R S 3.30 This Is BBC Two S

LAST IN SERIES Nightsleeper BBC One, 9.00pm
This nail-biting thriller – which stars Joe Cole, Alexandra Roach, David Threlfall and Sharon Small – comes to a fittingly gripping conclusion this evening. Tensions are still running high, as Abby thinks she has a plan on how to stop the remaining carriages. However, Joe hasn’t been in contact recently and with every second vital, will they be able to pull it off and save those left on board from disaster?



Channel 4

6.25 Cheers R S **7.45** The King of Queens R S **9.10** Frasier R S **11.05** Come Dine with Me: The Professionals R S **12.05** News S **12.10** Narrow Escapes R S **1.10** Find It, Fix It, Flog It R S **2.10** Countdown S **3.00** Chateau DIY R S **4.00** A Place in the Sun R S **5.00** Help! We Bought a Village S

6.00 A PLACE IN THE SUN Leah Charles-King helps Aberdeen couple Uri and Hazel find a home in south-west Cyprus on a budget of £200,000 to help realise their dreams. R S
6.30 THE SIMPSONS Homer humiliates Marge and tries to make amends by taking her to a nightclub – where he is regressed by a hypnotist and recalls a childhood trauma. With the voice of Paul Newman. R S
7.00 NEWS S
8.00 YORKSHIRE BY THE SEA Series following the lives of locals living along Yorkshire's coastline. The first episode features the Robson family from Bridlington, who've been fishing the North Sea for generations, as they head up the coast to Whitby for a boat repair. R S
9.00 CELEBRITY SAS: WHO DARES WINS The 11 remaining celebrity recruits face the ultimate test of nerve in their most terrifying ordeal yet: an escape from a simulated helicopter crash in near freezing water. S
10.00 HOW TO SURVIVE A DICTATOR: NORTH KOREA See Choice. S
11.05 FIRST DATES Charlie, who has 'relentless' optimism, meets Australian osteopath Ben, while toilet paper salesman Stephen sits down for dinner with mum-of-one Rachel. R S

12.05 The Great British Bake Off: An Extra Slice R S **1.00** Ramsay's Kitchen Nightmares USA R S **1.45 FILM: Kokomo City** (2023, Documentary, 18) **3.05** Untold: OnlyFans Got Me Fired R S **3.35** The Simpsons R S **4.25** Frasier R S **5.40** Escape to the Chateau R S **5.45** Countdown R S

Virgin Two

7.25 Eggheads R **8.00** Tipping Point R S **8.55** The Chase R S **10.55** River Monsters R **11.55** Benidorm ER R **12.55** My Mum, Your Dad R **2.00** Animal SOS R S **3.00** Jann R **4.00** Tipping Point R S
6.00 THE CHASE Quiz show, hosted by Bradley Walsh. R S
7.00 THE CHASE Patrick, Linda, Afreena and Brian take part. R S
8.00 BEAT THE CHASERS – CELEBRITY SPECIAL With Rory Bremner, Dana, Carlton Cole and Claire Richards. R S
9.00 COOKING WITH THE STARS Emma Willis and Tom Allen host the final. Last in the series. R S
10.00 EKIN-SU & DAVIDE: HOMECOMINGS R S
11.00 VANDERPUMP RULES R S
11.55 KEEPING UP WITH THE KARDASHIANS R S
12.25 Keeping Up with the Kardashians R **12.55** Kavos Weekender R S **1.55** The Real Story Of R **2.55** Close

Sky Atlantic

6.00 Urban Secrets R S **8.05** In Treatment R S **8.45** Boardwalk Empire R S **10.50** Big Love R S **1.00** Game of Thrones R S **2.30** The Sopranos R S **3.40** Boardwalk Empire R S **5.45** Big Love R S **6.55 BIG LOVE** Bill tries to persuade Rhonda and Alby to testify against Roman – unaware that Nicki is working to undermine the prosecution. Sarah considers giving her unborn baby up for adoption. R S
7.55 GAME OF THRONES After arriving at Winterfell, Jaime Lannister is confronted with the consequences of his past mistakes. Meanwhile, Daenerys learns the truth about her relationship with Jon. R S
9.00 THE PENGUIN Sofia works to secure her family's strength, while Oz attempts to play both the Falcone and Maroni families to his advantage. **10.10 GANGS OF LONDON** Elliot makes a connection with the Dumani family. R S
11.20 SUCCESSION The Waystar team heads to Norway. R S
12.30 Euphoria R S **1.45** Game of Thrones R S **2.55** Winning Time: The Rise of the Lakers Dynasty R S **4.00** Fish Town R S

Sky Showcase

6.00 Sky News Breakfast R **7.00** News R **8.00** Border Patrol R S **9.00** Stargate SG-1 R S **11.00** Beasts of the Big Blue R S **12.00** Supergirl R S **1.00** NCIS: Los Angeles R S **3.00** Hawaii Five-O R S **4.00** MacGyver R S **5.00** The Simpsons R S
6.00 THE OFFICE (US) R S
6.30 THE OFFICE (US) R S
7.00 THE SIMPSONS R S
7.30 THE SIMPSONS R S
8.00 DAVID ATTENBOROUGH'S GALAPAGOS R S
9.00 FILM: THE COMMUTER (2018, Mystery, 15) An insurance salesman and former police officer, finds himself caught up in a conspiracy during his commute home. Starring Liam Neeson. Dir: Jaume Collet-Serra. R S
11.00 LAST WEEK TONIGHT WITH JOHN OLIVER R S
11.45 VEEP R S
12.25 Veep R S **1.05** Road Wars R S **3.00** Hawaii Five-O R S **4.00** MacGyver R S **5.00** Motorway Patrol R S

UTV

6.00 News S **9.00** Lorraine S **10.00** This Morning S **12.30** Loose Women S **1.30** News S **1.55** UTV Live S **2.00** Family Fortunes R S **3.00** Lingo S **4.00** Tipping Point S **5.00** The Chase S
6.00 UTV LIVE S
6.30 NEWS S
7.30 EMMERDALE As Virgin One, 7.30pm. S
8.00 CORONATION STREET The police find evidence indicating that Joel has taken his own life, Fiz has an appointment with the doctor. S
9.00 JOAN Boisie has a job in mind for Joan in the form of smuggling stolen jewellery to Spain, but first she steals designer items using a stolen chequebook. S
10.00 NEWS S
10.30 UTV LIVE S
10.45 PESTON Political magazine show, hosted by Robert Peston. S
11.40 BRITISH TOURING CAR CHAMPIONSHIP HIGHLIGHTS Action from Silverstone. R S
12.50 Shop on TV **3.00 FILM: The Footballer Fraudster** (2023, Football - Club) Dir: Toby Roebuck. S **4.05** Unwind with ITV S **5.10** Lingo R S

Cable & Satellite

GENERAL

Virgin Three

7.10am Heartbeat. **8.10** The Hotel Inspector. **9.05** Peter Andre's 60 Minute Makeover. **10.10** Judge Judy. **11.10** My Unique B&B. **12.10** Good Witch. **1.05** The Royal. **2.10** Emmerdale. **2.40** Coronation Street. **3.40** The Hotel Inspector. **4.35** Heartbeat. **5.40** A Touch of Frost. **7.55** Heartbeat. Nick is attacked. **9.00** Poldark. New. Ross travels to London to answer a plea for help from an old friend. **10.10** Coronation Street. **11.15** Emmerdale. **11.45** The Ex-Wife.

Virgin More

1.30pm Sport Stories: Joe Brolly. **2.25** Six Nations Under-20s. **3.15** Monster Jam. **3.45** Best of Women's Six Nations. **4.40** Classic 6 Nations. **5.35** Classic UEFA Champions League. **6.30** Sport Stories: Paul McGrath. **7.20** UCL Defining Moments. Celebrating 65 years of European Cup and UEFA Champions League football. **8.10** Best of Guinness Six Nations 2024. Ireland v Scotland. **9.00** McDonald & Dods. A vicar is found murdered in his vestry. Last in the series. **10.30** Born Too Soon. **11.20** UEFA Man In The Middle.

BBC Four

7.00pm Great British Railway Journeys. Michael Portillo embarks on the last leg of his rail journey through 1930s Britain. **7.30** Meet the Ancestors. **9.00** Call My Bluff. With Frank Muir, Robin Knox-Johnston, Francesca Annis and Michael Jayston. **9.25** Face the Music. Music game show, with Arianna Stassinopoulos, Robin Ray and Patrick Moore. **10.00** Mozart in Turkey. **11.30** Film: Truman & Tennessee: An Intimate Conversation (2021, Literature, 12)

ITV2

6.00am CITV. **9.00** Totally Bonkers Guinness World Records. **10.00** Secret Crush. **12.00** Dress to Impress. **1.00** In with a Shout. **2.00** Supermarket Sweep. **3.00** Charmed. **4.00** Dawson's Creek. **5.00** Dress to Impress. **6.00** Celebrity Catchphrase. **7.00** Family Fortunes. The Haldarvis from Blackburn compete against the Fosters from County Antrim. **8.00** Bob's Burgers. **9.00** Family Guy. Peter feels emasculated when he abandons Lois in a crisis. **9.30** American Dad! **10.30** Family Guy. **11.30** American Dad! **12.00** Bob's Burgers.

ITV3

6.00am Classic Emmerdale. **7.00** Classic Coronation Street. **8.05** Lewis. **10.10** The Royal. **11.15** Heartbeat. **1.40** Classic Emmerdale. **2.40** Classic Coronation Street. **3.50** Foyle's War. **5.50** Heartbeat. **8.00** Doc Martin. Al's career plans are derailed when Ken announces he is closing the pub. **9.00** Broadchurch. **11.10** Wycliffe.

E4

Noon: The Big Bang Theory. **2.00** The Goldbergs. **3.00** Modern Family. **4.00** Teen First Dates. **5.00** The Big Bang Theory. **7.00** Hollyoaks. Freddie finds himself behind bars when Robbie pushes him too far. **7.30** Modern Family. Cameron's sister Pam proves too much for Mitchell. **8.00** Below Deck Sailing Yacht. A new issue with the engine forces Captain Glenn to modify the plan. **9.00** Married at First Sight UK. The newlyweds face Experts Week. **10.00** Made in Bondi. **11.05** Gogglebox.

More4

11.25am Find It, Fix It, Flog It. **12.30** Come Dine with Me. **3.10** Four in a Bed. **5.50** Chateau DIY. **6.55** Car S.O.S. **7.55** Grand Designs. Building a Roman-inspired home on land surrounding a historic abbey in Hertfordshire. **9.00** Matt Baker: Travels with Mum & Dad. The Bakers explore the wonders of the Yorkshire Wolds. **10.00** 999: What's Your Emergency? **11.05** 24 Hours in A&E.

Channel 5

11.30am Storm Huntley. **12.45** Friends. **1.40** News. **1.45** Home and Away. **2.15** Film: My Nightmare Office Affair (2022, Thriller, PG) **4.00** Bargain-Loving Brits in the Sun. **5.00** News. **6.00** Dogs

Behaving (Very) Badly. **6.55** News. **7.00** Traffic Cops. Officers tackle people driving illegally. **7.55** News. The latest reports. **8.00** Police Interceptors. Two suspected car thieves are pursued. **9.00** Cast Away. New. A celebrity is marooned on an uninhabited tropical island. **10.00** Inside the Force 24/7. **11.05** Police: Elite Raid Squad.

National Geographic

Noon: Car S.O.S. **1.00** Border Protection Spain. **2.00** Air Crash Investigation. **3.00** Lost Treasures of Egypt. **4.00** Hurricane Apocalypse: Drain the Oceans. **5.00** Car S.O.S. **6.00** Construction Fails. **7.00** Air Crash Investigation. **8.00** Plane Crash Recreated. Reconstructions of high-profile aviation disasters. **9.00** Defending Europe. Alex Churchill discovers how Britain tackled Napoleon. **10.00** US Secret Service: In the Line of Fire. **11.00** Air Crash Investigation.

FILMS

Film4

1.05pm The Long Ships (1963, Adventure, PG) **3.40** El Dorado (1966, Western, PG) **6.25** Stardust (2007, Fantasy, PG) **9.00** The Mechanic (2011, Thriller, 15) **10.50** Under Siege (1992, Adventure, 15) **12.55** Dead Presidents (1995, Drama, 18)

Movies 24

1.00pm Sparks Over Brooklyn (2023, Drama, PG) **3.00** Our Take on Love (2022, Drama, PG) **5.00** Mr Pawsitively Perfect (2023, Drama, PG) **7.00** Branching Out (2024, Drama, PG) **9.00** Song & Story: Amazing Grace (2021, Drama, PG) **11.00** Moriah's Lighthouse (2022, Drama, PG) **1.00** The Professional Bridesmaid (2023, Drama, PG)

Sky Cinema Premiere

1.40pm Aquaman and the Lost Kingdom (2023, Sci-Fi, 12) **4.00** Snack Shack (2024, Comedy, 15) **6.00** The Persian Version (2023, Comedy, 15) **8.00** One Life (2023, Drama, 12) **10.00** As 1.40pm. **12.10** Swede Caroline (2024, Comedy, 15)

Sky Cinema Comedy

12.55pm Big Daddy (1999, 12) **2.35** Asteroid City (2023, 12) **4.25** Scott Pilgrim vs the World (2010, 12) **6.20** Bridget Jones's Diary (2001, 15) **8.00** Bridget Jones: The Edge of Reason (2004, 15) **9.55** Johnny English (2003, PG) **11.30** A Night at the Roxbury (1998, 15) **12.55** As 2.35pm.

Sky Cinema Family

12.55pm Matilda (1996, Fantasy, PG) **2.50** The Lord of the Rings: The Two Towers (2002, Fantasy, 12) **6.00** Journey to the Center of the Earth (2008, Fantasy, PG) **7.40** The Lord of the Rings: The Return of the King (2003, Fantasy, 12) **11.10** The Tiger Rising (2022, Drama, PG)

SPORT

Eurosport 1

10.00am Snooker: World Championship. **12.00** Cycling: Tour of Langkawi. **1.00** Mountain Biking. **3.00** Cycling: Road World Championships. **4.00** Climbing Show. **4.30** Teqball Show. **5.00** Archery: World Field Championships. **5.30** Sailing: America's Cup. **6.00** Cycling: Tour of Langkawi. **7.00** T100 Triathlon World Tour. **8.00** Golden Trail World Series. **8.35** Sailing: America's Cup. **9.05** Cycling: Tour of Langkawi. **10.00** Mountain Biking. **12.00** World Superbikes.

Sky Sports Main Event

10.00am Live Tennis. **4.00** Sports Desk. **5.00** Sky Sports News at 5. **6.00** Sky Sports News at 6. **6.30** Live MNF. Bournemouth v Southampton (Kick-off 8.00pm). **11.00** Sky Sports News. **1.00** Live NFL.

Sky Sports Premier League

11.00am Ref Watch. **12.00** The Football Show. **1.00** Premier League Highlights. **2.30** SNF. **3.00** Premier League Highlights. **5.00** Premier League Best Goals. **6.00** SNF. **6.30** Live MNF. Bournemouth v Southampton (Kick-off 8.00pm). **11.00** Premier League 100 Club. **11.30** Premier League Icons. **12.00** MNF Hlts. **12.30** Gary Neville's Soccerbox. **1.00** PL Retro.

Tuesday October 1

RETURNING SERIES Industry BBC One, 11.10pm The hit drama, which revolves around the big-money world of young bankers and traders returns for a gripping third series. In the first of a double bill, tensions are high as a start-up business is about to go public. Meanwhile, Yasmin tries to defy assumptions. Then, Yasmin and Robert must stabilise the Lumi share price. Marisa Abela and Myha'la Herrold star, while Kit Harington also joins the cast.



TWO-PART SPECIAL Twisted Twins UTV, 9.00pm Over the course of two episodes, this documentary explores shocking stories of identical twins who have become involved in cases of murder, manslaughter or missing persons. In this edition, we hear about the investigative podcast that led to the case of Lyn Dawson being reopened after she was missing for more than 35 years. What follows is a twisted tale involving her husband Chris.



RTÉ One

6.00 EuroNews **6.30** Teleshopping **7.40** Today R S **9.50** The Kelly Clarkson Show S **10.40** The Drew Barrymore Show S **11.35** Shortland Street S **12.05** Doctors S **12.40** Budget 2025 S **4.15** The Zoo R S **4.45** Only Fools and Horses R S **5.25** Telly Bingo S **5.40** Nuacht **5.55** News Followed by The Angelus R

RTÉ2

6.00 EuroNews **7.45** Children's Programmes **2.30** Lagging S **3.00** Life with Boys R S **3.25** My Babysitter's a Vampire R S **3.50** Nova Jones R S **4.20** Shaun the Sheep R S **4.30** The Simpsons R S **5.00** The Goldbergs R S **5.30** The Big Bang Theory R S

Virgin One

6.15 The Six O'Clock Show R S **7.00** Ireland AM S **10.00** This Morning **12.30** News S **12.55** News **3.00** Loose Women **4.00** Heathrow: Britain's Busiest Airport R **4.30** Judge Judy **5.30** News at 5.30 S

TG4

6.00 Cúla 4 **11.10** Naíonáin an Zú R **11.40** Comhrá R **12.10** The Wonder Years R S **12.35** Glór Tíre: Rogha & Togha R S **1.05** The Golden Girls R S **1.35** Hart to Hart R S **2.30** Buiséad 2025 **3.30** A Chef's Life R S **4.00** Geantraí R **4.35** Shark Tank R S **5.30** Seal le Dáithí R

BBC One

6.00 News S **9.30** Morning Live S **10.45** Crimewatch Live S **11.30** Homes Under the Hammer R S **12.15** Bargain Hunt R S **1.00** News S **1.35** Regional News S **1.45** News S **2.00** Doctors S **2.30** Robson Green's Weekend Escapes R S **3.00** Escape to the Country R S **3.45** Antiques Road Trip R S **4.30** Garden Rescue S **5.15** Pointless S

BBC Two

6.30 Bargain Hunt R S **7.15** Garden Rescue R S **8.00** Sign Zone: Big Cats 24/7 R S **9.00** News S **12.15** Politics Live S **1.00** Impossible R S **1.45** Unbeatable R S **2.30** Home Is Where the Art Is R S **3.15** MasterChef: The Professionals R S **4.15** Expedition Volcano R S **5.15** Flog It! R S

6.01 **NEWS S**
7.30 **BEST PLACE TO BE** In Switzerland, Baz Ashmawy meets some friendly pooches at a doggy hotel run by a Clare couple and samples the pastries on offer at a Limerick lady's Tea Room. S
8.00 **FAIR CITY** Jimmy worries about Damien's safety in prison and Suzanne confronts Dolores, demanding justice for her brother. Plus, Mairead is under pressure to agree to ask Katy O'Brien to visit Ciaran. S
8.30 **EASTENDERS** Pastor Clayton asks Yolande to change her statement but it's clear she won't do so. Bianca's suspicions are raised after hearing the reading of Debbie's will. S
9.00 **NEWS S**
9.40 **PRIME TIME** In-depth analysis of current affairs and topical reports presented by Miriam O'Callaghan and Sarah McInerney.
10.40 **REBUS** Under pressure to close their investigation quickly, John and Siobhan track down a witness to the assault on Jimmy McJagger, while Michael attempts to share his newfound wealth. S
11.40 **THE GOLD** The police find details of a foreign bank account that has been laundering Brink's-Mat proceeds, and Boyce is sent to Switzerland on a mission to learn who controls it. S

12.45 Time S **1.40** Prime Time R S **2.40** Telly Bingo R S **2.55** Doctors R S **3.25** EuroNews

6.00 **NEIGHBOURS** Wendy has some explaining to do. R S
6.30 **HOME AND AWAY** Cash is left in the dark. R S
7.00 **DIY SOS: THE BIG BUILD** Nick Knowles and the team are joined by guest designer Charlie Luxton in Stoke-on-Trent, where they help terminally ill Haydn Spice and his family transform their home. S
8.10 **SAVING LIVES AT SEA** The RNLI volunteers race to save a teenage paddleboarder being swept out to sea, a sinking cargo ship and a yacht being battered by an Atlantic storm. Last in series. R S
9.20 **AMERICAN ICONS** A look at baseball great Babe Ruth. R S
9.35 **FIRST DATES HOTEL** Barmaid Hattie is paired with self-professed mummy's boy Lawrence, while airline flight dispatcher Ollie thinks he has found the perfect match in cancer nurse Debs. S
10.30 **FIRST DATES IRELAND** Alannah meets Vlad, whose romantic inspiration is 50 Shades of Grey, and Dundalk woman Emma digs deep with Wexford archaeologist Byron Jones. R S
11.30 **JERK** Lily's latest scam is at risk when Tim runs into his nemesis Kiefer. Idris is roped into keeping the scam alive but is slowly broken down by Aaliyah's doom and Ruth's insults. S

12.00 Gavin & Stacey R S **12.35** Operation Transformation R S **1.35** Selling Ireland's Dream Homes R S **2.35** The Tommy Tiernan Show R S **3.35** The Money List R S **4.25** The Summer Show R S **5.20** EuroNews

6.20 **THE SIX O'CLOCK SHOW** A lively mix of celebrity chat with national and international guests. S
7.00 **NEWS S**
7.30 **EMMERDALE** Mack is stressed, Laurel is left torn, and Aaron is intrigued. S
8.00 **LONG LOST FAMILY SPECIAL: THE UNKNOWN SOLDIERS** Davina McCall and Nicky Campbell join forces with investigators from the MOD's Joint Casualty and Compassionate Centre to try to trace the families of nine First World War soldiers whose bodies were found together in a trench by roadworkers in Beselare, Belgium.
9.00 **BORDERS & LIES** A look at how social media was used to spread fear in Finglas and an examination of the build-up to the Dublin Riots. Featuring locals in Newbridge, Rosslare Harbour and Inchicore.
10.00 **THE TONIGHT SHOW** Claire Brock and Ciara Doherty co-host from the studio and on location, offering comment and analysis on the big stories of the day with a panel of guests covering the key issues. S
11.00 **WHO WANTS TO BE A MILLIONAIRE?** Big-prize quiz hosted by Jeremy Clarkson in which another line-up of contestants answer questions that could change their lives.

12.00 The Tower R S **1.00** The Restaurant R S **2.00** Close **5.25** The Tonight Show R S

6.00 **THE GOLDEN GIRLS** Dorothy has an accident while tap-dancing, but refuses treatment at the hospital. Comedy, starring Bea Arthur. R S
6.30 **THE WONDER YEARS** Kevin is amazed to spot Coach Cutlip moonlighting. R S
7.00 **NUAHT TG4**
7.30 **SCÉALTA GRÁ NA hÉIREANN** The relationship between Maud Gonne and WB Yeats. R
8.00 **7 LÁ** Live debate on the major issues of the day.
8.30 **ROS NA RÚN** Laoise and John Joe are over the moon after hearing that Ó Sé will be leaving Ros na Rún. S
9.00 **GLÓR TÍRE: ROGHA & TOGHA** Featuring performances by Jimmy Buckley, Derek Ryan, Stephen Smyth, Lorraine McDonald, John McNicholl, Gerry Guthrie, Lisa McHugh and Mike Denver. Last in series. R
9.30 **OPRY LE DANIEL AR THURAS** See Choice.
10.30 **NARCOS** Murphy and Peña are suspended for their actions. President Gaviria arranges to move Pablo to a more secure prison under the pretext of a threat to his safety. Last in series. R
11.25 **ROS NA RÚN** Crystal's doctor refuses to write her a new prescription for painkillers. R S
11.55 **FÍORSCEAL** The alleged crimes of Sahul Hameed. R

12.55 DNA Cailte R **2.00** Nuacht TG4 R **2.30** Hector: Amú i Meiriceá Theas R **3.00** Opry le Daniel ar Thuras R **3.55** Scéalta Grá na hÉireann R **4.20** 7 Lá R **4.50** France 24

6.00 **NEWS S**
6.30 **REGIONAL NEWS S**
7.00 **THE ONE SHOW** Another mix of nationwide reports and live studio-based chat. S
7.30 **EASTENDERS S**
8.00 **SORT YOUR LIFE OUT WITH STACEY SOLOMON** Carpenter Rob, cleaner Iwan and special guest Mrs Hinch join Stacey to challenge the Farrow family to sort their life via a mammoth declutter. Every item is stripped from Andy and Lianne and their three children's home, revealing how much space there is under all their things. While their farm runs like clockwork, the inside of their farmhouse is overrun with coats, shoes and laundry. R S
9.00 **WATERLOO ROAD** As Val feels the pressure to improve grades, she questions what's keeping her at Waterloo Road. Tonya faces a medical emergency as she struggles to get her symptoms taken seriously. Preston and Noel prepare to perform with their band and things escalate when Billy keeps Schuey's bullying a secret. S
10.00 **NEWS S**
10.30 **REGIONAL NEWS S**
10.40 **SPOTLIGHT** Investigations into social and political issues affecting Northern Ireland. S
11.10 **INDUSTRY** See Choice. S

12.10 Industry S **1.10** Our Lives: The Omagh Hum R S **1.40** News S

6.00 **RICHARD OSMAN'S HOUSE OF GAMES** Michael Ball, Jodie Prenger, Laurence Rickard and Snoochie Shy test their general knowledge skills in the second round of trivia-based games. S
6.30 **STRICTLY: IT TAKES TWO** Fleur East returns with more backstage gossip. S
7.00 **DESIGNING THE HEBRIDES** The team designs honesty boxes for two rural businesses. S
7.30 **NADIYA'S COOK ONCE, EAT TWICE** Nadiya Hussain shares weekend comfort food recipes. S
8.00 **DIGGING FOR BRITAIN** Alice Roberts visits archaeological digs around the UK, starting with the west of Britain, where finds include a Viking camp and ancient gold. R S
9.00 **LIVING EVERY SECOND: THE KRIS HALLENGA STORY** Kris got a late cancer diagnosis, but was determined to prevent it happening to others. This film reveals how her energy, drive and ambition has left an important legacy. S
10.00 **LIVE AT THE APOLLO** Kae Kurd hosts at London's Hammersmith Apollo, introducing comedians Laura Smyth and Liam Farrelly to the stage. R S
10.30 **NEWSNIGHT S**
11.05 **PAROLE** The parole board considers moving a convicted murderer to an open prison. R S

12.05 Sign Zone: Who Do You Think You Are? R S **1.05** Surviving October 7th: We Will Dance Again R S **2.35** Ludwig R S **3.35** This Is BBC Two S

TOE-TAPPING ENTERTAINMENT **Opry le Daniel ar Thuras** TG4, 9.30pm Daniel O'Donnell is back for the latest series of his much-loved music show. This time, he visits the INEC at the Gleneagle in Killarney. Over the next hour, he is joined by a revolving door of performers who are ready to sing the night away. That includes Mike Denver, Jimmy Buckley and Barbara Fairchild, with the latter performing her hits including The Teddy Bear Song.



Channel 4

6.25 Cheers R S **7.45** The King of Queens R S **9.10** Frasier R S **11.05** Come Dine with Me: The Professionals R S **12.05** News S **12.10** Narrow Escapes R S **1.10** Find It, Fix It, Flog It R S **2.10** Countdown S **3.00** Chateau DIY R S **4.00** A Place in the Sun R S **5.00** Help! We Bought a Village S

6.00 A PLACE IN THE SUN Danni Menzies helps Poppy and her father Philip realise their dream of finding a holiday home in inland Andalucía that all the family can use to enjoy the Spanish sunshine. R S
6.30 THE SIMPSONS A stern judge rules that Homer is a negligent father – and punishes him by decreeing that he should be tethered to Bart until he mends his ways. R S
7.00 NEWS S
8.00 THE GREAT BRITISH BAKE OFF In biscuit week, the signature challenge sees the bakers making Viennese sandwich biscuits, before taking a nostalgic turn in the technical, as they recreate a retro minty family favourite. Finally, the bakers take on a dramatic showstopper blending comedy and tragedy. S
9.30 INTO THE JUNGLE WITH ED STAFFORD The dads and their kids must forage and hunt for their food but a brewing storm threatens their plans to build rafts and go diving for lobsters. S
10.30 GOGGLEBOX The armchair critics share their opinions on Oprah with Meghan and Harry and the subsequent news that Piers Morgan had resigned as co-host of Good Morning Britain. R S
11.35 GOGGLEBOX The armchair critics settle down to a selection of the past week's TV shows. R S

12.35 Taskmaster R S **1.30** Ramsay's Kitchen Nightmares USA R S
2.15 FILM: Nobody's Fool (2018, Comedy, 15) Dir: Tyler Perry. S
4.05 Kirstie and Phil's Love It or List It: Brilliant Builds R S **4.30** Frasier R S **5.45** Countdown R S

Virgin Two

7.15 Eggheads R **7.55** Tipping Point R S **8.55** The Chase R S **10.55** River Monsters R **12.00** Benidorm ER R **1.00** My Mum, Your Dad R **2.00** Animal SOS R S **3.00** Jann R **4.00** Tipping Point R S **5.00** Britain's Brightest Family. Quiz show. R S
5.30 Live UEFA Champions League VfB Stuttgart v Sparta Prague (Kick-off 5.45pm). Coverage of the matchday two league phase contest at MHP Arena in Ludwigsburg.
7.40 LIVE UEFA CHAMPIONS LEAGUE Borussia Dortmund v Celtic (Kick-off 8.00pm). All the action from both teams' second match in the league phase, held at Signal Iduna Park.
10.55 UFC HIGHLIGHTS Renato Moicano v Benoit Saint Denis. Action from the lightweight bout from UFC Fight Night 243 at Accor Arena in Paris.
12.00 Vanderpump Rules R **1.00** Keeping Up with the Kardashians R **2.00** The Real Story Of. Documentary. R **3.00** Close

Sky Atlantic

6.00 Urban Secrets R S **8.00** Boardwalk Empire R S **10.05** Big Love R S **12.10** Game of Thrones R S **1.15** Billions R S **3.30** Boardwalk Empire R S **5.30** Big Love. Drama series. R S
6.30 BIG LOVE The Henricksens go on a road trip. Drama, starring Bill Paxton. R S
7.30 GAME OF THRONES The Night King and the army of the dead reach Winterfell, and an epic battle between the living and the dead begins. Starring Emilia Clarke, Kit Harington and Peter Dinklage. R S
9.00 THE SOPRANOS Tony leaves town after learning the FBI is digging at the site where he buried an old enemy. Junior's doctors increase his medication after he brawls with Professor Lynch. R S
10.10 THE PENGUIN Sofia works to secure her family's strength, while Oz attempts to play both the Falcone and Maroni families to his advantage. R
11.20 BIG LITTLE LIES Renata throws Amabella a disco-themed birthday bash. R S
12.25 Game of Thrones R S **1.55** Winning Time: The Rise of the Lakers Dynasty R S **4.10** Fish Town. Documentary. R S

Sky Showcase

6.00 Sky News Breakfast R **7.00** News R **8.00** Border Patrol R S **9.00** Stargate SG-1 R S **11.00** Africa's Hunters R S **12.00** Supergirl R S **1.00** NCIS: Los Angeles R S **3.00** Hawaii Five-0. Crime drama. R S **4.00** MacGyver R S **5.00** The Simpsons R S **6.00 THE OFFICE (US)** R S **6.30 THE OFFICE (US)** R S **7.00 THE SIMPSONS** The family attends a community festival. R S
7.30 THE SIMPSONS Homer forms a band. R S
8.00 GREAT BARRIER REEF WITH DAVID ATTENBOROUGH Unlocking the secrets of the natural wonder. R S
9.00 CELEBRATING BLACK CINEMA WITH NAOMIE HARRIS The actress salutes the best black talent in the industry. R
10.00 BRUNO V TYSON R S **12.00** SEAL Team R S **1.00** Black Widow R S **2.00** An Idiot Abroad 3 R S **3.00** Hawaii Five-0 R S **4.00** MacGyver R S **5.00** Motorway Patrol. Documentary. R S

UTV

6.00 News S **9.00** Lorraine S **10.00** This Morning S **12.30** Loose Women S **1.30** News S **1.55** UTV Live S **2.00** Family Fortunes R S **3.00** Lingo S **4.00** Tipping Point S **5.00** The Chase S
6.00 UTV LIVE S
6.30 NEWS S
7.30 EMMERDALE As Virgin One, 7.30pm. S
8.00 M&S: DRESS THE NATION Irish model and media personality Vogue Williams joins the judging panel as the amateur designers face the challenges that come along with making children's wear. S
9.00 TWISTED TWINS See Choice. S
10.00 NEWS S
10.30 UTV LIVE S
10.45 VIEW FROM STORMONT Paul Clark and the team report on the latest political developments in Belfast, London and Dublin, with analysis from expert commentators. S
11.40 SIX FOUR Chris O'Neill is approached by a journalist about a cold case involving a missing girl. R S
12.25 Shop on TV **3.00** On Assignment R S **3.30** Big Zuu's 12 Dishes in 12 Hours R S **4.05** Unwind with ITV S **5.10** Lingo R S

Cable & Satellite

GENERAL

Virgin Three

7.25am Heartbeat. **8.20** The Hotel Inspector. **9.10** Peter Andre's 60 Minute Makeover. **10.10** Judge Judy. **11.05** My Unique B&B. **12.05** Good Witch. **1.00** The Royal. **2.05** Emmerdale. **2.35** Coronation Street. **3.35** The Hotel Inspector. **4.35** Heartbeat. **5.35** A Touch of Frost. **7.55** Heartbeat. Nick investigates a hit-and-run incident. **9.00** Vera. Two people are murdered at a remote country house. **11.00** Emmerdale. **11.35** Vanity Fair.

Virgin More

1.40pm Sport Stories: Joe Brolly. **2.35** Six Nations Under-20s. **3.25** Monster Jam. **3.55** UCL Defining Moments. **4.45** UEFA Man In The Middle. **5.35** Live UEFA Champions League. **9.50** Black Work. Police drama, starring Sheridan Smith and Sharon Duce. **10.40** Born to Kill? The psychology of serial killers. **11.40** UEFA Champions League.

BBC Four

7.00pm Life. Extreme behaviour in the natural world. **8.00** Porridge. The inmates face a day of hard labour. **8.30** Yes, Prime Minister. Jim is horrified at allegations of phone-tapping. Last in the series. **9.00** The High Life. **10.00** Storyville: War Game. Documentary series. **11.35** Secrets of Silicon Valley.

ITV2

6.00am CITV. **9.00** Totally Bonkers Guinness World Records. **10.00** Secret Crush. **12.00** Dress to Impress. **1.00** In with a Shout. **2.00** Supermarket Sweep. **3.00** Charmed. **4.00** Dawson's Creek. **5.00** Dress to Impress. **6.00** Celebrity Catchphrase. **7.00** Family Fortunes. The Lewis family take on the Sarsfield family. **8.00** Bob's Burgers. **9.00** Family Guy. **11.30** American Dad!

ITV3

6.00am Classic Emmerdale. **7.00** Classic Coronation Street. **8.05** Lewis. **10.10** The Royal. **11.15** Heartbeat. **1.40** Classic Emmerdale. **2.40** Classic Coronation Street. **3.50** Foyle's War. **5.50** Heartbeat. **8.00** Doc Martin. Morwenna's parents Jack and Tara pay a surprise visit, having been working as missionaries in Kenya. **9.00** Broadchurch. **11.05** Maryland.

E4

Noon: The Big Bang Theory. **2.00** The Goldbergs. **3.00** Modern Family. **4.00** Married at First Sight UK. **5.00** The Big Bang Theory. **7.00** Hollyoaks. Robbie's actions have devastating consequences. **7.30** Modern Family. Claire and the kids try to hide a stray dog from Phil. **8.00** Below Deck Sailing Yacht. Chase's trust is broken when Gary tells Alex about a conversation. **9.00** Married at First Sight UK. The couples take their seats at the second dinner party. **10.05** Made in Bondi. Isabella confronts Molly for breaking girl code. **11.10** First Dates.

More4

11.25am Find It, Fix It, Flog It. **12.30** Come Dine with Me. **3.10** Four in a Bed. **5.50** Chateau DIY. **6.55** Car S.O.S. **7.55** Grand Designs. A couple begin an ambitious project to transform a small, damp bungalow in Cornwall into a cutting-edge family home with an extra floor and reinforced walls, all for just £80,000. **9.00** Bismarck: 24 Hours to Doom. Documentary about a famous Second World War naval battle. **10.00** 24 Hours in A&E.

Channel 5

11.30am Storm Huntley. **12.45** Friends. **1.40** News. **1.45** Home and Away. **2.15** Film: I Will Take Your Life! (2020, Drama, 12) **4.00** Bargain-Loving Brits in the Sun. **5.00** News. **6.00** Dogs Behaving (Very) Badly. **6.55** News. **7.00** Dogs Behaving (Very) Badly Australia. Graeme Hall helps train a Maltese shih tzu with an uncontrollable barking habit. **7.55** News. The latest reports. **8.00** The Yorkshire Vet. Peter is reunited with a baby doggy called Elvis, who he saved when he was a newborn, but the donkey has become lame, which is worrying his new owner. **9.00** Cast Away. The celebrity continues

their stay on the tropical island. **10.00** 999: Critical Condition. A 17-year-old is rushed in by helicopter after a mountain bike accident. **11.05** Ambulance: Code Red. Documentary.

National Geographic

Noon: Car S.O.S. **1.00** Border Protection Spain. **2.00** Air Crash Investigation. **3.00** Hollywood: Drain the Oceans. **4.00** Pirates: Behind the Legends. **5.00** Car S.O.S. **6.00** Construction Fails. **7.00** Mayday. A Boeing 737 that disintegrated in mid-air in 1992. **8.00** Apocalypse: Hitler Takes On The East. **10.00** Erased: WWII Heroes of Colour. The stories of people of colour during the Second World War. **11.00** Air Crash Investigation.

FILMS

Film4

12.55pm Against the Wind (1948, Drama, PG) **2.50** The Guns of Navarone (1961, Adventure, PG) **6.10** Cast Away (2000, Drama, 12) **9.00** Boss Level (2020, Sci-Fi, 15) **11.00** Scarface (1983, Drama, 18)

Movies 24

1.00pm Mystic Christmas (2023, Drama, PG) **3.00** Merry Exmas (2014, Drama) **5.00** 12 Days of Christmas Eve (2022, Drama, PG) **7.00** Christmas by Candlelight (2023, Comedy, PG) **9.00** If I Only Had Christmas (2020, Drama, PG) Starring Candace Cameron Bure. **11.00** Christmas Stars (2019, Drama, PG) **1.00** It's Christmas, Eve (2018, Drama, PG)

Sky Cinema Premiere

Noon: Aquaman and the Lost Kingdom (2023, Sci-Fi, 12) **2.10** Hounds of War (2024, Drama, 15) **3.50** The Persian Version (2023, Comedy, 15) **5.50** As 12noon. **8.00** One Life (2023, Drama, 12) **10.00** As 2.10pm. **11.45** Swede Caroline (2024, Comedy, 15)

Sky Cinema Comedy

12.10pm Tropic Thunder (2008, 15) **2.05** The Heartbreak Kid (2007, 15) **4.05** Forces of Nature (1999, 12) **6.00** White Chicks (2004, 12) **8.00** As 12.10pm. **9.55** Couples Retreat (2009, 15) With Vince Vaughn. **11.55** As 2.05pm.

Sky Cinema Family

12.25pm The SpongeBob SquarePants Movie (2004, Animation, U) **2.10** Robin and the Hoods (2024, Comedy, PG) **4.00** Bean (1997, Comedy, PG) **5.40** Jumanji (1995, Fantasy, PG) **7.25** Monster Trucks (2016, Fantasy, PG) **9.15** Hotel for Dogs (2009, Comedy, U) **11.00** As 12.25pm. **12.40** As 2.10pm.

SPORT

Eurosport 1

9.30am Snooker: UK Championship. **11.30** Cycling: Tour of Langkawi. **12.30** Live Cycling: CRO Race. Coverage of stage one. **2.30** Live Cycling: Binche-Chimay-Binche. Coverage of the men's one-day race in Belgium. **4.30** Cycling: Binche-Chimay-Binche. **5.30** Golden Trail World Series. **6.00** Snooker: English Open. **8.00** Cycling: CRO Race. **9.00** Cycling: Binche-Chimay-Binche. **10.00** Archery: World Field Championships. **10.30** Sailing: America's Cup. **11.00** Mountain Biking. **12.00** Bennetts British Superbikes. **1.00** Bennetts British Superbikes Extra.

Sky Sports Main Event

11.00am Live Tennis. Coverage from the WTA and ATP Tours. **4.00** Sports Desk. **5.00** Sky Sports News at 5. **6.00** Sky Sports News at 6. **7.00** Gillette Labs Soccer Special. **7.30** Live EFL. West Bromwich Albion v Middlesbrough (Kick-off 8.00pm). **10.30** Back Pages Tonight. **11.00** Sky Sports News.

Sky Sports Premier League

11.00am The Football Show. **12.00** Gary Neville's Soccerbox. **1.00** MNF Hlts. **1.30** Premier League Highlights. **2.00** SNF. **2.30** Premier League Highlights. **3.30** SNF. **4.00** Premier League Highlights. **4.30** MNF Hlts. **5.00** Premier League 100: David James. **5.30** Netbusters. Relive the action from the Premier League. **6.00** Premier League Review. **7.00** Gillette Labs Soccer Special. **10.30** Netbusters. The action from the Premier League. **11.00** Premier League Years. **1.00** PL Retro.

Wednesday October 2

RETURNING SERIES The Case I Can't Forget RTÉ One, 9.35pm This true crime investigation, which shines a light on some of Ireland's best-known and most shocking cases, returns for a fourth run. In this opener, we turn our attention to the gang that used stolen diggers to rip ATMs from towns across Monaghan, Cavan, and Meath in 2018 and 2019. We hear from the officers who were a part of the covert operation to bring them down.



NEW SERIES Is Mise le Mess TG4, 8.30pm Cleaning fanatics Derena, Síle and Colleen combine their love of a good scrub in this new six-part series. In each episode, the trio travel around Ireland as they take on the messiest jobs. Whether it's clearing through mess or sorting clutter, they are always eager to get to work. In this opener, they head to Belfast to meet Nuala and Mícheál. However, their tidying soon leads to an unsettling discovery – rats.



RTÉ One	RTÉ2	Virgin One	TG4	BBC One	BBC Two
6.00 EuroNews 7.10 Teleshopping R 7.45 Father Brown R S 9.35 The Kelly Clarkson Show S 10.25 The Drew Barrymore Show S 11.15 Shortland Street S 11.50 Leaders' Questions 1.00 News S 1.30 Home and Away S 2.00 Neighbours S 2.30 Fair City R S 3.00 EastEnders R S 3.30 Today 5.40 Nuacht 5.55 News Followed by The Angelus R	6.00 EuroNews 7.55 Children's Programmes 2.30 Lagging S 3.00 Life with Boys R S 3.25 My Babysitter's a Vampire R S 3.50 Nova Jones R S 4.20 news2day S 4.30 The Simpsons R S 5.00 The Goldbergs R S 5.30 The Big Bang Theory R S	6.15 The Six O'Clock Show R S 7.00 Ireland AM S 10.00 This Morning 12.30 News S 1.00 The Chase 3.00 Loose Women 4.00 Heathrow: Britain's Busiest Airport R 4.30 Judge Judy 5.30 News at 5.30 S	6.00 Cúla 4 11.10 Naíonáin an Zú R 11.40 Comhrá R 12.10 The Wonder Years R S 12.40 Glór Tíre: Rogha & Togha R S 1.10 The Golden Girls R S 1.40 Hart to Hart R S 2.35 Opry le Daniel ar Thuras R 3.35 A Chef's Life R S 4.05 Geantraí R 4.35 Shark Tank R S 5.30 Bailte R	6.00 News S 9.30 Morning Live S 10.45 Crimewatch Live S 11.30 Homes Under the Hammer R S 12.15 Bargain Hunt S 1.00 News S 1.35 Regional News S 1.45 News S 2.00 Doctors S 2.30 Robson Green's Weekend Escapes R S 3.00 Escape to the Country R S 3.45 Antiques Road Trip R S 4.30 Garden Rescue S 5.15 Pointless S	6.30 Bargain Hunt R S 7.15 Garden Rescue R S 8.00 Sign Zone: See Hear R S 8.30 Our Lives: The Omagh Hum R S 9.00 News S 10.30 Politics Live S 12.30 News S 1.00 Impossible R S 1.45 Unbeatable R S 2.30 Home Is Where the Art Is R S 3.15 MasterChef: The Professionals R S 4.15 Harvest R S 5.15 Flog It! R S
6.01 NEWS S 7.00 NATIONWIDE S 7.30 EASTENDERS Yolande is left in shock after hearing about Pastor Clayton's suicide and Bianca puts her plan to get Reiss to confess into action. S 8.00 NEVEN'S COASTAL FOOD TRAILS Neven visits the Clonakilty Food Company, a renowned family-owned seafood restaurant, the Baking Emporium and Baltimore, where he takes the ferry to Cape Clear Island. S 8.30 NICO'S COOK IN, COOK OUT The chef prepares bacon and chicken skewers with lime and coriander slaw, as well as a grilled rack of lamb with butterbean salad. S 9.00 NEWS S 9.35 THE CASE I CAN'T FORGET See Choice. S 10.35 APPLES NEVER FALL Troy makes a risky decision while attempting to evade the police. S 11.35 GRANTCHESTER Sidney receives a series of anonymous phone calls, which he realises may be linked to a series of murders in which the victims were all important community figures killed by someone who leaves dead birds as a grisly calling card. The threat forces Sidney to question whether he can reconcile his relationship with Amanda and his calling as a vicar. R S	6.00 NEIGHBOURS Nicolette is left shaken by Isla's brush with danger. Despite Remi's quick treatment, and the burns being minor, it looks set to kick off another mighty row with Aaron and Jane. R S 6.30 HOME AND AWAY Word spreads about Felicity's critical condition and Bree informs Cash and Eden that Felicity has had a second bleed, but this time it can't be fixed with surgery. R S 7.00 THE SIMPSONS Homer is surprised to learn that his accountant neighbour Dan works for mobster Fat Tony. Meanwhile, Lisa adds insects to her diet. R S 7.30 LIVE UEFA CHAMPIONS LEAGUE Liverpool v Bologna (Kick-off 8.00pm). Coverage of the matchday two league phase contest at Anfield. The Reds have already defeated one Italian outfit in this matchday, coming back from behind to prevail 3-1 away to AC Milan thanks to goals by Ibou Konate, Virgil van Dijk and Dominic Szoboszlai. Bologna were held to a goalless draw two at home to Shakhtar Donetsk weeks ago in what was their first ever Champions League match. S 11.05 IN OUR BLOOD With infections rising rapidly, David and Jeremy adopt a bold new approach – terrifying people into paying attention. Last in the series. S	6.05 THE SIX O'CLOCK SHOW A lively mix of celebrity chat with national and international guests. S 7.00 NEWS S 7.30 EMMERDALE Moira gets upset, and after secretly loading the stolen smart watches with Mack, Aaron enacts his plan. S 8.00 CORONATION STREET Billy encounters an unwelcome mourner at the church for Paul's funeral. S 8.30 CORONATION STREET Sarah is unimpressed by the cosmetic surgery clinic's financial offer, and Tyrone and Fiz are stunned when Hope defiantly admits to stealing a vape from the corner shop. S 9.00 GOGGLEBOX IRELAND Irish telly fanatics from around the country watch, dissect and offer plenty of opinions about the best on-screen moments from the past week. S 10.00 THE TONIGHT SHOW Claire Brock and Ciara Doherty co-host from the studio and live on location, offering comment and analysis on the stories of the day with a panel of guests covering the key issues. S 11.00 THE GROUP CHAT Richard Chambers, Gavan Reilly and Zara King sit down together and discuss the main news stories of the week and the behind the scenes of the job in an extended round-table conversation. S	6.00 THE GOLDEN GIRLS Blanche falls for a businessman but is reluctant to take on the responsibility of his children. R S 6.30 THE WONDER YEARS Kevin is tricked into running for president of the school council against arch-rival Becky Slater. R S 7.00 NUAHT TG4 7.30 JUNIOR EUROVISION 2024 The quest for an Irish candidate for the Song Contest. Judges Niamh Ní Chróinín and Tadhg Griffin are joined by special guests Niamh Kavanagh, Brooke Scullion and Linda Martin. R 8.30 IS MISE LE MESS See Choice. 9.00 GLÓR TÍRE: ROGHA & TOGHA With Louise Morrissey, Michael English, Mike Denver and Jim Devine. R 9.30 INIS MEÁIN, IDIR DHÁ LINN A poetic glimpse into a remote island's past, present and future as filmmaker Chris Rodmell returns to the place he first captured 50 years ago. R 10.30 CALL MY AGENT! Depressed since his break-up with Sophia, Gabriel has been neglecting his contracts. Hicham forces him back to work and puts him on a warning. In French. 11.40 SURVIVOR Tribes must dig deep in the immunity challenge to earn safety for one more night.	6.00 NEWS S 6.30 REGIONAL NEWS S 7.00 THE ONE SHOW Alex Jones presents the magazine show with stories of interest from around the UK. S 7.30 EASTENDERS Yolande is left in shock after hearing about Pastor Clayton's suicide and Bianca puts her plan to get Reiss to confess into action. Junior and Cindy are in danger of being caught when Ian arrives at Beale's Eels during a rendezvous. S 8.00 THE REPAIR SHOP Experts restore a 53-year-old teddy bear, a silver bowling jack from 1956, a Dutch clock believed to date back to the 17th century and a dhol drum that's no longer playable. S 9.00 LUDWIG While on his way to the station to gather more information about his brother's last case, John finds himself drawn to another grisly crime scene at a grand Manor House. S 10.00 NEWS S 10.30 REGIONAL NEWS S 10.40 NOLAN LIVE Lively debate on issues affecting Northern Ireland, with Stephen Nolan. S 11.40 UEFA CHAMPIONS LEAGUE MOTD Action from the matchday two fixtures in the league phase, including Aston Villa v Bayern Munich at Villa Park and Arsenal v Paris Saint-Germain at Emirates Stadium. S	6.00 RICHARD OSMAN'S HOUSE OF GAMES Michael Ball, Jodie Prenger, Laurence Rickard and Snoochie Shy compete. S 6.30 STRICTLY: IT TAKES TWO Janette Manrara presents more backstage ballroom action. S 7.00 THE SECRET GENIUS OF MODERN LIFE Hannah Fry focuses on the vacuum cleaner, learning about the origins of the first portable cleaner and how the motor in modern models spins faster than that of an F1 racing car. R S 8.00 INSIDE THE FACTORY Gregg Wallace learns how Guinness is made on a visit to the brewery in Dublin. R S 9.00 PAROLE The board considers whether a burglar should be given a third chance. S 10.00 SPOTLIGHT Social and political issues. R S 10.30 NEWSNIGHT S 11.05 UNSPUN WORLD WITH JOHN SIMPSON The BBC's world affairs editor reflects on the week's major global news stories. S 11.30 FILM: YARDIE (2018, Drama, 15) Crime drama directed by Idris Elba, centring on the life of a young Jamaican man who sets out to avenge the murder of his brother. Starring Aml Ameen, Fraser James, Sheldon Shepherd and Stephen Graham. Dir: Idris Elba. S
12.30 Songs of Ireland R S 1.30 Home Rescue: The Big Fix S 2.30 Séamus Begley – The Bold Kerryman R S 3.25 Super Garden R S 3.50 High Road, Low Road R S 4.20 Dolores@70 R S 5.15 Inside Penneys R S 5.40 EuroNews	12.05 Bake Off: The Professionals S 1.05 The US and the Holocaust R S 2.15 EuroNews	12.00 Cleaning Up R 1.00 The Restaurant R S 2.00 Close 5.25 The Tonight Show R S	12.55 Rásaí na Gaillimhe R 1.35 Dáil Éireann 2.10 Nuacht TG4 R 2.40 Misneach R 3.40 Inis Meáin, Idir dhá Linn R 4.35 Is Mise le Mess R 5.00 France 24	1.05 Paddy and Chris: Road Tripping R S 2.05 News S	1.05 Sign Zone: See Hear R S 1.35 In My Own Words: Jackie Kay R S 2.20 Elizabeth Taylor: Rebel Superstar R S 3.05 This Is BBC Two S

ONE-OFF SPECIAL Anna Richardson: Love, Loss & Dementia Channel 4, 10.00pm The presenter, perhaps best known as the host of light-hearted series such as Naked Attraction, shows us a different side as she helms this intimate documentary. Anna wants to share her family's dementia story, shining a light on the battle they faced with her father's vascular dementia. She also hears from other families going through something similar.



Channel 4

6.25 Cheers R S **7.45** The King of Queens R S **9.10** Frasier R S **11.05** Come Dine with Me: The Professionals R S **12.05** News S **12.10** Narrow Escapes R S **1.10** Find It, Fix It, Flog It R S **2.10** Countdown S **3.00** Chateau DIY R S **4.00** A Place in the Sun R S **5.00** Help! We Bought a Village S

6.00 A PLACE IN THE SUN Craig Rowe helps Mark and Loretta to find their perfect property near Estepona on Spain's Costa del Sol, on a budget of £200,000. R S

6.30 THE SIMPSONS In a magical medieval world, Marge's mother is turned into an Ice Walker, so Homer forces Lisa to use illegal magic to enable him to buy a cure. R S

7.00 NEWS S

8.00 GEORGE CLARKE'S REMARKABLE RENOVATIONS George kicks off a new series with a visit to solicitor Dawn, who is embarking on a mammoth renovation of her local village shop in Yorkshire to turn it into a home. R S

9.00 GRAND DESIGNS Zara and her partner Giuliano from Reading take a leap of faith as they build the 400-square-metre malthouse-inspired home of their dreams in the Lincolnshire Wolds. S

10.00 ANNA RICHARDSON: LOVE, LOSS & DEMENTIA See Choice. S

11.05 24 HOURS IN A&E A compilation of memorable stories filmed at King's College Hospital in south London. Steve crashed his car on the motorway after blacking out at the wheel and has damaged his spine. While doctors look at headscan images, Steve's wife and daughter arrive at his bedside. R S

12.05 The Great British Bake Off R S **1.30** Ramsay's Kitchen Nightmares USA R S **2.20 FILM: Summer of Soul** (2021, Documentary, 12) Dir: Questlove. S **4.20** Jamie's One-Pan Wonders R S **4.30** Frasier R S **5.45** Countdown R S

Virgin Two

7.15 Eggheads R **7.50** Tipping Point R S **8.55** The Chase R S **10.55** River Monsters R **12.00** Benidorm ER R **1.00** My Mum, Your Dad R **2.00** Animal SOS R S **3.00** Jann R **4.00** Tipping Point R S **5.00** Britain's Brightest Family. Two more families battle for a place in the quarter-finals. R S **5.30 Live UEFA Champions League** Shakhtar Donetsk v Atalanta (Kick-off 5.45pm). At Veltins-Arena in Gelsenkirchen. **7.40 LIVE UEFA CHAMPIONS LEAGUE** Aston Villa v Bayern Munich (Kick-off 8.00pm). Coverage of both teams' second match in the league phase, held at Villa Park. **11.00 THE JONATHAN ROSS SHOW** With Perrie Edwards, Frank Skinner, Hannah Waddingham, Johannes Radebe and Kasabian. Last in the series. R **12.05** Vanderpump Rules. Lisa throws two huge parties for Gay Pride. R **1.00** Keeping Up with the Kardashians R **2.30** Close

Sky Atlantic

6.00 Urban Secrets R S **7.05** The Guest Wing R S **8.10** Boardwalk Empire R S **10.10** Big Love R S **12.10** Game of Thrones R S **1.20** Billions R S **3.25** Boardwalk Empire R S **5.30** Big Love R S **6.30 BIG LOVE** Nicki faces the consequences of her deception. R S **7.30 GAME OF THRONES** After the Battle of Winterfell, the Great War to gain control over the mythical land of Westeros continues as Jon and Daenerys look to the south. R S **9.00 GANGS OF LONDON** Elliot makes a connection with the Dumani family. Meanwhile, Sean makes a discovery about his father's murder, and Kurdish gang leader Lale decides to hit a shipment of heroin. R S **10.05 THE WIRE** Daniels is asked to lead the detail investigating Sobotka. Drama, with Dominic West and Lance Reddick. R S **11.10 MY BRILLIANT FRIEND** Elena finds herself the keeper of Donato Sarratore's dark secrets. R S **12.20 My Brilliant Friend** R S **1.35** Game of Thrones R S **2.55** Lovecraft Country. Drama horror series. R S **4.05** Fish Town R S

Sky Showcase

6.00 Sky News Breakfast R **7.00** News R **8.00** Border Patrol R S **9.00** Stargate SG-1 R S **11.00** Africa's Hunters R S **12.00** Supergirl R S **1.00** NCIS: Los Angeles R S **3.00** Hawaii Five-O R S **4.00** MacGyver R S **5.00** The Simpsons R S **6.00 THE OFFICE (US)** Jim loses a major investor. R S **6.30 THE OFFICE (US)** Dwight is tasked with finding a part-time replacement for Jim. R S **7.00 THE SIMPSONS** R S **7.30 THE SIMPSONS** R S **8.00 THE SIMPSONS** R S **8.30 THE SIMPSONS** R S **9.00 KEVIN HART: REALITY CHECK** A stand-up special by the comedian and actor. R S **10.20 NEVER MIND THE BUZZCOCKS** R S **11.05 BRASSIC** R S **12.05** The Walking Dead: Dead City R S **1.05** Brit Cops: Rapid Response R S **2.05** Road Wars R S **3.05** Hawaii Five-O R S **4.00** MacGyver R S **5.00** Motorway Patrol R S

UTV

6.00 News S **9.00** Lorraine S **10.00** This Morning S **12.30** Loose Women S **1.30** News S **1.55** UTV Live S **2.00** Family Fortunes R S **3.00** Lingo S **4.00** Tipping Point. Quiz, hosted by Ben Shephard. S **5.00** The Chase. Michael, Kirsten, Saph and Terry take on one of the ruthless Chasers. S **6.00 UTV LIVE S** **6.30 NEWS S** **7.30 EMMERDALE** As Virgin One, 7.30pm. S **8.00 CORONATION STREET** Billy encounters an unwelcome mourner at the church for Paul's funeral. S **9.00 LORRAINE KELLY: 40 UNFORGETTABLE YEARS** A tribute to the much-loved presenter and journalist who joined TV-am in October 1984, and became one of British TV's most popular broadcasters. S **10.00 NEWS S** **10.30 UTV LIVE S** **10.45 SIX FOUR** Pauline Wallace receives a ransom call. R S **11.40 SIX FOUR** A visit to Gary McLean's killer brings Chris closer to the truth. R S **12.25** Gallagher Premiership Unleashed S **12.50** Shop on TV **3.00** The Skinny Jab: Who's Getting It? – Tonight R S **3.25** Tom Kerridge Cooks Britain R S **3.50** Unwind with ITV S **5.05** Lingo R S

Cable & Satellite

GENERAL

Virgin Three

7.30am Heartbeat. **8.25** The Hotel Inspector. **9.15** Peter Andre's 60 Minute Makeover. **10.15** Judge Judy. **11.20** My Unique B&B. **12.15** Good Witch. **1.10** The Royal. **2.10** Emmerdale. **2.40** Red Arrows Take America. **3.40** The Hotel Inspector. **4.40** Heartbeat. **5.45** The Adventures of Sherlock Holmes. Period drama, starring Jeremy Brett. **7.55** Heartbeat. Greengrass goes into business with a stranger. **9.00** The Catch. Ed is given a stark warning to leave the past in the past. **10.00** Coronation Street. **11.00** Emmerdale. **11.30** Dark Heart.

Virgin More

12.55pm Golf's Greatest Holes. **1.55** UEFA Champions League Matchday Highlights. **2.45** UEFA Nations League. **4.35** Classic 6 Nations. **5.05** Monster Jam. **5.35** Live UEFA Champions League. **9.50** Eating with the Enemy. Strangers with opposing views are paired together for a meal. **10.40** World on Fire. **11.30** UCL Defining Moments.

BBC Four

7.00pm Life. How reptiles and amphibians conquer their shortcomings. **8.00** PQ 17: An Arctic Convoy Disaster. The story of an Allied convoy heading to the Russian port of Arkhangelsk in 1942. **9.00** The Hunt for Lady Olive and the German Submarine. Exploring what happened to a German submarine and a Royal Navy Q-Ship. **10.00** Philip Glenister and Matthew Graham Remember – Life on Mars. **10.20** Life on Mars. Fantasy drama, starring John Simm. **11.20** David Bowie: Finding Fame.

ITV2

6.00am CITV. **9.00** Totally Bonkers Guinness World Records. **10.00** Secret Crush. **12.00** Dress to Impress. **1.00** Supermarket Sweep. **2.00** Deal or No Deal. **3.00** Charmed. **4.00** Dawson's Creek. **5.00** Dress to Impress. **6.00** Celebrity Catchphrase. **7.00** Family Fortunes. The Pflupa and Egan families try to guess the answers and win the jackpot. **8.00** Bob's Burgers. **9.00** Family Guy. **11.30** American Dad!

ITV3

6.00am Classic Emmerdale. **7.00** Classic Coronation Street. **8.05** Lewis. **10.10** The Royal. **11.15** Heartbeat. **1.40** Classic Emmerdale. **2.40** Classic Coronation Street. **3.50** Foyle's War. **5.50** Heartbeat. **8.00** Midsomer Murders. A magistrate is found shot after a confrontation with travellers. **10.00** Wycliffe. Charles reassesses his future. **11.10** Maryland. The sisters struggle to come to terms with the revelations about their mother.

E4

Noon: The Big Bang Theory. **2.00** The Goldbergs. **3.00** Modern Family. **4.00** Married at First Sight UK. **5.05** The Big Bang Theory. **7.00** Hollyoaks. With Ro harbouring his secret, Tony decides to come clean to his son. **7.30** Modern Family. Phil and Gloria confront Alice about stealing a hot sauce recipe. **8.00** Below Deck Sailing Yacht. Captain Glenn dresses up for the guests' theme night. **9.00** Married at First Sight UK. Some couples reflect on a positive week, while others feel betrayed. **10.20** Gogglebox. Wheel of Fortune, Trigger Point and Michael McIntyre's Big Show are appraised. **11.20** First Dates.

More4

11.25am Find It, Fix It, Flog It. **12.30** Come Dine with Me. **3.10** Four in a Bed. **5.50** Chateau DIY. **6.55** Car S.O.S. **7.55** Grand Designs. A house built out of shipping containers on a farm in Co Derry. **9.00** Our Tiny Islands. Featuring a look at the tiny island of Easdale in the Inner Hebrides. **10.00** 24 Hours in A&E. Doctors treat an unresponsive baby with a high fever. **11.05** Emergency Helicopter Medics: Motorbike Crash Emergencies.

Channel 5

11.30am Storm Huntley. **12.45** Friends. **1.40** News. **1.45** Home and Away. **2.15** Film: Behind Her Smile (2024, Drama, 12) **4.00** Bargain-Loving Brits in the Sun. **5.00** News. **6.00** Dogs Behaving (Very) Badly.

6.55 News. **7.00** Shop Smart, Save Money. Three different spin mops are put through their paces. **7.55** News. The latest reports. **8.00** Kent: The Garden of England. A party of sea anglers leaves Dover, with Matt Coker at the helm of the Portia. **9.00** Cast Away. The celebrity concludes their stay on a tropical island. Last in the series. **10.00** The Man Who Murdered His Family: A Suburban Nightmare. A Colorado man who killed his pregnant wife and two daughters. **11.45** Serial Killer Wives.

National Geographic

Noon: Car S.O.S. **1.00** Border Protection Spain. **2.00** Air Crash Investigation. **3.00** Drain the Oceans. **4.00** Hitler's Last Stand. **5.00** Car S.O.S. **6.00** Plane Crash Recreated. **7.00** Air Crash Investigation. Investigators examine similarities between two accidents. **8.00** Car S.O.S. **11.00** Air Crash Investigation. Documentary.

FILMS

Film4

12.40pm Fire Down Below (1957, Drama, PG) **2.55** Mandy (1952, Drama, PG) **4.45** River of No Return (1954, Western, PG) **6.35** We Bought a Zoo (2011, Comedy, PG) **9.00** The Lost City (2022, Adventure, 12) **11.15** Con Air (1997, Thriller, 18)

Movies 24

1.00pm Cross Country Christmas (2020, Drama, PG) **3.00** The Christmas House 2: Deck Those Halls (2021, Comedy, PG) **5.00** A Heidelberg Holiday (2023, Drama, PG) **7.00** Christmas Bedtime Stories (2022, Drama, PG) Starring Erin Cahill and Steve Lund. **9.00** Deliver by Christmas (2020, Drama, PG) **11.00** Sister Swap: A Christmas in the City (2021, Drama, PG) **1.00** A Fabled Holiday (2022, Drama, PG)

Sky Cinema Premiere

1.50pm The Three Musketeers: Milady (2023, Drama, 12) **3.50** Aquaman and the Lost Kingdom (2023, Sci-Fi, 12) **6.00** The Persian Version (2023, Comedy, 15) **8.00** One Life (2023, Drama, 12) **10.00** Swede Caroline (2024, Comedy, 15) **11.45** I Used to Be Funny (2023, Comedy, 15)

Sky Cinema Comedy

1.35pm The Truman Show (1998, PG) **3.30** Hatari! (1962, U) **6.10** Anger Management (2003, 15) **8.00** As 1.35pm. **9.55** About Last Night (2014, 15) **11.45** Just Like Heaven (2005, PG)

Sky Cinema Family

1.35pm Dungeons & Dragons: Honour Among Thieves (2023, Adventure, 12) **4.00** Stuart Little (1999, Comedy, U) **5.40** Stuart Little 2 (2002, Adventure, U) **7.15** Annie (1982, Musical, U) **9.30** Paulie (1998, Adventure, U) **11.10** Nancy Drew and the Hidden Staircase (2019, Drama, PG) **12.45** Robo-Dog: Airborne (2017, Drama, U)

SPORT

Eurosport 1

10.00am Masters Snooker. **12.00** Cycling: Binche-Chimay-Binche. **1.00** Cycling: CRO Race. **2.00** Live Cycling: CRO Race. **4.00** Cycling: Tour of Langkawi. **5.00** T100 Triathlon World Tour. **6.00** Snooker: Scottish Open. **8.00** Cycling: CRO Race. **9.00** Cycling: Tour of Langkawi. **10.00** Golden Trail World Series. **10.30** Sailing: America's Cup. **11.00** T100 Triathlon World Tour. **12.00** Speedway Grand Prix. **1.00** British Speedway.

Sky Sports Main Event

6.00am Live Tennis. **3.30** Sports Desk. **5.00** Sky Sports News at 5. **6.00** Sky Sports News at 6. **7.00** Gillette Labs Soccer Special. **7.30** Live EFL. Bristol City v Sheffield Wednesday (Kick-off 8.00pm). **10.30** Back Pages Tonight. **11.00** Sky Sports News.

Sky Sports Premier League

11.00am The Football Show. **12.00** Gary Neville's Soccerbox. **1.00** Premier League Highlights. **2.30** SNF. **3.00** Premier League Highlights. **5.00** Premier League Best Goals. **6.00** Premier League 100: Dion Dublin. **6.30** Premier League Stories. **7.00** Gillette Labs Soccer Special. **10.30** Premier League Stories. **11.00** Premier League Years. **1.00** PL Retro.

Thursday October 3

RETURNING SERIES The 2 Johnnies Late Night Lock In RTÉ 2, 9.35pm The doors to the Tipp duo's own pub are open once again, as the pair welcome us to the second series of their fun-filled entertainment show. There's so much on offer over the next hour, including chat with a variety of celebrity guests, live music, wacky games and stand-up comedy. That's not all, as the hosts always have a few surprises hidden up their sleeves.



ONE-OFF SPECIAL The Search for Nicola Bulley BBC One, 9.00pm Over the course of this one-off hour-long special, we assess the case of mortgage adviser and mother-of-two Nicola Bulley. Back in January 2023, she disappeared without a trace while walking her dog along the River Wyre in the quiet Lancashire village of St Michael's on Wyre. We follow the investigation as it unfolds – which includes a whirlwind of social media comments and theories.



RTÉ One	RTÉ2	Virgin One	TG4	BBC One	BBC Two
6.00 EuroNews 6.15 Teleshopping R 7.25 Today R S 9.35 The Kelly Clarkson Show S 10.25 The Drew Barrymore Show S 11.15 Shortland Street S 11.50 Leaders' Questions 12.45 Telly Bingo S 1.00 News S 1.30 Home and Away S 2.00 Neighbours S 2.30 High Road, Low Road R S 3.00 EastEnders R S 3.30 Today 5.40 Nuacht 5.55 News Followed by The Angelus R	6.00 EuroNews 7.45 Children's Programmes 2.30 Lagging S 3.00 Life with Boys R S 3.25 My Babysitter's a Vampire R S 3.50 Nova Jones R S 4.20 news2day 4.30 The Simpsons R S 5.00 The Goldbergs R S 5.30 This Is Art Club! S	6.15 The Six O'Clock Show R S 7.00 Ireland AM S 10.00 This Morning 12.30 News S 1.00 The Chase 3.00 Loose Women 4.00 Heathrow: Britain's Busiest Airport R 4.30 Judge Judy 5.30 News at 5.30 S	6.00 Cúla 4 11.10 Naíonáin an Zú R 11.40 Comhrá R 12.10 The Wonder Years R S 12.40 Glór Tíre: Rogha & Togha R S 1.10 The Golden Girls R S 1.40 Hart to Hart R S 2.35 Domhan an Dúlra – Ainmhithe R 3.35 A Chef's Life R S 4.05 Geantraí R 4.35 Shark Tank R S 5.30 Is Mise le Mess R	6.00 News S 9.30 Morning Live S 10.45 Crimewatch Live S 11.30 Homes Under the Hammer R S 12.15 Bargain Hunt R S 1.00 News S 1.35 Regional News S 1.45 News S 2.00 Doctors S 2.30 Robson Green's Weekend Escapes R S 3.00 Escape to the Country R S 3.45 Antiques Road Trip R S 4.30 Garden Rescue S 5.15 Pointless S	6.30 Escape to the Country R S 7.15 Garden Rescue R S 8.00 Sign Zone: Gardeners' World R S 9.00 News S 12.15 Politics Live S 1.00 Impossible R S 1.45 Unbeatable R S 2.30 Home Is Where the Art Is R S 3.15 Back in Time for the Corner Shop R S 4.15 Harvest R S 5.15 Flog It! R S
6.01 NEWS S 7.00 CHEAP IRISH HOMES Maggie Molloy helps Belinda Ketel and Jamie Sugrue search for a great value home in North Kerry that the couple can put their own mark on. S 7.30 THE END OF THE WORLD WITH BEANZ Martin Beanz Warde travels to the USA, along with his co-host and fellow comedian Bernard O'Shea in the hopes of finding a simpler way of living. R S 8.00 GREAT IRISH INTERIORS Exploring the restoration efforts at Dublin's Newbridge House, an 18th-century Palladian villa in the care of Fingal County Council. S 8.30 FAIR CITY Suzanne remains determined to chase the Molloy's for compensation, Dean and Pete are shocked when a dark figure from their past arrives in town. S 9.00 NEWS S 9.35 PRIME TIME In-depth analysis of current affairs and topical reports, presented by Miriam O'Callaghan. S 10.15 THE CHOICE 2024: HARRIS VS TRUMP See Choice S 11.20 THE GONE With two bodies in the morgue, Diana and Richter discover something that connects Sínead and Ronan to a cold murder case. Meanwhile, Diana and her uncle begin to find common ground. R S 12.25 Call the Midwife R S 1.35 Prime Time R S 2.15 Telly Bingo R S 2.25 Dr Phil R S 3.10 EuroNews	6.00 NEIGHBOURS Remi is exasperated that Cara can't see her point, Felix seems to be really trying to be a better person. R S 6.30 HOME AND AWAY Kirby praises Mali for his artwork, Mackenzie tries to go back to business as usual and Abigail is found guilty of taking the surf club's petty cash. R S 7.00 IRELAND'S COAST R S 8.00 GRAND DESIGNS Kevin McCloud follows the progress of Dorran, who promised his wife and children he would build them a super-modern underground home on a hill outside Canterbury. S 9.00 AMANDA & ALAN'S ITALIAN JOB Amanda Holden and Alan Carr purchase a bargain home nestled in the sun-drenched hills of rural Sicily and raise it up from its ruins and into a luxury holiday home. S 9.35 THE 2 JOHNNIES LATE NIGHT LOCK IN See Choice 10.35 DERRY GIRLS The new school term gets off to a bad start for Erin when she finds her cousin reading her diary. First episode of the comedy, starring Saoirse-Monica Jackson. R S 11.05 ANAM: SONGS FOR HEARTS & MINDS Music by songwriter Sarah Crean, trad prodigy Piaras Ó Lorcáin and chart-topping drill stars Travis and Elzzz deliver an explosive set. S 12.05 Line of Duty R S 1.15 The Loudest Voice R S 2.20 EuroNews	6.05 THE SIX O'CLOCK SHOW A lively mix of celebrity chat with national and international guests and all the unmissable stories. S 7.00 NEWS S 7.30 EMMERDALE Chas tells Liam she's worried over a new rash. S 8.00 EMMERDALE Charles and Laurel give in to temptation. Meanwhile, Arthur tries to show his maturity to April by flirting with John. S 8.30 FOR THE LOVE OF DOGS WITH ALISON HAMMOND Alison meets two of the longest staying residents at the shelter, an inseparable pair of golden labradors, and a three-month old whippet who is taking swimming lessons. 9.00 THE BODY IN THE LAKE New. Art teacher Dani embarks on an affair while on a school trip. She suffers torment when a student disappears, forcing her to lie about her whereabouts. 10.00 THE TONIGHT SHOW Clair Brock and Ciara Doherty co-host from the studio and on location, offering comment and analysis on the big stories of the day with a panel of guests covering the key issues. S 11.00 THE MURDER FILES: THE KILLING OF JASON CORBETT Investigating the 2015 homicide of the Limerick man, revealing the story from multiple perspectives of those closest to the case. R S 12.00 Cleaning Up R 1.00 Born to Kill? 2.00 Close 5.25 The Tonight Show R S	6.00 THE GOLDEN GIRLS Blanche decides to finish her degree and returns to night school. R S 6.30 THE WONDER YEARS A joint school trip gives Kevin and Winnie a rare chance to meet – but it soon becomes painfully clear they now have little in common. R S 7.00 NUAHT TG4 7.30 SEAL LE DÁITHÍ Dáithí Ó Sé talks to Aoife Ní Bhriain, recognised as one of the most versatile musicians of her generation. 8.00 BAILTE Síle Nic Chonaonaigh visits An Bóthar Buí in An Cheathrú Rua, Co Galway. She meets an artist, florist, Ukrainian refugees and local singer Tomás Mac Eoin. Last in the series. 8.30 ROS NA RÚN Ó Sé feels as though Laoise and John Joe have made a right fool of her and immediately begins to plot her revenge. Micheál hides his physical pain from Laoise. S 9.00 GLÓR TÍRE: ROGHA & TOGHA Featuring performances by Mike Denver, Johnny Brady and Louise Morrissey. R 9.30 POBAIL NA PÁIRCE A visit to St Tiarnach's Park in Clones, as Monaghan face Down in the Ulster Championship. 10.30 FÍORSCEÁL Former right-wing extremists now in hiding due to their dangerous pasts. R 11.35 ROS NA RÚN Ó Sé plots her revenge. R S 12.05 Imeall R 12.35 Better Call Saul R S 1.25 Dáil Éireann 2.05 Nuacht TG4 R 2.35 Réalta Agus Gaolta R 3.30 Pobail na Páirce R 4.25 Croí an Chlub R 4.50 Dúirt Bean Liom R 5.15 France 24	6.00 NEWS S 6.30 REGIONAL NEWS S 7.00 THE ONE SHOW Alex Jones and Roman Kemp host the live magazine show featuring a mixture of celebrity chat and stories of interest. S 7.30 BORIS JOHNSON: THE LAURA KUENSSBERG INTERVIEW The former political editor leads a one-to-one discussion with Boris Johnson in his first major interview since leaving office as prime minister. S 8.00 FAKE OR FORTUNE? Helen McNicoll was one of Canada's most celebrated female artists of the early 20th century. Fiona and Philip investigate a picturesque outdoor scene of women in a field sold at auction in England in the artist's style. S 9.00 THE SEARCH FOR NICOLA BULLEY See Choice S 10.00 NEWS S 10.30 REGIONAL NEWS S 10.40 THE VIEW Mark Carruthers reviews the week's political news, and invites comment and analysis from Stormont and Westminster from studio guests. S 11.20 QUESTION TIME Fiona Bruce presents the topical debate, inviting a panel of politicians and other guests in Dundee to answer questions from an invited audience on subjects that have made the headlines over the past week. S 12.20 News S 12.50 In My Own Words: Jilly Cooper R S 1.40 News S	6.00 RICHARD OSMAN'S HOUSE OF GAMES Michael Ball, Jodie Prenger, Laurence Rickard and Snootie Shy test their general knowledge skills in the penultimate round of trivia-based games. S 6.30 STRICTLY: IT TAKES TWO Janette Manrara presents all the backstage gossip, and Vicky Gill will be giving a sneak peek of some of the movie week outfits. S 7.00 RICK STEIN'S FOOD STORIES Rick meets a foraging chef and a famous sheep farmer in the Lake District, then heads to Yorkshire to see the UK's biggest tofu factory. S 8.00 AMAZING HOTELS: LIFE BEYOND THE LOBBY Rob Rinder and Monica Galetti head to Rome and work in The Hassler, one of Europe's last remaining family owned 'grande dame' hotels. S 9.00 THE FIFTEEN BILLION POUND RAILWAY: INSIDE THE ELIZABETH LINE Charting the race to fix the railway's hi-tech software and systems so that the new line would be open in time for the Queen's Platinum Jubilee. R S 10.00 RED DWARF Lister and Rimmer finally arrive back on Earth, only to discover they have slipped through a time hole into a period. R S 10.30 NEWSNIGHT S 11.05 WE BUILT A ZOO Following TikTok star Kyle Thomas builds a zoo. R S 12.05 Couples Therapy S 1.00 Sign Zone: Parole R S 2.00 Celebrity Antiques Road Trip R S 3.00 This Is BBC Two S

DOCUMENTARY The Choice 2024: Harris vs Trump RTÉ One, 10.15pm This new series examines the candidates who are going head-to-head in the race to become the next President of the United States. It assesses both the lives and characters of Kamala Harris and Donald Trump, breaking down both figures and revealing the very different roads that brought them here. It has been a wild campaign so far, but which of them will be victorious?



Channel 4

6.25 Cheers R **S 7.45** The King of Queens R **S 9.10** Frasier R **S 11.05** Come Dine with Me: The Professionals R **S 12.05** News **S 12.10** Narrow Escapes R **S 1.10** Find It, Fix It, Flog It R **S 2.10** Countdown **S 3.00** Chateau DIY R **S 4.00** A Place in the Sun R **S 5.00** Help! We Bought a Village **S**

6.00 A PLACE IN THE SUN Jean Johansson helps couple Vicky and Carl, who always planned to move to Spain for their retirement, to find the perfect holiday home on the southern Costa Blanca. R **S**
6.30 THE SIMPSONS Marge becomes frustrated with local government and decides to run for Mayor, and begins making Homer the butt of her jokes in attempt to win public support. R **S**
7.00 NEWS S
8.00 THE GREAT BRITISH BAKE OFF: AN EXTRA SLICE Jo Brand is joined by Stephen Mangan to discuss all the drama of biscuit week. Plus, exclusive unseen footage and an interview with the latest baker to leave the tent. **S**
9.00 TASKMASTER Jack Dee takes a long stroll, Andy Zaltzman risks two bites of a vegetable, Emma Sidi does cartwheels, Babatunde Aléshé gets upset by a rocket and Rosie Jones menaces the crew. **S**
10.00 RAMSAY’S KITCHEN NIGHTMARES USA Gordon Ramsay steps in to assess a troubled Brooklyn restaurant that’s sinking into debt. As an additional problem, its co-owners are constantly clashing. **S**
10.55 8 OUT OF 10 CATS DOES COUNTDOWN Roisin Conaty and Joe Wilkinson take on Jon Richardson and Nabil Abdulrashid. R **S**

12.00 The Prison Confessions of Gypsy Rose Blanchard **S 12.50** Celebrity SAS: Who Dares Wins R **S 2.40** State of Rage R **S 3.35** Come Dine with Me R **S 4.30** Frasier R **S 5.45** Countdown R **S**

Virgin Two

7.25 Eggheads R **8.00** Tipping Point R **S 8.55** The Chase R **S 10.55** River Monsters R **12.00** Benidorm ER R **1.00** My Mum, Your Dad R **2.00** Animal SOS R **S 3.00** Jann R **4.00** Tipping Point. Hosted by Ben Shephard. R **S**
6.00 THE CHASE Quiz, hosted by Bradley Walsh. R **S**
7.00 THE CHASE With Nathan, Shama and Jonathan. R **S**
7.55 THE CHASE CELEBRITY SPECIAL With David Grant, Jonnie Peacock, Pixie McKenna and Andy Hamilton. R **S**
9.00 MY HOARDER MUM AND ME Jasmine Harman tries to help her mother kick her extreme hoarding habit. R **S**
10.05 THE JOHN BISHOP SHOW The comedian and actor performs topical stand-up routines and chats to guests from the worlds of film, TV, sport and music. R **S**
10.50 VANDERPUMP RULES R 11.45 VANDERPUMP RULES R 12.45 Keeping Up with the Kardashians R **1.15** Kavos Weekender R **S 2.15** Close

Sky Atlantic

6.00 The Guest Wing R **S 7.50** Boardwalk Empire R **S 9.55** Big Love R **S 11.55** Game of Thrones R **S 1.20** Billions R **S 3.30** Boardwalk Empire R **S 5.35** Big Love. Starring Bill Paxton. R **S**
6.35 BIG LOVE Bill is forced to seek Roman’s assistance as he struggles to save his family and Ted’s kidnapped daughter. Nicki has an emotional encounter at the compound. R **S**
7.35 GAME OF THRONES In the penultimate episode, Varys betrays his queen, and Daenerys brings her forces to King’s Landing as the explosive final battle for the Iron Throne begins. R **S**
9.00 THE PENGUIN Sofia works to secure her family’s strength, while Oz attempts to play both the Falcone and Maroni families to his advantage. R **S**
10.10 SUCCESSION Kendall and Roman to consider whether to fight for Logan’s original deal. R **S**
11.20 WATCHMEN Alternative history drama series, based on the seminal graphic novel by Alan Moore. R **S**
12.30 Yellowjackets. Starring Juliette Lewis. R **S 1.35** Euphoria R **S 2.45** Game of Thrones R **S 4.10** Urban Secrets R **S**

Sky Showcase

6.00 Sky News Breakfast R **7.00** News R **8.00** Border Patrol R **S 9.00** Stargate SG-1 R **S 11.00** Africa’s Hunters R **S 12.00** Supergirl R **S 1.00** NCIS: Los Angeles R **S 3.00** Hawaii Five-O R **S 4.00** MacGyver. With Lucas Till. R **S 5.00** The Simpsons R **S 6.00 THE OFFICE (US)** R **S 6.30 THE OFFICE (US)** R **S 7.00 THE SIMPSONS** R **S 7.30 THE SIMPSONS** R **S 8.00 A LEAGUE OF THEIR OWN: MEXICAN ROAD TRIP** The gang explore the city of La Paz. R **S**
9.00 ROB & ROMESH VS HOLLYWOOD STUNTS Rob Beckett and Romesh Ranganathan learn about film stunt work. R **S**
10.00 BRASSIC The comedy jumps back in time to that night with Manolito. **S**
11.00 FUNNY WOMAN Starring Gemma Arterton. R **S**
12.00 Veep R **S 1.20** Brit Cops: Rapid Response R **S 2.15** Road Wars R **S 3.10** Hawaii Five-O R **S 4.05** MacGyver R **S 5.00** Motorway Patrol R **S**

UTV

6.00 News **S 9.00** Lorraine **S 10.00** This Morning **S 12.30** Loose Women **S 1.30** News **S 1.55** UTV Live **S 2.00** Family Fortunes R **S 3.00** Lingo R **S 4.00** Tipping Point R **S 5.00** The Chase **S 6.00 UTV LIVE S 6.30 NEWS S 7.30 EMMERDALE** Arthur tries to show his maturity. **S**
8.30 MAHON’S WAY Joe Mahon learns a few secrets about yoghurt production at the Clandeboyne estate. **S**
9.00 THE SINKING OF A SUPERYACHT: HOW SAFE IS YOUR VOYAGE? A minute-by-minute analysis of the tragedy involving the Bayesian, examining the potential factors involved in the sinking of the vessel off the coast of Sicily in August. **S**
10.00 NEWS S 10.30 UTV LIVE S 10.45 STRESS: CAN YOU BEAT IT? TONIGHT Gordon Smart reports on why the UK is facing a stress epidemic. **S**
11.15 SIX FOUR Michelle returns to Scotland to help Chris search for Annabel. R **S**
12.05 Rare Breed – A Farming Year R **S 12.30** Shop on TV **3.00** Fresh Cuts R **S 3.50** Unwind with ITV **S 5.05** Family Fortunes R **S**

Cable & Satellite

GENERAL

Virgin Three
7.25am Heartbeat. **8.20** The Hotel Inspector. **9.10** Peter Andre’s 60 Minute Makeover. **10.10** Judge Judy. **11.10** My Unique B&B. **12.10** Good Witch. **1.05** The Royal. **2.10** Emmerdale. **2.40** Coronation Street. **3.40** The Hotel Inspector. **4.40** Heartbeat. **5.45** The Adventures of Sherlock Holmes. **7.55** Heartbeat. A new inspector arrives. **9.00** The Pact. Drama, starring Rakie Ayola. **10.15** Emmerdale. **11.15** The Catch. Psychological thriller.

Virgin More
1.25pm Classic UEFA Champions League. **2.50** Monster Jam. **3.20** Golf’s Greatest Holes. **5.15** Classic 6 Nations. **5.45** UEFA Champions League Matchday Highlights. **6.35** UEFA Champions League. **8.30** Classic UEFA Champions League. Real Madrid v Juventus in the 2017 final. **9.00** Body in the Snow: The Murder of Joanna Yeates. Part two of two. Concluding part of the true crime documentary. **9.50** Noughts + Crosses. Callum returns to the Liberation Militia, while Sephy reaches out to Kamal. **10.40** Undercover Girlfriends. **11.40** UCL Defining Moments.

BBC Four
7.00pm Life. David Attenborough reveals how mammals dominate the planet. **8.00** Elizabeth Taylor: England’s Other Elizabeth. Profile of the actress. **9.00** Film: Cat on a Hot Tin Roof (1958, Drama, 12) Starring Paul Newman. **10.45** Paul Newman: Talking Pictures. **11.15** Sex Symbols: Talking Pictures. **11.55** David Bowie: Finding Fame.

ITV2
6.00am CITV. **9.00** Totally Bonkers Guinness World Records. **10.00** Secret Crush. **12.00** Dress to Impress. **1.00** Supermarket Sweep. **2.00** Deal or No Deal. **3.00** Charmed. **4.00** Dawson’s Creek. **5.00** Dress to Impress. **6.00** Celebrity Catchphrase. **7.00** Family Fortunes. The Philips family take on the Buckleys in the classic game show. **8.00** Bob’s Burgers. Animated comedy. **9.00** Big Brother’s Biggest Best Bits. AJ Odudu and Will Best relive their favourite moments from inside the house. **10.00** Family Guy. **11.30** American Dad!

ITV3
6.00am Classic Emmerdale. **7.00** Classic Coronation Street. **8.05** Lewis. **10.10** The Royal. **11.15** Heartbeat. **1.40** Classic Emmerdale. **2.40** Classic Coronation Street. **3.50** Endeavour. **5.55** Heartbeat. **8.00** Vera. Charred remains are found in an abattoir. **10.00** Wycliffe. **11.05** Maryland.

E4
Noon: The Big Bang Theory. **2.00** The Goldbergs. **3.00** Modern Family. **4.00** Married at First Sight UK. **5.20** Rude(ish) Tube Shorts. **5.30** The Big Bang Theory. **7.30** Modern Family. The Pritchett-Dunphy-Tuckers board the train for an eventful journey to Dede’s wedding. **8.00** Below Deck Sailing Yacht. The crew has the day off. **9.00** Married at First Sight UK. It is the start of In-Laws Week. **10.05** MAFS UK: It’s Official! With Chloe Burrows. **10.40** Gogglebox. **11.45** Open House: The Great Sex Experiment.

More4
11.25am Find It, Fix It, Flog It. **12.30** Come Dine with Me. **3.10** Four in a Bed. **5.50** Chateau DIY. **6.55** Car S.O.S. **7.55** Grand Designs. A modern treehouse in Gloucestershire. **9.00** 24 Hours in A&E. Lynn is rushed to St George’s after collapsing from a brain aneurysm. **10.00** Super Surgeons: A Chance at Life. **11.05** The Emergency Ward.

Channel 5
11.30am Storm Huntley. **12.45** Friends. **1.40** News. **1.45** Home and Away. **2.15** Film: Mystery 101: Deadly History (2021, Mystery, PG) **4.00** Bargain-Loving Brits in the Sun. **5.00** News. **6.00** Dogs Behaving (Very) Badly. **6.55** News. **7.00** Scotland’s Coast with Kate Humble. Kate walks a rugged and scenic route along Ayrshire’s coast. **7.55** News. National and international news. **8.00** Yorkshire Great and Small with Dan and Helen. Helen Skelton and Dan Walker

visit Brontë Country in West Yorkshire. **9.00** All Creatures Great and Small. Everyone is determined to make Jimmy’s Christening day special. **10.00** Reported Missing: What Happened to Lynda Spence? **11.35** 5 Mistakes That Caught a Killer.

National Geographic
Noon: Car S.O.S. **1.00** Border Protection Spain. **2.00** Air Crash Investigation. **3.00** Drain the Oceans. **4.00** Defending Europe. **5.00** Car S.O.S. **6.00** Lost Treasures of Egypt. **7.00** Air Crash Investigation. The 1999 plane crash that killed John F Kennedy Jr and his wife. **8.00** Rocky Mountain Railroad. A restored, vintage train takes an epic journey across Canada. **9.00** Ice Road Rescue. New. Thord’s skills are put to the test with the rescue of an excavator. **10.00** Life Below Zero: First Alaskans. Documentary. **11.00** Air Crash Investigation.

FILMS

Film4
1.35pm The Caine Mutiny (1954, Drama, U) **4.20** A Town Like Alice (1956, Drama, PG) **6.45** Charlie’s Angels (2019, Thriller, 12) **9.00** Mean Girls (2004, Comedy, 12) Starring Lindsay Lohan. **10.55** Passing (2021, Drama, 12) **1.00** Wind River (2017, Drama, 15) **Movies 24**
1.00pm ’Tis the Season to Be Merry (2021, Comedy, PG) **3.00** If I Only Had Christmas (2020, Drama, PG) **5.00** Christmas Stars (2019, Drama, PG) **7.00** It’s Christmas, Eve (2018, Drama, PG) **9.00** Christmas by Candlelight (2023, Comedy, PG) Festive comedy. **11.00** Catch Me If You Claus (2023, Drama, PG) **1.00** The Christmas Contest (2021, Comedy, PG)

Sky Cinema Premiere
Noon: Aquaman and the Lost Kingdom (2023, Sci-Fi, 12) **2.10** The Persian Version (2023, Comedy, 15) **4.15** One Life (2023, Drama, 12) **6.15** Swede Caroline (2024, Comedy, 15) Starring Jo Hartley. **8.00** As 12noon. **10.10** As 4.15pm. **12.10** As 2.10pm.
Sky Cinema Comedy
12.30pm Blue Hawaii (1961, PG) **2.20** Click (2006, 12) **4.15** Nutty Professor II: The Klumps (2000, 12) **6.10** The Invention of Lying (2009, 12) **8.00** Just Friends (2005, 12) **9.40** Kangaroo Jack (2003, PG) **11.15** About Last Night (1986, 18)

Sky Cinema Family
12.25pm Stuart Little 2 (2002, Adventure, U) **2.00** Goosebumps (2015, Drama, PG) **4.00** Goosebumps 2: Haunted Halloween (2018, Comedy, PG) **5.45** Hotel for Dogs (2009, Comedy, U) **7.40** Big Fat Liar (2002, Comedy, PG) **9.20** Bicentennial Man (1999, Sci-Fi, PG) Starring Robin Williams. **11.45** The Portable Door (2023, Fantasy, PG)

SPORT

Eurosport 1
10.00am Snooker: Shoot-Out. **12.00** Cycling: CRO Race. **1.00** Live Cycling: CRO Race. **3.00** Live Cycling: Tour of Munsterland. Coverage of the men’s one-day race from Germany. **5.00** Cycling: Tour of Langkawi. **6.00** Snooker: Northern Ireland Open. **8.00** Cycling: CRO Race. **9.00** Cycling: Tour of Munsterland. **10.00** Mountain Biking. **12.00** Motocross World Championship.

Sky Sports Main Event
10.30am Live Women’s ICC World T20 Cricket. **2.30** Live Women’s ICC World T20 Cricket. **6.00** Live SWPL. Rangers v Celtic (Kick-off 6.00pm). **8.15** Live PGA Tour Golf. The Sanderson Farms Championship. **9.00** Live PGA Tour Golf. The Sanderson Farms Championship. **12.00** Live NFL.

Sky Sports Premier League
11.00am The Football Show. **12.00** Gary Neville’s Soccerbox. **1.00** Premier League Years. **3.00** PL Retro. **5.00** Premier League Best Goals. **6.00** Premier League 100: Peter Schmeichel. **6.30** Premier League 100 Club. **7.00** The Big Interview. **7.30** Premier League Stories. **8.00** Gary Neville’s Soccerbox. **9.00** The Big Interview. **9.30** Premier League Stories. **10.00** Premier League Icons. **11.00** Premier League Years. **1.00** PL Retro.

Friday October 4

RETURNING SERIES The Cleaner BBC One, 9.30pm Greg Davies returns for the third series of this comedy about a state-certified cleaning technician. Poor Wicky still can't catch a break, as he is called out for a job at the home of an old school friend. Wicky is jealous of the dream house, the supercar and the grand piano – even if the latter is currently atop a pool of blood after falling on someone. Ben Willbond and Rosie Cavaliero co-star in this opener.



SATIRICAL QUIZ Have I Got News for You BBC One, 9.00pm For those keeping tabs, this is the 68th series of the current affairs quiz show. It will come as no surprise at all to regular viewers that Ian Hislop and Paul Merton are back in their usual spots as team captains. Each week, they and their fellow panellists are asked questions about the week's biggest new stories by a special guest host. This week's instalment features journalist Helen Lewis.



RTÉ One

6.00 EuroNews **7.10** Teleshopping **7.45** Today R **9.55** The Kelly Clarkson Show S **10.45** The Drew Barrymore Show S **11.40** Shortland Street S **12.10** Doctors S **12.45** Telly Bingo S **1.00** News S **1.30** Home and Away S **2.00** High Road, Low Road R S **2.30** Fair City R S **3.00** The Zoo R S **3.30** Today **5.40** Nuacht **5.55** News Followed by The Angelus

RTÉ2

6.00 EuroNews **7.45** Children's Programmes **2.30** Lagging S **3.00** Life with Boys R S **3.25** My Babysitter's a Vampire R S **3.50** Space Camp Challenge R S **4.15** Storybud R S **4.20** news2day **4.30** The Simpsons R S **5.00** The Goldbergs R S **5.30** The Big Bang Theory R S

Virgin One

6.15 The Six O'Clock Show R S **7.00** Ireland AM S **10.00** This Morning **12.30** News S **1.00** The Chase **3.00** Loose Women **4.00** Heathrow: Britain's Busiest Airport R **4.30** Judge Judy **5.30** News at 5.30 S

TG4

6.00 Cúla 4 **11.10** Naíonáin an Zú R **11.40** Comhrá R **12.10** The Wonder Years R S **12.40** Glór Tíre: Rogha & Togha R S **1.10** The Golden Girls R S **1.40** Hart to Hart R S **2.35** Pobail na Páirce R **3.35** A Chef's Life R S **4.05** Geantraí R **4.35** Shark Tank R S **5.30** Scéalta Grá na hÉireann R

BBC One

6.00 News S **9.30** Morning Live S **10.45** Crimewatch Live S **11.30** Homes Under the Hammer R S **12.15** Bargain Hunt S **1.00** News S **1.35** Regional News S **1.45** News S **2.00** Sister Boniface Mysteries R S **2.45** Robson Green's Weekend Escapes R S **3.15** Escape to the Country R S **3.45** Antiques Road Trip R S **4.30** Garden Rescue S **5.15** Pointless S

BBC Two

6.30 Bargain Hunt R S **7.15** Garden Rescue R S **8.00** Sign Zone: Dr Xand's Con or Cure R S **8.30** Mortimer & Whitehouse: Gone Fishing R S **9.00** News S **1.00** Impossible R S **1.45** Unbeatable R S **2.30** Home Is Where the Art Is R S **3.15** Back in Time for the Corner Shop R S **4.15** Harvest R S **5.15** Flog It! R S

6.01 NEWS S **7.00** NATIONWIDE S **7.30** FAIR CITY Tyler dismisses Ciaran's accusations when grilled by DI Buckley and Orla is furious with Paul for arming Suzanne with information. The Mullens celebrate Victor's return, but he senses Babs is still hurt. Plus, Dean and Pete argue over how to deal with Tyler's re-appearance. S **8.00** EASTENDERS Patrick tries his best to support Yolande and Freddie talks to Bianca about her mental health. Junior hatches a plan to spend more time with Cindy and Alfie interviews for a new job as manager of the Minute Mart. S **8.30** SON OF A CRITCH A bittersweet coming-of-age comedy set in 1980s Newfoundland based on Canadian comedian and actor Mark Critch's memoir of the same title. S **9.00** NEWS S **9.35** THE LATE LATE SHOW Patrick Kielty hosts the light entertainment show, featuring a mix of celebrity guests, music, in-depth interviews and discussions on the stories that have the nation talking. **11.15** FILM: WHITE SQUALL (1996, Drama, 12) Thirteen teenagers and a schoolmaster set out on a sailing trip, unaware a storm is brewing. With Jeff Bridges and Caroline Goodall. Dir: Ridley Scott. S

1.45 Nationwide R S **2.15** Telly Bingo R S **2.30** Doctors R S **3.00** EuroNews

6.00 THE SIMPSONS Homer questions the behaviour of his fellow man, prompting an invitation for him to join a survivalist group. R S **6.30** HOME AND AWAY Tane is haunted by the memory of Felicity, Harper finally tells Perri the truth and Mali proudly reveals his finished painting to Kirby. R S **7.00** RICK STEIN'S CORNWALL On the trail of 'our greatest Second World War poet', Charles Causley, the chef catches up with author Patrick Gale, then heads home to whip up his favourite seabass dish. S **7.35** FAI CUP LIVE Bohemians v Derry City (Kick-off 7.45pm). All the action from the semi-final at Dalymount Park. Bohemians claimed a 4-0 away win against Bohemians in the quarter-finals and are looking to go one better than last season when they were runners-up to St Patrick's Athletic. S **10.00** FILM: THE OTHER MAN (2008, Drama, 15) A man tracks down his wife's lover after her death, intending to exact revenge, but instead strikes up an unlikely friendship. Starring Liam Neeson, Antonio Banderas and Laura Linney. Dir: Richard Eyre. S **11.35** LIVE AT THE APOLLO Comedians Celya AB and Neil Delamere perform stand-up at the Hammersmith Apollo, hosted by Lou Sanders. S

12.30 Other Voices R S **1.30** Significant Others R S **2.30** EuroNews

6.05 THE SIX O'CLOCK SHOW A lively mix of celebrity chat with national and international guests, fabulous food from the country's top Chefs, expert advice and all the unmissable stories making the headlines. S **7.00** NEWS S **7.30** EMMERDALE Arthur lets slip about Laurel and Charles's fling, Moira and Ruby confide in each other, and Liam and Chas share a charged look. S **8.00** CORONATION STREET Bernie collects Paul's ashes ahead of the rave in his memory, Gail suggests selling her house to pay Bethany's medical bills, Carla receives a letter that upsets her, and Dee-Dee confronts Joel's dad. S **8.30** CORONATION STREET Bernie collects Paul's ashes ahead of the rave in his memory, Gail suggests selling her house to pay Bethany's medical bills, Carla receives a letter that upsets her, and Dee-Dee confronts Joel's dad. S **9.00** GRACE Workers digging up a path by Hove lagoon unearth a dark secret that was meant to stay buried for good. Crime drama, starring John Simm. **11.00** GOGGLEBOX IRELAND Irish telly fanatics from around the country watch, dissect and offer plenty of opinions about the best on-screen moments from the past week. R S

12.00 The Hotel Inspector R **1.00** Posh Pawn R **2.00** Close

6.00 DOMHAN AN DÚLRA Documentary offering views of Africa's most spectacular landscapes and natural wonders, beginning with the Nile – the longest river in the world. R **7.00** NUACHT TG4 **7.30** RUGBAÍ BEO Scarlets v Connacht (Kick-off 7.35pm). Live coverage of the United Rugby Championship match from Parc y Scarlets. **9.35** FILM: HANG 'EM HIGH (1968, Western, 18) A lawman-turned-rancher is attacked by a lynch mob and hanged for a crime he did not commit, but is rescued before he dies. He returns to his former profession to hunt the mob down, but his desire for revenge clashes with his responsibility to bring them to trial alive. Starring Clint Eastwood, Inger Stevens, Ed Begley, James MacArthur, Pat Hingle, Bruce Dern and Dennis Hopper. Dir: Ted Post. S **11.40** CUMASC: SEISIÚIN SA BLACK GATE John Francis Flynn is a cornerstone of Dublin's recent Irish folk music revival, a singer and musician of great power and passion. Saileog Ní Cheannabháin is a musician, singer and composer whose sean-nós singing style is mainly influenced by singers from Iorras Aithneach in the Connemara Gaeltacht. R

12.10 Simply Red: Live in Montreux R **2.00** Nuacht TG4 R **2.30** Féile Ealaíne na hEagaragail R **3.25** Finné R **4.20** Sean-Nós R **4.45** France 24

6.00 NEWS S **6.30** REGIONAL NEWS S **6.55** PARTY POLITICAL BROADCAST S **7.00** THE ONE SHOW Alex Jones and Roman Kemp host the live magazine. S **7.30** PAULA MCINTYRE'S HAMELY KITCHEN USA Paula's next leg of her American food adventure sees her taking on a big breakfast challenge. She also tries her first taste of moonshine at a Smoky Mountain distillery. S **8.00** EASTENDERS Patrick tries his best to support Yolande and Freddie talks to Bianca about her mental health. Junior hatches a plan to spend more time with Cindy and Alfie interviews for a new job as manager of the Minute Mart. S **8.30** WOULD I LIE TO YOU? An episode of previously unseen material from the hit comedy panel show. Last in the series. R S **9.00** HAVE I GOT NEWS FOR YOU See Choice. **9.30** THE CLEANER See Choice. **10.00** NEWS S **10.30** REGIONAL NEWS S **10.40** THE GRAHAM NORTON SHOW With guests Hugh Grant, Sebastian Stan, Greg Davies and Neneh Cherry. S **11.30** RUPAUL'S DRAG RACE UK The queens are asked to turn rags into riches for the iconic Design Challenge. R S

12.40 Alan Carr's Picture Slam R S **1.30** News S

6.00 RICHARD OSMAN'S HOUSE OF GAMES With Michael Ball, Jodie Prenger, Laurence Rickard and Snoochie Shy. S **6.30** STRICTLY: IT TAKES TWO Janette Manrara gets all the gossip ahead of the weekend's movie special. S **7.00** GRAND TOURS OF SCOTLAND'S LOCHS From a forgotten First World War German prison camp, Paul Murton crosses the moors to a kingly feast on an island before heading to Loch Tay in Perthshire. R S **8.00** GARDENERS' WORLD Monty Don shares his tips on how to get value for money when buying perennials, and Rachel de Thame explores ways that plants communicate with pollinators. S **9.00** ELIZABETH TAYLOR: REBEL SUPERSTAR Elizabeth suffers heartbreak and finds herself caught up in scandal. S **9.45** REFRAMED: MARILYN MONROE Marilyn's rise is nearly ruined when news breaks that she had posed nude for a calendar. R S **10.30** NEWSNIGHT S **11.05** FILM: GHOST STORIES (2017, Horror, 15) A professor famous for debunking hoaxes and ghost sightings is given a dossier of three unsolvable cases. With Andy Nyman and Martin Freeman. Dir: Jeremy Dyson. S

12.35 Sign Zone: The Menopause Industry – Panorama R S **1.05** Amazing Hotels: Life Beyond the Lobby R S **2.05** Designing the Hebrides R S **2.35** This Is BBC Two S

FILM PREMIER Joker UTV, 9.00pm Today sees the theatrical release of highly-anticipated follow-up Joker: Folie à Deux, so what better time to catch its predecessor? From Todd Phillips comes this re-imagining of the classic Batman villain, played to chilling perfection by Joaquin Phoenix. He is Arthur Fleck, a man whose mental health issues cause him to be mistreated by society. However, he’s sick of it, and he’s ready to show the world his true face.



Channel 4

6.25 Cheers R S **7.45** The King of Queens R S **9.10** Frasier R S **11.05** Come Dine with Me: The Professionals R S **12.05** News S **12.10** Narrow Escapes R S **1.10** Find It, Fix It, Flog It R S **2.10** Countdown S **3.00** Chateau DIY R S **4.00** A Place in the Sun R S **5.00** Help! We Bought a Village S

6.00 A PLACE IN THE SUN Ben Hillman helps Liverpool couple Paul and Nicola find a holiday home in the seaside town of Puerto del Carmen, Lanzarote. R S

6.30 THE SIMPSONS Homer and his friends re-form their old bowling team, only to end up in fierce competition with a team of arrogant millionaires. R S

7.00 NEWS S

8.00 POPMASTER TV In the first heat, contestants from Milton Keynes, Bristol, Crewe, Leconfield and London compete over six rounds in the hope of securing a place in the Grand Final. R S

9.00 GOGGLEBOX The armchair critics settle down to a selection of the past week’s TV shows, with cameras capturing their instant reactions – the good, the bad and the bewildered. S

10.00 FIRST DATES After suffering a life-threatening illness, 29-year-old Georgina returns to the dating scene and is paired with 36-year-old tattooed security guard Seb. S

11.05 EVERYONE ELSE BURNS Sitcom about a religious family who believe the world is going to end. R S

11.35 EVERYONE ELSE BURNS David unearths his order’s 1,000-year-old rulebook, and demands his family follow it to the letter. Fiona starts her own business, and Rachel tries to obtain a mobile phone. R S

12.10 Everyone Else Burns R S **12.35** Ramsay’s Kitchen Nightmares USA R S **1.25** The Simpsons R S **2.15 FILM PREMIERE: Shabu** (2021, Drama, 12) Dir: Shamira Raphaëla. S **3.40** Frasier R S **5.45** Kirstie’s Fill Your House for Free R S

Virgin Two

7.25 Eggheads R **8.00** Tipping Point R S **8.55** The Chase R S **10.55** River Monsters R **12.00** Benidorm ER R **1.00** My Mum, Your Dad R **2.00** Animal SOS R S **3.00** Jann R **4.00** Tipping Point R S

6.00 THE CHASE Contestants Gemma, Elizabeth, Sydney and Eden take part. R S

7.00 THE CHASE Contestants Joe, Lindsay, Katie and Mandy take part. R S

7.55 MONEYBALL Game show, hosted by Ian Wright. R S

9.00 TO DIE FOR: COSMETIC SURGERY IN TURKEY Medical and cosmetic procedures offered in Turkey. R S

10.00 THE GROUP CHAT The main news stories of the week.

11.00 SCHITT’S CREEK Johnny and Stevie attend the regional hospitality awards. R

11.30 SCHITT’S CREEK R

12.00 Vanderpump Rules R **12.55** Keeping Up with the Kardashians. Reality series. R **2.51** Close

Sky Atlantic

6.00 The Guest Wing R S **8.00** Boardwalk Empire R S **10.00** Big Love R S **12.00** Game of Thrones R S **1.25** Billions. Drama series. R S **3.30** Boardwalk Empire R S **5.30** Big Love R S

6.30 BIG LOVE Bill realises a politician is intent on shutting down the compound, and decides the best way to protect it is by running for office himself – but nobody else agrees. R S

7.35 GAME OF THRONES In the aftermath of the devastating battle at King’s Landing, Daenerys declares her intentions for Westeros, and Tyrion faces the consequences of his actions. R S

9.00 THE WIRE Sobotka orders Ziggy and Nick to bring back the cameras they stole from the dock, while Burrell asks Daniels to lead the detail investigating the union leader. R S

10.05 GANGS OF LONDON Lale is asked to make an impossible decision. R S

11.15 AMERICAN RUST Harris’ investigation into the dead body continues. R S

12.25 Euphoria R S 1.40 Yellowjackets R S **2.45** Game of Thrones. Fantasy drama series. R S **4.10** Urban Secrets R S

Sky Showcase

6.00 Sky News Breakfast R **7.00** News R **8.00** Border Patrol R S **9.00** Stargate SG-1 R S **11.00** Africa’s Hunters R S **12.00** Supergirl R S **1.00** NCIS: Los Angeles R S **3.00** Hawaii Five-O R S **4.00** MacGyver R S **5.00** The Simpsons R S **5.55** The Office (US). Comedy series. R S

6.35 THE OFFICE (US) R S

7.00 THE SIMPSONS R S

7.30 THE SIMPSONS R S

8.00 UFO Exploring people’s fascination with unidentified flying objects. R S

9.00 THE WALKING DEAD: DARYL DIXON – THE BOOK OF CAROL Spin-off from the post-apocalyptic horror in which Daryl washes ashore in France.

10.00 FILM: MAN ON A LEDGE (2012, Thriller, 12) With Sam Worthington and Jamie Bell. Dir: Asger Leth. R

12.00 Sex and the City R S **1.15** Brit Cops: Rapid Response R S **2.10** Road Wars R S **3.05** Hawaii Five-O R S **4.00** MacGyver R S **5.00** Motorway Patrol R S

UTV

6.00 News S **9.00** Lorraine S **10.00** This Morning S **12.30** Loose Women S **1.30** News S **1.55** UTV Live S **2.00** Love Your Friday with Alan Titchmarsh S **3.00** Lingo R S **4.00** Tipping Point. Quiz, hosted by Ben Shephard. R S **5.00** The Chase. Quiz show, hosted by Bradley Walsh. S

6.00 UTV LIVE S

6.20 PARTY POLITICAL BROADCAST S

6.30 NEWS S

7.00 UTV LIFE Join Pamela Ballantine for the best of local chat and music. S

7.30 EMMERDALE As Virgin One, 7.30pm. S

8.00 CORONATION STREET Bernie collects Paul’s ashes ahead of the rave in his memory, Gail suggests selling her house to pay Bethany’s medical bills, Carla receives a letter that upsets her, and Dee-Dee confronts Joel’s dad. S

9.00 FILM PREMIERE: JOKER (2019, Thriller, 15) See Choice.

11.15 NEWS S

11.45 UTV LIVE S

12.00 Password R S **12.35** Shop on TV **3.00** Lorraine Kelly: 40 Unforgettable Years R S **3.50** Unwind with ITV S **5.05** Love Your Friday with Alan Titchmarsh R S

Cable & Satellite

GENERAL

Virgin Three

7.25am Heartbeat. **8.20** The Hotel Inspector. **9.05** Peter Andre’s 60 Minute Makeover. **10.10** Judge Judy. **11.10** My Unique B&B. **12.10** Good Witch. **1.05** The Royal. **2.10** Emmerdale. **3.10** Paul O’Grady: For the Love of Dogs. **3.40** The Hotel Inspector. **4.40** Heartbeat. **5.40** The Adventures of Sherlock Holmes. **7.55** Heartbeat. Nick hunts for a beast on the moors. **9.00** Shetland. Part two of two. A hiding place leads Perez to the killer. **10.15** Coronation Street. **11.15** Emmerdale. **11.45** The Pact.

Virgin More

12.45pm Classic UEFA Champions League. **1.40** Six Nations Under-20s. **2.30** Monster Jam. **3.00** Best of Women’s Six Nations. **5.35** UEFA Nations League Preview. **6.05** UEFA Champions League. **8.01** UEFA Champions League Magazine Show. **8.30** Classic 6 Nations. A memorable encounter between Ireland and England from 2001. **9.00** Intruder. Rebecca decides she and Sam must plan a speedy escape. Last in the series. **9.50** The Guards: Inside the K. How young people are lured into criminal gangs. **10.40** McDonald & Dodds. **12.00** UEFA Champions League.

BBC Four

7.00pm Top of the Pops. **9.00** Queen: The Legendary 1975 Concert. A performance by the rock band at London’s Hammersmith Odeon. **10.05** Deep Purple: Radio 2 In Concert. A performance from the heavy metal band Deep Purple. **11.05** The Undertones: Sight and Sound in Concert. The band perform at the Regal Theatre, Hitchin. **11.50** Deacon Blue Live at Stirling Castle.

ITV2

6.00am CITV. **9.00** Totally Bonkers Guinness World Records. **10.00** Secret Crush. **12.00** Dress to Impress. **1.00** Supermarket Sweep. **2.00** Deal or No Deal. **3.00** Charmed. **4.00** Dawson’s Creek. **5.00** Dress to Impress. **6.00** Celebrity Catchphrase. **7.00** Family Fortunes. The Burgess family from South Shields take on the Kharod family from London. **8.00** Bob’s Burgers. **9.00** Film: Bridesmaids (2011, Comedy, 15) **11.35** Family Guy.

ITV3

6.00am Classic Emmerdale. **7.00** Classic Coronation Street. **8.05** Lewis. **10.10** The Royal. **11.15** Heartbeat. **1.40** Classic Emmerdale. **2.40** Classic Coronation Street. **3.50** Endeavour. **5.50** Heartbeat. **8.00** Doc Martin. **10.00** Wycliffe. An ancient legend has latter-day repercussions. **11.05** Agatha Christie’s Poirot.

E4

Noon: The Big Bang Theory. **2.00** The Goldbergs. **3.00** Modern Family. **4.00** Married at First Sight UK. **5.05** The Big Bang Theory. **7.30** Modern Family. Phil catches Luke in a compromising position. **8.00** Below Deck Sailing Yacht. Daisy has no idea where she and Colin stand any more. **9.00** Film: Angel Has Fallen (2019, Thriller, 15) **11.20** Naked Attraction.

More4

11.25am Find It, Fix It, Flog It. **12.30** Come Dine with Me. **3.10** Four in a Bed. **5.50** Chateau DIY. **6.55** Car S.O.S. **7.55** Grand Designs. A home shaped like two enormous periscopes in rural Norfolk. **9.00** The Chateau Murders. Incriminating evidence mounts against Prévost. In French. **10.00** 24 Hours in A&E.

Channel 5

11.30am Storm Huntley. **12.45** Friends. **1.40** News. **1.45** Home and Away. **2.15** Film: Revenge in the Deep End (2020, Drama, 12) **4.00** Bargain-Loving Brits in the Sun. **5.00** News. **6.00** Dogs Behaving (Very) Badly. **6.55** News. **7.00** The Royal High Street: Where the King Shops. A look at central London shopping destination St James’s. **7.55** News. **8.00** Holidaying with Jane McDonald. The singer explores Morocco. **9.00** 1976: Most Shocking Moments. A look back at key events in TV, film, showbusiness and politics. **11.05** Elvis: The Man That Rocked the World.

National Geographic

Noon: Car S.O.S. **1.00** Border Protection Spain. **2.00** Air Crash Investigation. **3.00** Sea of Secrets: Drain the Oceans. **4.00** Ice Road Rescue. **5.00** Car S.O.S. **6.00** The Forever Walk: China. **7.00** Air Crash Investigation. A Concorde crash in July 2000. **8.00** World War II: Secrets from Above. The point in the war when the Allies took the beaches of Northern France. **9.00** Hitler’s Last Stand. An American artillery observer is a French town’s only hope. **10.00** Defending Europe. Alex Churchill discovers how Britain tackled Napoleon. **11.00** Air Crash Investigation. **12.00** Plane Crash Recreated.

FILMS

Film4

12.30pm The Wackiest Ship in the Army (1960, Comedy, U) **2.35** Anzio (1968, Drama, PG) **4.50** One Million Years BC (1966, Adventure, PG) **6.55** The Greatest Showman (2017, Drama, PG) **9.00** The Green Mile (1999, Fantasy, 18) **12.45** Under Siege (1992, Adventure, 15)

Movies 24

1.00pm A Kiss Before Christmas (2021, Drama, PG) **3.00** Deliver by Christmas (2020, Drama, PG) **5.00** Sister Swap: A Christmas in the City (2021, Drama, PG) **7.00** A Fabled Holiday (2022, Drama, PG) **9.00** Christmas Bedtime Stories (2022, Drama, PG) **11.00** A Holiday in Harlem (2021, Drama, PG) **1.00** Haul Out the Holly (2022, Comedy, PG)

Sky Cinema Premiere

2.00pm Aquaman and the Lost Kingdom (2023, Sci-Fi, 12) **4.10** The Persian Version (2023, Comedy, 15) **6.10** One Life (2023, Drama, 12) **8.00** The Color Purple (2023, Drama, 12) **10.30** As 2pm. **12.50** Swede Caroline (2024, Comedy, 15)

Sky Cinema Comedy

12.15pm Movie 43 (2013, 15) **2.00** Maid in Manhattan (2002, PG) **3.55** The Taming of the Shrew (1967, U) **6.05** Galaxy Quest (1999, PG) **8.00** Barbie (2023, 12) **10.00** Couples Retreat (2009, 15) **11.55** As 2pm.

Sky Cinema Family

12.40pm Goosebumps 2: Haunted Halloween (2018, Comedy, PG) **2.20** Addams Family Values (1993, Comedy, PG) **4.00** Johnny English (2003, Comedy, PG) **5.45** Johnny English Reborn (2011, Comedy, PG) **7.35** Twins (1988, Comedy, PG) **9.35** Reuniting the Rubins (2010, Comedy, PG) **11.25** As 2.20pm.

SPORT

Eurosport 1

10.00am Snooker: Wuhan Open. **12.00** Cycling: Tour of Munsterland. **1.00** Cycling: CRO Race. **2.00** Live Cycling: CRO Race. Coverage of stage four. **4.00** Cycling: Tour of Langkawi. **5.00** Cycling: Tour of Munsterland. **6.00** Snooker: Welsh Open. **8.00** Cycling: CRO Race. **9.00** Cycling: Milan-San Remo **9.15** Live Mountain Biking. **10.00** Live Mountain Biking. The World Cup meeting from Mont-Saint-Anne, Canada. **10.50** Cycling: Strade Bianche. **11.00** Sailing: America’s Cup. **11.30** Golden Trail World Series. **12.00** Motocross World Championship.

Sky Sports Main Event

10.30am Live Women’s ICC World T20 Cricket. South Africa v West Indies. **2.30** Live Women’s ICC World T20 Cricket. India v New Zealand. **6.30** Sky Sports News at 6. **7.00** Sky Sports News. **7.30** Live EFL. Sunderland v Leeds United (Kick-off 8.00pm). **10.30** Live PGA Tour Golf. The Sanderson Farms Championship. **12.30** Sky Sports News.

Sky Sports Premier League

11.00am Total Football. **5.00** Premier League Best Goals. **6.00** Premier League 100 Club. **6.30** Premier League 100: Michael Owen. **7.00** Premier League Preview. **7.30** The Big Interview. **8.00** Fantasy Show. **8.30** Gary Neville’s Soccerbox. **9.00** Premier League Preview. A look ahead to the weekend’s matches in the top flight. **9.30** The Big Interview. Featuring a Premier League star of the past or present. **10.00** Premier League Icons. **11.00** Premier League Years. Memorable moments from the 1995/96 season. **1.00** PL Retro.