

INSIDE: YOUR FULL 7-DAY TV LISTINGS

IRISH DAILY
STAR

SATURDAY,
SEPT 2,
2023

Chic **WEEKEND**

**Sinéad
Kennedy**

**'I'M GRATEFUL FOR
THE TIME LAURA
BRENNAN GAVE US'**

TELLY FOCUS

**HIDDEN ASSETS STAR
NORA-JANE NOONE
ON NEW SEASON...**

REAL LIFE

**'AISLING' AUTHORS
ON FRIENDSHIP...**

**PROUD
to be
IRISH**



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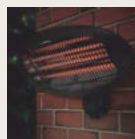


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IRISH DAILY STAR READER OFFER

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The Velcro strap adjusts from 22" to 55"



Electric Weed Burner

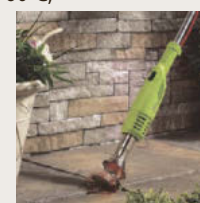
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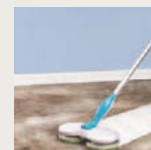


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IDS TUR
Now €56.90
Was €64.90

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Chic
HERO

PHIL
COULTER

A National Ukrainian Choir, brought together by Local Development Companies across Ireland, has released a new version of Phil Coulter's single, *Steal Away*, in collaboration with the singer.

The choir is made up of 40 people who have fled Ukraine as a result of the war and who are currently based around Ireland.

The single, translated into Ukrainian, was launched at a special event in Saint Stephen's Church, Dublin, last week where the choir performed the new single with Coulter.

The song, originally written by Coulter 40 years ago, tells the story of a couple who escape from the Troubles and there are many parallels with the current situation facing Ukrainians today.

Commenting on his involvement in the initiative, Phil said, "When I wrote *Steal Away* in 1983 the song was in response to the conflict that was happening in Northern Ireland at the time.

"I couldn't have imagined that 40 years later it would have a connection to the situation facing Ukrainians today.

"I have travelled all over the world with my music and have seen how it can cross borders and create friendships as a universal language. It has been an honour to work on the recording of this single. I hope that the initiative has provided a source of unity and has given the choir some semblance of hope for a brighter future."

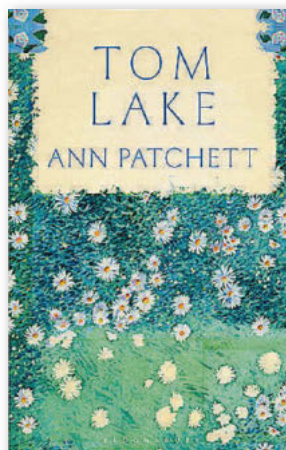
BOOK OF LOVE...

Tom Lake by Ann Patchett (published by Bloomsbury Publishing) is a love story; a love story told by Lara to her three daughters whilst picking cherries in the family orchard.

Written with Patchett's characteristic observational skill, it is a tale of the past interacting with the present, and Lara's formative experiences are woven into her current life with her husband and daughters, with the skill of a master craftsman.

Patchett has an inimitable ability to cut straight to the heart of human emotion and to capture moments of truth, which lesser writers would struggle to depict without the use of cliché or clumsy sentiment.

Hauntingly poignant, deft and explorative, the tale of Lara and her former relationship with the actor Peter Duke is testament to the force of first love and how the choices that are made at every turn of the path continue to change us into the future.

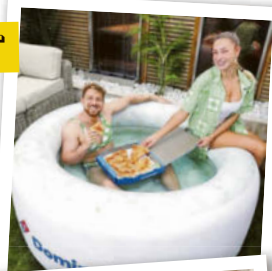


★★★★

WHAT'S HOT

★ **Take A Dip:** Domino's recently dropped a limited-edition Garlic & Herb Dip-inspired fashion collection, along with its very own 'Big Dip' Plunge Pool. Made in Chelsea and Love Island royalty, Sam Thompson and Zara McDermott launched the new range, which includes a summer shirt, bikini and swim shorts. Meanwhile, coming in at 42.4 times the volume of a standard dip pot, the Big Dip Plunge Pool will be available in limited numbers for pizza lovers to take a literal 'dip'.

★ **Having a Cannonball:** Irish rugby star Robbie Henshaw got to grips with a rare Lamborghini Diablo along with little James Garrahan (4), from Drumcondra in Dublin, in his very own Cannonball supercar, and Cannonball founder Alan Bannon to announce that The Jack and Jill Children's Foundation will be the official charity partner for Cannonball 2023. The action-packed supercar spectacle is set to roll on September 15-17 taking in Malahide, Cavan, Ballina, Salthill, Limerick City, Fota Island, Co. Cork and finishing in Kilkenny City.



WHAT'S NOT

★ **Rain Rain Go Away:** September 2023 could deliver record rainfall, according to Ladbroke's. Early predictions from forecasters have more rain on the way, and the bookies make it just 6/1 that September 2023 is the wettest in history.

★ **Kanye Quest:** Rapper Kanye West turning every woman he's with into a style laughing stock. There were calls recently for his latest victim — sorry, 'wife' — Bianca Censori to be punished by Italian police for public indecency as she stepped out in an outrageous transparent catsuit, while covering her nipples with a bag.

Who said? "Despite all the storms, I wanted to make this day special for you"

Answer: Love Island's Davida posted a tribute to his ex, Ekin-Su on her birthday.

Published on October 12, *Born to be a Footballer* is Liam Brady's much anticipated autobiography in which he tells his illustrious sporting life-story from how being expelled from school at 15 years of age for playing football for his country led him to London to join Arsenal, to his time in Italy playing for much vaunted Juventus and Inter Milan sides.

During this time he amassed 72 international caps leading Ireland to many memorable victories before retiring and entering management with Celtic, Brighton and latterly becoming assistant manager of his national team.

Today Liam is best known for his TV punditry and searingly intelligent insights into the game he adores. Full of amusing anecdotes and recollections of extraordinary times, with *Born to be a Footballer* Brady delivers a compelling story of a 50-year career that is unparalleled in Irish sport.

Ahead of the event, Liam said, "I'm very much looking forward to coming back to Dublin for the launch of my book *Born to be a Footballer*, and to seeing some old friends at what is sure to be a very special event."

Brendan Corbett, Group Head of Marketing for Eason, added, "It's our privilege to be launching a book with Liam Brady who is a true Irish sporting icon."

Tickets for the October 18 event in the Mansion House in Dublin are €30 and include a signed copy of Liam's new book.

See <https://www.easons.com/eason-events/liam-brady-in-conversation-with-off-the-ball-team-event>.



WHAT'S ON

Sinéad Kennedy on parenthood, the stories she would love to tell and the Very Pink Run...

By **Keeley Ryan**

'I FEEL LIKE THERE'S TWO DIFFERENT sides to my career'

Sinéad Kennedy has told how she feels there are "two different sides to my career" — and opened up about her passion for documentary making.

The Cork native, who produced the 2019 documentary 'Laura Brennan, This Is Me', told *Chic* how she feels fortunate to have been able to work with the people that she has.

The mum told how she is "forever grateful" to the HPV vaccine campaigner, who passed away in March 2019, for "the time she did give us and everyone, because her message was for everyone."

Opening about some of her favourite career moments, she said, "I feel like there's two different sides to my career: there's the documentary side and then the presenting side."

"On the documentary side, I don't know — it's just been such a privilege to be able to work with the people I've worked with; Laura Brennan was just so incredible, such an incredible human being to be around and just spend time with."

"I'll be forever grateful for the time she did give us and everyone, because her message was for everyone."

Sinéad also worked on *The Crossing*, a documentary which saw her board the *L.E. Samuel Beckett* and chronicled deployment "in the central Mediterranean during the

migrant crisis."

She continued, "Working in documentaries like that, that highlight a certain issue or cause, they'd be proud moments for me."

"And I think that it ties in with both sides of me. I get to do this job the love, but also help in some way to spread a certain message, whatever it may be."

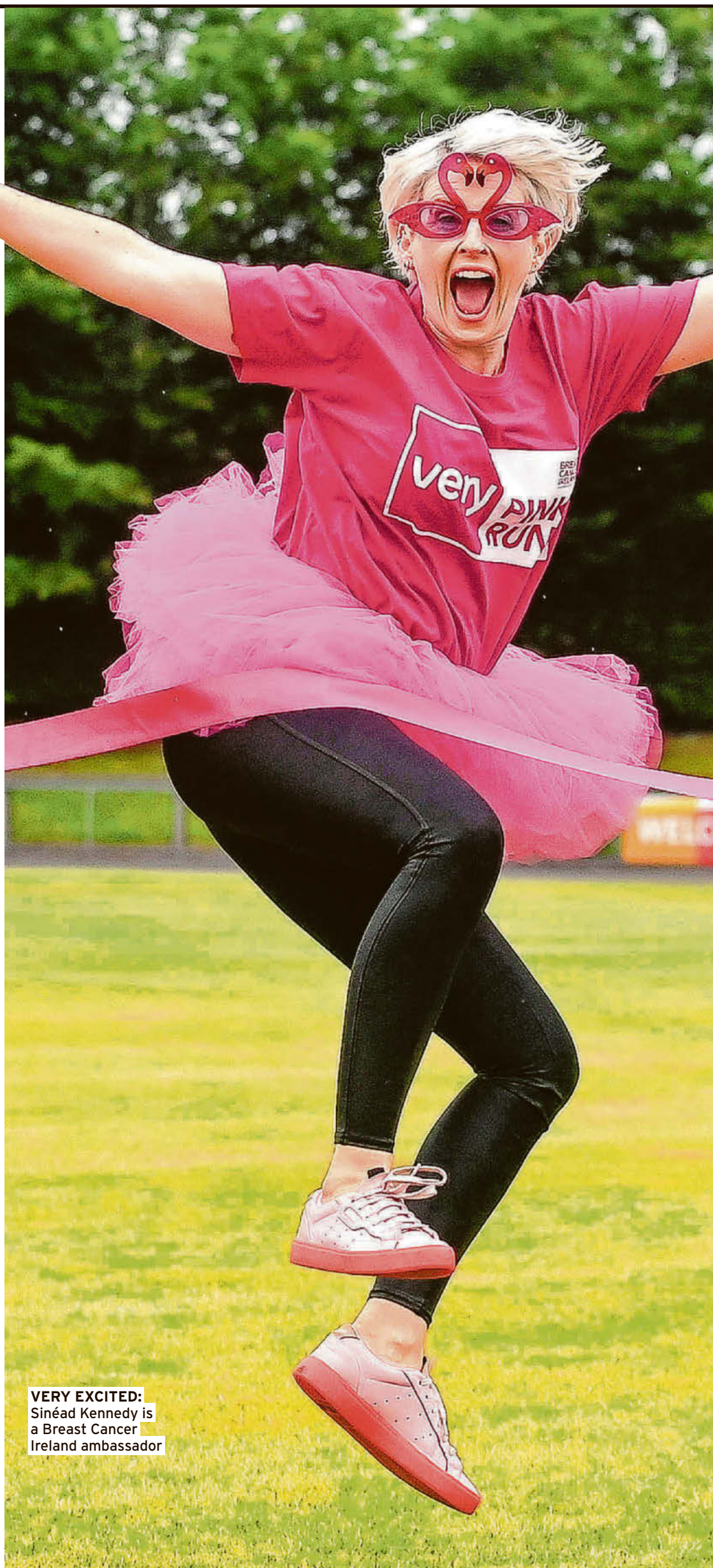
"But on the other side of it, when it comes to presenting — I think that probably the fact that I've been doing it 20 years, that could be one of my more proud achievements rather than a particular show or thing."

"It's a fickle business this one, and to be around this long and to be around this long and to still be enjoying it this as much as I am and to be fortunate enough to be getting work — I feel really lucky in that."

Sinéad told how there are "so many people with so many incredible stories" — and that when the time is right, she has a documentary that she is hoping to make.

She recalled how she got in touch with the "incredible" Alzheimer Society of Ireland about an idea a few years ago, as she was working on her thesis for her Master's in Mental Health Science.

The TV presenter said, "I picked up the phone one day to talk to them about the potential of making a documentary that was totally



VERY EXCITED: Sinéad Kennedy is a Breast Cancer Ireland ambassador

me immersed in someone's family, from early diagnosis (of Alzheimer's) all the way through their journey.

"They were incredible to talk to, and the more we talked, the more I thought, 'this has to be done'. I want to do it.

"It was all about finding the right person and the right family, somebody who is happy to do that. Because to make the kind of documentaries I want to make, I'm very aware that it's such a privilege to be able to do it —

but it's so personal to the person, as well. It's their story."

Sinéad added that "you want to be sure that you've the right person," and that the idea is a "big ask of anyone."

The documentary producer added that conversations were had about how "ethically, how do we possibly go about finding that person" — but that "between Covid, everything else and me having Indie, I just haven't picked that up from where I left it."

She continued, "It's still something that I would really like to be make. I think it will be important to make it, but like that, it's about finding the right person and it being the right time for me, as well.

"As Conor says, when I make these documentaries, I'm gone — you will not see me for six months, eight months, or however long it takes to make these things. They all vary.

"I get so immersed in it. It's like my fatal flaw. It's a good thing and a bad thing, but when I decide to dedicate myself to something, I give myself fully to that thing, 100%.

"To be able to do something like that and do it properly, I want to be able to give more of myself — which obviously, now, in my third trimester of my second baby, it's not the time for me.

"Believe me, when the time is right, I've got big plans. There are so many people with so many incredible stories. And it's always, for me, the ordinary people who have extraordinary stories — they're the ones I want to focus on, they're the stories that I want to tell."

The RTE presenter shared last month that she, her husband Conor and their daughter Indie were "thrilled" to be becoming a family of four later this year.

And Sinéad told how excited she is for Indie to have a "best friend for life" — and see how the bond between the siblings grows over the years.

She said, "She's only two and a half — so she's knows, and we've told her, and she knows there's a baby in my belly. Although she's says there's a baby and a brother and a sister.

"So, I'm like, 'OK, that's not really how this is going to work, but there will be one in there right now — I don't know if it's a brother or a sister, but it's definitely a baby either way'.

"As much as she's grasped the idea that there is a baby coming — she'd be very conscious of babies in buggies, or babies that are smaller than her. She's like, 'oh, look at the baby!' — forgetting that she's only two and a half herself.

"But when it comes to how much her world is gonna turn upside down in a few months time, I don't think that she's quite grasped that yet. And to be fair to her, I don't think that I have either.

"I think that you get back into the swing of things when they get that little bit older, where they're sleeping better, you're sleeping better — you've just got into this routine.

"And now I'm like, 'oh, yeah, back to the

sleep deprivation again — here we go'.

"But I'm very, very grateful and very much looking forward to it.

"And to be honest, the idea of her, at the end of it all, having this little best friend for life — I'm so excited to see them together and to see how that bond grows.

"That kind of gets you through, when you start worrying in the middle of the night about the late nights to come — you kind of just go, 'it's all worth it, it's all worth it'. It's going to be so cute, I can't cope."

Sinéad also opened up about the parenthood journey so far — and what has surprised her the most about becoming a mum.

She said, "I spent so long immersing myself in my job and my work, and that was my life. That was what I did. I was 'go, go, go' and I was that person that it'd be 9 o'clock at night and I'd be like, 'I didn't eat today' because you're so busy in your mind and running around getting all things done that I think I put myself on the back burner.

"When it came to just stopping and having a baby, I was just like, 'right, OK, I'm pregnant — that's great news, but I definitely won't take a full mat leave because I'll miss work; I'll have to go straight back' and all those kinds of things..

"But the minute that she came out, my world changed entirely — and immeasurably for the better, in ways that I didn't think it could.

"Everybody tells you that, 'oh, it's different when it's your own, the minute they come out you're going to love them so much'.

"And maybe it's not the same for everybody, but for me, the minute she came out I was like, 'I get it, I know exactly what they mean'."

Sinéad added that there have been "a few things" about motherhood that have surprised her — including becoming a

morning person and the fact that she's become "a much better cook now than I ever was" — but it feels like something she was "always meant to do".

She said, "There's been a good few things

about becoming a mum that have surprised me. But I think that if I was to pick the overall, it would be that I'm enjoying it so, so much.

"In ways that I didn't realise, it feels like it was the thing that I was always meant to do without me ever knowing that in advance, you know?"

Sinéad is a Breast Cancer Ireland ambassador for this year's Very Pink Run, which will be taking place in Dublin on September 30; Kilkenny on October 1 and Cork on October.

And the telly presenter added that it felt like a "really natural fit" to become a Breast Cancer Ireland Ambassador for the Very Pink Run.

She said, "Like everybody, I suppose, in the country — there isn't anybody whose family or wider group of friends hasn't been affected by cancer in some shape or form. I'm no different in that regard.

"I think when this came along and they asked whether I'd do it — probably because I'm from Cork; it's the Cork connection as much as anything else, because they're having the event in Cork this year for the first time — it just seemed like a really natural fit.

"I'm just delighted to be able to lend a hand in whatever way that I can in getting the message out there and getting the word across."

Sinéad told when it comes to the Very Pink Run, she loves the idea that it's suitable for all ages and abilities — and that it's "so inclusive that everyone can come along and have a good time".

She said, "I'm really looking forward to the day. They plan on having, certainly in Cork anyways — when you get to the finish line, there's going to be this finish line; there's going to be food and a party



TEAM EFFORT: Sinéad with other Very Pink Run advocates



atmosphere.

"It's just such a lovely celebratory feeling to get everybody out. You're going for a walk, so it's good for you — you're getting moving. You're also also raising money for such an incredible cause and on top of that, you'll have a lovely family day out as well.

"Everybody is welcome. You're allowed to bring the dog, the buggy, you can bring the kids on the scooters — and anybody who wants to actually have a proper go and have a proper run can do that, as well."

Sinéad encouraged anyone who might be worried about it being a "really competitive thing" to take part.

She added, "If there's anybody thinking that they'd love to do it, but they think it might be this really competitive thing and it's not for them — it absolutely is. Everybody's welcome."

Sinéad told how the "most mind-blowing thing" she learned at the launch was "that only between 5% and 10% of breast cancer cases are hereditary."

It was something that she said stopped her in her tracks, as she had believed "the majority of breast cancer cases were hereditary."

She continued, "To find out the absolutely was not the case — and that in fact, the inverse is the case... you think, 'wow, we have to be so much more mindful; we have to be so conscious; we have to be aware of ourselves and checking ourselves all of the time'.

"You can't just assume, 'oh, it's not in my family, I'm fine' — that's not how it is, you know?"

"Perhaps the people in my circle or the people I know on a personal, one-to-one who have experienced breast cancer — maybe that has been the case for them. Maybe I'd inflated the numbers myself.

"I don't know why, but I always assumed that the rates for breast cancer being hereditary were so much higher than they actually are, that it literally stopped me in my tracks when I realised.

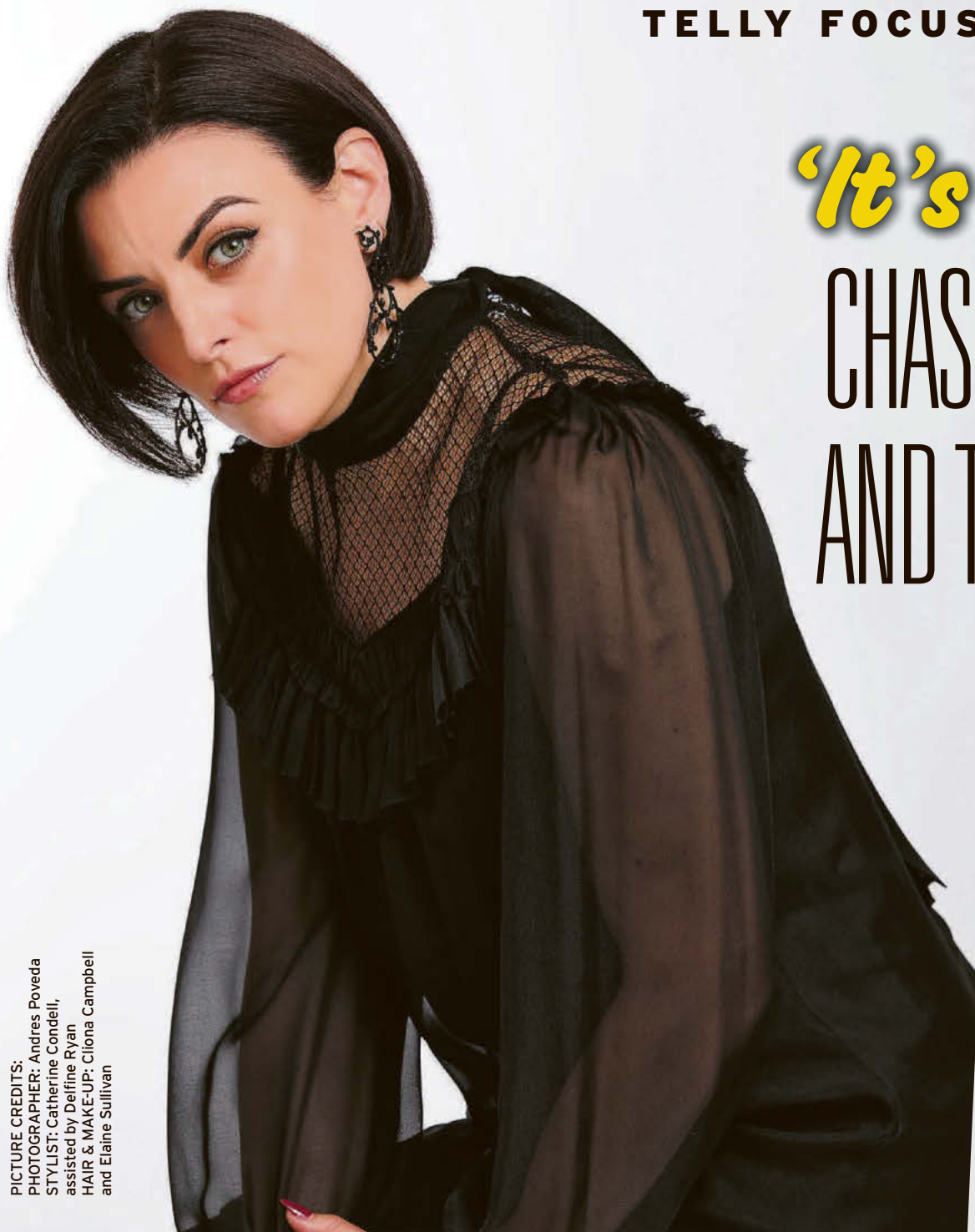
"I just thought, 'wow, I wonder if more people realised that, would we be more conscious and make a better effort to check ourselves and not kind of have this assumption that oh, it's not in my family, it's never going to be me'.

"You have to be so proactive and so careful and check your breasts. It takes a few minutes in the shower, it just takes a few minutes — it could change your life, it could save your life." ■

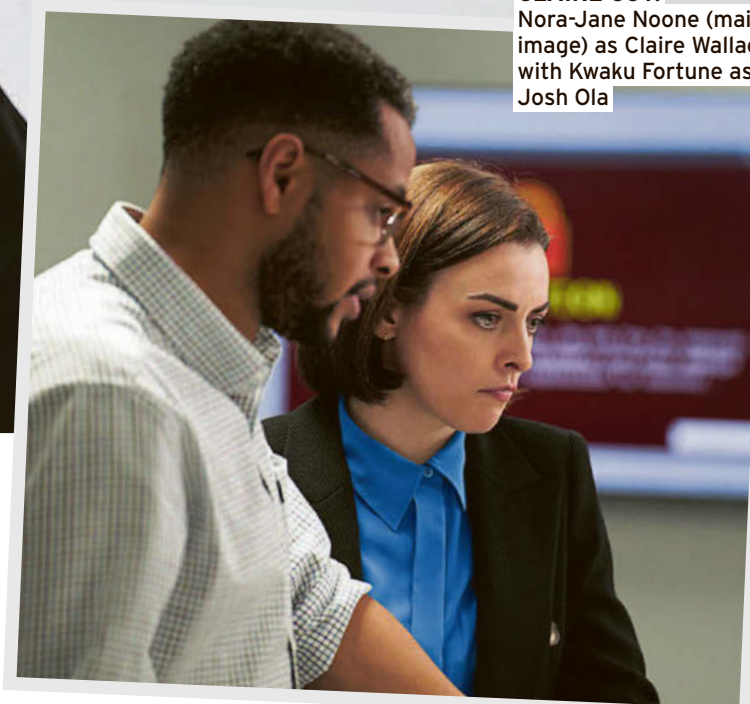
Sinéad is a Breast Cancer Ireland Ambassador for the Very Pink Run taking place at Leopardstown Racecourse in Dublin (September 30), in Kilkenny Castle Park (October 1) and for the first time ever in Cork at MTU (October 8). The event, sponsored by Very, is open to all ages and fitness levels, and promises a fun, family, festival-style day out with music and children's entertainment. Participants can run, jog, walk or even scoot either the 10k or 5k routes. Registration is at www.verypinkrun.ie, and all funds raised will support Breast Cancer Ireland's pioneering research into metastatic cancer and awareness programmes nationally.

'It's this exciting CHASE TO FIND THE TRUTH AND TRACK DOWN WHAT'S HAPPENING...'

PICTURE CREDITS:
PHOTOGRAPHER: Andres Poveda
STYLIST: Catherine Condell,
assisted by Delfine Ryan
HAIR & MAKE-UP: Cliona Campbell
and Elaine Sullivan



CLAIRE CUT:
Nora-Jane Noone (main
image) as Claire Wallace
with Kwaku Fortune as
Josh Ola



Nora-Jane Noone has told how she hopes the new season of *Hidden Assets* will keep audiences on their toes — and opened up about what it was like joining the cast of the crime drama.

The new series begins at 9.35pm on RTE One on Sunday, September 3, and is also available on RTE Player.

Hidden Assets' second season picks up more than a year after the events of season one, with Detective Sergeant Claire Wallace — played by Nora-Jane — at the helm at the Criminal Assets Bureau.

And it isn't long before she finds herself

entangled in a challenging situation as the CAB and Belgian Counter-Terrorist Unit (CTU) are the targets of a coordinated cyber attack, with a connection to the Brannigan case.

Bibi, meanwhile, is under threat from Richard Melnick's business partner Swann — and resurfaces with some new and crucial information, which uncovers dark details on how Richard ran his company Trestford and reveals there's a mole in CTU.

With the stakes higher than ever, Claire and Christian join forces to try and uncover the mole and expose the truth — and in a race against time to stop the sale of Antwerp Port.

The returning cast includes Simone Kirby, Wouter Hendrickx, Cathy Belton, Kwaku Fortune, and Aaron Monaghan.

And Nora-Jane opened up about the experience of joining the show in its second season — and how it was “one of the loveliest jobs I've ever done”

She said, “In the beginning, it was very exciting. And then you're daunted. But I have to say, it was one of the loveliest jobs I've ever done.”

“My first week was with Cathy Belton, and she's just so lovely. She completely welcomed me immediately, and made it very, very easy.”

“And then Aaron and Kwaku, they were the following week — we had a lot of fun together. They made it so easy for me to slip into a team that was already there from season one.”

The Wildfire actress added that there are “a lot of twists and turns” in store this season, which will keep audiences on their

toes.

She said, “Normally, if you read something or if you have an idea of a story, you can maybe guess where it's going

“But there were a couple of really genuine shocks when I read the scripts, so I hope that it's the same for the audience and that it's an exciting ride, and that a lot of twists and turns take people by surprise.”

The Co Galway native recalled how she watched the first season after landing the role of DS Claire Wallace and thought it was “amazing”

She said, “When I saw it I thought it was amazing. I thought it was great and that all of the cast were amazing.”

“Simone Kirby, as well — she's fantastic, and we had great craic, as well. She's a phenomenal actress. I really enjoyed it. It really gets you, it really grips you. That was exciting.”

Nora-Jane also opened up about some of the things that drew her to the role of Claire — including the “little personal elements”

She said, “She's an amazing role. She's clever, she's driven — and it's this exciting chase to find the truth and track down what's happening, to get there in the deadline.

“But she's a great character. There's little personal elements in there that I related to, like with her being a working mum and that kind of tear between leaving home and providing for your family.”

“She's also got this sneaky sense of humour that comes out here and there, which I thought was really fun. It's exciting to do the action sequences and things, as well.”

Filming for the series was split between Ireland and Belgium — and Nora-Jane told how it was an “amazing experience” to get to see Antwerp.

She said, “The schedule in Ireland was a bit tighter, because of availability for people. It was breakneck speed. There was a lot to jump into, with all the technical information and all the office side of things, initially.”

“And for me anyways, the schedule eased up a bit more when it came to Belgium because they have to do that whole side of the storyline, as well. It was a bit easier on that side.”

**Nora-Jane Noone on
joining the cast of *Hidden
Assets*, working between
Ireland and Belgium and her
dream project... By Keeley Ryan**

“But it was amazing — Antwerp is a gorgeous city. I hadn’t really heard much about Antwerp, I didn’t really think of it as a place you had to go to or anything.

“It is really beautiful. The old architecture, the cobbled streets — it’s kind of got that similar labyrinth of pedestrian streets that Italy has in certain places. That was a really lovely experience, to get to see somewhere like that, as well.

“That was a really amazing experience, to get to see somewhere like that.

“The crew, the director and the cast were amazing. They were really lovely people.

“They call themselves the Irish of Europe, and I think that there are definitely cultural similarities — very laid back, easygoing and welcoming.”

And getting to film closer to home was a “lovely” experience, Nora-Jane explained, as it meant that her young daughter got to spend more time with family.

She said, “It was so lovely. And like that, because I have a little girl — she’s three and a half — it was so great to have her with me. We weren’t far from Galway, we were only an hour away. My family are all here.

“I was able to have her with me, but if there were times where — like the last week, where I was just going to be working, she was able to be with her grandparents and my sister and her kids. It was just lovely, knowing that she’s having that time with them.”

“IT IS REALLY BEAUTIFUL — THE OLD ARCHITECTURE...”

And Nora-Jane told how she got to bring home some mementoes from the set, including a sweet wrap gift.

She said, “I had little t-shirts made that said like, The A-Team, but the The CAB-Team, with the little character names on it. Mine says Hannibal, so that’s my little takeaway.”

The actress recalled how she had gotten them made for the crew as a sort of wrap gift, with some of them having special nicknames in a nod to the 1980s action-packed telly series.

She said, “Kwaku was Faceman. Cathy was Murdoch. Aaron was Mr. T and I was Hannibal.

“The director got Covid while were filming, so he had to direct from his house in Bunratty Castle, Zooming in.

“I called him the Great and Powerful OZ, so he’s got one that says The Great and powerful Oz.

“The rest didn’t have names on them.”

And Nora-Jane added that she got to bring home some parts of Claire’s wardrobe, after having a chance to snap up the pieces when filming wrapped.

She said, “I also got to keep some of the clothes, because Tara, who did costumes — she also worked on Kin and she’s incredible. She was really incredible.

“I was so happy with what she did for Claire, and I was able to buy some of the stuff at the end.”

Nora-Jane opened up about how acting was something that she loved from a young age — and was a “really great outlet” for her when she was a teenager.

However, she explained that it wasn’t until she had been acting for a few years that she began to see it as a potential career path.

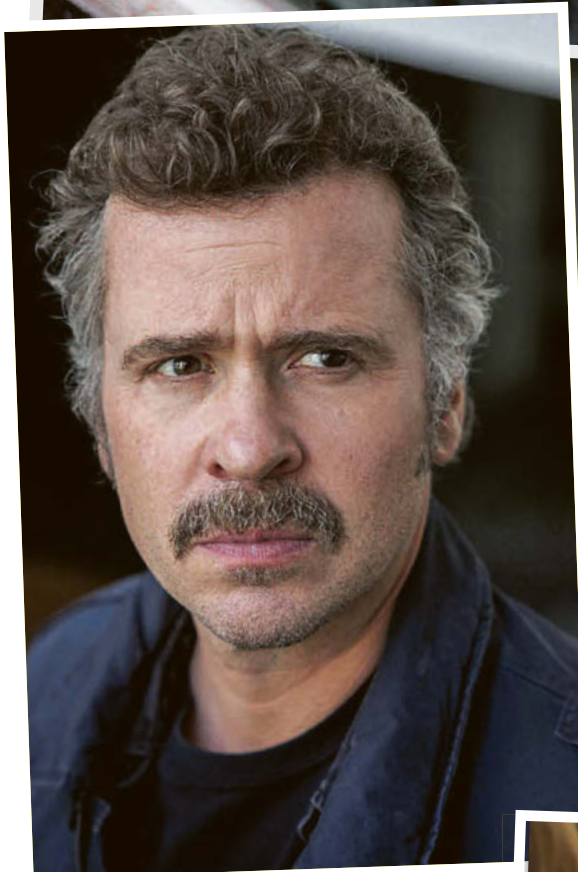
She said, “You know, I was quite shy — I’ve an introverted streak, for sure. It was a really great outlet for me, and I did really love that as a teenager.

“I don’t think that I really fully got my head around it being a career until I was doing it for a few years, to be honest.

“The opportunity for Magdalene came



CAST: Simone Kirby as Bibi Melnick; (below left) Wouter Hendrickx as Christian De Jong and (below right and bottom) Nora-Jane as Claire



up and it was so amazing, it was so beyond what I could get my head around it at the time.

“I knew nobody in the industry and I had no example of what that looked like, or where to go from there. It really took me a few years.

“I love storytelling, though.

“I loved acting, and I loved everything about stories — but I think it was probably a few years into being an actor, moving to London and kind of figuring out how to manage auditions and plot out some story of a career, that it all sort of clicked into place.”

Nora-Jane told how her dream project or role would be to “get something that I’ve written made”

She said, “I think that it’s just so specific to you. Wildfire was the closest thing that I’ve done to that — we got to give so much to that, and be a part of that, in a way that’s not usual.

“We helped develop it with Cathy [Brady] and with Nika [McGuigan], and that was something that was really close to my heart — to all of our heart’s.

“In that vein, I think that something that you’ve written for yourself or that’s about the things that are very specifically important to you, it would be great — it would be amazing to develop and get something like that made.”

Nora-Jane added that while that dream

project would “probably be for the screen”, she would “love to do the stage”.

She said, “Cathy, Aaron and Kwaku have all done a lot on the stage, and it was lovely to speak with them about that while we were filming.

“I’ve actually swotted up. I went to the library and got a bunch of plays. They’re looking at me going, ‘you haven’t gotten around to me yet...’ But I’ve got the stack up here beside me, and I’m catching up on some plays that I haven’t read over the years.

“I would love, at some point, to do that.

I think that that would be an amazing challenge and a different skill set, so it takes time to master that — and I’ve very aware of that.

“But I’d love to, even as a nice supporting part or a little part to dip my toe in and kind of start another challenge as well, at some point.” ■

Hidden Assets returns with a six-part second season on RTE One, Sunday September 3rd at 9:35pm. It is also available on RTE Player.

Maggie Molloy on the property grants, the “insane” location that blew her away and the new season of Cheap Irish Homes... By Keeley Ryan

‘TO BE ABLE TO HAVE THIS BIT OF light at the end of the tunnel, it’s just so nice’



HUNT: Maggie Molloy; and (below) Erin and Louis who are looking for a house in episode one

Cheap Irish Homes’ Maggie Molloy has told how the property grants give “a lot of options to people that they didn’t necessarily have before.”

The new season of the property programme begins at 7pm on September 7 on RTE One.

The eight-part series will see Maggie and co-presenter, building engineer Kieran McCarthy, head around the country as they search for hidden gems with tremendous potential for budget-conscious buyers.

And Maggie told *Chic* how she was “quite proud” that the series is back for a fourth season — and opened up about the Instagram account that started her journey.

She said, “I started up Cheap Irish Houses as a little hobby one winter. People asked me a lot about my house over the years, where I found it and why it was so cheap — I think people genuinely thought I had just found the only cheap house that ever existed.

“I kept saying, ‘no, even when I looked for mine, there were cheaper ones’. They were a bit further away, but they were great houses. “I’d go onto property websites through the decades just for a look. I’d always be so surprised at what’s out there.

“I thought to myself, ‘why do I just put them up on Instagram?’ It was just a little hobby, but in the space of a couple months, it went absolutely viral. It changed my life completely.

“It’s a very cool thing and a very random thing, to end up with four seasons of a TV show from a little hobby that I started in the middle of November one year.

“But it’s really, really cool — and it’s kind of a dream job.”

This time around, the show will also be introducing the Vacant Property Refurbishment and Derelict Property Grant schemes that are available and aimed at assisting buyers in finding their forever home.

And Maggie told how the grants introduce “a lot of options to people that they didn’t necessarily have before.”

She said, “When we’ve been showing people around houses, they won’t

necessarily know when they see the house in the beginning that it is a valid grant house.

“It’s lovely to be able to break that news to them after they’ve done up the price, figured out how much they’d have left — and to know that they basically had another €50,000-ish to spend on it.”

The presenter added that it’s a “big thing” and “you can see it all over their faces, how much of a difference this grant is going to make to their lives.”

She continued, “It is a lovely feeling. A lot of what we do on the show with the houses, it can be kind of heartbreaking at times — we’re struggling to find houses for people, obviously, at times because we’re always trying to find the cheapest houses and the best houses for people’s money.

“To be able to have this little bit of light at the end of the tunnel, it’s just so nice. We never seem to get a break, I think, people buying houses in Ireland.

“It’s nice to have a little bit of hope.”

Maggie explained that the grant also gives some control back to people, which is something that they might not have had for “a very long time.”

She said, “It’s funny, because I bought my house when I was 23. I lived in my house in a semi-derelict state for a lot of that time. I struggled on.

“Myself and my husband nowadays, there’s times where we have tough times in the house — everyone does — and we’ll say to ourselves, ‘should we have stayed in Wexford?’ Or should we have done this, or should we have done that.

“And we will always look at each other and go, ‘we had no other choice’. We genuinely had no other choice.

“That’s the thing with a lot of young people now, and even elderly people who are being evicted from rentals because people are selling the rental properties that they’ve been in for 20 years. People just don’t have choices. And they should have choices.

“This grant gives people back a little more control, that they haven’t had in a very long time.”

Maggie told how she feels that the last few years have changed people’s perceptions

of older houses and what can be done with the houses that they buy.

She said, “I think that people are a lot more open to it now. Obviously, the grant helps — but even without that, yes (it has changed).

“I think that there were always a few that were open to it, who would be OK doing it — and it’s definitely become more perceived as the norm.

“It’s OK if you want to take on a semi-derelict house. It’s OK if you want to fix up the house yourself and not spend a fortune. I don’t think it’s as shunned, which is lovely.

“It’s something that a lot of people can do, and to open up a couple of options for young people, that’s fantastic.”

Maggie also opened up about what she reckons it is about the show that audiences are connecting with.

She said, “I think for a lot of regular Irish people, it is about seeing something on television that they can relate to.

“I think it’s lovely to see aspirational stuff and dream about living in big fancy houses

and affording million euro homes — but it’s not something that will really make you feel that good on a day to day basis.

“I think that being able to relate to the houses — your family members live in houses like them, you live in a house like them, the house that you’re going to buy will more than likely ultimately look like that.

“I think that a lot more people can relate to it, which I’d say is the major thing.

“Obviously, with the housing issues that we have in Ireland, everybody’s invested in this housing crisis — everybody knows someone who is struggling with it.

“I think it’s just also something that’s probably talked about every day in Ireland, and never really far from people’s minds.”

Maggie shared that there was one particular property this season that “just blew me away.”

She recalled, “There was one from this season that I remember standing in and thinking, ‘could I buy this? Could I figure out how to buy this?’

“It was insane. It was a little vernacular cottage in a village, and at the end of it there was an old pub with a grocery shop. Everything was still in the shop. Everything was still in the pub.

“There were old boxes with men’s shirts, stationary — and the house itself had every item of furniture. Everything was in every press. It was just the most beautiful thing.

“It was because it was almost like a museum. It was like time has just completely stood still.

“It was going with the pub license with it, and everything. And you very functionally could have made something out of that, even as a business — or leased it out to somebody and made money to pay your mortgage.

“It just blew me away. It was by far one of the most amazing properties that I’ve been in in a long time.

“I’m not going to say what episode it is, though — you’ll have to wait and see.” ■

Cheap Irish Homes starts on RTE One on Thursday, September 7 at 7pm. You can follow Maggie on Instagram at @CheapIrishHouses.

“IT’S NICE TO HAVE A LITTLE BIT OF HOPE...”





STRANDMON chair, €299, and footstool, €100, IKEA

INTERIORS



LINNEBÄCK framed picture, €135, IKEA



Edinburgh Grand Velvet Sofa, €2,049, DFS



Mirror, €60, Carolyn Donnelly for Dunnes Stores



TROLLODDOM blanket, €19, IKEA



Vase, €13.79, SØSTRENE GRENE



Cushion, €72, FAB FUNKY

Forest FINDS

Love for deep forest greens stems from an ongoing desire for a greater connection to the natural world and its calming effects. If you're looking for ways to tap into this trend, explore **NIAMH McENEANEY's** curated edit...



Splashback, €145, RED DOG GLASS DESIGN



Velvet Palm Eyelet Curtains, from €70, M&S



Cushion, €24, M&S



Drawers, €1,327, FRENCH BEDROOM COMPANY



Bowls 4pk, €32.50, SAZY



Pepper mill, €50, PEUGEOT

Mural, €34, BOBBI BECK



Tree decoration, €12, HOMESSENSE



Bath mat, €68, ROSE & GREY



Pantry, €2,384, LOCHANNA KITCHENS



Napkins, €5, TALKING TABLES



Pumpkin decoration, €12, DUNNES STORES



Mug, €16, ROSE & GREY



Lampshade, €75, COTTERELL & CO



LINNEBÄCK chair, €80, IKEA



Cushion, €58, MINT & MAY

LET'S RAIN SUPREME



From top: Pink Panther Rain Poncho, €79, RAINKISS. Official Kiss Logo Diamante Skinny T-shirt, €18.55, BLUE BANANA. Black Faux Leather Zip Skinny Trousers, €40.49, QUIZ. Fifi Buckled Ankle Boot, €195, GUESS.



From top: Tan Rubber Raincoat, €28, PENNEYS. Stripe Collar Knit Polo Top, €25.90, CIDER. Khaki Cuffed Cargo Trousers, €60, RIVER ISLAND. Essential Logo Beanie in Khaki, €22.99, SUPERDRY. Good Luck Trainers, €365, TORY BURCH.

Chic
PICK



From top: Orla Kiely Waterproof Mac in Fuschia Passion Flower, €160, REGATTA. 1970 Mohair Jumper in Flamingo Pink, €458, BELLA FREUD. Black Jersey Maxi Skirt, €25, BOOHOO. 1460 Smooth Leather Lace-up Boots in Cherry Red Smooth, €199, DR MARTENS.

FASHION

Following a record-breaking June and July, it's fair to say summer turned into a bit of a washout, with a deluge of downpours, while other parts of Europe basked in unbearable heat. And as we enter autumn, there is undoubtedly lots more rain ahead, which is why it is wise to invest in a decent rain coat. But being practical doesn't mean forgoing style, as **Niamh McEneaney** proves with these five cool cover-ups, and how to wear them...



From top: Pure Cotton Stormwear Longline Trench Coat, €99, M&S. Angel Pure Black Short Puffed Sleeve Chiffon Blouse, €106, AGGI. Brown Faux Leather Snake Print Cropped Straight Leg Trousers, €39.20, PRETTY LITTLE THING. Cristine Natural Ombre Heels, €139.70, MODA IN PELLE.



From top: Beige Waterproof Trench Coat With Colourful Flower Print, €345, RAIN SISTERS. Radclyffe Fit & Flare Dress, €240, HOBBS LONDON. Poppy and Wild Flowers Necklace, €25.50, LAYLA AMBER. Wild Flower Mid Sandal, €730, SOPHIA WEBSTER.

TAILR MADE INVESTMENT

IRISH TECH Platform Tailr has announced €700,000 investment, further cementing its role in revolutionising the garment industry and advancing sustainable fashion.



Redefining production for the clothing industry, Tailr was developed to tackle inconsistent sizing and excessive garment waste from the manufacturing level.

Its revolutionary cloud-based SaaS platform addresses the inefficiencies and challenges faced by the clothing industry, enabling real-time data flow between design teams, fabric mills, and factories.

The platform streamlines production processes, ensuring consistent sizing across fabrics, cuts and seasons while supporting clothing brands in achieving their sustainability goals.

Founder and CEO Shana Chu, pictured, made the exciting announcement of the successful raise of €700,000 investment recently.

She said, "I am thrilled to announce the successful raise of €700,000 investment for Tailr this week.

"In an era where the fashion industry is grappling with waste and inconsistent sizing, Tailr's innovative platform offers a comprehensive solution.

"Our technology empowers clothing brands to streamline production, enhance sustainability, and deliver consistent sizing from season to season.

"This achievement is a testament to our team's perseverance and the incredible potential of Tailr.

"It will enable us to further develop the platform and drive positive change within the industry while scaling our operations and expand our market reach."

Shana, an experienced garment technician from Co Waterford, developed Tailr with a clear mission in mind – to combat inconsistent sizing and garment waste that plagues the fashion industry.

Inspired by her time spent on the factory floor where she designed fire-safe protective clothing, including that worn by the esteemed Irish Fire Brigade and witnessing firsthand the complexities of fabric development and the alarming levels of waste, Shana set out to create Tailr.

The company's groundbreaking platform facilitates real-time data flow between design teams, fabric mills, and factories.

By streamlining production processes, it ensures consistent sizing across fabrics, cuts, and seasons, while supporting clothing brands in achieving their sustainability goals.

The investment of €700,000 not only provides Tailr with the necessary capital to fuel its growth but also validates the industry's recognition of the platform's immense potential.

With this funding, Tailr plans to scale its operations, expand its market reach and solidify its position as a transformative force within the garment industry.

For more information, visit www.tailr.ai.

From salon visits to shampoo, looking after your hair can be an expensive business. And unlike things like manicures or waxing — which you can do at home if you so wish — hair-cutting is best left to the pros.

Yet there are ways to save money at the hairdressers and at home.

Here, experts offer their advice for affordable hair care...

1. LOW-MAINTENANCE CUTS

Some hairstyles require more regular trims than others. An Anna Wintour-style bob, for example, is the pinnacle of high-maintenance hair.

"The best way to make the pennies stretch in between appointments is to opt for a low-maintenance haircut," says Tyler Moore, expert stylist at Live True London.

"These longer-lasting haircuts are usually ones that grow out gracefully and are on the longer side."

For long hair, he recommends a layered style, "Ask for some long, movement-creating layers to add some definition and shape to your cut."

"These will grow out relatively well and will only need maintaining when you want to tidy your cut up."

Avoid blunt fringes that will need trimming a lot, but parted 'curtain bangs' won't require as much upkeep.

"If you prefer to keep things short, ask your hairdresser for a sleek, one-length chop," says Moore.

"If you don't mind rocking several different lengths over a period of time, opt for a layer-free chop. The shorter you go, the more mileage you'll get out of this."

2. KEEP YOUR BLONDE BRIGHT

"If you're blonde, keeping your colour looking salon fresh means booking a salon appointment for a toner, especially after the summer months," says celebrity hair stylist and Olaplex expert Tom Smith.

"However you can extend the life of your blonde colour with Olaplex No. 4P Blonde Enhancer Toning Shampoo which neutralises unwanted yellow tones, leaving your hair brass-free blonde for longer."

Kris Barnes, celebrity colourist and Provoke ambassador agrees that purple shampoo is a must for blondes.

"The Provoke Touch of Silver range is brilliant for keeping hair vibrant and it's such a steal," he says.

"My clients can maintain their colour

affordably

at home

and come

to me

slightly

less

often than

before."

Olaplex No. 4P Blonde

Enhancer Toning Shampoo,

€33

Provoke Touch Of Silver

Brightening Shampoo,

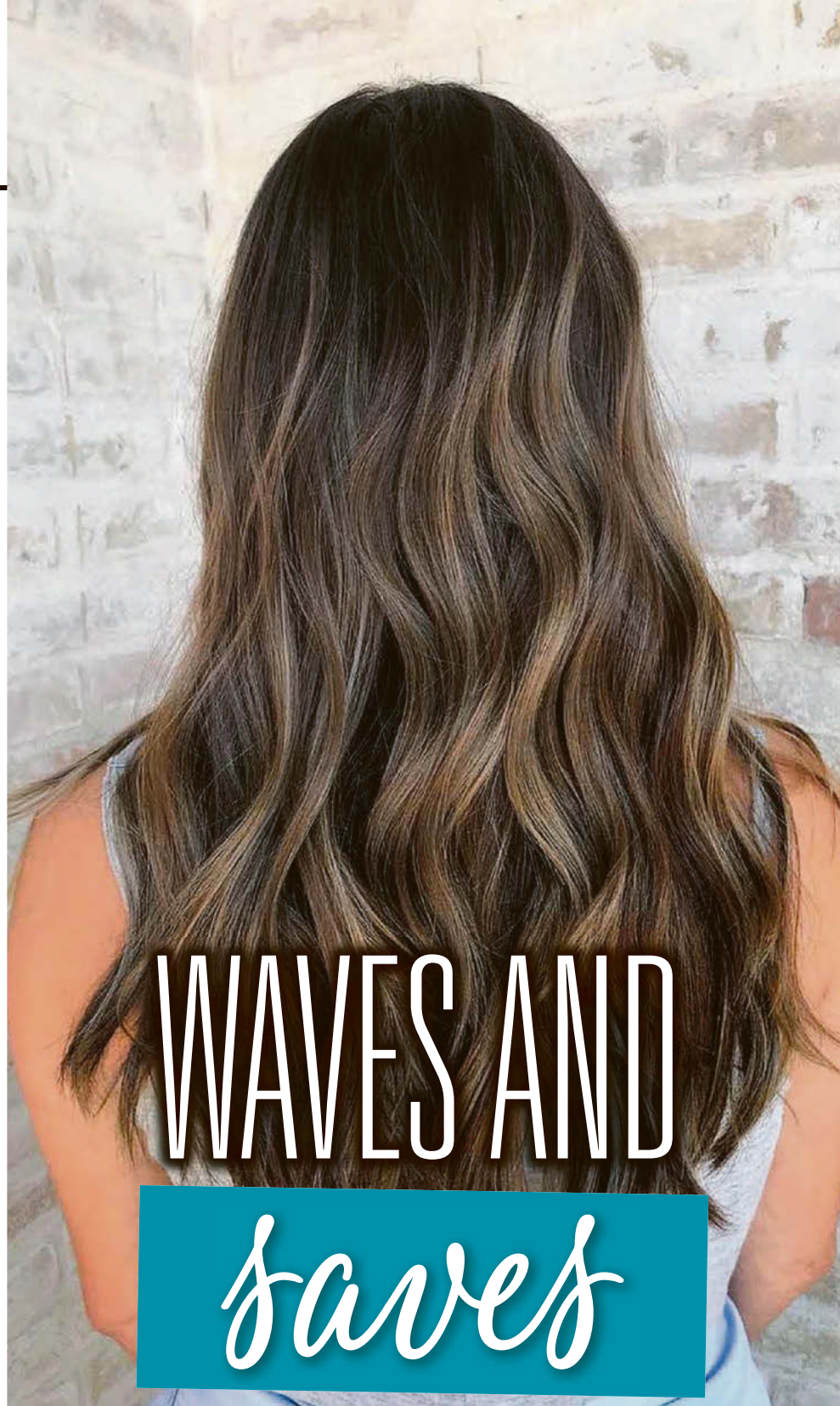
€5.99, Boots

3. DIY DYE

For dark hair in particular, box dye is very affordable, especially compared to an appointment

with a salon colourist. But what if you've never gone DIY before?

"When in doubt, choose a shade that is on the lighter side — you can always go a shade darker the next time," says Carin



From DIY dyeing to easy-to-manage cuts, Niamh McEneaney chats to hair stylists to find out their seven top tips for saving money...

Freidag, global senior hair education manager at Clairol.

To ensure rich all-over colour she advises, "Make sure you fully saturate your hair with the colourant mixture. If you have long or very thick hair, get two boxes so you have enough."

Start by doing an allergy patch test 48 hours before application following the instructions in the box.

"Do the strand test at the same time since you will have some of the mixture left over," Freidag says.

"Simply apply the mixture to a small portion of hair and set the timer for 25 minutes. Wipe off with a wet paper towel, dry it and see how you like it."

If you're happy, carry on, "Part and clip your hair into four sections so it's easier to manage. If you are covering grey, start in the section where you have the most grey."

4. LONG-LASTING COLOUR

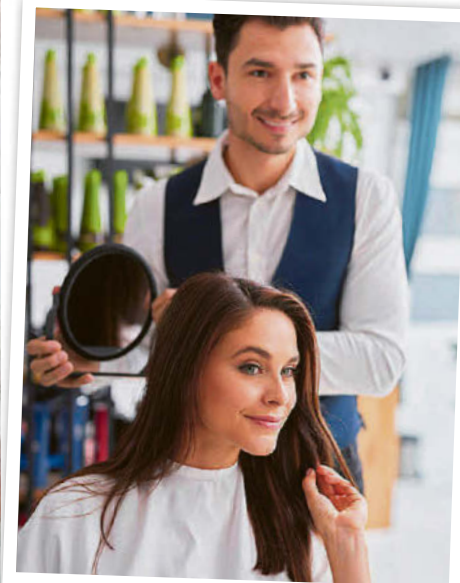
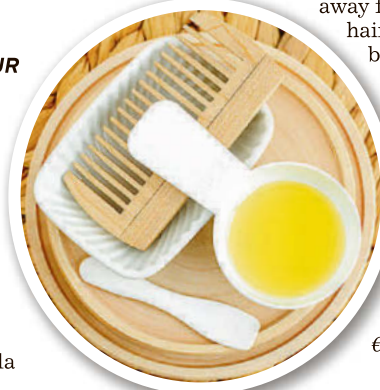
As with cuts, some types of hair colour require more maintenance than others, such

as all-over shades. "I would say switch up the colour a bit and go for a more lived-in colour," says Barnes. "A blonde balayage or some depth towards the root will mean you can go a bit longer between colour visits, whereas full highlights will mean roots show quickly and will need re-doing."

Moore adds, "Steer clear of bright fashion colours, cool-toned blondes, and coppers — these require a lot of upkeep."

5. MAKE YOUR OWN MASK

"Create your own deep conditioning masks using ingredients found in your home, like olive oil, peppermint and honey," says Oyinkansola



“THE BEST WAY TO MAKE THE PENNIES STRETCH IS TO OPT FOR A LOW-MAINTENANCE HAIRCUT...”

Adebayo, founder of Niyo Hair and Beauty. Other foods recommended by beauty buffs include coconut oil, avocado, bananas and egg yolk.

"These natural products nourish, enhance your curls and moisturise your hair without the hefty price tag of store-bought treatments which may have ingredients harmful for your hair."

6. COVER YOUR ROOTS

Root cover-up spray is a brilliant way to extend the time between your colour appointments, and there's a huge range of shades to choose from.

"Simply shake and spray right where you need it and voila, done!" says Freidag.

"It's removed with shampoo so gives you the flexibility to go to the gym or out on a rainy day without fear of it running."

Clairol Root Touch Up 2 In 1 Spray Light Brown, €11.99, Boots

7. USE DRY SHAMPOO

Refreshing your hair more often with a cheap-as-chips dry shampoo saves money on liquid shampoo and conditioner, as well as your water and electricity bills.

"The way to get the most out of your dry

shampoo is to give the can a big shake to awaken the formula and then ensure you

are spraying at least 30cm away from the roots," says hair stylist and Batiste brand ambassador

Samantha Cusick.

"Don't spray close to your head that's how you'll get powdery residue. Don't forget to

massage in and then brush out to be most effective."

Batiste Dry Shampoo Tropical,

€4.49, Superdrug. ■

batiste.com



Beauty NEWS

Good scents

IRISH e-commerce entrepreneur Connor Martin has launched Thomson Carter, an 'affordable luxury' brand that focuses on the full experience of ordering, unpacking and wearing fragrances. The collection features a range of seven feminine, masculine and unisex eau de parfums

Each unique fragrance is made to last over 10 hours, with no need to reapply.

Part of what sets Thomson Carter apart is the consideration that goes into the packaging, with each order including a personalised message, a luxurious tote bag and a jewellery cushion inspired by the opulence of ancient Egypt.

Speaking about the inspiration behind the brand, Connor, 27, said, "From a young age, I was captivated by the world of fragrance."

"My mother's love for luxury fragrance, reserved for special occasions, left a lasting impression on me, even though its transient nature disappoint-



Bringing you brand new products, treatments and bargain buys every week...
By **Niamh McEneaney**

ed her. I recall my teenage experiments, blending scents in cereal bowls, eager to create my own signature aroma. It's both of these sentiments that created everything that Thomson Carter stands for — passion for creating a long-lasting impression through fragrance. Luxury, to me, has always been about more than just the price tag.

"It's the entire experience, from the moment you receive your order to the first spritz on your skin. However, I noticed the world of luxury fragrance seemed to have forgotten this."

"We envisioned a fragrance without limitations, pushing the boundaries of creativity and craftsmanship. We've created a range of scents that tell a story from the moment you open the shipping box, igniting a sense of belonging and delight with every thoughtful detail."

Thomson Carter's fragrance range features the following scents in 10ml (€17), 50ml (€58) and 100ml (€92) bottles: Bois De Santal (unisex); Lilium Blume (feminine); Postcards From (unisex); Redroom (unisex); Rouge Avenue (feminine); Shelby Lane (masculine) and Smoke & Mirrors (masculine).

Visit www.thomsoncarter.com.

MASK AND YOU SHALL GET..

SKINCYCLES, The skincare brand loved by celebrities including actress Margot Robbie and models Tash Oakley, Tamara Francesconi and many many more has announced the launch of its Recovery Mask (RRP €140), which works tirelessly (so you don't have to) to provide protection, hydration and detoxifying ingredients to treat your skin.

The core ingredient Allantoin, is at the centre of the formula and is the key behind producing a deeply hydrating luxurious mask.

The Skincycles Recovery Mask is perfect for travelling on the go, or after clinic appointments to prolong results and lock in extra moisture for whenever and wherever your skin is in need of some instant hydration and recovery.

As we get older, the transit time on new skin cells from the base layer of the epidermis to the top layer takes longer

and can therefore contribute to causing dullness and dehydration — but Skincycles has the solution (literally!).

This anti-ageing, anti-pollution face mask contains multiple superhero ingredients that work seamlessly together to create a formula like no other, aiding cell regeneration to keep skin plump and youthful from the inside out.

It is just the latest innovative product from Skincycles, which was founded by Alice Henshaw, owner of London's leading treatment clinic Harley Street Injectables.

The science-led cosmeceutical range continues to bridge the gap between dermatology skincare and at-home products; meaning you can treat your skin like it deserves every day.

For more information, visit www.skincycles.com



LISTEN UP CURLS...

When it comes to summer, one word sparks fear in every curly-haired person in the land — frizz! But with the right advice, and the right products, you can embrace the humidity and hair expert Denise Walsh is here to tell you exactly how to do it...



hold all-day long while enhancing gloss and shine. It also protects your locks from heat whilst repairing their damaged fibres.

After years of neglecting and mistreating her own curls, Denise Walsh set out on a path to embrace and care for her curls.

With 25+ years behind her in the hair industry, she was searching for a range to meet every curly need.

Her journey led her to create Curly Co, a collection of defining and conditioning products to enhance all our curls.

As a curly herself, she is passionate about making products and creating a curl confident community to empower and support those looking to embrace their natural curls — even in summer.

So whether you want beachy waves, frizz-free shine or a fun festival style, CurlyCo products are designed to keep your hair looking fabulous.

And today Denise (inset) tells us her top tips for perfect summer curly hair.

1. When shampooing your hair, leave shampoo on for an extra 30-60 seconds as this removes any excess oil from the scalp that we might get during the summer months.

2. Comb conditioner onto mid lengths and ends while in the shower. Leave on for the duration of your shower and rinse at the end. This adds more moisture to the hair in the summer months and stops hair from drying out.

3. People with medium to thick hair should think about applying a treatment this time of the year, so firstly start with your double shampoo and conditioner to the ends then towel dry your hair and add mask/treatment and leave on for up to 60mins. This will rehydrate your hair. CurlyCo mask contains loads of vitamin E and Shea butter which is amazing for your hair this time of year!

4. Another way to keep hair moisturised and stop it from drying out is to add a little bit of conditioner to a water spray bottle and throughout the day give your hair/curls a little spritz all over.

5. For all festival lovers who are going with braids, apply a small amount of conditioner from mid lengths to ends, leave conditioner in and braid hair. This will give you untrained conditioner hair after your weekend of dancing.

6. Use a dry shampoo in summer months to keep hair fresher for an extra day and save you having to wash.

Find out more about Curly Co range..

Curly Defining Mousse, €22.99

Keep your curls defined for longer with the super lightweight Curly Defining Mousse. It locks in moisture, giving you more bounce, strength and thickness. It tames that frizz, giving you definition and

Curly Defining Shampoo, €18.99

This creamy and nourishing shampoo will gently cleanse, detangle and strengthen your curls, giving them moisture, definition and bounce. For glorious silky-smooth-defined curls all day every day, cleanse it up. No more curl breakages keeping them thick, luscious and healthy with deep moisture and nourishment. Curly Defining Shampoo conditions and strengthens your locks whilst enhancing your glossy shine. It invigorates your scalp with nourishing and refreshing orange oil and contains natural goodness only, NO sulphates/silicones/nasties.

Curly Defining Conditioner, €18.99

The secret to silky-soft curls is this ultra-nourishing, curl-enhancing daily conditioner. It gives strength to your locks to gently detangle, stopping curl breakage and improving your definition and shine while also invigorating your scalp with deeply nourishing and refreshing orange oil.

Curly Defining Cream, €24.99

A must-have enhancer for your curls. It gives you glorious, frizz-free and defined curls, infusing locks with deep moisture while enhancing shine and elasticity with no greasy or sticky residue left behind. A rich but light texture, giving the nourishment curls need.

Curly Hold Gel, €24.99

Add flawless hold and definition with this lightweight gel that hugs each lock evenly without weighing those waves or curls down. Infused with moisture to boost volume and strengthen curls reducing your breakages. Gives medium hold and shape to your curls adding gloss without the crunch. It also gives amazing body and volume to both your curly and straight blow dries.

Curly Conditioning Mask, €22.99

This lusciously rich hair treatment locks in moisture, stopping your curl breakages and tames away that frizz. Bring back your bounce after just one use as it is enriched with shea butter to infuse your locks with hydration. Deeply replenishes curls and fortifies your follicles for softer, more manageable curl patterns.

For more, visit www.curlyco.ie





‘WE SAID TO EACH OTHER THE friendship would always come first’

Authors Emer McLysaght and Sarah Breen have opened up about the final book in the Oh My God What A Complete Aisling series — and what they reckon

it is about Aisling that readers love so much.

Aisling Ever After, published by Gill Books, is the fifth instalment in the series — and picks up with Aisling still in New York, and reeling from a surprise arrival from her past.

As everything in her life begins to change, Aisling finds herself feeling pulled in opposite directions — and trying to settle on a place to call home, once and for all.

The first book in the series, Oh my God What A Complete Aisling, was published in 2017 — and authors Emer McLysaght and Sarah Breen told Chic about how

it feels to have Aisling Ever After hit shelves.

Emer said, “It feels definitely more real now. I think that even writing it — and we’ve been asked a few times, ‘do you feel sad?’ Or ‘are you sad that it’s coming to an end?’”

“And I hadn’t really connected with that part of it — but now that people are reading it, saying that they can’t believe it’s the last they’re going to hear from Aisling, that’s kind of hitting home.

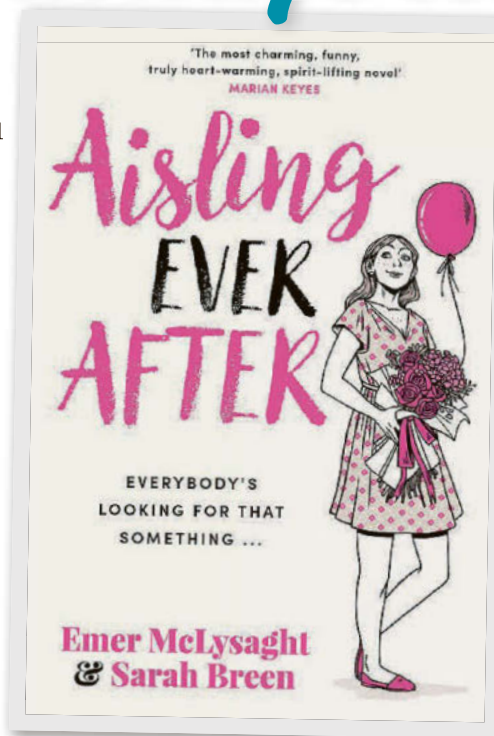
“I guess it’s kind of bittersweet.

“It’s so incredible to know that you’ve written something and created something that so many people love and were anticipating this final book.

“So, that feels good — but it’s sad for us and them, I think, to see the end of it.

Sarah added, “I feel a little sad. And

**Irish writing duo on their new book, being best friends and what’s next...
By Keeley Ryan**



I also feel a little bit relieved, if that doesn’t sound too weird. With the last contract that we signed, it was for three books. And I remember even when we signed that contract, I was just so anxious about it like, ‘what if we don’t have three books left in us?’

“So, there is a certain amount of relief in completing that. And when we were writing the book — until we handed it in and got feedback from our editors — we weren’t really sure how it would be perceived.

“People are so fond of Aisling and people have this idea of where they want her to be at the end of the book. But myself and Emer, we have our idea of where we wanted her to be as well.

“It wasn’t really until the feedback started coming in — and it’s just been so overwhelmingly positive. We did an event a few weeks ago and everybody got one of those fancy hardback proofs.

“And they’ve started messaging us now, having finished the book — and everyone seems to be so pleased with it.

“Everyone’s laughed and cried, which is what we always want — I’m just excited to have it out in the world now. I can’t wait for more people to read it, then maybe discover the back catalogue and get back into the books. It’s really exciting.”

The series has captured the hearts of readers around the country over the years, and the co-authors shared what they reckon it is about Aisling and the rest of the group that people are connecting with.

Emer said, “Aisling is quite a relatable character. We’ve always said, and it’s been said, that everyone has a bit of Aisling in them. I think that a lot of people can relate to her.”

“I think it’s relatability mixed with humour and comedy, and it’s the mixture of those two things that people really enjoy.”

“And I guess it’s kind of zeitgeist-y. We’ve captured a particular time in Irish history and culture.”

“In the first book, that was published pre the Repeal referendum, it captures that very particular moment in history for Irish women.”

“We’ve kind of kept that up a bit. We’ve tried to reflect what’s happening in the country, while still hopefully being entertaining and funny and relatable.”

Sarah added, “There’s a lot of heart in the books, as well. Me and Emer have been talking about Aisling for years, now — which is crazy. We have such fondness for her as a person.”

“Aisling started off as this Irish country girl who moved up to Dublin.”

“And me and Emer, that’s our lived experience. There are parts of it where we’re poking fun at ourselves as much as we’re poking fun at her.”

“All books, storylines and plots have to have conflict. But there’s no nastiness in our books. People find them heartwarming — people love to laugh and cry, so we always strive for a bit of crying while laughing. And they’re just good books.”

The series being five books was something that they had decided on “years ago,” Emer explained — and something that they never wavered on.

And while they haven’t talked about a spin-off, they wouldn’t necessarily rule out a return to Aisling’s universe down the line at some point.

She said, “As Sarah said, we were worried about whether we would even have five books in us. We didn’t want to drag the arse out of it and be writing book nine and being like, ‘oh my god, what are we going to write now?’ We didn’t want it to get ridiculous.”

“I think we’re happy with where it is now. That’s not to say it isn’t the complete end of the BGB universe. I feel like in the back of our minds, it’s like, ‘maybe there will be something more in the future’. But that’s as far as the conversations have gone, really.”

Sarah added, “Maybe in 10 years time, we’ll revisit and see where everybody is and what they’re doing.”

“We haven’t talked about doing a spin-off or anything, but I really enjoyed writing and reading Emer’s parts about Majella and Pablo, and their situation. I think that if there was ever going to be a spin-off, it’d be some kind of Majella book — I think people

would enjoy that, and I would enjoy writing it.”

In 2018, it was announced that Oh My God, What A Complete Aisling was heading from the page to the screen.

Sarah told how the project is currently a TV series based on the first book, which they are working on at the moment — as the pair shared whether they’ve got a dream cast to take on the characters.

She said, “We are working on a TV series based on Oh My God, What A Complete Aisling, which is the first book. That originally started out as working on a screenplay for a film. We worked on that for a couple of years.”

We’re working with Element Pictures.

“We were struggling to get it down to a tight 90 minutes, which is sort of what a romcom needs to be. It was a really enjoyable process, we learned a lot while we were writing. We didn’t have much screenwriting experience.”

“Post-pandemic, they came back to us and suggested that we go from feature film to potentially doing a TV series.”

“Initially, I felt a bit like, ‘oh god, does this mean that we failed at screenwriting?’ When they suggested it, they were coming up with reasons why this is a good thing — it would involve spending so much more time with the characters, and we had to lose so much to try and get it to that 90 minutes.”

“We’ve been working on it for so long — it’s now a TV series — that our original dream cast, some of them have gone on to be nominated for Oscars. It’s changing all the time.”

Emer added, “It’s evolved so much since we started. The names that were in the midst at the start, you wouldn’t have a hope of getting them into a fledgling TV series.”

“At the moment, I don’t really have a dream cast. I’d love someone like Brendan Gleeson to play daddy in the first book — I think he would be really great. I think he has the right kind of kind energy that would be amazing.”

“To play Aisling herself, we’ve always maintained that we’d love to find Aisling rather than kind of pick and existing star and try and turn her into Aisling. That’s not to say that the dream Aisling isn’t somebody who’s already a star, but we’d love to find her and go, ‘that’s our Aisling’.”

“Our dream cast for Sadhbh would be Saoirse Ronan. People always say Saoirse for Aisling, but when we were first working on it, Saoirse was too young to play Aisling — she’s closer to the age now, but she’s too cool. I think she’d be a great Sadhbh.”

“There’s so many great characters. If and when it happens, it will be so fun.”

And the friends told how there were never any nerves about working on the Aisling series together and how it might impact their friendship.

Sarah said, “I suppose it did have the potential. I was never worried about it or was nervous about it. I remember it being really exciting when we were



THE WRITE IDEA: Emer McLysaght and Sarah Breen (also far left) have been best friends since college and wrote (below left) the Aisling series together



offered a book deal — like, it just sounds like a really cool thing to say.

“But Emer, of all my friends, gets the job done. We met when we were in college. I saw her go through college. While I was very chaotic and really left things until the last minute — she was a bit like that as well — I knew that I wasn’t hitching my wagon to someone who couldn’t complete the job. I was always pretty confident that OK, together we can do this.”

Emer added, “I’m kind of the same — I don’t remember ever being worried about that aspect of it.”

“I think there was a point where, after the kind of first book had been a success, that we kind of said to each other: ‘look, the friendship will always come first’.”

“Like, if anything was to seem like it was coming between us, we’d be friends first and co-workers later. But nothing like that has ever really come up.”

And the long-time pals shared what their favourite part about working together on the Aisling series has been.

Sarah explained, “They say that if you love your job, you’ll never work a day in your life — or whatever the saying is. Sometimes, I feel like I have the easiest job in the world. I am very comfortable doing my solitary writing part and for all the rest of it, I have Emer to bounce off of.”

“We have each other to go to things

with, celebrate things with and commiserate things with.”

Emer added, “I often feel like it must be quite lonely. Most people write alone, most people don’t write — especially novels — with their friends.”

“We go to a lot of festivals, interviews and other scary stuff — we’ve opened the Late Late, we’ve done the Tommy Tiernan Show. And for all of those, I’ve always been like, ‘I’m so glad it’s me and Sarah’.”

“I mean, I’m sure you’d have someone else with you — but it’s not the same as having to go through the experience.”

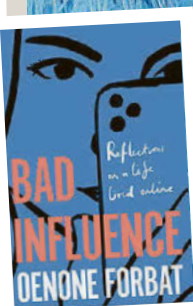
“I think my favourite part’s been having that company.”

Sarah said, “I think so, too. And like, when we’re writing, sometimes we’ll write ourselves into situations where the characters will be doing something and you need them to do something else. And it’s torturous, because it’s like solving a puzzle.”

“We always have each other to brainstorm that stuff with, like, ‘how can we get her to say this?’ or ‘we need her to be angry, so how can we go back and change things?’”

“I don’t know how people figure out that stuff alone.” ■

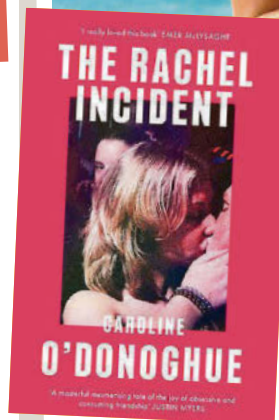
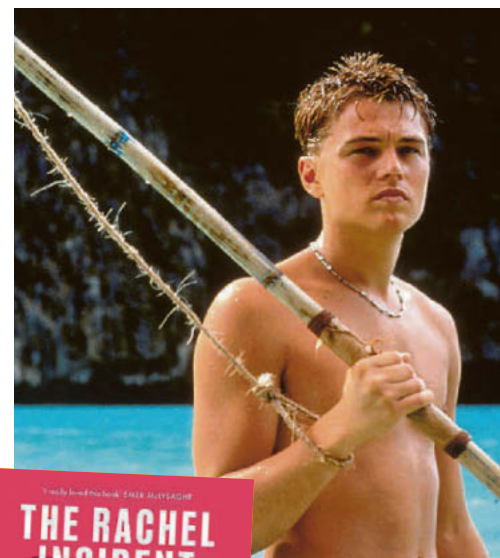
Aisling Ever After by Emer McLysaght and Sarah Breen, published by Gill Books, is available now.



OENONE FORBAT

My best

OENONE FORBAT is an influencer, podcaster and comedian. Her Instagram account started off as a fitness and wellness page, but has since evolved into a hub for other 20-somethings navigating this uncertain time in their lives. Her podcast, *Adulting* – about all of the things we never got taught in school – has been downloaded over four million times. In her debut memoir *Bad Influence: Reflections On A Life Lived Online* (Quercus, €19.74) which has just been released, Oenone candidly recounts her journey to becoming an influencer and the pressures of navigating her late teens and 20s in the public eye. She explores modern-day issues from body image and personal boundaries, to the limitations of online activism – asking the question: can you truly be authentic online? Here she tells *Chic* about her favourite things in the world...



BEST MOVIE *Either The Beach or Confessions of a Teenage Drama Queen (lol).*

BEST BOOK Oh my gosh another impossible one... I'll say my fave



recent book as it's so hard to choose so, *The Rachel Incident* by Caroline O'Donoghue.

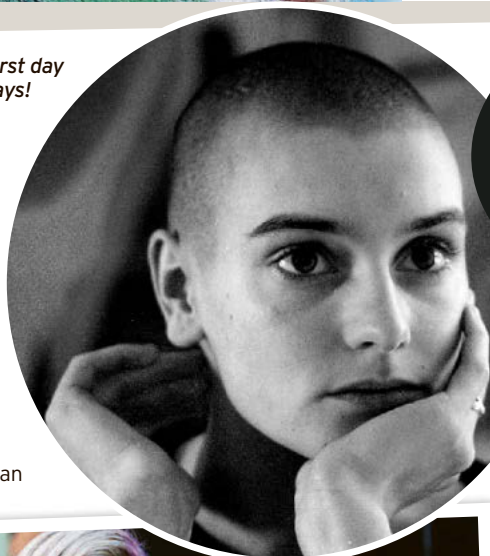
BEST BEAUTY PRODUCT Charlotte Tilbury, *Flawless Filter*.

BEST MEMORY I always loved that first day back to school after summer holidays! New school uniform, new snazzy pencil case and the excitement of being back with all of your friends everyday.

BEST ACTOR/ACTRESS Helena Bonham Carter or Mikaela Cole.

BEST GIG Kelly Clarkson when I was 14. I went with my best friend and we wore matching tutu skirts with fake pearl necklaces, a t-shirt over long sleeved tops and sang at the top our lungs. Iconic.

BEST JOKE I ordered a chicken and an egg online... I'll let you know!



BEST SONG

I can't stop listening to it ever since I heard she passed, so 'nothing compares 2 U' Sinead O'Connor. What a special woman.



BEST HOLIDAY Ibiza with three of my best girlfriends last year. We had such an amazing time and came home with three matching tattoos. I think I'll forever think of that as one

of the best holidays of my life.

BEST FRIEND This is a trick question so I will say my mum, Olive, which is technically true!

BEST ADVICE: You can't control what happens to you, you can only control how you react.

DON'T MISS: OUR BIG X-WORD ON PAGE 21

IRISH DAILY
STAR

SATURDAY,
SEPT 2,
2023

Chic PUZZLES



Chic THE THINKING ZONE

SUDOKU

Chic THE PICTURE ZONE

SPOT THE DIFFERENCE

WHAT HAPPENS NEXT?

Chic THE CREATIVE ZONE

MEGA ALPHA PUZZLE

SMALL X-WORD

BRAIN TEASERS

**8-PAGE
puzzles
PULLOUT**



WHAT HAPPENS NEXT?

What happened next in this picture? The man in the dark top is walking past the man in the red top. Choose one of the four options.

Solution next week

1. As the man in the dark top overtakes the man in the red top, he spooks him and the man in the red top turns and pushes him.
2. The man in the dark top trips over and falls into the man in the red top. The man in the red top thinks he's trying to rob him and starts to attack back.
3. One of the water bottles near the shop falls off and rolls over and knocks both men off their feet.
4. The bike with the pink baskets falls over and it makes both men jump.

A

**ПAM
HAM**



B



C

C

**WC
1,000kg**

**PICTURE
QUIZ**

Can you name these football clubs? Write down your answers below.

Solution next week

A

B

C

D

E

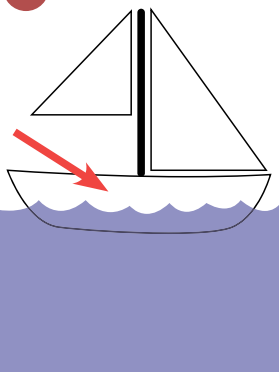
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G

H

I

D



E



END

F



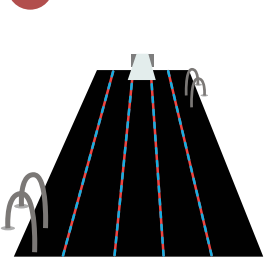
G

**IN THE FRIDGE
FOR ONE DAY
HAM
IN THE FRIDGE
FOR A YEAR
HAM**

H



I



Spot six differences between the pictures of Jameela Jamil on the left and right
Solution next week



OPTICAL ILLUSION

Look carefully at these two optical illusions.
Can you work out the answer to each one?

Solution next week



MAGIC EYE

Hold the image right up to your nose: it will be blurry. Focus and slowly move the image away from your face. Keep your eyes focused beyond the image, do not focus on the actual image.

The image will start to form a fuzzy 3D shape. Stop here, focusing beyond the image and the 3D shape should appear. **Clue:** What happens when frogs park illegally?
Solution next week



We have removed the football from this picture. Have a bit of fun with your mates - or even a little bet - to see if you can guess which section the ball was in. Using the grid, choose a row (A-M) and a column (1-19). **Solution next week**

Fill the grid so that every column, row, and 3x3 square includes all of the digits from one to nine. **Solutions next week**

SUDOKU

EASY

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

MEDIUM

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

DIFFICULT

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

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

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

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

MEGA ALPHA PUZZLE

Alphapuzzle® tests your logic and word power. Each grid number represents a letter. Each letter of the alphabet is used. Use the given letter or letters – below the main grid – to start. Can you beat the Target Time? Solution next week.

DIFFICULTY: 10/10
TARGET TIME: 30 minutes

Thinking Space

SMALL X-WORD

1		2		3		4		5
6	7			8	9		10	
	11							
12			13			14		
		15						
16					17	18		
		19						
20					21			
	22							

ACROSS

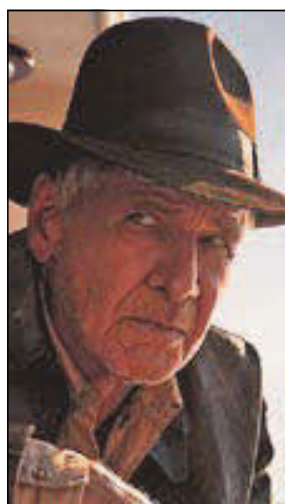
- 1 Of a palace (8)
- 6 Assist in a crime (4)
- 8 Indian monetary unit (5)
- 11 Repeat performance (6)
- 12 Poker stake (4)
- 14 That woman (3)
- 15 Tag (5)
- 16 Torn cloth (3)
- 17 Celebrity (4)
- 19 Drawing tool (6)
- 20 Stage of development (5)
- 21 Marries (4)
- 22 Protect, maintain (8)

DOWN

- 1 Block of text (9)
- 2 Period preceding Easter (4)
- 3 Musical instruments (9)
- 4 Mimic (3)
- 5 Oppress by fear or violence (9)
- 7 Below (7)
- 9 Strong impulses (5)
- 10 Gemstone (7)
- 13 Edges of a roof (5)
- 18 Row, rank (4)
- 19 Golf standard (3)

Solution next week

Thinking Space



- 1 Sunni and Shia are the two main sects of which world religion?
- 2 Bouillabaisse is a rich stew originating in which country?
- 3 Truro is the administrative centre of which county?
- 4 In which year was the Olympic Games held in Moscow?
- 5 In Indiana Jones And The Dial Of Destiny, Harrison Ford's, left, Indy is accompanied by his goddaughter Helena, played by which actress?
- 6 Turmeric is a seasoning and dye of which colour?
- 7 Peterhouse and Clare are colleges of which

PUR QUIZ

Solution next week

- 8 Mickey Mouse and Donald Duck were creations of whose animation studio?
- 9 Which American comedian starred in the 1992 film Boomerang?
- 10 Sprinter, which entered the UK chart at No.1 in June is a collaboration between Central Cee and which other British rapper?
- 11 Who wrote The Catcher In The Rye?

- 12 In which country might you visit an eisteddfod?
- 13 For what does the cricketing abbreviation lbw stand?
- 14 In which American state is the Indy 500 held?
- 15 Curtis Jones, England goal-scorer and man of the match in the European U21 Championships final in July, plays for which Premier League club?
- 16 Which unit of heat is equal to approximately 4.184 joules?
- 17 The word Zeitgeist, meaning



- 18 Which term describes the chief members of the parliamentary opposition?
- 19 Which tax replaced the Community Charge in 1993?
- 20 Which new BBC drama about siblings involved in a musical rivalry was written by author Candice Carty-Williams?
- 21 Tijuana is on the border between which two countries?
- 22 In which French city was the Bastille?
- 23 Which writer created

- The Famous Five?
- 24 Which TV puppet series centred around International Rescue?
- 25 Jenna Ortega received an Emmy nomination for Lead Actress In A Comedy Series this year for playing the title character in which Netflix horror comedy series?
- 26 Which Canadian rocker sang Run To You?
- 27 Which country has Helvetia on its stamps?
- 28 Which artistic form can be picaresque?
- 29 For which country did Kenny Dalglish, left, play football?
- 30 What type of creature is a rorqual?

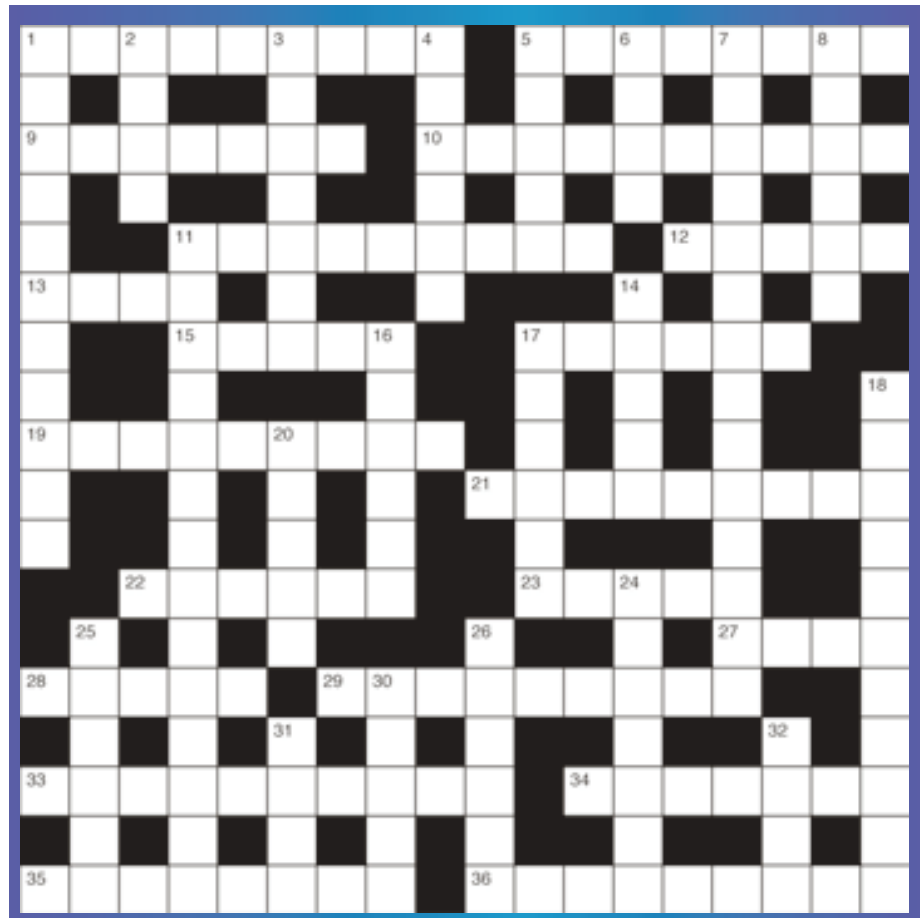
ACROSS

- 1 Small European songbird with black-and-white wings; *Fringilla coelebs* (9)
5 Alternative North American name for the chickpea, from Spanish (8)
9 Later division of the Tertiary period, comprising the Miocene and Pliocene epochs (7)
10 Yellow vitamin of the B complex that promotes red blood cell production, first synthesised in 1930s (10)
11 French stew made with haricot beans and meat, typically pork, goose and duck (9)
12 King of England from 959 to 975, known as 'the Peaceful' (5)
13 Eldest son of Ham and brother of Canaan (4)
15 Department of E central France created in 1793; capital, Lyon (5)
17 Any brightly coloured marine fish of the family Labridae, having thick lips and strong teeth; from Cornish, 'old woman' (6)
19 Large flightless bird of the emu family chiefly found on New Guinea; genus *Casuarus*, three species (9)
21 Government department that administered the British Army from 1857 to 1964, now incorporated into the Ministry of Defence (3,6)
22 1995 Robert Harris novel concerning code-breakers at Bletchley Park during World War Two (6)

DOWN

- 23 One of the official languages of India, derived from Sanskrit and written in the Devanagari script (5)
27 Small ornamental case for sewing needles, cosmetics and other small items; from French, 'to enclose' (4)
28 Order of tailless amphibians that comprises the frogs and toads, also called *Batrachia* (5)
29 Stellan _____, Swedish actor who starred in the 2015 BBC drama series *River* (9)
33 Cooked in a spicy tomato sauce with bell peppers and herbs; Italian, 'hunter' (10)
34 Toxic bluish-white metallic element chemically similar to zinc and mercury, atomic no. 48 (7)
35 See 14 Down
36 Athletics contest combining three consecutive events, usually swimming, cycling and running (9)

- 4 Iranian island at the mouth of the Persian Gulf, north-east of Qeshm (6)
5 Triangular upper part of an exterior wall between the sloping ends of a pitched roof (5)
6 Projecting collar of starched pleated fabric worn by men and women in the Elizabethan and Jacobean periods (4)
7 Actress in the 2017 films *The Last Word* and *The Clapper* (6,8)
8 Family of fish in the order Zeiformes to which the dory belongs (6)
11 Actress who played Courtney Cox's daughter in the 2016 film *Mothers And Daughters* (9,5)
14 & 35 Across Japanese-born British writer awarded the 2017 Nobel Prize for Literature (5,8)
16 Princess of Tyre who bore the sons Minos, Rhadamanthus and Sarpidon to Zeus (6)
17 River of the E central US forming part of the border between Indiana and Illinois (6)
18 1949 British film noir starring Joseph Cotten and Orson Welles (3,5,3)
20 Rock band formed by former Beatle Paul McCartney in 1971 (5)
24 River of NE North America on the border between New York State and Ontario, Canada (7)
25 Record of events year by year, generally in



- chronological order (6)
26 Silver as a heraldic tincture, usually used interchangeably with white (6)
30 Industrial city of central Japan on Honshu island; previously the imperial capital (5)
31 Capital and largest city of Azerbaijan, a port on the Caspian Sea (4)
32 Principal monetary unit of Cambodia, divided into 100 sen (4)

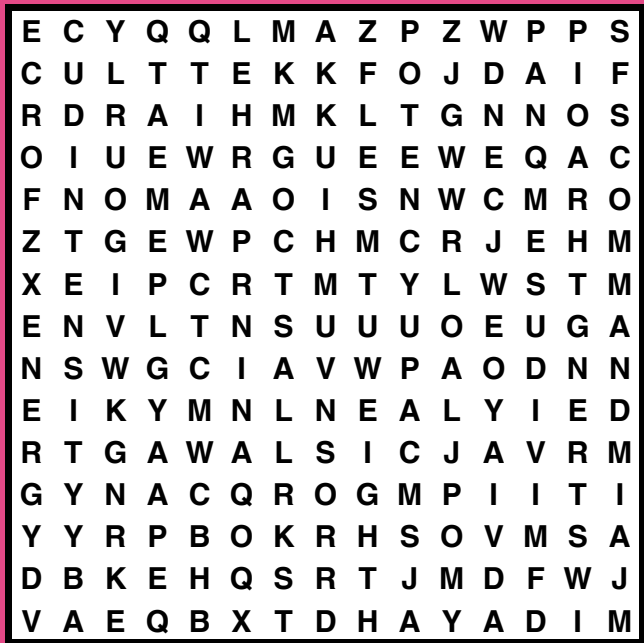
ARROW WORD

Arrow words are like crosswords, but the clues are printed inside squares on the grid. Write your answers in the blank squares in the direction indicated by the arrows.
Solution next week



WORD SEARCH

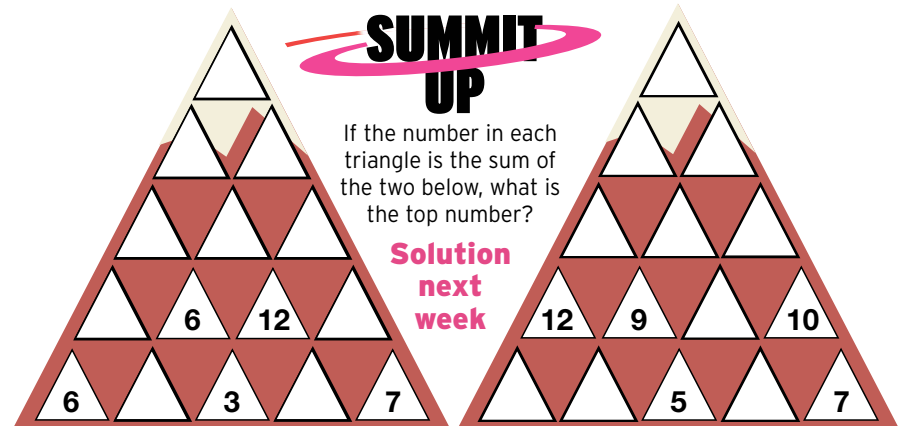
Find all the words meaning 'power' listed below in the grid.
Solution next week

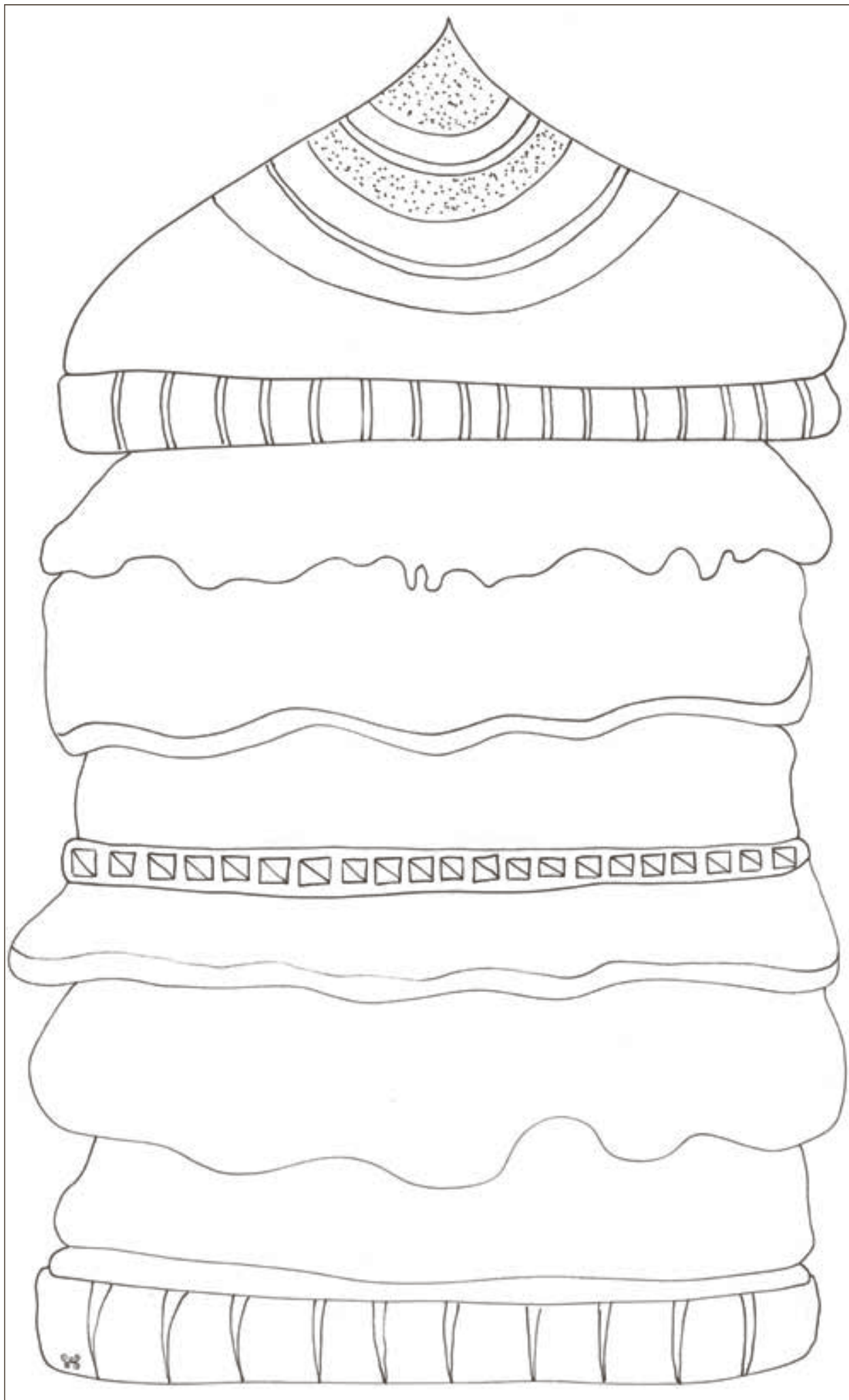


SUMMIT UP

If the number in each triangle is the sum of the two below, what is the top number?

Solution next week

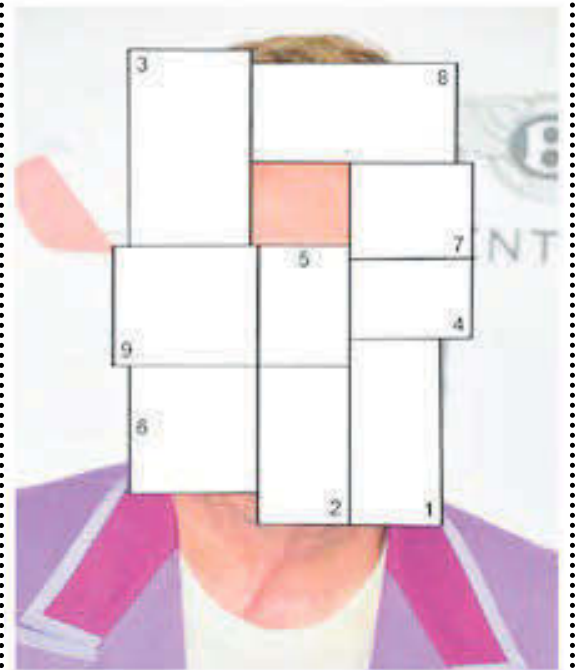
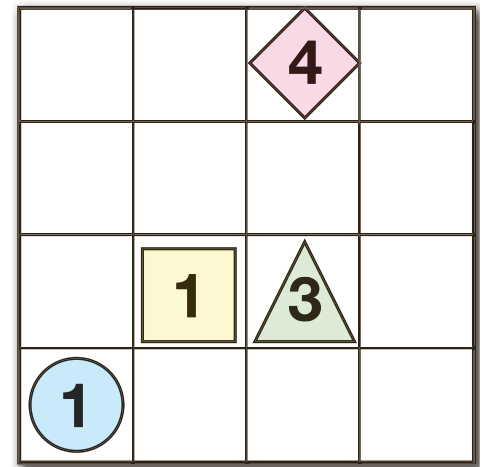




Grab your pencils or pens... use colours if you have them, add textures and patterns and make the picture your own.

**COLOUR
ME IN**

KEIJO

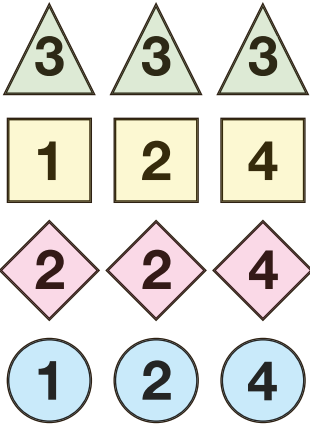


**STAR
SKETCH**

Draw the facial features into the numbered boxes above to reveal the celebrity.

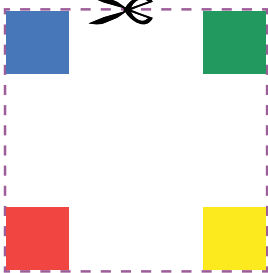
- 1** Four wannabes entered a singing competition. My Achy Breaky Heart wasn't sung by Reginald or Stefani. Somebody performed Kung Fu Fighting. Neither Stefani nor Vincent sang about romance. Run-DMC's It's Tricky wasn't sung by Norma or Stefani, and the singer of Puppy Love won first prize. Who sang what?
- 2** Which two words meaning 'bury' and 'yield' combine into one meaning 'mediate'?
- 3** Find the London tube lines in these anagrams:
a) Idyllic Cap,
b) Moonlit Taper,
c) Cottoned Railway.
- 4** Ray is trying to work out the cooking instructions on the supplies he bought in Quizzistan. He knows that 85 degrees C is 306 degrees Q and that 220 degrees C is 792 degrees Q. What temperature (in degrees C) should he set his cooker to if the food should be cooked at 540 degrees Q?

Place the remaining tiles into the grid so that four different numbers and four different shapes appear in each row and column. **Solution next week**



Follow the instructions on the right to make your Barmi Origami. Then once you have made it, find a friend and ask them to pick a colour. Open the Barmi Origami one way, then the other to spell out the chosen colour (eg: Y E L L O W). Ask your friend to choose a number, then open the Barmi Origami one way, then the other to count out the number. Finally, choose a number, lift the flap and read out

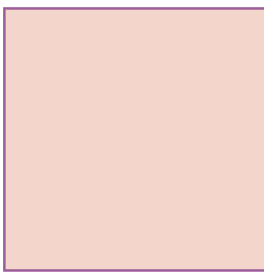
1. Cut out the square at the below right



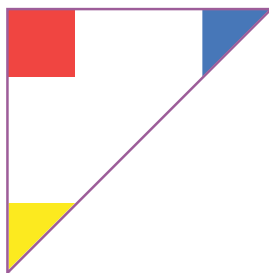
BARMI ORIGAMI

the words. Your friend must carry out the request. Take care if it is a physical challenge!

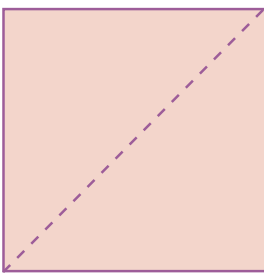
2. Turn over so the colour squares are on the back



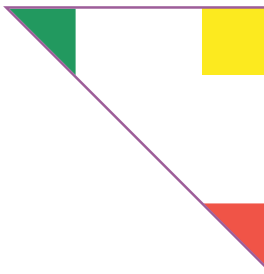
3. Fold in half corner to corner



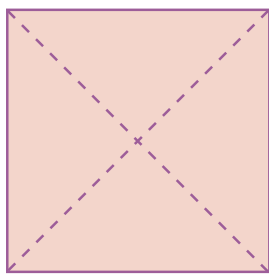
4. Unfold back to a square



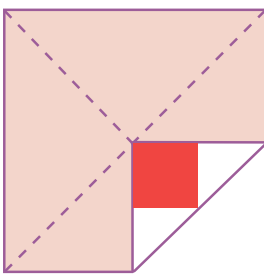
5. Fold the opposite way corner to corner



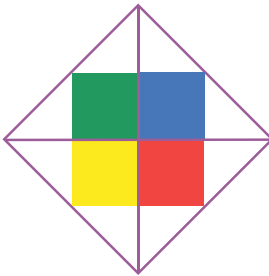
6. Unfold back to a square



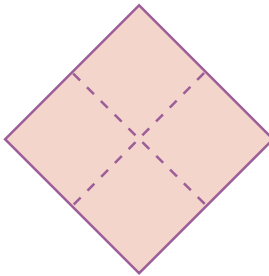
7. Fold a corner to the centre



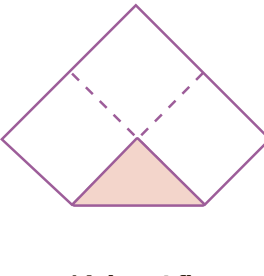
8. Fold the rest of the corners in



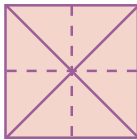
9. Turn over



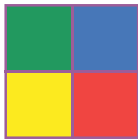
10. Fold a corner to the centre



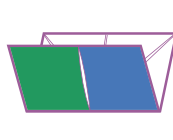
11. Fold the rest of the corners in



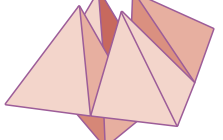
12. Turn over



13. Fold in half



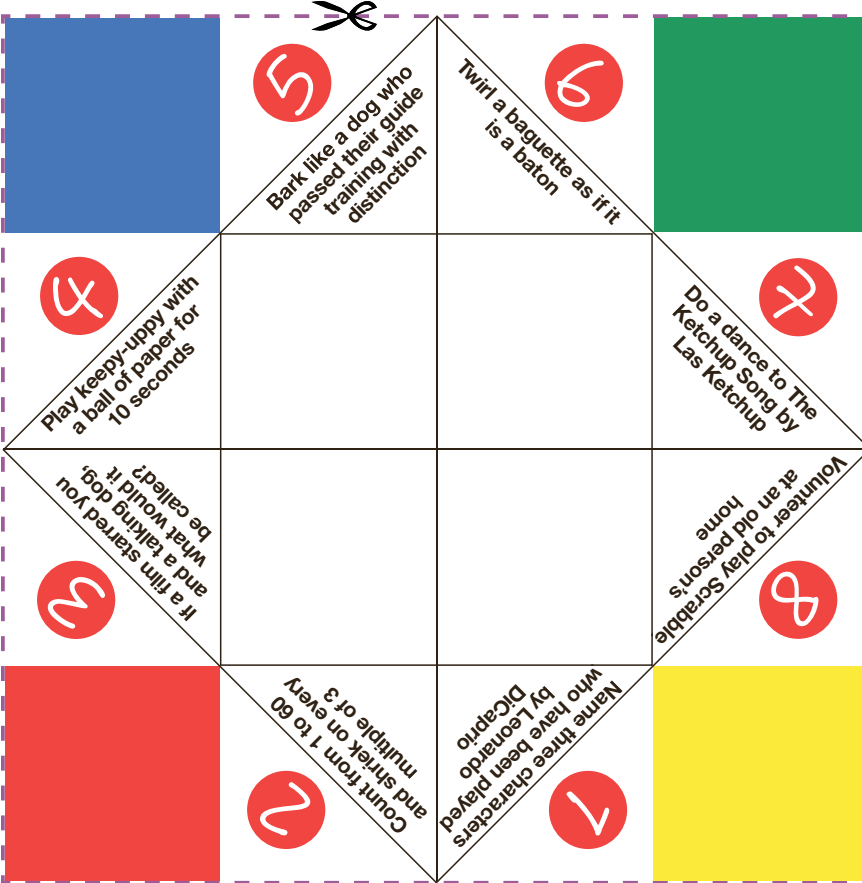
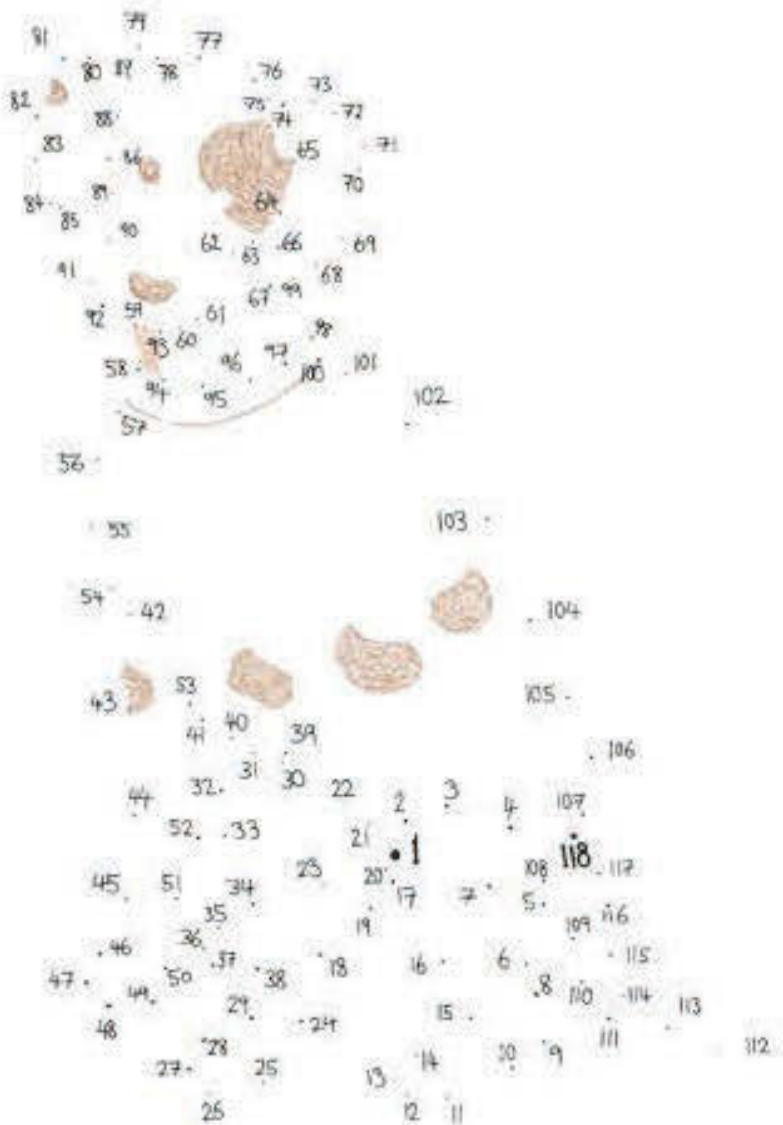
14. Insert fingers making sure the coloured squares are on top



DOT-TO-DOT CHALLENGE

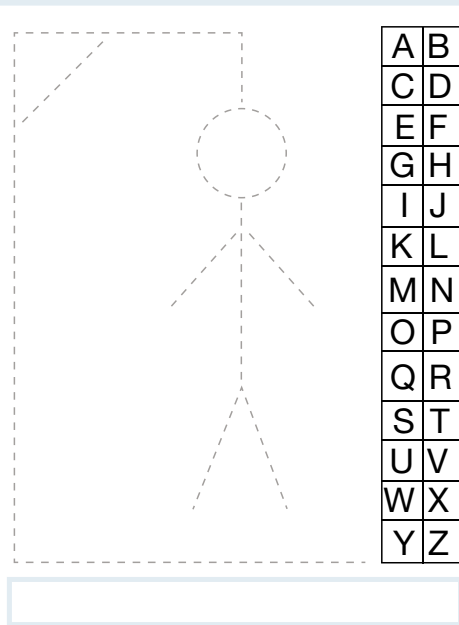
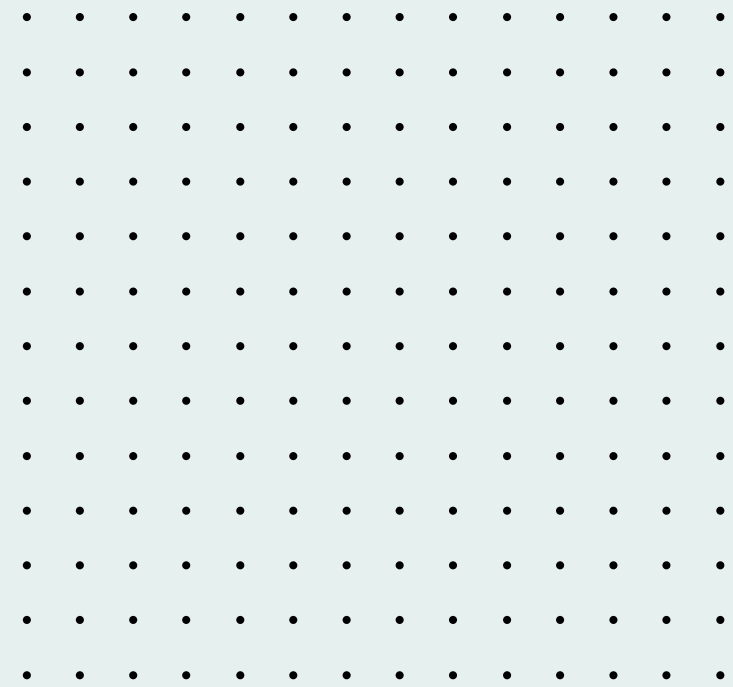
Brush up your fine motor skills by joining up the dots from number 1. Try gliding smoothly from dot to dot without taking your pen or pencil off the paper.

Join the dots to reveal something spotted!



SQUARES

This game requires two or more players. The first player draws a line from any dot to any vertically or horizontally adjacent dot. The next player does the same, and the players continue to take turns drawing lines in this way. The object of the game is to form a square by joining four dots. When a player draws a line that closes a square, she writes her initials inside the square and gets a bonus turn. When all possible lines have been drawn, the player with the most initialled squares is the winner.

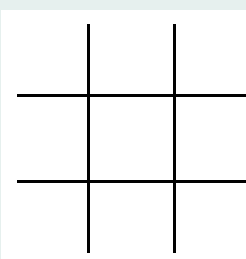
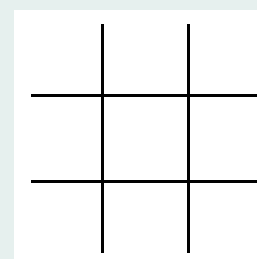
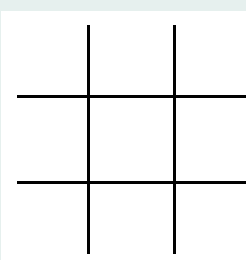
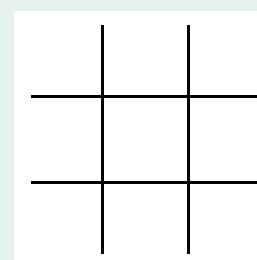
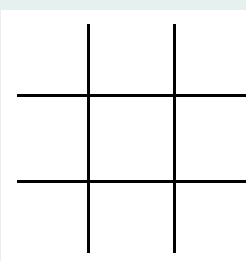


HANGMAN

Think of a colour, then in the blue box above, draw dashes to represent the number of letters in the word. Then the person you're playing against starts to guess letters. If the letter is in the word, write it on the corresponding dash. If the letter is not in the word then draw a line on the hangman and cross off the letter on the alphabet chart.

NOUGHTS & CROSSES

A game for two people. Each player takes it in turn to place their X or O into one of the empty squares in the grid. To win the game get three of your symbols in a line horizontally, vertically or diagonally. Take it in turns to start; best of 5.



LAST WEEK'S SOLUTIONS

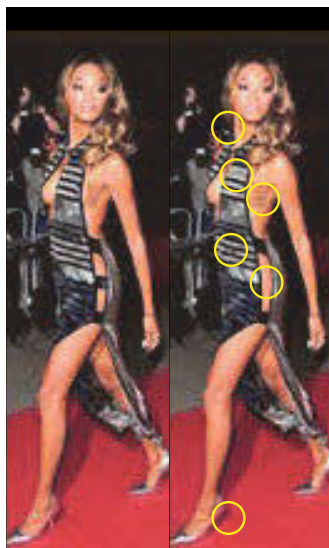
WHAT HAPPENS NEXT

4. She trips, falls down, holds onto the rails but the treadmill pulls her leggings down.

PICTURE QUIZ

A. Jimmy McNulty, B. Harry Bosch, C. Chief Wigum, D. Dr Edward "Fitz" Fitzgerald, E. T.J. Hooker, F. Ricardo Tubbs, G. Theo Kojak, H. Suzanne 'Pepper' Anderson, I. Columbo.

SPOT THE DIFFERENCE



MAGIC EYE PICTURE

A golfer in the rough.

SPOT THE BALL

The ball was in square K-11.

SUDOKU

Easy

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

Medium

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

Difficult

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

MEGA ALPHA PUZZLE

Across: Keepsake, Relax, Obedience, Dim, Kink, Sluice, Wallet, Muscle, Betray, Spot, Fur, Equalling, Raven, Grandeur.
Down: Knock, Welfare, Eternal, Brave, Slim, Heathen, Kindly, Jaguar, Residue, Flan, Blade, Capsize, Example, Tiger.

SMALL X-WORD

Across: 1 Scallywag, 7 Plea, 8 Phone, 10 Men, 11 Energy, 13 Disrepair, 14 Mantra, 16 Owe, 18 Apart, 19 Sage, 20 Throttles.
Down: 1 Speedboat, 2 Clinic, 3 Lair, 4 YHA, 5 Wombats, 6 Generates, 8 Pageant, 9 Besmear, 12 Mirage, 15 Nest, 17 Pro.

PUB QUIZ

1 Anton Chekhov, 2 Prairie, 3 London, 4 John Smith, 5 Take That, 6 Georgia, 7 North and South Pole, 8 Neville Chamberlain, 9 George I, 10 Elton John, 11 Earl of Snowdon, 12 Nickel, 13 Smell, 14 Metre, 15 Arsenal, 16 Amphitheatre, 17 Metamorphosis, 18 Philistines, 19 Edith Nesbit, 20 Flowers by Miley Cyrus, 21 Virginia

Wade, 22 Laurence Olivier, 23 Port, 24 Rook, 25 Hijack, 26 Harley Street, 27 Praying mantis, 28 Dandelion, 29 Rotterdam, 30 Tea.

BIG X-WORD

Across: 1 Home Office, 5 Laramie, 10 Grimaldi, 11 Anvil, 12 Medea, 13 Melchior, 14 Sable, 15 Bhanga, 18 Megawatt, 20 Omaha, 22 Lola, 23 Leah, 24 Prawn, 27 Retinoid, 29 Tachyon, 31 Emoji, 32 Victoria, 34 Genoa, 35 Samba, 36 and Abdul, 37 Ynys Môn, 38 Bleak House.
Down: 1 Her Alibi, 2 Epsilon, 3 Formosa, 4 Córdoba, 6 Ariel, 7 Mulligatawny, 8 Eric Roth, 9 Agamemnon, 16 Armistice Day, 17 Rialto, 19 Grappa, 21 Bald eagle, 25 Breviary, 26 Ondaatje, 28 Cornell, 29 Titania, 30 Horatio, 33 Rodeo.

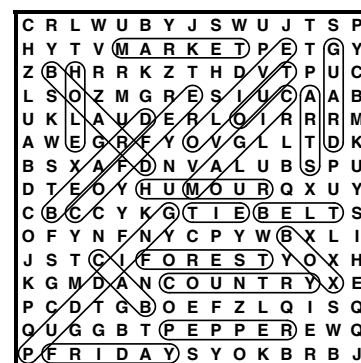
OPTICAL ILLUSIONS

Infinite chocolate: This is a simple yet effective geometric trick that lies in the fact that each large piece of chocolate has a slightly different slope. So, when a small rectangle of chocolate is removed from the bar and the remaining pieces are put back together, they form a slightly shorter rectangle. The difference is too small to see with the naked eye so that the bar looks as if it is the same size as before.

ARROW WORD

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

WORD SEARCH



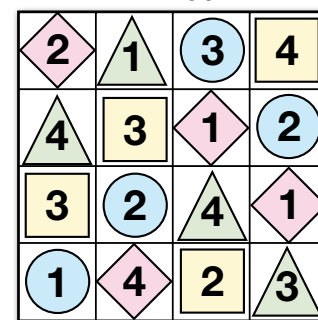
SUMMIT UP
92, 93

DOT TO DOT
A cricketer

STAR SKETCH

The star is Margot Robbie.

KEIJO



BRAIN TEASERS

1 Milla learnt karate, Chloe learnt to parachute, Bruce had rifle training and Arnold learnt to drive a tank. 2 Disc-over. 3a) The Lion King, b) Pocahontas, c) Sleeping Beauty. 4 16 square metres.

RECIPE



Barbequed Lamb Shish with Chilli Jam, Hummus, Cous Cous and Pickled Red Onion

TV chef and M&S ambassador Mark Moriarty has been working with M&S to develop sensational dishes to be enjoyed, whether rain or shine...

INGREDIENTS (SERVES 4)

8 Lamb shish kebab skewers
2 Tbsp vegetable oil
8 Tbsp M&S Chilli Jam
1 Container M&S Collection chickpea hummus
400g Giant cous cous
1 Lime
4 Tbsp olive oil
1 Tbsp M&S Concentrated Chicken Stock
4 Tbsp M&S Pickled Red Onion
1 Pack Cook with M&S Coriander

METHOD

1. Begin by cooking the giant cous cous. Place the cous cous in a pot and cover with double the amount of water.
2. Add the chicken stock paste and slowly bring to the boil. Cook for 15-18 minutes until the cous cous is soft.
3. Strain and dress with some vegetable oil to stop it sticking. Leave to cool. Dress the chilled cous cous in the olive oil and season with salt and pepper.
4. Fold through the pickled red onion and rip the coriander leaves over the top. Finish with the zest and juice of a lime.
5. Heat the BBQ before cooking the kebabs for 2 mins on all sides. Remember to remove the sticks if cooking over an open flame.
6. To plate up, place a spoonful of the hummus in the bottom of the bowl, top with the dressed cous cous and the BBQ'd shish kebabs
7. Finish with the chilli jam, and some more ripped coriander.

Top tip: Pair this with M&S Classics Cabernet Sauvignon.

Grá for choc

Inspired by summer botanicals in full bloom, Grá Chocolates have relaunched their limited edition collection of delicious chocolates for summer. Available to purchase online and in all Brown Thomas stores, there are five floral inspired flavours to enjoy.

Try their uniquely refreshing taste of elderflower chocolate with a mouth-watering apple gel all encased in a white chocolate shell, their Turkish



delight with a wonderful flavour of hibiscus, matched perfectly with dark chocolate; their sweet and aromatic scent of rose with 35% milk chocolate; their silky smooth white chocolate ganache infused with lavender with a milk chocolate shell and blackcurrant jam with blackcurrants from Gráinne's Mother's Garden, or their aromatic and delicate orange blossom fondant with their signature ganache and rich dark chocolate.

The Garden of Grá collection is priced at €35.

Heinz has rolled out an innovative 100% recyclable cap for its Heinz Tomato Ketchup squeeze bottles, meaning the whole bottle – including the cap – can now easily be recycled in regular kerbside collection.

The move means a potential 300 million plastic caps annually can be recycled, instead of finding their way into landfill.

Heinz spent years in intensive research, development and testing to create the first-of-its kind cap, made from a single type of material to make it fully compatible with kerbside recycling.

The old style Heinz cap used a flexible valve made from silicone which, while great for delivering just the right amount of ketchup, was typically a challenge to recycle. The new cap is made of a single, rigid material.



Steaking a claim

The latest addition to the Stella Cinema complex, The Stella Steakhouse, will offer an unforgettable dining experience in the heart of Rathmines in Dublin.

Opened on Friday August 4, the 60-seat restaurant will further enhance and complement the offering of The Stella Cinema and Stella Cocktail Club as a go to destination for luxury date nights and occasions.

Previously home to the much-loved Stella Diner, this protected building adjacent to the Stella Cinema will now embark on a new chapter as a luxury steakhouse offering the very finest cuts cooked to perfection over a Robata grill.

Beef is sourced from artisan butcher John Stone, purveyors of the highest quality dry aged beef from Ballymahon, Co. Longford.

Guests can select their choice of cut, from Picanha or fillet, to Côte de boeuf

to share, and enjoy to their liking with an array of sauces and sides.

John Stone's commitment to quality and unmatched expertise means that we can guarantee the very best and most tender steaks for our customers.

Watch out for daily chalkboard specials, which will highlight a selection of cuts from abroad, including Australian wagyu and grass-fed beef from New Zealand, authentic Japanese wagyu, Uruguayan grain fed beef and prime cuts from Creekstone farm in Arkansas, USA.

Whilst the beef is of course the star of the show, there are plenty of other inspiring dishes to choose from, including an array of seafood starters and mains, fresh pastas and sumptuous desserts.

The drinks menu showcases an extensive range of beverages, from the selection of carefully chosen wine to classic cocktails that are simplistic, balanced and elegant.

For bookings, visit stellasteakhouse.ie.

TOP Tipples

For the first time in almost 90 years, the production of whiskey is underway again in Belfast, on the site of the historic Thompson Dock and Pumphouse, the birthplace of the Titanic.

Drinks company Titanic Distillers has invested almost £8 million to convert the Pumphouse, a listed building in the heart of Belfast's Titanic Quarter, into the city's first working whiskey distillery since the days of prohibition in the 1930s.

Having been granted its Distillers License to produce spirits last week,

the shiny new copper stills are now up and pouring at the distillery, under the watchful eye of Head Distiller Damien Rafferty.

"We opened our doors to tourists in April this year to allow visitors to explore the distillery and the site where Titanic last rested on dry ground," said Damien, "but to finally begin production on site is an incredible feeling and a huge milestone, not just for us but for the city of Belfast."

"A lot of time, hard work and investment has gone into this amazing project to date, but this week marks the culmination of all that – with the distillery and visitor attraction now both fully operational."

"In many ways though, the job is only beginning as we start producing a whiskey that the people of Belfast and Northern Ireland can be proud of, and one that will represent us well all over the world," he added.

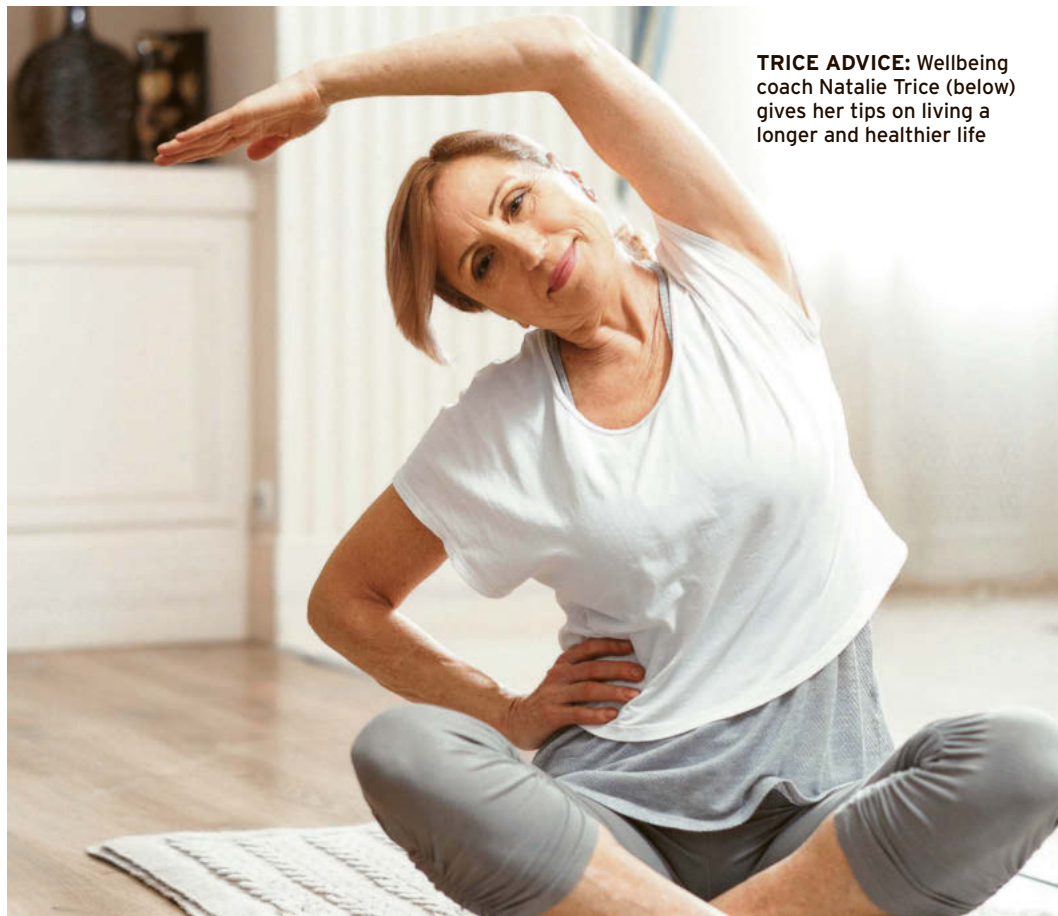
The new distillery will produce single malt premium whiskey made from ingredients that have been carefully selected to produce the best possible flavour.

A unique house blend of malted barley and yeast is used to produce the 'wash' which is then distilled in the three Forsyth's stills, situated on a mezzanine floor overlooking the Pumphouse's original Gwynne pumping engines which are deep in the building's pump-well.



Eight healthy habits to
help you live longer –
according to a new study...

New lease of LIFE!



TRICE ADVICE: Wellbeing coach Natalie Trice (below) gives her tips on living a longer and healthier life

While it's long been known that certain lifestyle factors can influence lifespan, the American study isolated the eight factors that have the biggest impact – being physically active, being free from opioid addiction, not smoking, managing stress, having a good diet, not regularly binge drinking, having good sleep hygiene, and having positive social relationships.

The research was presented at Nutrition 2023, the annual meeting of the American Society for Nutrition, and used data from 719,147 people enrolled in the Veterans Affairs Million Veteran Program.

It found low physical activity, opioid use and smoking were associated with around a 30–45% higher risk of death, while stress, binge drinking, poor diet, and poor sleep hygiene were each associated with around a 20% increase, and lack of positive social relationships was linked with a 5% increased risk of dying.

Men who had all eight habits at age 40 were predicted to live an average 24 years longer than men with none of the habits, according to the findings, and women with all eight habits in middle age were predicted to live an extra 21 years, compared with women with none of the habits.

Xuan-Mai Nguyen, health science specialist at the Department of Veterans Affairs, said, “We were really surprised by just how much could be gained with the adoption of one, two, three, or all eight lifestyle factors.”

“Our research findings suggest that adopting a healthy lifestyle is important for both public health and personal wellness. The earlier the better, but even if you only make a small change in your 40s, 50s, or 60s, it still is beneficial.”

The researchers say the findings highlight how lifestyle factors contribute to chronic diseases such as type 2 diabetes and heart disease, which are associated with premature disability and death.

How to embrace the eight healthy habits...

Inspired to give your own lifestyle a boost? “If making these small but mighty adjustments could help you to live for an extra 20 years, maybe it's time to make those changes,” says life and wellbeing coach, Natalie Trice. She shares the following insights and tips...

1 Do more exercise

Regular exercise can help prevent a wide range of major diseases – plus it's great for keeping stress levels in check. “Going for a walk, having a swim, running with friends, even just a good old dance-off in the

kitchen can get your heartbeat up and those feel-good endorphins pumping – so get your trainers on and start moving,” says Trice.

2 Manage stress

Trice suggests adopting simple stress-busting practices such as mindfulness meditation, and enjoying hobbies and sports. “These can profoundly impact overall wellbeing, as you bring your stress levels down,” she says. “This isn't about pretending everything's great, but rather looking at easy habits you can adopt that will take down the stress, which can lead to anxiety and burnout.”

3 Don't smoke

Quitting smoking is an essential step in improving health and potentially adding years to your life. Trice points out that while some people may think reaching

for a cigarette takes the edge off their stress, there are healthier ways to cope.

“Maybe going running or taking up yoga could be the release and focus you need, and one that will help you live longer, smell fresher and feel better,” she suggests. “Also, with the cost of cigarettes going up all the time, giving up will free up cash for the things in life that really need to be paid for.”

If you are struggling to quit smoking, talk to your GP about options available to help.

4 Don't binge drink

“By cutting down on booze, you're doing your body and brain a massive favour,” says Trice. “Drinking every night will impact your body and could

affect your sleep and work performance. Enjoy life, but if you want to enjoy it for longer, then keep tabs on your drinking.”

Official guidelines suggest drinking no more than 14 units of alcohol a week (equivalent to six medium glasses of wine of six pints of beer), spread across at least three days.

5 Eat healthily

Generally speaking, a balanced diet that's rich in fibre, whole grains, fruit and veg and lean protein, with heavily processed and sugary foods kept to a minimum, is linked with better health.

“We all know about eating five-a-day but doing this can be tough if you're busy with family and work. If you can start to do this, you'll feel better,” says Trice.

“Focus on eating regularly and thinking about what you put in your body, so that it works for you, not against you.”

6 Don't take drugs

Recreational drugs can harm health in a number of ways. Trice suggests those affected start by speaking to a trusted friend or their GP, and “look at the support which could not only extend your life, but save it”.

7 Try to get good sleep

Trice says, “It's vital that we look at getting a decent night's sleep, as this can help you feel so much better. Making sure you have a sleep routine in place can be helpful and can be as easy as having no screens in the bedroom, having a bath or shower before you hit the sack, as well as making sure the temperature is right and you have curtains to keep the light out in the mornings.”

8 Nurture positive social relationships

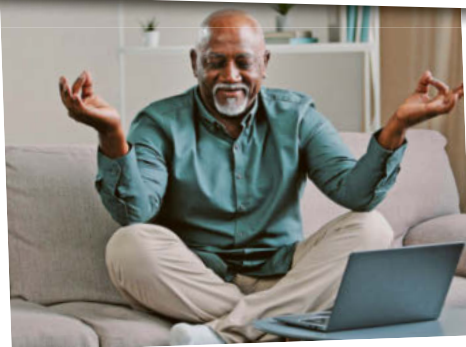
Trice observes, “If you're able to nurture a supportive network of friends, colleagues and family, this can lead to improved mental and emotional wellbeing and a longer life.”

Lacking social connections? Look at local volunteering opportunities and community walks and groups.

Making friends can take time, but even finding ways to regularly spend time and interact with others can help. ■



“THIS IS ABOUT
LOOKING AT
EASY HABITS YOU
CAN ADOPT...”



WAY TO Sligo...

Why one county is shining brighter than the rest when it comes to staycations... By **Niamh McEneaney**

As pretty much everyone in Ireland knows, Donegal, or should that be Costa del Donegal, has long been the county of choice for staycations. It pretty much has everything — stunning beaches, pretty, sleepy villages and endless sightseeing and natural beauty.

The only thing it doesn't have is the guaranteed good weather to enjoy it all. In a weird way, this adds to its charm, and also makes it the perfect getaway destination all year round, sunny weather is just a bonus.

But for a while now, this county has been experiencing some competition when it comes to being considered best in the West as its neighbour Sligo is growing in popularity as a staycation destination.

And it's no surprise as Sligo offers everything its counterpart does, and some say its beaches are even more stunning, its villages are prettier and the natural beauty more beautiful.

As an frequent Costa del Donegal tourist, I just had to find out...

First of all — where to stay? Now, I can get a bit obsessive when it comes to booking a holiday. I have a compulsive urge to spend hours on Trip Advisor

researching every minute detail of the hotel in which we are planning to stay. And for this trip, one hotel came top of the list — The Sligo Park Hotel.

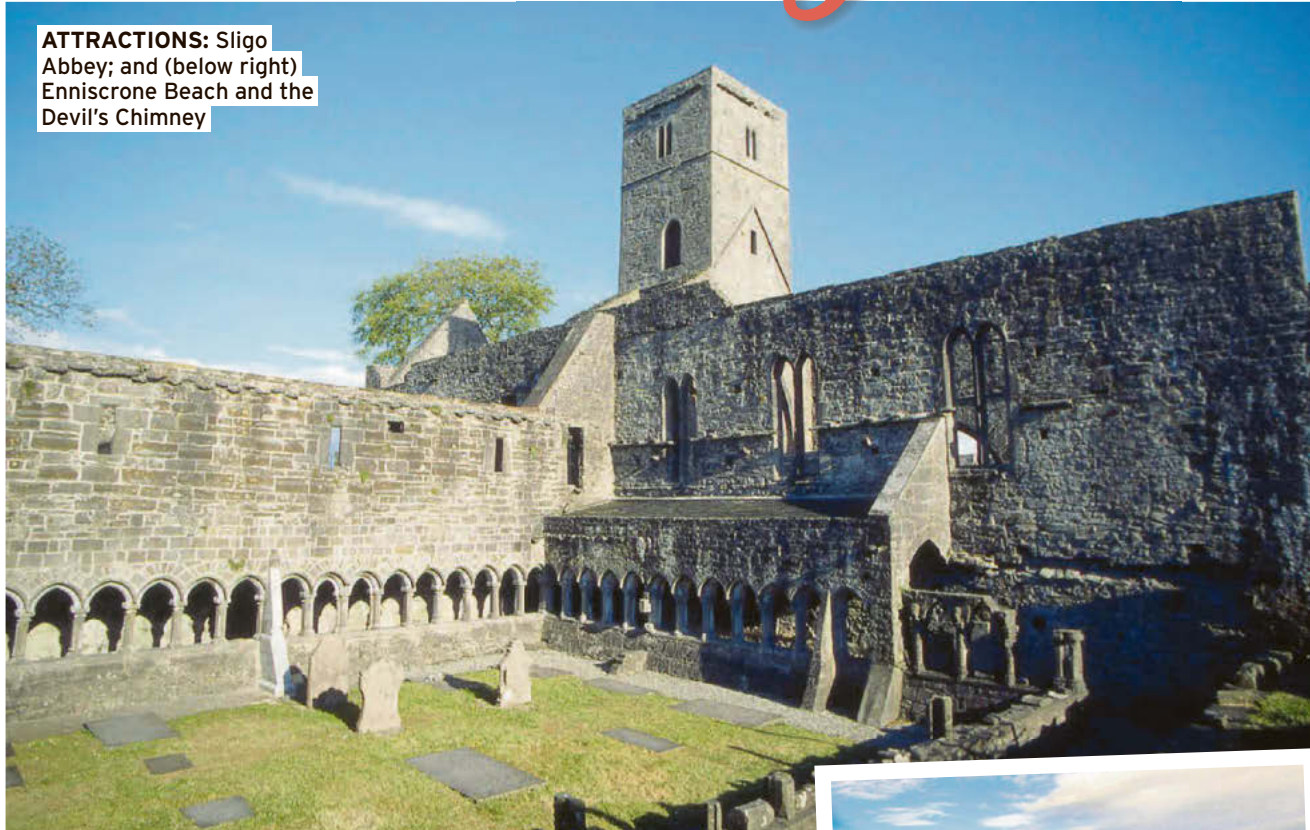
It was recently named in the Trip Advisor top 25 hotels in Ireland in the Travellers' Choice Best of the Best Awards 2023 for the second year in-a-row.

Rankings are based on millions of reviews and ratings from guests on the quality of the accommodation, restaurant and other amenities, as well as the hotel's overall commitment to hospitality excellence.

And Sligo Park Hotel earned its place after receiving a "high volume of excellent reviews" over the past 12 months.

I can vouch for this as I found myself on the

ATTRACTIONS: Sligo Abbey; and (below right) Enniscrone Beach and the Devil's Chimney



fifth page of reviews for the hotel and still no negative comments. So needless to say, I was confident in our choice.

The hotel itself is located approximately two-and-a-half hours from Dublin, not too daunting for a family who regularly venture to Donegal, so long as there is an ice-cream stop along the way, and it

is situated in a very convenient area for exploring Sligo city and the surrounding areas.

We were in a family room and it had everything we needed, as well as a fabulous view of Copes Mountains and the Atlantic Ocean. Plus, it was absolutely spotless.

I am a very light sleeper and particularly so when I am not in the comfort of my own bed, but I slept like a log on both nights of our stay.

The hotel was pretty busy but well sound-proofed and the beds — amazing! As for the facilities — everything you could possibly want, and expect, from a four-star family-friendly hotel.

The food was basic but tasty, and you can choose to dine in either the

Hazelwood Restaurant or the Jack B's Bar, with the latter having the added bonus of the recently-added luxurious Italian-designed pergola for indoor-outdoor use.

For fitness fanatics, the hotel's 16m heated pool is impressive and it is accompanied by a jacuzzi, sauna, steam room and plunge pool.

There is also a fully-equipped fitness studio, two tennis courts on site (rackets and balls provided by reception), a basketball hoop, football net, and for the younger adventurers, an adorable fairy trail dotted around the grounds, map provided by the hotel.

Sligo Park Hotel is central and close to all main routes — a fantastic base for exploring all the town and surrounding areas has to offer.

Our highlights were the Devil's Chimney waterfall — Ireland's highest at 150 metres. It is located in the Dartry Mountains, marking part of the border between Sligo and Leitrim.

We also loved Eagles Flying (eaglesflying.com), Ireland's largest sanctuary for Raptors and Owls, which is a short jaunt from the hotel. Sitting on 27 acres of mature parklands, it is the home of many different species of eagles, hawks, owls, falcons and vultures.

There are also many different species of other birds and animals such as deer, skunk and foxes. There is no need to book here, but you will not want to miss one of the spectacular flight shows which run twice daily at 10.30am and 2.30pm. There is also a wonderful petting zoo to enjoy afterwards.

If you get the weather (we didn't) you really should venture to one of Sligo's breathtaking beaches — Enniscrone and Rosses Point were mentioned most as, again, just like Donegal, if you get the weather they can't be matched anywhere in Europe — simply stunning.

As for history, there is Sligo Abbey, founded in 1253, as well as an endless

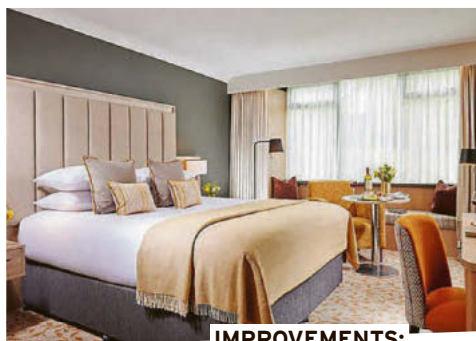


number of castle ruins and heritage sites located all over the county.

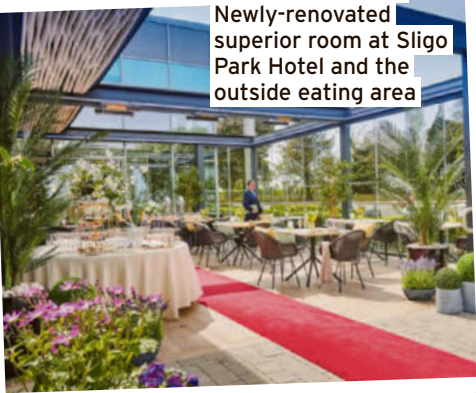
While we had no complaints about the hotel food and ate there for many of our meals, if you are looking for more of a culinary experience, book a table at the multi award-winning Hooked restaurant in the city centre (hookedsligo.ie) which prides itself on creating amazing food from locally-sourced produce.

We adored our stay in Sligo, and it has certainly opened our eyes up to how much more the West has to offer when it comes to staycations, especially since next time round I won't have to waste hours on Trip Advisor, as I already know all the best spots. ■

Sligo Park Hotel's Explore Sligo offer of two nights bed and breakfast and one dinner from €209 per person sharing. See www.sligoparkhotel.com.



IMPROVEMENTS: Newly-renovated superior room at Sligo Park Hotel and the outside eating area



ARIES

21 MARCH - 20 APRIL

LOVE AND LIFE: Perhaps the one that got away was actually one you pushed away by not responding to the most basic needs.

WORK AND MONEY: It is time to pay the piper. Clear debts and get ahead. You will feel much relieved when you have a clean slate.

TAURUS

21 APRIL - 21 MAY

LOVE AND LIFE: You tend to take centre stage but spare a thought for those who have assisted. Where would you be without them?

WORK AND MONEY: You have your eye on a prize but like much in life, it costs. Doing without this and that brings you closer every day.

GEMINI

22 MAY - 21 JUNE

LOVE AND LIFE: A family member appreciates all you have done and all you have given. Someone is singing your praises.

WORK AND MONEY: You have a tendency to work for work's sake but the time has come to prioritise weekends and holidays.

CANCER

22 JUNE - 22 JULY

LOVE AND LIFE: It can be hard for you to know how you feel, one moment to the next. Spare a thought for others who find it beyond difficult.

WORK AND MONEY: You have a head for heights and hope to make it big. Just be sure that an investment doesn't cost too much.

LEO

23 JULY - 23 AUGUST

LOVE AND LIFE: You are wondering whether or not to make a move and estimating your chances. Take a leap of faith.

WORK AND MONEY: Money cannot buy you love and you are ready to share what you have. Avoid measuring and keeping count.

VIRGO

24 AUGUST - 22 SEPTEMBER

LOVE AND LIFE: You think you know someone but perhaps you only know what you are permitted to know. Look deeper.

WORK AND MONEY: Sometimes it is best to remain independent. This may be one of those times. Don't let others weigh you down.



Horoscopes

Top astrologist Ali has the lowdown on your life and love for the week ahead

For more information follow Ali on Twitter [@sugg_ali](#)

Celeb birthday BEYONCE 04/09/1981

Beyonce is sweet and sensuous. Passionately practical, she has the drive to get things done and dreams are realised rather than left on the drawing board. Hard work is easy, provided she sees the purpose and is confident of the end result. Others know they can rely on her to fulfil promises.

PHILOSOPHY

What is important to you may not be important to me. We are different and that's ok.

PREDICTION

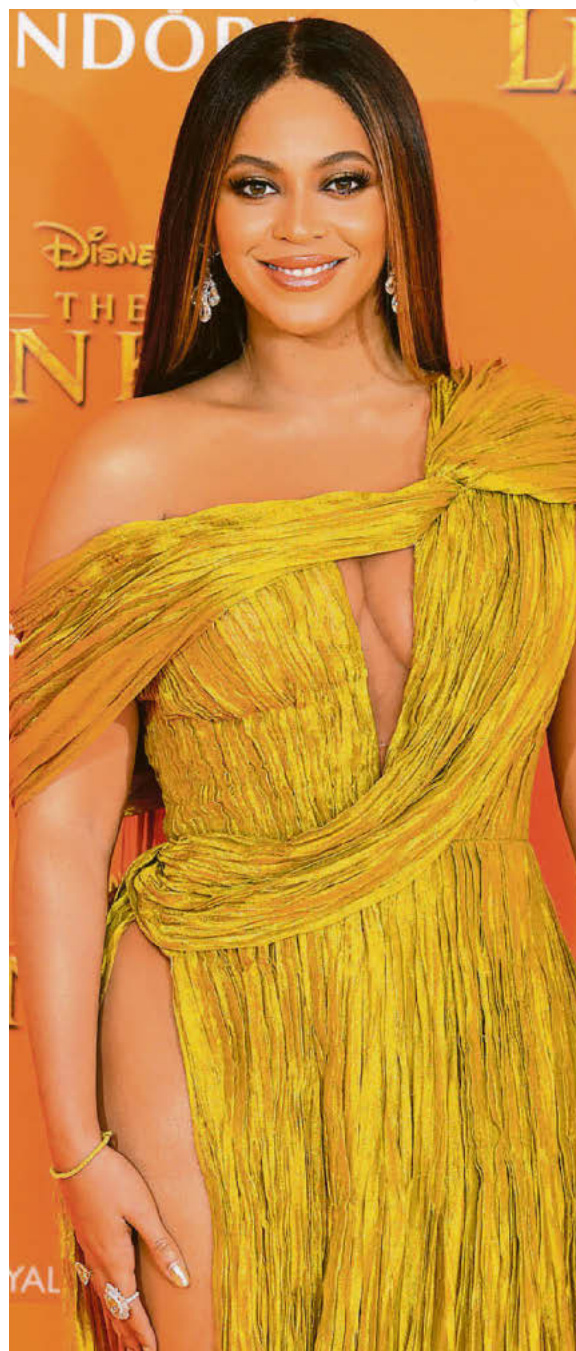
Beyonce has often been the strong and silent type but not any longer. She is ready to make strong statements and will stand by her word. In work, she enjoys options even more than opportunities while at home, she enjoys serenity as much as security. Home is where her heart is.

BE WARNED

Virgo can and will move a mountain, if that is what it takes.

MINDFUL MEDITATION

I can't go back to yesterday. I was a different person then. (Alice in Wonderland, Lewis Carroll)



LIBRA

23 SEPTEMBER - 23 OCTOBER

LOVE AND LIFE: It is hard for you to watch a loved one make what you deem a mistake. Perhaps it is valuable experience?

WORK AND MONEY: If you want to get ahead, you will have to cut costs and get a handle on outgoings. Save, don't spend.

SCORPIO

24 OCTOBER - 21 NOVEMBER

LOVE AND LIFE: You are seeing a family member in new light and as a result, you have entered a chapter of understanding.

WORK AND MONEY: Finally, you are getting some of what you deserve and a slice of the action. There is only one of you.

SAGITTARIUS

22 NOVEMBER - 20 DECEMBER

LOVE AND LIFE: You and a friend have differing opinions and this may prove more testing than you ever imagined. Respect differences.

WORK AND MONEY: You are finding it hard to pick up where you left off and it may prove easier to change tack. Look at an alternative route.

CAPRICORN

21 DECEMBER - 20 JANUARY

LOVE AND LIFE: The time for roaming is over and you want to settle down. Does someone feel the same way?

WORK AND MONEY: Money has never mattered so much but increasingly you recognise its importance. Time to save.

AQUARIUS

21 JANUARY - 19 FEBRUARY

LOVE AND LIFE: You have made effort and built your half of a bridge. Let someone else do the rest and meet on middle ground.

WORK AND MONEY: You are getting ahead and planning is leading to measurable results. Emphasise saving over spending.

PISCES

20 FEBRUARY - 20 MARCH

LOVE AND LIFE: You can be great fun until you are not! Be aware of the effect of moods and keep them to a minimum.

WORK AND MONEY: Insignificant things you see today bring meaningful inspiration. Be on the look out for that.



Dear Jennifer

Our agony aunt Jennifer is here to help.

Write to her at c/o Irish Daily Star, Independent House, 27-30 Talbot Street, Dublin 1, or email dearjennifer@thestar.ie. Unfortunately, she cannot enter into any personal correspondence.

HOW CAN I TRACK DOWN HOLIDAY ROMANCE?

DEAR JENNIFER: I'm just back from a wonderful holiday in the sun, where I met and fell big time for a wonderful man.

We met on the first night in the hotel and hit it off straight away. We spent the next two weeks together, all our meals, trips and all the touristy things that needed doing.

In fact, I don't think we left each other's side for more than a few minutes. So much so that I should have cancelled my hotel room, because I spent so much time in his.

It was great and I gradually realised that I loved him. As the holiday drew to a close, we both made comments about swapping contact details and staying in touch once we were back in Ireland.

He agreed it was something he definitely wanted to do. He doesn't use a mobile phone, so we couldn't just swap numbers that way. I gave him my address and home phone number and thought he'd simply write his contact details down on another piece of paper, but somehow it didn't happen.

In the end, we just ran out of time and on the last day, he still hadn't done it. His flight was very early that morning, but I'd said I would go with him so that I could get his details in the taxi or at the airport.

As it turned out, I was running really late that morning and wasn't ready when his taxi arrived. I was also feeling a bit queasy from too many cocktails the night before, though I didn't let on.

We quickly agreed that he'd wait in the airport lounge for me, and I arranged for a later taxi. Inevitably this was late, and by the time I got to the airport he'd already boarded his flight and I had no way to contact him.

I am now back in Ireland and frightened that I may never see him again. I miss him so much. Is there any way that I could find him?

All I have is his name and the fact he lives in London.

JENNIFER SAYS: Your only real option may be to search online and on social



media sites like Facebook. There are paid for services that can search the entire web for details of someone as, these days, most people will leave some sort of digital footprint on the internet.

That said, if he doesn't use a mobile phone, it's also possible that he doesn't have any presence on the internet.

Either way, the more important question is: why didn't he simply give you his details while you were on holiday? Is it realistic to believe that in two weeks he didn't have a few moments to do this? I know you've fallen for this man, but if he felt the same way about you, don't you think he would have done all he could to stay in touch?

Sadly, holiday romances rarely last beyond the holiday itself. Many people simply get caught up in the atmosphere of a romantic holiday destination with no real thought to what happens next.

I suspect this man is no different and doesn't want this relationship to go any further than it did. He has your address and he has your phone number, but I fear you may not hear from him, even so.

I'm sorry, and I'm sure it will hurt, but I think you need to simply chalk this up to a holiday romance that was never meant to be anything more than that — a holiday romance.

MY PARTNER WALKED OUT

DEAR JENNIFER: My partner abandoned me and our two children four months back. He didn't say why he was leaving, and I have no idea where he is.

Nothing had seemed seriously wrong, and we hadn't had a big row or lots of arguments. I will admit though that we hadn't been talking much recently, though I couldn't tell you why.

On the day he went, he cleared his stuff from the house, including his sports kit and golf clubs, and left, taking our car with him.

I'd only been out for about 20 minutes, having taken the children to school, so it was a real shock when I got home. The children are really upset, and it's taken me a while to get my head around the fact I am now a single parent.

He hasn't been in touch, not even to speak to the children and that's made me angry, although I am not sure I want to see him again anyway.

Another big problem is that he's stopped paying the household bills, including the mortgage. I only have a small part-time job that goes nowhere near covering all of these, and in only a few months, the debts have really built up.

I am worried I'm going to lose my home, and my children will end up in care because I can no longer afford to look after them.



JENNIFER SAYS: This must be so stressful for you and your children — but please don't let it get the better of you.

Have you tried speaking to his family to see if they know where he is — or perhaps some of his friends? Surely someone has heard from him in four months.

Next, I think you need to contact a solicitor or, at the very least, the Citizens Advice Bureau to see what your rights are regarding child support and mortgage payments.

Please don't let yourself keep falling into more and more debt. I know it's hard but try to face this head on.

As for your partner, who knows why he left but it seems to me to be the coward's way out.

HUSBAND'S SNORING RUINING MY SLEEP

DEAR JENNIFER: Generally, I have a good relationship with my husband, who I've been with for over 25 years. In recent years though, sharing a bed together has become more and more of a problem.

Not because of sex, which is still good, but because he likes to sleep with next to no bedding. He also snores, so increasingly I get disturbed during the night, either because he's made a big fuss about throwing off the duvet, or he's actually asleep and rattling the rafters with his snoring.

I have dropped a few hints about getting separate beds, perhaps in different rooms, but he's dead set against it. He thinks it's the shortest route to a divorce.

Why won't he see sense?

JENNIFER SAYS: As we age, sleep quality often deteriorates and, recognising this, many couples switch to separate sleeping arrangements. For some, it's an easy and obvious change — there's nothing worse than not getting enough sleep.

It also has important health implications too, as the body does most of its repair and recovery work while we are asleep. Others, like your husband, see this often-sensible move as some sort of failure in a relationship.

Talk with him again and explain that you really can't cope with so little sleep, as it's beginning to affect your health. Stress that you still love him, but ask that he considers some sort of compromise.



SOAPS

By Rachel Beresford

Caught in THE ACT



UP TO NO GOOD:
Lauren; and (right)
Abi catches Cassie



In this week's trip to the cobbles, as Cassie arrives at the garage for her first day at work, Tyrone thanks Kevin for giving her a chance.

But as Cassie sweeps the forecourt, Dean approaches demanding drug money. Cassie promises to pay him by the end of the day and hisses at him to go.

Recognising Dean from her own druggie days, Abi wonders what's going on.

And when Cassie then refuses to go for lunch, making out she's waiting for a customer, a suspicious Abi nips back to find Cassie helping herself to the petty cash.

As Tyrone and Evelyn appear, Cassie begs Abi not to say anything. Will Abi agree?

Later, Abi suggests to Cassie she should join her at the support group as it's the only way she'll ever get clean.

And when Cassie asks Tyrone to go with her, he finds it difficult to refuse.

At the support group, Cassie lies to the group, telling them how her mum kicked her out, she turned to prostitution and ended up

on drugs. Tyrone listens, his heart breaking.

And so later, an angry Tyrone asserts that he's disgusted with Evelyn for turning her back on her own daughter and he intends to have it out with her.

Elsewhere on the street, Max lies to Lauren, making out he's in college all day before heading to the precinct with Sabrina.

A deflated Lauren watches from a distance. And as Sabrina heads off, Gav urges Max to stop messing about and ask Sabrina out as it's obvious he fancies her.

Back at the cafe, Lauren attempts to wind Sabrina up by making out that she and Max are an item.

Max assures Sabrina that's not the case but will she believe him?

Later, alone in the salon, Lauren, in a fit of rage, trashes the place.

This prompts David to lay down the law with Max, telling him that since he refuses to go to college, he can start as an apprentice hairdresser.

Max lets himself into the salon and

surveys the mess with horror as Lauren admits that she trashed the place.

Having done their best to clean up the salon, Max orders Lauren out and promises he'll cover for her. But when David and Maria clock the broken mirror, they demand Max tell them what's been going on.

In the cafe, meanwhile, Lauren apologises to Roy for missing her shift. However they're interrupted by a police officer who announces that he's arresting her on suspicion of causing criminal damage.

Later, David watches proudly as Max sets off for his first day at college.

Meanwhile, Henry lures Gemma to a hotel bar on the premise of a business meeting.

Insisting on buying her a drink, he admits there is no meeting, he's lost his job, but he loves her with all his heart and wants them to spend the rest of their lives together.

Dumbfounded, how will Gemma respond?

Later, Bernie offers to make a contribution to the bills, but Gemma won't

hear of it, pointing out that she got them into this mess.

But Chesney's concerned that the stress could make her ill again.

Also this week, Ronnie tells Debbie he slipped up and admitted to Henry Newton that he knew about the Waterfords deal before it was announced.

Debbie tells him not to worry as she deleted the picture of the contract from her phone.

Later, Ronnie presents Ed with his own bank card for the business account. As Ed takes the card, he masks his unease.

But Ronnie tells Ed he's transferred half of the share money into his personal account so that Aggie never gets wind of it.

And Ed assures him he can trust him.

Finally, Eliza's excited to go to the cinema with her dad but when she returns home from school in tears and tells Stu she started her period in the middle of PE and wanted to die with embarrassment and doesn't want to see her dad, Stu hugs her.

VICTOR'S OUT TO WOO BABS...

In this week's trip to Carrigstown, Babs is relieved when Victor returns an AWOL Ruby but is soon annoyed by her unrepentant attitude.

Victor apologises to Mairead when Ruby's stunt causes him to be late with a Phelan's delivery as Victor urges Babs to go easy on Ruby.

Babs takes Victor's advice and is moved when Ruby opens up to her about her struggles with all of the recent changes.

Relieved, Babs tentatively invites Victor to the house to see Ruby.

Meanwhile, though, Victor worries about shafting Leo when Mairead offers him work on a more permanent basis.

And as Ruby and Greg bicker over using the laptop, Babs is grateful when Victor offers to help Greg find a job for Jess's sake.

Later, Victor charms Mairead into giving Greg a job interview – and Greg is

delighted when Mairead offers him a trial for part-time hours at Phelans.

Victor then takes Ruby and Babs out for dinner to give Greg and Jess some time alone to celebrate – and he seizes the good vibes and asks Babs for a drink after their dinner.

Elsewhere, Zoe agrees to drop Fergal as her trainer when Alex enlightens her to his problematic behaviour.

Angry, Fergal lashes out and makes sleazy comments towards Zoe before stealing her personal details from her files at the gym.

Later, Zoe receives a barrage of racist text messages as Juliet explains that her details have most likely been exposed online.

Alex accompanies Zoe to file a report with the guards while Ronan encourages Zoe to change her number.

Ronan later questions Fergal but he

denies being involved and paints Alex as a jealous boyfriend.

Gar is suspicious, though, that Fergal is involved with Zoe's doxing and Alex is determined to expose him for who he really is after he feigns concern for Zoe.

Ronan, meanwhile, assures Zoe that the Gardai are doing everything they can to find out who doxed her as Alex recruits Juliet to help expose Fergal's bigotry online, regardless of the damage it may cause Gar's business.

Juliet posts picture of Fergal hanging far-right leaflets, causing him to lose clients – and then Gar confronts him for doxing Zoe and realises the true extent of his bigoted opinions.

Finally, Gwen is certain that sleeping with Zak has secured her the manager position in McCoys, but Zak insists he's still deciding on roles.

And Anna learns that Gwen has cheated on Georgie and warns her to be careful with Zak. Orla, meanwhile, shares her doubts about Gwen with Zak.



CHANCE?:
Victor thinks
he's in there

FAIR CITY

Pick
of the
WEEK



HAVING DONE THEIR BEST TO CLEAN UP, MAX ORDERS LAUREN OUT AND PROMISES TO COVER FOR HER."

LYDIA LEFT IN SHOCK

In this week's trip to Emmerdale, Lydia and Sam are left confused when Craig arrives back at Wishing Well unannounced.

Intent on confronting an elephant in the room, he hopes he can talk to Lydia about their past and she nervously offers to take him to their baby's resting place.

Later, Craig and Lydia look over where their baby's ashes were scattered and imagine what his life would have been like.

They reflect on their lives and it becomes clear their shared grief has bonded them.

Upon returning, Lydia and Craig share a charged moment.

Keeping her near-kiss a secret from an oblivious Sam, she wonders where her renewed connection with Craig will lead.

The next day, Lydia's anxious at Home Farm as she snaps at Kim before sharing about her charged moment with Craig.

Before long, at his office, Lydia hands

in her resignation but falters when Craig emphasises how much their recent connection has meant to him.

She takes back her resignation but worries if she's making the right call. Soon, Craig reveals his true feelings for Lydia and she's terrified when he begins to force himself on her.

In a state of utter shock after being raped by Craig, Lydia's unable to process what has just happened to her.

Craig drives an utterly broken Lydia home and, making her excuses, she escapes upstairs.

Later, killing a call from Craig, Lydia silently sobs as she takes a shower.

And she then takes the decision to hide away the clothes she was wearing when she was raped, resolved to keep her trauma a secret.

Elsewhere, Caleb attempts to broker peace between the warring Nate and Cain.

But their interest is peaked when Caleb offers a new proposal – he suggests making the driving firm a shared enterprise.

TRAUMA:
Lydia



VILLAIN OF
THE WEEK

Theo is this week's Villain for being a complete and utter creep. Who knows what's going to happen this week in EastEnders but this picture of Stacey and Thoe below looks pretty menacing to us. Tune in to find out how it ends!



THREATENING: Theo and Stacey



THEO TROUBLE

In this week's trip to Albert Square, Theo is convinced he can take his relationship with Stacey to the next level as he celebrates his new job with her at No.31.

Elsewhere, Eve and Martin are horrified when they learn more about Theo – and confirm he is Stacey's stalker.

But an oblivious Stacey tends to Lily, who isn't feeling well, as Theo intercepts Martin's warning messages on her phone.

Realising his time is up, Theo hides Stacey's phone before revealing all – and fear sets in for Stacey as she tries to find a way to get him out of the house, just as Lily's waters break.

Jean arrives to discover that Lily is in full-blown labour, and with the ambulance delayed, the pair prepare to help Lily deliver the baby at home.

But as Stacey heads to the kitchen for some towels, she is shocked to be met by an incensed Theo, who is back inside.

As Stacey is trapped in the kitchen of No.31, an oblivious Jean attempts to support Lily through labour.

Elsewhere, Gina humiliates Cindy in The Vic as she attempts to make amends.

Ian reassures Cindy after her run-in at The Vic and promises her a new business to woo Gina and Anna.

Later, Peter persuades Ian to try and make amends with Kathy, but Rocky isn't buying it.

While in the cafe, Ian has a brainwave about a new plan and needing investment he invites Nish for lunch.

Later he is desperate to progress his business deal with Nish and invites him to the cafe for a taster menu, but without a plan, Ian ropes in Alfie for help.

But when Nish rearranges, Ian and Alfie have a heart-to-heart about his current insecurities.

■ HOLLYOAKS

In this week's trip to Hollyoaks, Darren tells Charlie that Hollyoaks High have agreed to let him redo his year but the teen refuses to go back.

Darren also pulls in Dillon and Shing Lin to try and persuade Charlie to come out of his room but it's to no avail.

Before Charlie manages to reach the band practise room, he is hit with an anxiety attack.

Shing Lin, meanwhile, receives some concerning texts from Charlie, so she calls Darren and Darren and Tony force their way into Charlie's room and discover the wall full of dark lyrics.

Charlie returns and pushes them out.

Elsewhere, seeking advice from fellow teacher Beau, Hunter decides to go to the new headteacher Mr Carter Shepherd to inform him of the video going around and how it's all a misunderstanding.

However things take an unexpected turn when Hunter discovers Freya is Carter's daughter and, after asking him to wait outside, the new headteacher returns with DS Zoe after reporting the

incident.

Darren, meanwhile, later in the week is struggling with knowing how to handle Charlie as, on his way to school, Charlie has another anxiety attack.

Tony tells Darren that Charlie's lyrics looks like a cry for help and suggests he goes to let his son know he's listening.

Darren asks Shing Lin to call Charlie to see where he is, but she makes an excuse and says it'll have to wait until later thinking Charlie might just need some breathing space.

But when Shing Lin receives a picture of the beach from Charlie and shows Darren, Darren manages to get in touch with him.

■ ROS NA RÚN

In the Gaeltacht, the Dalys' house is on fire, all of the Daly men are in danger, can someone in Ros na Rún stop the fire from spreading?

Is there enough time to call the emergency services?

Greg, meanwhile, is under huge pressure, his selfish actions have caused the

Daly's fire, will he confess?

And Berni takes refuge in Micheál's and he takes the opportunity to share a health scare with her. He wants his secret kept from Laoise and Réaltín. Can Berni allay his fears?

Elsewhere, Mack has turned himself in and Garda Diana, in covering her tracks, is guiding him all the way to the prison cell. Is this the end for Mack?

Later in the week, the Dalys' spirits are broken while the family struggles after the big fire. There's also a funeral in the family, but who is it?

Berni, meanwhile, is ready to go home after help and support from her friends. She has a peaceful evening planned in the apartment. How long will that peace last?

And Berni braves her fears and returns to the apartment to celebrate baby Lenora's birthday.



TROUBLED:
Charlie; and
(right) Diana



TV & MOVIE PICKS

Top of the Box By Keeley Ryan

SATURDAY

John & Lisa's Weekend Kitchen, Virgin Media One, 12pm

John Torode and Lisa Faulkner bring audiences into their kitchen for a morning of feel-good food.

Fantasy Film Music at the Proms, BBC Two, 5.50pm

Hannah Waddingham is hosting a magical night packed with soundtracks of the greatest fantasy, myths and legends of film, TV and gaming.

SUNDAY

Marty's Big Picture Show, RTE One, 7.30pm

Marty Morrissey and historian Liz Gilis dive into Ireland's rich photographic heritage — and the stories that lie behind each snap.

Alone, Ch4, 9pm

There are plenty of new challenges ahead for the contestants as the bitter Canadian winter begins to close in.

The Blacklist, Sky MAX & NOW, 10pm

Dembe and Ressler spring into action after Red's identified as a possible hostage in a Philadelphia robbery.

The Meaning of Life, RTE One, 10.30pm
The Joe Duffy-hosted series — in which

SUNDAY:
Marty's Big Picture Show, RTE One, 7.30pm



public figures talk about how their experiences, choices, values and beliefs have shaped their lives — is back for a 17th season.

MONDAY

Law & Order: Special Victims Unit, Sky Witness & NOW, 10pm

An Internet dating site ends up becoming a source of terror for a young widow.

TUESDAY

Bake Off: The Professionals, Ch4, 8pm

Ellie Taylor and Liam Charles welcome the remaining teams to a 1920s-themed finale — but who will take home the top prize?

Hacks, TG4, 10.30pm

An exploration of the mentorship and bond between legendary comedian Debra Vance and Ava, a young writer who is an outcast.

WEDNESDAY

Never Mind The Buzzcocks, Sky MAX & Now, 9pm

Greg, Daisy, Noel and Jamali are back with more guests from the world of music and comedy.

Screw, Ch4, 9pm

An accident in the prison workshop results in the inmates going on strike — and



FRIDAY:
An Seisiun, RTE One, 8.30pm

the C Wing descending into chaos.

Gogglebox Ireland, Virgin Media One, 9pm

The most opinionated and entertaining telly viewers from around the country offer opinions on some of the most memorable TV in the last week.

Henpocalypse!, BBC Two, 10pm

Chief bridesmaid Shelly makes a surprising discovery that could change everything for the hens — and time is running out.

THURSDAY
Virgin River, Netflix

The residents of Virgin River are put to the test, with surprising new relationships, a difficult court trial, heartbreaking goodbyes and breakups and a wildfire threatening the town.

Top Boy, Netflix

Sully's business rules with Dushane have been rewritten after everything at the end of the last series — and as new problems arise, everything they've built is under threat.

Cheap Irish Homes, RTE One, 7pm

Presenter Maggie Molloy brings audiences around the country to showcase

some of the most reasonably priced properties.

The Lovers, Sky Atlantic & NOW, 9pm

A funny and fight-y love story about Janet and Seamus, two people who are, on the surface, totally wrong for each other — but may be utterly right.

FRIDAY

Our Sea Forest, BBC One, 7.30pm

A moving story of a once-thriving underwater forest — which played host to a number of sea creatures — and its road to recovery.

An Seisiún, RTE One, 8.30pm

Muireann Nic Amhlaoibh's exploration of family run live music venues continues as she visits Connolly's of Leap in West Cork.

FBI: Most Wanted, Sky Witness & NOW, 9pm

A geology professor's murder leads the team to uncover a legend regarding a secret treasure dating to the civil war.

Warrior, Sky Max & NOW, 9pm

Ah Sahm and Young Jun get some valuable printing advice from an unexpected source after struggling to produce authentic bills.

Movie PICKS

SATURDAY

Assassin's Creed, Ch4, 11.05pm

Michael Fassbender stars in Justin Kurzel's fantasy action-thriller.

For centuries, the Knights Templar sought the mythical Apple of Eden, believing it could control humanity's freedom of thought. To defend the world from that tyranny, a brotherhood called the Assassins was created.

In 1492, the Apple belonged to the sultan in Granada, southern Spain. To force him to relinquish the relic, the Knights kidnapped his son; and to thwart the Knights, the Assassins sent their man, Aguilar de Nerha (Fassbender).

Amid the ensuing bloodshed, the Apple vanished. It's now 2016 and, in Texas, Cal Lynch (Fassbender) — a distant relative of Aguilar — is executed for murder.

His 'corpse' is smuggled to the Knights Templar's headquarters in Madrid, where he is revived by Dr Sofia Rikkin (Marion Cotillard).

She explains that, by strapping him

into their Animus machine, he can viscerally relive Aguilar's last moments and help the Knights locate the Apple, to eradicate violence from the world.

Will he renege on his ancestor's vow to protect the relic from the Knights?

SUNDAY

Dreamland, Ch4, Midnight

Great Depression-era thriller starring and produced by Margot Robbie. Life in 1930s Texas is hard.

As well as suffering from the symptoms of the Depression, dust storms and drought add to the misery. On a dying farm, teenager Eugene (Finn Cole) lives with his mother (Kerry Condon), police deputy stepfather (Travis Fimmel) and younger half-sister (Darby Camp).

But then a break from the mundanity of his life arrives in the shape of a \$10,000 reward for alleged bank robber and murderer, Allison Wells (Robbie).

Having found solace in detective comics, Eugene and his friend Joe (Stephen Dinh) decide to search for her. It's not long before Eugene finds Allison wounded in an abandoned barn where he goes to read.

The pair agree on a deal — he will tend to her wounds if she tells him her side of the story. She insists that she did not kill anyone, and that the banks she robbed stole from her family.

She also offers him double her bounty to help her flee the country.

Fuelled by a desire to escape his small, oppressive town and an attraction to Allison, Eugene agrees to help her out. But can fugitive Allison really be trusted?

FRIDAY

Man on Fire, Film4, 11.25pm

Alcoholic former CIA agent John Creasy (Denzel Washington) tries to escape his troubled past by moving to Mexico City, where he takes a job as bodyguard to a rich businessman's ten-year-old daughter, Lupita (Dakota Fanning).

Gradually, Creasy's new employment begins to mend his damaged persona as he bonds with the girl. But the Mexican capital's reputation for kidnapping proves well-founded, as she is snatched and a ransom is demanded. So Creasy sets out to inflict retribution on those involved in Lupita's abduction.

FRIDAY

Circle of Friends, Virgin Media One, 10.30pm

At university in Dublin in 1957, awkward Benny (Minnie Driver) is introduced to handsome Jack (Chris O'Donnell), the son of a doctor who is unsure about following the family business.

While Benny and Jack fall in love, Benny's old friend Nan (Saffron Burrows) is less fortunate. Nan wants to raise herself from her lower-class roots with a marriage, but her chosen man impregnates and abandons her.

All three must grapple with conflicts between their physical desires and religious upbringings.



SATURDAY



MARCUS WAREING'S TALES FROM A KITCHEN GARDEN, BBC TWO, 6.30PM It's all about the salt marsh lamb as Marcus Wareing (pictured) heads to the Romney Marshes to meet shepherd Chris and his flock, before meeting more guests – and visiting a nearby school that's set up its own farm.
● **ALSO RECOMMENDED: SEE TV PICKS ON PAGE 32**

RTE ONE

6.00 EURONEWS 7.00 Teleshopping (R) **8.10** Ros na Rún (R, S) **9.10** Fair City Omnibus (S) **11.05** Monarch of the Glen (R, S) **12.10 NEW** MasterChef (S)

1.20 RTÉ NEWS
1.30 MY UNI LIFE (R, S)
2.00 AT YOUR SERVICE (R, S)
3.00 FILM: EMPIRE OF THE SUN (1987) Second World War drama, starring Christian Bale and John Malkovich. ★★★★★ (S)

5.45 NUACHT
5.55 RTÉ NEWS WITH SIGNING
6.00 THE ANGELUS
6.01 RTÉ NEWS
6.35 FILM: THE WITCHES (2020) A young orphan goes to live with his grandmother, only to find himself the prey of a coven of witches disguised as glamorous women. Fantasy based on the book by Roald Dahl, starring Anne Hathaway. ★★ (S)

8.30 KILLINASKULLY Willie is wooed by a secret society. (R, S)

9.00 RTÉ NEWS
9.30 FILM: THE COMMUTER (2018) An insurance salesman and former police officer finds himself caught up in a conspiracy during his commute home. Thriller, starring Liam Neeson, Vera Farmiga and Patrick Wilson. ★★★★★ (S)

11.35 FILM: MR WONDERFUL (1992) An electrician finds it a struggle to pay his former wife's way through college, while simultaneously trying his best to marry her off again. Romantic drama, starring Matt Dillon and William Hurt. ★★★★★ (S)

1.30 FREDDIE MERCURY: THE FINAL ACT (R, S) **3.10** Death in Paradise (R, S) **4.05** EuroNews

BBC ONE

6.00 BREAKFAST Entertainment reports. (S) **10.00** Saturday Kitchen (S) **11.30** The Great Food Guys (R, S) **12.00** Football Focus (S)

1.00 BBC NEWS (S)
1.15 BARGAIN HUNT (R, S)
2.00 MONEY FOR NOTHING (R, S)
2.45 ESCAPE TO THE COUNTRY (S)
3.30 DIY SOS STRICTLY SPECIAL (R, S)
4.30 FINAL SCORE (S)
5.20 THE BIDDING ROOM (R, S)
5.50 BBC NEWS (S)
6.00 BBC NEWSLINE (S)
6.10 THE HIT LIST With contestants from Brighton, Glasgow, Birmingham and London. (S)

6.55 THE WEAKEST LINK Romesh Ranganathan hosts a food and drink special. (R, S)

7.40 POINTLESS CELEBRITIES A star-studded version of the general knowledge quiz. (S)

8.30 CASUALTY Max's health fails him but he remains in denial, Faith's lies unravel and Teddy seeks advice from Gethin. (S)

9.20 CASUALTY Stevie keeps a close eye on Faith as she implodes, Jodie has an unexpected reunion, much to Max's dismay, and Teddy makes an impulsive decision. (S)

10.10 BBC NEWS (S)
10.30 MATCH OF THE DAY Highlights of the latest matches. (S)
11.55 FILM: THE COMPANY YOU KEEP (2012) A former political radical is forced to go on the run when his identity is exposed after 30 years. Thriller, starring Robert Redford. ★★★★★ (S)

1.50 WEATHER FOR THE WEEK AHEAD (S) **1.55** BBC News (S)

RTE TWO

6.00 EURONEWS 8.00 TRTÉ 10.50 Home and Away (R, S) **12.20 FILM: THE BABY PROPOSAL** (2019) Romantic comedy, starring Alexandra Chando and Mike Merrill. ★★ (S)

2.00 MOMENTS – FIFA WOMEN'S WORLD CUP 2023 (S)
3.00 KPMG WOMEN'S IRISH OPEN LIVE Coverage of day three of the Ladies European Tour tournament from Dromoland Castle in Co. Clare. (S)

6.00 EUROPEAN QUALIFIERS MAGAZINE News and highlights from the Euro 2024 qualifiers.

6.30 LIONS V HYENAS It's a year since the lionesses of the Boulder Pride bore their cubs. But they have a problem – males have taken over their territory. (S)

7.30 GALAPAGOS: CONSERVATION IN PRACTICE A look at how Galapagos – world famous for inspiring the groundbreaking theories of Charles Darwin – is, just like the rest of the world, being threatened by climate change. (S)

8.30 9 LIVES Volunteers who risked their lives to rescue animals from the areas that were abandoned in the wake of the Russian invasion of Ukraine. (S)

9.30 FILM: WONDER WOMAN 1984 (2020) Diana Prince must contend with Maxwell Lord, whose desire for extreme wealth sends the world down a path of destruction. Superhero action sequel, with Gal Gadot and Pedro Pascal. ★★★★★ (S)

12.15 FILM: IN THE HEAT OF THE NIGHT (1967) Oscar-winning drama, starring Sidney Poitier and Rod Steiger. ★★★★★ (S) **2.20** EuroNews

BBC TWO

6.45 HEY DUGGEE (R, S) **7.00** Supertato (R, S) **7.05** Shaun the Sheep (R, S) **7.15** Dennis & Gnasher Unleashed! (R, S) **7.25** Boy Girl Dog Cat Mouse Cheese (R, S) **7.40** The Deep (R, S) **8.00** The Dengineers (R, S) **8.30** One Zoo Three (R, S) **8.55** Newsround (S) **9.00** Blue Peter (R, S) **9.30** Deadly 60 (R, S) **10.00** Super Cute Animals (R, S) **11.00** Britain's Secret Seas (R, S) **12.00** Athletics: Diamond League Xiamen. Coverage of the 12th meeting of the season. (S)

2.00 FILM: SCOTT OF THE ANTARCTIC (1948) Fact-based drama, starring John Mills and Derek Bond. ★★★★★ (S)

3.50 AFRICA: OUR WILD ADVENTURES (R, S)
4.50 MARCUS WAREING'S TALES FROM A KITCHEN GARDEN (S)
5.20 RICHARD OSMAN'S HOUSE OF GAMES (R, S)
5.50 ● FANTASY FILM MUSIC AT THE PROMS (S)
7.40 TOTP2: GIRL GROUPS (R, S)
8.40 BANANARAMA AT THE BBC Archive performances by the pop group, featuring the original line-up of Keren Woodward, Sara Dallin and Siobhan Fahey, as well as Siobhan's replacement Jacquie O'Sullivan. (S)

9.40 GIRLS ALOUD: TANGLED UP LIVE FROM THE O2 Footage of the band's 2008 tour. (S)

11.15 LABELLE IN CONCERT (R, S)
11.45 THE SPICE GIRLS AT THE BBC (R, S)
12.45 I'M IN A GIRL GROUP! (R, S) **1.45** Women's Cricket: England v Sri Lanka T20 Highlights (S) **2.15** Sign Zone: The Woman in the Wall. Mystery. (R, S) **3.10** This Is BBC Two (S)

VIRGIN ONE

6.10 UNBEATABLE (R) **7.00** Who's Doing the Dishes? (R, S) **8.00** This Time Next Year (R, S) **9.00** Ireland AM (S) ● **12.00 NEW** John and Lisa's Weekend Kitchen. Culinary show.

1.00 PAUL O'GRADY: FOR THE LOVE OF DOGS (R, S)
1.30 PAUL O'GRADY: FOR THE LOVE OF DOGS (R, S)
2.00 FASTEST FINGER FIRST (R)
3.00 FAMILY FORTUNES (R, S)
4.00 THE CHASE CELEBRITY SPECIAL (R, S)
5.00 DON'T LOOK BACK IN ANGER Documentary. (R, S)
5.30 NEWS AT 5.30 (S)
6.00 MONEYBALL Last in series. (S)
7.00 TIPPING POINT: LUCKY STARS Josh Widdicombe, Louise Minchin and Michelle Ackerley answer questions to win turns on an arcade-style machine in the hope of winning £20,000 for charity. (R, S)

8.00 BEAT THE CHASERS Contestants from across the UK take on Jenny Ryan, Anne Hegerty, Shaun Wallace, Mark Labbett, Paul Sinha and Darragh Ennis, hoping to win big money. Bradley Walsh hosts. (R, S)

9.00 CELEBRITY CATCHPHRASE Stephen Mulhern hosts a charity edition of the game show, with famous faces guessing well-known phrases for the chance to win £50,000 for good causes.

10.00 THE GRAHAM NORTON SHOW Guests include Michelle Williams, Helena Bonham Carter and Oti Mabuse. (R)

11.05 THE TOWER Starring Gemma Whelan and Tahirah Sharif. (R, S)
12.05 MALPRACTICE (R, S) **1.05** Feeding the Super Rich (R)

CHANNEL 4

6.20 THE KING OF QUEENS (R, S) **7.05** Cheers (R, S) **8.00** Everybody Loves Raymond (R, S) **8.55** The Simpsons. Comedy. (R, S) **12.40** Jamie's £1 Wonders (R, S)

1.40 A PLACE IN THE SUN (R, S)
2.40 A PLACE IN THE SUN (R, S)
3.45 FOUR IN A BED (R, S)
4.20 FOUR IN A BED (R, S)
4.50 FOUR IN A BED (R, S)
5.20 FOUR IN A BED (R, S)
5.50 FOUR IN A BED (R, S)
6.20 CHANNEL 4 NEWS (S)
6.50 MATT BAKER'S TRAVELS IN THE COUNTRY: USA (R, S)
7.50 FORMULA 1 ITALIAN GRAND PRIX QUALIFYING HIGHLIGHTS Action from the battle for pole position in the 15th round of the season, held at Autodromo Nazionale di Monza. Lee McKenzie presents, with analysis from David Coulthard and Ariana Bravo. (S)

9.20 FILM: TAKEN (2008) A former CIA agent puts his old skills to use in rescuing his daughter from a gang of European sex traffickers. Thriller, starring Liam Neeson, Famke Janssen and Maggie Grace. ★★★★★ (S)

11.05 FILM: ASSASSIN'S CREED (2016) A convict is transported into the body of his 15th-century ancestor, an assassin battling a secret society. Action adventure, starring Michael Fassbender and Marion Cotillard. ★★ (S)

1.05 RAMSAY'S KITCHEN NIGHTMARES USA (R, S) **1.55** Couples Come Dine with Me (R, S) **2.50** Hollyoaks Omnibus (R, S) **5.00** Location, Location, Location (R, S) **5.55** Cheers. Comedy. (R, S)

VIRGIN TWO

7.00 BLING (R, S) **8.00** Alphabetical (R, S) **9.00** Tipping Point (R, S) **10.00** WWE SmackDown **11.00** Bling (R) **12.00** Tipping Point (R, S)

1.00 CELEBRITY LINGO Quiz, hosted by RuPaul. (R, S)
2.00 WHO'S DOING THE DISHES? Pop singer Lee Brennan takes part in the dinner party challenge. (R, S)
3.00 CELEBRITY CATCHPHRASE With Alex Beresford, Sarah-Jane Crawford and Joe Absolom. (R, S)
4.00 WHO'S DOING THE DISHES? Lauren Goodger is today's secret cook. (R, S)
5.00 LIVE UFC Caryl Gane v Sergey Spivak. Coverage of the heavyweight bout from Accor Arena in Paris. Home favourite Gane is looking to bounce back from a first-round defeat at the hands of Jon Jones in a title match. (S)

10.00 GOGGLEBOX IRELAND (R, S)
12.00 READY TO MINGLE: NO FILTER (R, S) **1.00** Love Island: Australia (R) **2.15** Schitt's Creek (R)

VIRGIN MORE

1.35 CLASSIC 6 NATIONS
2.30 CLASSIC UEFA CHAMPIONS LEAGUE
3.25 UEFA CHAMPIONS LEAGUE
5.10 UEFA OUTRAGED – DISABILITY
5.30 WORLD RUGBY U20 CHAMPIONSHIP
6.20 WORLD RUGBY U20 CHAMPIONSHIP
7.15 WORLD RUGBY U20 CHAMPIONSHIP Ireland v Fiji.
8.05 CLASSIC 6 NATIONS Ireland v England from 2007.
9.00 NEW: MARRY ME NOW Docu-reality series in which a woman plans a short-notice marriage.
9.45 SCHITT'S CREEK First episode of the comedy, starring Eugene Levy.
10.15 SCHITT'S CREEK Johnny searches for permission from the mayor to sell the town.
10.45 FLESH AND BLOOD
11.35 BELLATOR MMA The Bellator MMA x Rizin 2 event.
1.15 WORLD RUGBY U20 CHAMPIONSHIP

UTV

9.25 JAMES MARTIN'S SATURDAY MORNING (R, S) **11.35** Jason Atherton's Dubai Dishes (S) **12.35** Ainsley's Good Mood Food (S)

1.05 ITV NEWS (S)
1.15 IN FOR A PENNY (R, S)
1.45 TIPPING POINT: LUCKY STARS (R, S)
2.50 FILM: DEATH BECOMES HER (1992) Black comedy fantasy, starring Goldie Hawn and Meryl Streep. ★★★★★ (S)
4.50 FILM: JOHNNY ENGLISH (2003) Spy comedy, starring Rowan Atkinson and John Malkovich. ★★★★★ (S)
6.30 ITV NEWS (S)
6.45 UTV LIVE (S)
7.00 THE CHASE CELEBRITY SPECIAL (R, S)
8.00 FILM: SPECTRE (2015) James Bond thriller, starring Daniel Craig, Christoph Waltz and Lea Seydoux. ★★★★★ (S)
10.45 ITV NEWS (S)
11.05 THE 1% CLUB (R, S)
12.00 ENGLISH FOOTBALL LEAGUE HIGHLIGHTS (S)

VIRGIN THREE

7.00 WINNING COMBINATION 7.50 Guess This House **8.45** Catchpoint. Game show. **10.00** Agatha Christie's Poirot **12.00** Emmerdale **3.00** Peter Andre's 60 Minute Makeover **4.00** Posh Pawn **5.00** River Monsters **6.00** Bling **7.00** Taste of Spain **8.00** Kate Garraway's Life Stories **9.00** Irish Greyhound Racing **10.00** Flesh and Blood **11.00** 10,000 BC **12.00** Somewhere Between. Thriller. **1.00** Judge Rinder's Crime Stories

TG4

6.00 CÚLA 4 **10.00** The Golden Girls **10.30** Hart to Hart **11.30** Saol an Mhadra Bháin **12.30** AFL Aussie Rules na mBan **2.12** An Aimsir Láithreach **2.15** Rugbaí na mBan **4.30** Rugbaí na mBan **6.57** An Aimsir Láithreach **7.00** Nuacht TG4 **7.15** Sacar na mBan Beo **9.42** An Aimsir Láithreach **9.45** FILM The End of the Tour (2015) ★★★★★ **11.45** Is Olc an Ghaoth **12.30** Rugbaí na mBan: Ag Briseadh Tríd **1.30** Cumasc: Seisiúin sa Black Gate **2.00** Nuacht TG4 **2.15** Uimhir 6

SKY SHOWCASE

6.00 MONKEY LIFE **8.00** The Fresh Prince of Bel-Air **9.30** The F1 Show **10.30** Saturday Social **12.00** The Simpsons **3.00** Gillette Labs Soccer Saturday **5.00** Sport's Funniest Moments **6.00** Live Fight Night **7.00** Formula 1 **9.00** FILM Forrest Gump (1994) Oscar-winning comedy drama, starring Tom Hanks. ★★★★★ **11.30** Never Mind the Buzzcocks **12.15** An Idiot Abroad **1.15** The Force: Manchester **3.10** Road Wars **5.00** Nothing to Declare. Documentary.

SKY ATLANTIC

6.00 RICHARD E GRANT'S HOTEL SECRETS **9.00** My Brilliant Friend **2.45** Riviera **7.55** Game of Thrones. Arya is brought before the commander of the Brotherhood Without Banners. **9.00** Game of Thrones **10.05** Game of Thrones **11.10** Game of Thrones **12.15** Game of Thrones **1.20** Euphoria **2.30** Das Boot **3.35** In Treatment **4.05** Richard E Grant's Hotel Secrets. Documentary.

MAIN EVENT

6.00 SUPER LEAGUE GOLD **6.10** LIVE NRLW **8.10** Super League Gold **8.15** Betfred Super League Highlights **8.30** LIVE NRL **10.30** Smith v Eubank Jr II: Behind the Scenes **11.30** Liam Smith v Chris Eubank Jr 2: Gloves Are Off **12.00** LIVE EFL **3.00** LIVE Formula 1 **4.30** Liam Smith v Chris Eubank Jr 2: Gloves Are Off **5.00** LIVE SNF **8.30** LIVE US Open Tennis **12.00** LIVE US Open Tennis **2.30** LIVE US Open Tennis. Coverage of day six.

TNT SPORTS 1

8.00 PREMIER LEAGUE PREVIEW **8.30** Premier League – The Big Interview **9.00** WWE Friday Night SmackDown **10.30** Premier League Preview **11.00** LIVE Premier League **3.00** LIVE Xtra Time **3.15** TBA **4.15** MLB: Off The Bat **4.45** Deaf Away Days **5.00** LIVE Vanarama National League **7.45** LIVE Serie A **9.45** WWE Friday Night SmackDown **11.15** What I Wish I Wore **11.30** MotoGP **12.00** LIVE MLB **3.30** MLB Plays of the Week

SUNDAY

Chic
pick



JUNIOR EUROVISION 2023, TG4, 8.30PM There's a few months to go until the 2023 Junior Eurovision is on – and the search for Ireland's entry has officially begun. Louise Cantillon and Darragh O Caoimh (pictured) host, while Niamh Ní Chróinín and Aindriú de Paor are joined by Brooke Scullion to pick a winner.
● **ALSO RECOMMENDED: SEE TV PICKS ON PAGE 32**

RTE ONE

6.00 EURONEWS 6.50 Teleshopping (R) **8.00** Nationwide (R, S) **8.30** Holby City (S) **9.20** Casualty (R, S) **10.10** The National Symphony Orchestra in Concert (R) **11.10** Service **12.00** Róisín Murphy's Big City Plan (R, S)
1.00 **RTÉ NEWS**
1.10 **SEISIÚN** (R, S)
1.40 **THE ZOO** (R, S)
2.10 **OPEN HOUSE DUBLIN** (R, S)
2.20 **FILM: MUTINY ON THE BOUNTY** (1962) Fact-based maritime adventure, starring Marlon Brando and Trevor Howard. ★★★★★ (S)
5.40 **NUAIGHT**
5.50 **RTÉ NEWS WITH SIGNING**
6.00 **THE ANGELUS**
6.01 **RTÉ NEWS**
6.30 **DIY SOS: THE BIG BUILD**
IRELAND Making a property in Cork wheelchair-friendly. (R, S)
7.30 ● **NEW: MARTY'S BIG PICTURE SHOW** Marty Morrissey and Liz Gillis explore the work of Ireland's photographers. (S)
8.00 **FAIR CITY** Zak and Gwen keep their tryst secret, and Fergal uses Zoe to get back at Alex. (S)
8.30 **KEYS TO MY LIFE** Sharon Shannon visits the places that have shaped her life. (R, S)
9.00 **RTÉ NEWS**
9.30 **NEW: HIDDEN ASSETS** Return of the crime drama, starring Nora-Jane Noone. (S)
10.30 ● **NEW: THE MEANING OF LIFE** Joe Duffy interviews the Most Rev Diarmuid Martin. (S)
11.15 **UNSINKABLE** A Waterford man attempting to swim from Antrim to Waterford. (S)
12.20 **THE SPLIT** (R, S) **1.25** Guilt (R, S) **2.25** Call the Midwife (R, S) **3.20** EuroNews. Headlines update.

BBC ONE

6.00 **BREAKFAST** (S) **7.30** Match of the Day. Gary Lineker presents. (R, S)
9.00 Sunday with Laura Kuenssberg (S)
10.00 Dealing with Loss: A Believer's Guide (R, S) **10.40** Animal Park (R, S)
11.10 Homes Under the Hammer (R, S)
12.10 Bargain Hunt (S)
1.00 **BBC NEWS** (S)
1.10 **WEATHER FOR THE WEEK AHEAD** (S)
1.15 **SONGS OF PRAISE** (S)
1.50 **POINTS OF VIEW** Opinions. (S)
2.05 **LIVE INTERNATIONAL T20 CRICKET** England v New Zealand. Coverage of the third contest in the four-match series from Edgbaston, Birmingham. (S)
6.30 **BBC NEWS** (S)
6.50 **BBC NEWSLINE** (S)
7.00 **DAME JUDI DENCH COUNTRYFILE SPECIAL** Judi Dench joins Charlotte Smith at Inveraray Castle. (S)
8.00 **NEW: ANTIQUES ROADSHOW** Fiona Bruce presents the show from Swanage Pier in Dorset. (S)
9.00 **THE WOMAN IN THE WALL** Lorna discovers new information that might hold the answer to her own child's fate. (S)
10.00 **BBC NEWS** (S)
10.25 **BBC NEWSLINE** (S)
10.30 **MATCH OF THE DAY 2** Mark Chapman reviews the day's Premier League action, including Arsenal v Manchester United. (S)
11.40 **FILM: CHILDREN OF MEN** (2006) In a future stricken by mass infertility, a former activist tries to protect the only pregnant woman in the world. Thriller, starring Clive Owen. ★★★★★ (S)
1.20 **WEATHER FOR THE WEEK AHEAD** (S) **1.25** BBC News (S)

RTE TWO

6.00 EURONEWS 8.00 TRTÉ **11.50** Home and Away (R, S) **12.50** **FILM: LOVE'S SECOND CHANCE** (2020) Romance, starring Gabrielle Christian and Cody Ray Thompson. ★★★ (S)
2.30 **KPMG WOMEN'S IRISH OPEN LIVE** Coverage of the fourth and final day of the Ladies European Tour tournament from Dromoland Castle in Co Clare. (S)
5.30 **THE ZOO** Pia the western chimpanzee falls gravely ill. (R, S)
6.00 **SERENGETI III** Nalla the elephant finds a smart solution to quench everyone's thirst. (S)
7.00 **ATTENBOROUGH'S LIFE IN COLOUR** David Attenborough reveals the extraordinary ways that some animals use colour to hide, including Bengal tigers. (S)
8.05 **THE FRONTIER** The race of the railroads to join the east and west coast would begin a new chapter in US dominance and lead to the rise of an American icon: the cowboy. (S)
9.00 **FILM: 50 FIRST DATES** (2004) A vet falls in love with a woman who suffers from short-term memory loss and forgets him after each of their encounters. Romantic comedy, starring Drew Barrymore, Adam Sandler and Rob Schneider. ★★★ (S)
10.40 **PUTIN'S ATTACK ON UKRAINE** Documentary tracing Vladimir Putin's pattern of alleged atrocities committed by Russian troops during the invasion of Ukraine, and the challenges of holding Putin accountable. (R, S)
12.15 **KADEWE – OUR TIME IS NOW** (S) **1.15** NCIS (R, S) **2.10** This Time with Alan Partridge (R, S) **2.45** No Activity (R, S) **3.15** EuroNews

BBC TWO

6.20 **GLORIOUS GARDENS FROM ABOVE** (R, S) **7.05** Countryfile (R, S) **8.00** Gardeners' World (R, S) **9.00** Beechgrove Garden (S) **9.30** Life in a Cottage Garden with Carol Klein (R, S) **10.00** Saturday Kitchen Best Bites (S) **11.30** Mary Berry's Quick Cooking (R, S) **12.00** Food & Drink (R, S) **12.30** **FILM: THE IMPORTANCE OF BEING EARNEST** (1952) Oscar Wilde comedy, starring Michael Redgrave. ★★★★★ (S)
2.00 **EQUESTRIAN: BURGHLEY HORSE TRIALS** Live coverage of the event in Stamford, Lincolnshire. (S)
3.35 **FILM: THE REMAINS OF THE DAY** (1993) Period drama, starring Anthony Hopkins and Emma Thompson. ★★★★★ (S)
5.45 **FLOG IT!** (R, S)
6.30 **THE PEOPLE'S PIAZZA: A HISTORY OF COVENT GARDEN** (R, S)
8.00 **AMAZING HOTELS: LIFE BEYOND THE LOBBY** (S)
9.00 **NEW: MORTIMER & WHITEHOUSE: GONE FISHING** Paul Whitehouse and Bob Mortimer fish for chub in the Irfon and Wye rivers. (S)
9.30 **THE FAST SHOW** Unlucky Alf buys a parrot. (R, S)
10.00 **FILM: JUDY** (2019) Biopic, starring Renée Zellweger, Jessie Buckley, Rufus Sewell and Finn Wittrock. ★★★★★ (S)
11.50 **GOLF: WALKER CUP HIGHLIGHTS** (S)
12.50 **SIGN ZONE: CLAIMED AND SHAMED** (R, S) **1.35** Sign Zone: The Woman in the Wall (R, S) **2.35** Sign Zone: The Following Events Are Based on a Pack of Lies. Starring Rebekah Staton. (R, S) **3.35** This Is BBC Two (S)

VIRGIN ONE

6.10 **UNBEATABLE** (R) **7.00** Who's Doing the Dishes? (R, S) **8.00** This Time Next Year (R, S) **9.00** Ireland AM. Magazine programme. (S) **12.00** John and Lisa's Weekend Kitchen
1.00 **GINO'S ITALIAN COASTAL ESCAPE** (R)
1.30 **GINO'S ITALIAN COASTAL ESCAPE** (R)
2.00 **MONEYBALL** (R, S)
3.00 **TIPPING POINT: LUCKY STARS** With Josh Widdicombe, Louise Minchin and Michelle Ackley. (R, S)
4.00 **BEAT THE CHASERS** Contestants from across the UK take on the six experts. (R, S)
5.00 **PAUL O'GRADY: FOR THE LOVE OF DOGS** (R, S)
5.30 **NEWS AT 5.30** (S)
6.00 **ANIMAL EMERGENCY** Following the work of veterinary surgeons. (R, S)
7.00 **FAMILY FORTUNES** The Arnebergs go up against the Firths. (R, S)
8.00 **THE CHASE CELEBRITY SPECIAL** With Scott Mills, Gareth Malone, Louise Minchin and Glenn Hoddle. (R, S)
9.00 **WHO WANTS TO BE A MILLIONAIRE?** Big-prize quiz in which another line-up of contestants answer questions that could change their lives.
10.00 **ONLY FANS: IRELAND'S X-RATED** A look at the popularity of the subscriber platform. (R)
11.00 **THE TOWER** Sarah and Lizzie try to track down a murderer and a missing child. (R, S)
12.00 **MISSING: FIONA SINNOTT – TRUE LIVES** (R, S) **1.00** Feeding the Super Rich. Documentary series. (R)

CHANNEL 4

6.20 **CHEERS** (R, S) **7.15** The King of Queens (R, S) **8.30** Bake Off: The Professionals (R, S) **9.30** Sunday Brunch (S) **12.30** The Simpsons (R, S)
1.05 **THE SIMPSONS** (R, S)
1.35 **THE SIMPSONS** (R, S)
2.05 **FILM: TRANSFORMERS: THE LAST KNIGHT** (2017) Sci-fi adventure sequel, starring Mark Wahlberg. ★★★ (S)
5.00 **THE DUCHESS AND HER MAGICAL KINGDOM** The Duchess hosts the Mr Gay England contest in The Alnwick Garden. (R, S)
6.00 **CHANNEL 4 NEWS** (S)
6.30 **FORMULA 1 ITALIAN GRAND PRIX HIGHLIGHTS** Action from the 15th round of the season, held at Autodromo Nazionale di Monza. Lee McKenzie presents, with analysis from David Coulthard, Alice Powell and Ariana Bravo. (S)
9.00 ● **ALONE** One contestant builds a makeshift mousetrap and finds a bonus source of energy – but suffers an injury that could threaten their chances in the competition. (S)
10.00 **GOGGLEBOX** I'm a Celebrity, The Great British Bake Off and The Crown are appraised. (R, S)
10.55 **GOGGLEBOX** The critics watch programmes including The Crown, I'm a Celebrity... Get Me Out Of Here!, and You Won't Believe This. (R, S)
12.00 **FILM: DREAMLAND** (2020) Romantic drama, starring Finn Cole and Margot Robbie. ★★★ (S) **1.45** Ramsay's Kitchen Nightmares USA (R, S) **2.35** Come Dine with Me (R, S) **5.15** Undercover Boss USA (R, S)

VIRGIN TWO

7.00 **BLING** (R, S) **8.00** Alphabetical (R, S) **9.00** Tipping Point (R, S) **10.00** WWE: Raw (S) **11.00** Bling (R, S) **12.00** Tipping Point (R, S)
1.00 **CASH TRAPPED** (R, S)
2.00 **WHO'S DOING THE DISHES?** (R, S)
3.00 **WHO'S DOING THE DISHES?** (R, S)
4.00 **JUDGE RINDER** (R)
5.00 **BEAT THE CHASERS – CELEBRITY SPECIAL** (S)
6.00 **CELEBRITY LINGO** (R, S)
7.00 **THE PET SHOW** Jodie Kidd and her dog tackle the agility course in Ready, Pet, Go. (R, S)
8.00 **MEET THE PARENTS** Dating show, hosted by Holly Willoughby. (R, S)
9.00 **NOUGHTS + CROSSES** Sephy works tirelessly to clear Callum's name as he awaits his day in court.
10.10 **THE REAL STORY OF**
11.10 **THE GRAHAM NORTON SHOW** (R, S)
12.10 **FILM: PEPPERMINT** (2018) Revenge thriller, with Jennifer Garner. ★★★★★ (S) **2.10** Schitt's Creek (R)

VIRGIN MORE

1.25 **CLASSIC UEFA CHAMPIONS LEAGUE**
2.20 **SPORT STORIES: JOHN ALDRIDGE**
3.10 **SPORT STORIES: JOHN ALDRIDGE**
4.10 **CLASSIC 6 NATIONS**
5.05 **UCL DEFINING MOMENTS**
6.00 **CLASSIC UEFA CHAMPIONS LEAGUE**
6.55 **WORLD RUGBY U20 CHAMPIONSHIP**
8.35 **BEST OF UEFA CHAMPIONS LEAGUE 2022/2023** Documentary on Real Madrid star Luka Modric.
9.00 **NOLLY** A look at the story of actress Noele Gordon.
9.50 **SCHITT'S CREEK** Johnny tries to have a potentially offensive sign removed.
10.20 **SCHITT'S CREEK** Johnny and Moira attempt to get to know their children better.
10.50 **CRACKER**
11.45 **CLASSIC UEFA CHAMPIONS LEAGUE**
12.40 **CLASSIC 6 NATIONS**

UTV

8.20 **ITV NEWS** The latest headlines. (S) **8.25** Katie Piper's Breakfast Show (S) **9.25** Love Your Weekend with Alan Titchmarsh (R, S) **11.25** Love Your Garden (R, S) **11.50** Jason Atherton's Dubai Dishes (R, S) **12.50** Ainsley's Good Mood Food (R, S)
1.20 **ITV NEWS** (S)
1.30 **YOU'VE BEEN FRAMED!** (R)
2.00 **FILM: JOHNNY ENGLISH REBORN** (2011) v Spy comedy sequel.
4.00 **FILM: THE MUMMY RETURNS** (2001) Fantasy adventure sequel. ★★ (S)
6.30 **ITV NEWS** (S)
6.45 **UTV LIVE** (S)
7.00 **TIPPING POINT: LUCKY STARS** (S)
8.00 **NEW: BEAT THE CHASERS** (S)
9.00 **GORDON, GINO & FRED: VIVA ESPANA!** (S)
10.00 **ITV NEWS** (S)
10.15 **WACO UNTOLD: THE BRITISH STORIES** (S)
11.15 **DNA JOURNEY** (R, S)
12.20 **ENGLISH FOOTBALL LEAGUE HIGHLIGHTS** (R, S)

VIRGIN THREE

6.55 **WINNING COMBINATION** **7.45** Guess This House **8.40** John and Lisa's Weekend Kitchen **9.40** Agatha Christie's Poirot **11.40** Coronation Street **2.45** Peter Andre's 60 Minute Makeover **3.45** Posh Pawn **4.45** Born to Be Wild **6.00** This Time Next Year **7.00** The Instant Gardener **8.00** Billy Connolly: Journey to the Edge of the World **9.00** Mum **10.15** Broadmoor **11.15** Born to Kill? **12.15** **FILM** The Secrets She Keeps (2021) ★★

TG4

6.00 **CÚLA 4** **10.00** Tímeall na Tíre **10.30** The Golden Girls **11.00** The Irish RM **12.15** AFL Aussie Rules na mBan **1.57** An Aimsir Láithreach **2.00** GAA Beo **3.55** GAA Beo **5.35** Laochra Gael **6.40** Cloch Le Carn **7.12** An Aimsir Láithreach **7.15** Nuacht TG4 **7.30** Oilchlár Ros na Rún **8.30** **NEW** Junior Eurovision 2023 **9.30** Cúlúir **10.30** Geantraí **11.02** An Aimsir Láithreach **11.05** Paul Simon: Live at Webster Hall, New York **12.55** Wwoofail Oz **1.25** Cumasc: Seisiún sa Black Gate

SKY SHOWCASE

6.00 **WHERE'S WALLY** **6.25** Croods Family Tree **7.15** The Slow Mo Guys' Big Adventures **8.05** The Fresh Prince of Bel-Air **10.00** Formula 1 **12.00** Age of the Big Cats **3.00** The Simpsons **5.30** Formula 1 **6.30** The Simpsons **7.00** The Simpsons **8.00** **FILM** Eddie the Eagle (2016) ★★★★★ **10.00** The Blacklist **11.00** A League of Their Own **12.00** The Force: Manchester **2.00** Road Wars **4.00** Nothing to Declare. Documentary. **5.00** The Early Rundown **5.30** The Early Rundown

SKY ATLANTIC

6.00 **URBAN SECRETS** **9.00** Richard E Grant's Hotel Secrets **11.00** My Brilliant Friend **3.45** Riviera **7.00** Riviera **8.00** Riviera **9.00** Winning Time: The Rise of the Lakers Dynasty. Drama, starring John C Reilly, Jason Clarke and Quincy Isaiah. **10.05** Succession **11.20** Succession **12.30** Tin Star **1.30** In Treatment **2.00** Winning Time: The Rise of the Lakers Dynasty **3.00** Urban Secrets

MAIN EVENT

6.00 **SKY SPORTS NEWS** **7.00** Super League Gold **7.05** **LIVE** NRL **9.05** Good Morning Sports Fans **10.00** **LIVE** Super Sunday Matchday **11.00** **LIVE** SPFL **2.00** **LIVE** Super Sunday **4.00** **LIVE** Super Sunday. Arsenal v Manchester United (Kick-off 4.30pm) **7.30** **LIVE** US Open Tennis. Coverage of day seven. **12.00** **LIVE** US Open Tennis. Further coverage of day seven. **2.30** **LIVE** US Open Tennis **5.30** US Open Tennis Classic Matches

TNT SPORTS 1

6.00 **LIVE** AFLW **8.00** MotoGP **8.30** Premier League Stories **9.00** WWE Raw Highlights **10.00** WWE SmackDown Highlights **11.00** Vanarama National League Highlights **11.30** Premier League Legends **12.00** TBA **1.00** **LIVE** World Seniors Darts Matchplay **5.00** What I Wore **5.15** **LIVE** Serie A **7.30** **LIVE** Serie A **9.45** WWE SmackDown Highlights **10.45** TBA **11.45** TNT Sports Reload **12.00** **LIVE** MLB **3.30** MLB Plays of the Week

MONDAY



BOG AMACH, RTE ONE, 8PM Presenter Emer Mhic an Fhaillí [pictured] sets out to help six couples and families find their perfect place to live – with plenty of unexpected challenges and pleasant surprises along the way. This week, Críostóir and Una return home to Ireland – and hope to settle in Donegal.

● **ALSO RECOMMENDED: SEE TV PICKS ON PAGE 32**

RTE ONE

6.00 EURONEWS 7.05 Teleshopping (R) **7.40** Only Fools and Horses. Comedy series. (R, S) **8.50** Lark Rise to Candleford (R, S) **9.50** The Kelly Clarkson Show (S) **10.40** Dr Phil (S) **11.25** Weather **11.35** The Repair Shop (S) **12.30** Home of the Year (R, S)

1.00 RTÉ NEWS
1.30 HOME AND AWAY (S)
2.00 SHORTLAND STREET (S)
2.30 FAIR CITY (R, S)
3.00 FAIR CITY (R, S)
3.30 RTÉ NEWS
3.40 THE DURRELLS (R, S)
4.30 THE GREAT BRITISH SEWING BEE The contestants insert an invisible zip and pockets on a pair of palazzo pants. (S)

5.40 NUACHT
5.55 RTÉ NEWS WITH SIGNING
6.00 THE ANGELUS
6.01 RTÉ NEWS
7.00 NATIONWIDE (S)
7.30 EASTENDERS Eve and Martin learn the truth about Stacey's stalker but Theo intercepts their warning messages to her. (S)

8.00 NEW: BOG AMACH A couple searching for a place to live in Co Donegal. In Irish. (S)

8.30 NEW: AR AN SLIABH Return of the documentary series following life in Ireland's mountain communities. (S)

9.00 RTÉ NEWS
9.35 NEW: DR CASSIDY'S CASEBOOK Marie Cassidy reflects on cases involving the violent deaths of women. (S)

10.35 THE ARTIST AND THE WALL OF DEATH Stephen Skrynka's life-long obsession with the fairground motorbike ride. (S)

12.20 THIS IS JOAN COLLINS (R, S)
2.10 Nationwide (R, S) **2.40** EuroNews

BBC ONE

6.00 BREAKFAST (S) **9.15** Morning Live (S) **10.00** Critical Incident (S) **10.45** Expert Witness (S) **11.15** Homes Under the Hammer (R, S) **12.15** Bargain Hunt. Danny Sebastian presents. (S)

1.00 BBC NEWS AT ONE (S)
1.30 BBC NEWSLINE (S)
1.45 DOCTORS (S)
2.15 MONEY FOR NOTHING (S)
3.00 ESCAPE TO THE COUNTRY (S)
3.45 GARDEN RESCUE (S)
4.30 THE FINISH LINE (S)
5.15 POINTLESS (S)
6.00 BBC NEWS AT SIX (S)
6.30 BBC NEWSLINE (S)
7.00 THE ONE SHOW (S)
7.30 EASTENDERS Eve and Martin learn the truth about Stacey's stalker. Lily goes into labour. (S)

8.00 TEENAGE VAPING: WHAT'S THE HARM? – PANORAMA Rachel Burden investigates how vaping among Britain's teenagers is on the rise. (S)

8.30 SCAM INTERCEPTORS Rav Wilding and a team of ethical hackers hunt down phone scammers. (R, S)

9.00 WHO DO YOU THINK YOU ARE? Michelle Keegan traces her family tree. (R, S)

10.00 BBC NEWS AT TEN (S)
10.30 BBC NEWSLINE (S)
10.40 NEW: JAILED: INSIDE MAGHABERRY PRISON Stephen Nolan enters the notorious high-security Maghaberry Prison. (S)

11.10 HAVE I GOT A BIT MORE 2022 NEWS FOR YOU Compilation edition revisiting the big news stories of 2022. (R, S)

11.55 THE HIT LIST (R, S)
12.40 BBC NEWS (S)

RTE TWO

6.00 EURONEWS 7.50 TRTÉ
4.30 THE SIMPSONS (R, S)
5.00 THE GOLDBERGS (R, S)
5.30 THE BIG BANG THEORY Sheldon spills one of Leonard's secrets. (R, S)

6.00 SHORTLAND STREET Hospital drama set in an accident and emergency ward. (R, S)

6.30 HOME AND AWAY Rose plans a romantic surprise for Mali at the farmhouse. (R, S)

7.00 CHILDREN OF THE SUN Casting new light on long-lost empires, beginning with the Aztecs, whose metropolis was a perfectly organised floating garden city on the Mexican plateau. (R, S)

8.00 AMAZING HOTELS: LIFE BEYOND THE LOBBY Giles Coren and Monica Galetti work in the Lanesborough in Knightsbridge, where suites costing up to £27,000 a night are often rented for months at a time. Last in series. (R, S)

9.00 FILM: 2012 (2009) A scientist learns the world is soon to face a global cataclysm that will wipe out the human race, but finds the US president has plans to secretly save a fraction of the population, leaving everyone else to die. A writer learns of this scheme, and as the world is devastated by earthquakes and volcanic eruptions, he tries to get his family to the last safe refuge. Disaster movie, starring John Cusack. ★★★★★ (S)

11.50 SHORTSCREEN Short film. (S)
12.10 THE TOURIST (R, S) **1.20** Gavin & Stacey (R, S) **1.55** This Country (R, S) **2.25** EuroNews. Headlines update.

BBC TWO

6.30 BARGAIN HUNT (R, S) **7.15** The Repair Shop (R, S) **8.00** Sign Zone: Clive Myrie's Italian Road Trip (R, S)
8.30 Sign Zone: Great British Railway Journeys. Last in series. (R, S) **9.00** Nicky Campbell (S) **10.00** BBC News (S) **12.15** Politics Live (S)

1.00 IMPOSSIBLE (R, S)
1.45 EGGHEADS (R, S)
2.15 MURDER, MYSTERY AND MY FAMILY (R, S)
3.00 DAVID ATTENBOROUGH'S NATURAL CURIOSITIES (R, S)
3.30 BACK IN TIME FOR THE FACTORY (R, S)
4.30 GREAT BRITISH RAILWAY JOURNEYS (R, S)
5.00 FLOG IT! (R, S)
6.00 RICHARD OSMAN'S HOUSE OF GAMES (R, S)
6.30 MARCUS WAREING'S TALES FROM A KITCHEN GARDEN (S)
7.00 CHRIS AND MEG'S WILD SUMMER (R, S)
7.30 MASTERMIND (S)
8.00 ONLY CONNECT (S)
8.30 UNIVERSITY CHALLENGE The Open University takes on Hertford College, Oxford. (S)

9.00 MURDER TRIAL: THE DISAPPEARANCE OF RENEE AND ANDREW MACRAE (S)

10.00 PEATAI! (S)
10.30 NEWSNIGHT (S)
11.10 WEATHER (S)
11.15 FILM: MANHUNTER (1986) Thriller, starring William Petersen, Dennis Farina, Tom Noonan and Brian Cox. ★★★★★ (S)

1.10 SIGN ZONE: COUNTRYFILE (R, S) **2.05** Sign Zone: Celebrity MasterChef (R, S) **3.05** Sign Zone: Henpocalypse! Lucie Shorthouse stars. (R, S) **3.35** This Is BBC Two (S)

VIRGIN ONE

6.15 THE SIX O'CLOCK SHOW (R, S)
7.00 Ireland AM (S) **10.00** This Morning
12.30 News at 12:30 (S)

1.00 THE CHASE (S)
2.00 THE CHASE (S)
3.00 LOOSE WOMEN Celebrity interviews and studio discussion.

4.00 IN FOR A PENNY Stephen Mulhern sets challenges to members of the public in Sheffield. (R, S)

4.30 JUDGE JUDY Double bill.
5.30 NEWS AT 5.30 (S)
6.05 THE SIX O'CLOCK SHOW Chat show, featuring celebrity interviews, food from leading chefs and guidance on a wide range of topics. (S)

7.00 NEWS AT 7 (S)
7.30 EMMERDALE Caleb attempts to broker peace between warring Nate and Cain. (S)

8.00 CORONATION STREET Abi catches Cassie consorting with her old dealer. (S)

8.30 CORONATION STREET Max sets off for his first day at college, and Ronnie admits his slip-up to Debbie. (S)

9.00 NEW: THE GUARDS: INSIDE THE K Documentary series providing unprecedented access to the gardai of The K, Ireland's busiest policing district which includes Blanchardstown, Finglas and Cabra.

10.00 CONFESSIONS OF A CRIME BOSS
11.00 THE TONIGHT SHOW Claire Brock and Ciara Doherty offer their unique takes on the big stories of the day. (S)

12.00 THE TOWER (R, S) **1.00** Rectify (R) **2.00** Don't Look Back in Anger (R, S) **5.25** The Tonight Show (R, S)

CHANNEL 4

6.05 COUNTDOWN (R, S) **6.45** Cheers (R, S) **7.35** Everybody Loves Raymond (R, S) **8.25** Frasier (R, S) **9.55** Chateau DIY (R, S) **10.55** George Clarke's Amazing Spaces (R, S) **11.55** Channel 4 News Summary. Headlines. (S)
12.00 Steph's Packed Lunch (S)

2.10 COUNTDOWN (S)
3.00 A PLACE IN THE SUN (R, S)
4.00 NEW: A PLACE IN THE SUN (S)
5.00 FOUR IN A BED (R, S)
5.30 COME DINE WITH ME (R, S)
6.00 THE SIMPSONS (R, S)
6.30 HOLLYOAKS A struggling Charlie isolates himself by pushing out his friends and family. (R, S)

7.00 CHANNEL 4 NEWS (S)
8.00 A COTSWOLD FARMSHOP Nuno travels to Non Solo Pasta, a family restaurant business. (S)

9.00 TOP GUNS: INSIDE THE RAF RAF Lossiemouth's brand new surveillance team, Poseidon, are called into action when a Russian warship is detected close to the UK's vital pipelines. (S)

10.00 UKRAINE: HOLOCAUST GROUND ZERO Documentary exploring the Nazi invasion of Ukraine in 1941. (S)

10.55 24 HOURS IN A&E An on-call stroke doctor recalls his experiences during the first week of the pandemic. (R, S)

11.55 BRITAIN'S MOST LUXURIOUS HOTELS (R, S)

12.55 RAMSAY'S 24 HOURS TO HELL AND BACK (R, S) **1.45** Couples Come Dine with Me (R, S) **2.35** Screw (R, S) **3.30** Location, Location, Location (R, S) **4.25** Grand Designs (R, S) **5.20** Kirstie's Fill Your House for Free (R, S) **5.35** Beat the Chef (R, S)

VIRGIN TWO

7.10 PRESSURE PAD (R, S) **8.10** Tipping Point (R, S) **9.10** The Chase (R, S) **11.10** Eggheads (S) **12.30** Kentucky Bidders (R)

1.00 DRESS TO IMPRESS (R, S)
2.00 JUDGE RINDER (S)
3.00 GIFT WRAPPED (R, S)
4.00 TIPPING POINT (S)
5.00 TIPPING POINT (S)
6.00 THE CHASE Quiz show, hosted by Bradley Walsh. (R, S)

7.00 THE CHASE Emma, Jim, Elisa and Bryan take part. (R, S)

8.00 BEAT THE CHASERS Quiz, hosted by Bradley Walsh. (R, S)

9.00 DUBAI HUSTLE Brits making it in the world of luxury high-end property in Dubai.

9.40 RICH KIDS OF BEVERLY HILLS Morgan and Brendan learn that their wedding date may be doomed.

10.40 THE REAL HOUSEWIVES OF NEW JERSEY
11.40 THE JONATHAN ROSS SHOW (R, S)

12.40 READY TO MINGLE: THE REUNION (R, S) **1.40** Love Island: Australia. Reality show. (R)

VIRGIN MORE

1.15 SPORT STORIES: DERMOT GALLAGHER
2.05 CLASSIC 6 NATIONS
3.00 CLASSIC UEFA CHAMPIONS LEAGUE
3.55 UCL DEFINING MOMENTS
4.50 CLASSIC 6 NATIONS
5.50 CLASSIC UEFA CHAMPIONS LEAGUE
6.45 WORLD RUGBY U20 CHAMPIONSHIP
8.30 CLASSIC 6 NATIONS Ireland v Scotland from 2000.

9.00 HELL'S KITCHEN The teams go head to head in a speed challenge.

9.50 DYLAN MCGRATH'S SECRET SERVICE The renowned chef acts as mentor to five chefs-in-the-making.

10.40 UNTIL DEATH Looking at the issue of domestic abuse and femicide in Ireland.

11.30 UCL DEFINING MOMENTS
12.25 CLASSIC UEFA CHAMPIONS LEAGUE **1.20** One-Armed Wonder: The Extraordinary Story of Jimmy Hasty. Documentary series.

UTV

6.00 GOOD MORNING BRITAIN (S)
9.00 Lorraine (S) **10.00** This Morning (S) **12.30** Loose Women (S)

1.30 ITV LUNCHEON NEWS (S)
1.55 UTV LIVE (R, S)
2.00 NEW: JAMES MARTIN'S SPANISH ADVENTURE (S)
3.00 LINGO (R, S)
3.59 UTV WEATHER (S)
4.00 TIPPING POINT (S)
5.00 THE CHASE (S)
6.00 UTV LIVE (S)
6.30 ITV EVENING NEWS (S)
7.30 EMMERDALE Lydia and Craig share a moment. (S)

8.00 CORONATION STREET (S)
9.00 GORDON, GINO & FRED: VIVA ESPANA! (S)
10.00 ITV NEWS AT TEN (S)
10.30 UTV LIVE (S)
10.45 YOU & ME (R, S)
11.40 WACO UNTOLD: THE BRITISH STORIES (R, S)

12.30 ALL ELITE WRESTLING: DYNAMITE (R, S) **2.20** Tipping Point (R, S) **3.10** Monster Carp (R, S) **4.00** Unwind with ITV (S) **5.05** James Martin's Spanish Adventure (R, S)

VIRGIN THREE

7.30 ALPHABETICAL **8.20** The Chase Australia **9.20** Loose Women **10.20** Judge Judy **11.20** Yes Chef **12.20** Judge Rinder **1.20** The Royal **2.20** Emmerdale **2.50** Coronation Street **3.50** Inside Paddington Station **4.50** Heartbeat **5.55** Agatha Christie's Poirot **7.55** Heartbeat **9.00** Maternal **10.00** Somewhere Between **11.00** Coronation Street **11.30** Coronation Street **12.00** Emmerdale **12.30** Bodyguard **1.45** Judge Rinder's Crime Stories

TG4

6.00 CÚLA 4 **10.40** Ainmhithe Craiceáilte **11.10** The Golden Girls **12.10** A Chef's Life **12.40** Gaeil UK **1.10** Hart to Hart **2.05** Shark Tank **3.00** Cúla 4 **5.27** An Aimsir Láithreach **5.30** Irish Paint Magic **6.00** The Golden Girls **6.57** An Aimsir Láithreach **7.00** Nuacht TG4 **7.30** An Saol Beo **8.00** GAA 2023 **9.00** Rogha Glór Tire **9.30** FILM End of Watch (2012) ★★★★★ **11.27** An Aimsir Láithreach **11.30** Téacs Taistil **12.30** Fenris **1.20** Sibín **2.00** Nuacht TG4 **2.30** GAA 2023 **3.25** Timpeall na Tire

SKY SHOWCASE

8.00 CAUGHT ON DASHCAM **9.00** Border Security: Australia's Front Line **10.00** WW2 Treasure Hunters **11.00** Gangs of Lemur Island **12.00** The Flash **1.00** NCIS: Los Angeles **3.00** Hawaii Five-0 **4.00** S.W.A.T **5.00** The Simpsons **5.30** The Fresh Prince of Bel-Air **6.30** The Simpsons **8.00** Rob & Romesh vs Anthony Joshua Revisited **9.00** FILM The Expendables (2010) ★★★★★ **11.00** Never Mind the Buzzcocks **11.45** Road Wars **1.05** The Force: Manchester. Documentary.

SKY ATLANTIC

6.00 URBAN SECRETS **8.00** The Leftovers **10.20** Riviera **12.20** Game of Thrones **1.25** Irma Vep **3.35** The Leftovers **5.55** Riviera **7.55** Game of Thrones. Lord Walder Frey plays host to a long-awaited wedding. **9.00** Winning Time: The Rise of the Lakers Dynasty **10.00** Euphoria **11.10** Billions **12.20** Billions **1.30** Das Boot **2.40** Game of Thrones. Fantasy drama. **3.40** In Treatment **4.10** Urban Secrets

MAIN EVENT

6.00 SKY SPORTS NEWS **7.00** Good Morning Sports Fans **8.00** Good Morning Sports Fans **9.00** Good Morning Sports Fans **10.00** The Football Show **11.00** The Football Show **11.30** LIVE Ref Watch **12.00** LIVE Good Morning Football **2.00** LIVE Ryder Cup Captain's Picks **3.00** Sports Desk **3.30** LIVE US Open Tennis **12.00** LIVE US Open Tennis **2.30** LIVE US Open Tennis **5.30** US Open Tennis Classic Matches

TNT SPORTS 1

9.30 PREMIER LEAGUE STORIES **10.00** The Big Interview **10.30** Vanarama National League **12.30** Premier League Review **1.30** Premier League Legends **2.30** What I Wore **3.00** Ligue 1 Highlights **4.00** Premier League – The Big Interview **4.30** What I Wore **4.45** The WRC Magazine **5.15** Brothers in Football **7.00** LIVE MLB **10.30** TNT Sports Goals Reload **11.00** WWE Raw **12.00** WWE SmackDown **1.00** LIVE WWE Monday Night Raw

TUESDAY



BORN TOO SOON, VIRGIN MEDIA ONE, 9PM The inspiring full-access documentary series follows the lives – both in and out of the hospital – of the families, babies (pictured) and staff at Cork University Maternity Hospital's newborn intensive care unit over the course of an exciting year.

● **ALSO RECOMMENDED: SEE TV PICKS ON PAGE 32**

RTE ONE

6.00 EURONEWS 6.50 Teleshopping
8.00 Only Fools and Horses (R, S) **8.35** Lark Rise to Candleford (R, S) **9.35** The Kelly Clarkson Show (S) **10.25** Dr Phil (S) **11.20** The Repair Shop (S) **12.15** Home of the Year (R, S) **12.45** Telly Bingo. Lottery game show. (S)
1.00 RTÉ NEWS
1.30 HOME AND AWAY (S)
2.00 SHORTLAND STREET (S)
2.25 THE STYLE COUNSELLORS (R, S)
2.55 EASTENDERS (R, S)
3.30 RTÉ NEWS
3.40 THE DURRELLS (R, S)
4.30 THE GREAT BRITISH SEWING BEE (S)
5.40 NUACHT
5.55 RTÉ NEWS WITH SIGNING
6.00 THE ANGELUS
6.01 RTÉ NEWS
7.00 NEW: AISTEAR AN AMHRAÍN
The stories behind popular songs, beginning with Come Out Ye Black and Tans. (S)
7.30 EASTENDERS Stacey is trapped while Jean attempts to support Lily through labour. (S)
8.00 FAIR CITY A shocked Zoe is the victim of online abuse and Alex accuses Fergal. (S)
8.30 FOOD MATTERS Exploring the benefits of supporting locally sourced food. (R, S)
9.00 RTÉ NEWS (S)
9.35 PRIME TIME
10.15 THE MURDOCHS: EMPIRE OF INFLUENCE (S)
11.05 STRIKE – THE CUCKOO'S CALLING (R, S)
12.05 WEATHER 12.15 Silent Witness (R, S) **1.15** Prime Time (R, S) **1.55** Telly Bingo (R, S) **2.05** Fashion's Dirty Secrets: Stacey Dooley Investigates (R, S) **3.10** EuroNews. Headlines.

BBC ONE

6.00 BREAKFAST (S) **9.15** Morning Live (S) **10.00** Critical Incident (S) **10.45** Expert Witness (S) **11.15** Homes Under the Hammer (S) **12.15** Bargain Hunt. Natasha Raskin Sharp hosts. (R, S)
1.00 BBC NEWS AT ONE (S)
1.30 BBC NEWSLINE (S)
1.45 DOCTORS (S)
2.15 MONEY FOR NOTHING (R, S)
3.00 ESCAPE TO THE COUNTRY (S)
3.45 GARDEN RESCUE (S)
4.30 THE FINISH LINE (S)
5.15 POINTLESS (S)
6.00 BBC NEWS AT SIX (S)
6.30 BBC NEWSLINE (S)
7.00 THE ONE SHOW With Lauren Laverne and Jermaine Jenas. (S)
7.30 EASTENDERS Stacey is trapped while Jean attempts to support Lily through labour. (S)
8.00 CELEBRITY MASTERCHEF
The five remaining cooks travel to East Sussex to Hunter Gather Cook, where the nation's top chefs learn how to forage and cook over an open fire. (S)
9.00 THE FOLLOWING EVENTS ARE BASED ON A PACK OF LIES Cheryl is wooed by two people at once as Rob aligns himself with her charitable trust and Alice befriends her to get closer to Rob. (S)
10.00 BBC NEWS AT TEN (S)
10.30 BBC NEWSLINE (S)
10.40 BOOT DREAMS: NOW OR NEVER Adebayo Akinfenwa leads a session on using power and size. (R, S)
11.40 QUESTION OF SPORT With Jonny Hill, Freya Anderson, Joe Fraser and Leon Osman. (R, S)
12.10 WEATHER FOR THE WEEK AHEAD (S) **12.15** BBC News (S)

RTE TWO

6.00 EURONEWS 7.50 TRTÉ
4.30 THE SIMPSONS Homer accidentally declares himself bankrupt. (R, S)
5.00 THE GOLDBERGS Adam sets out to create his own sequel to Raiders of the Lost Ark. (R, S)
5.30 THE BIG BANG THEORY The gang runs into Penny's old boyfriend Zack. (R, S)
6.00 SHORTLAND STREET Hospital drama set in an accident and emergency ward. (R, S)
6.30 HOME AND AWAY Rose and Mali process some targeted vandalism. (R, S)
7.00 THE GREEN PLANET Plants that have developed to thrive in the desert. (R, S)
8.00 TOP GEAR Chris Harris and Freddie Flintoff tackle the Baja 1000 off-road race, and three very different cars are put to the test on the track. (R, S)
9.00 THE CLEANER A gamekeeper is murdered in rural Wales. Greg Davies stars. Last in series. (S)
9.35 FILM: ALL MY LIFE (2020)
A couple's wedding plans are thrown off course when the groom is diagnosed with terminal liver cancer. Romantic drama, starring Jessica Rothe and Harry Shum Jr. ★★★ (S)
11.10 THE WALKING DEAD Carol makes a deal with Pamela to wipe the slate clean on behalf of her friends. (S)
12.05 GLOW UP IRELAND (R, S) **1.05** The Tommy Tiernan Show (R, S) **2.15** 100 Years of Ulysses (R, S) **3.10** Operation Transformation (R, S) **4.00** John Connors' Acting Academy (R, S) **4.55** The Big DIY Challenge (R, S) **5.20** Faoi Bhláth (R, S) **5.45** EuroNews

BBC TWO

6.30 BARGAIN HUNT (R, S) **7.15** Garden Rescue (R, S) **8.00** Sign Zone: Expert Witness (R, S) **8.30** Sign Zone: Robson Green's Weekend Escapes (R, S) **9.00** Nicky Campbell (S) **10.00** BBC News (S) **12.15** Politics Live (S)
1.00 THE SUPER LEAGUE SHOW (R, S)
1.45 IMPOSSIBLE (R, S)
2.30 EGGHEADS (R, S)
3.00 THE WONDER OF ANIMALS (R, S)
3.30 BACK IN TIME FOR THE FACTORY (R, S)
4.30 GREAT BRITISH RAILWAY JOURNEYS (R, S)
5.00 FLOG IT! (R, S)
6.00 RICHARD OSMAN'S HOUSE OF GAMES (R, S)
6.30 MARCUS WAREING'S TALES FROM A KITCHEN GARDEN (S)
7.00 COASTAL DEFENDERS
The dive team tackle a luxury floating hotel, stranded tugboat and a winter storm. (S)
8.00 THIS FARMING LIFE Nikki and Ollie find out if their favourite buffalo is pregnant. (S)
9.00 ULTIMATE WEDDING PLANNER The planners transform an old cinema into a 1950s beach club to create a swinging wedding. (S)
10.00 JAILED: INSIDE MAGHABERRY PRISON (R, S)
10.30 NEWSNIGHT (S)
11.10 WEATHER (S)
11.15 T20 CRICKET (S)
12.15 AMAZING HOTELS: LIFE BEYOND THE LOBBY (R, S) **1.15** Couples Therapy (R, S) **1.45** Sign Zone: Money for Nothing (R, S) **2.30** Sign Zone: Celebrity MasterChef (R, S) **3.25** This Is BBC Two (S)

VIRGIN ONE

6.15 THE SIX O'CLOCK SHOW Chat show. (R, S) **7.00** Ireland AM (S) **10.00** This Morning **12.30** News at 12:30 (S)
1.00 THE CHASE Quiz show. (S)
2.00 THE CHASE (S)
3.00 LOOSE WOMEN Topical debate from a female perspective.
4.00 IN FOR A PENNY Stephen Mulhern sets challenges to members of the public in Southampton. (R, S)
4.30 JUDGE JUDY Double bill.
5.30 NEWS AT 5.30 (S)
6.05 THE SIX O'CLOCK SHOW
Chat show, featuring celebrity interviews, food from leading chefs and guidance on a wide range of topics. (S)
7.00 NEWS AT 7 (S)
7.30 EMMERDALE Craig sexually assaults Lydia. (S)
8.00 EMMERDALE Caleb makes his entry into the family official. (S)
8.30 DON'T LOOK BACK IN ANGER
Archive news stories, focusing this week on 2013. (R, S)
9.00 NEW: BORN TOO SOON
Following the lives, both in and out of hospital, of the families, babies and staff in the busy newborn intensive care unit (NICU) in Cork University Maternity Hospital.
10.00 THE TONIGHT SHOW Claire Brock and Ciara Doherty offer their unique take on the big stories of the day. (S)
11.00 WHO WANTS TO BE A MILLIONAIRE? Another line-up of contestants answer questions that could change their lives.
12.00 THE TOWER (R, S) **1.00** Rectify (R) **2.00** Don't Look Back in Anger (R, S) **2.30** Sport Stories: Nina Carberry (R, S) **5.25** The Tonight Show (R, S)

CHANNEL 4

6.05 COUNTDOWN (R, S) **6.45** Cheers (R, S) **7.35** Everybody Loves Raymond (R, S) **8.25** Frasier (R, S) **9.55** Chateau DIY (R, S) **10.55** George Clarke's Amazing Spaces (R, S) **11.55** Channel 4 News Summary (S) **12.00** Steph's Packed Lunch. Magazine show. (S)
2.10 COUNTDOWN (S)
3.00 A PLACE IN THE SUN (R, S)
4.00 A PLACE IN THE SUN (S)
5.00 FOUR IN A BED (R, S)
5.30 COME DINE WITH ME (R, S)
6.00 THE SIMPSONS (R, S)
6.30 HOLLYOAKS Darren and Tony rush to Charlie's aid. (R, S)
7.00 CHANNEL 4 NEWS (S)
8.00 ● BAKE OFF: THE PROFESSIONALS – THE FINAL
The finalists create a dessert trolley and a banquet display to feed 80 people. Last in series. (S)
9.00 SELLING SUPER HOUSES
The contestants are given a second chance to prove themselves as they conduct a house tour at a celebrity mansion. (S)
10.00 999: ON THE FRONT LINE
Paramedics treat a man who has injured himself while wheeling a push bike home. (R, S)
11.05 SRI LANKA'S EASTER BOMBINGS – DISPATCHES
An investigation into the Sri Lankan government's involvement in the Easter bombing attacks in 2019 that killed 269 people. (S)
12.00 TOP GUNS: INSIDE THE RAF (R, S) **1.00** Ramsay's 24 Hours to Hell and Back (R, S) **1.50** Couples Come Dine with Me (R, S) **2.45** Screw (R, S) **3.40** Location, Location, Location (R, S) **4.35** Undercover Boss USA (R, S) **5.25** Jamie's One-Pan Wonders (R, S) **5.35** Beat the Chef (R, S)

VIRGIN TWO

7.10 PRESSURE PAD (R, S) **8.10** Tipping Point (R, S) **9.10** The Chase (R, S) **11.10** Eggheads (S) **12.30** Gino's Italian Escape (R, S)
1.00 DRESS TO IMPRESS (R, S)
2.00 JUDGE RINDER (S)
3.00 GIFT WRAPPED (R, S)
4.00 TIPPING POINT (S)
5.00 TIPPING POINT (S)
6.00 THE CHASE (R, S)
7.00 THE CHASE Andrew, Melissa, Alex and Linda take part. (R, S)
8.00 THE CHASE CELEBRITY SPECIAL With Mark Billingham, Aldo Zilli, Lucy Pargeter and Joey Essex. (R, S)
9.00 MODELS: STREET TO CATWALK Upcoming model Juan is savagely attacked in the street. (R)
9.45 MY BIG FAT WEDDING
Behind the scenes at The Big Day. (R, S)
10.45 THE REAL HOUSEWIVES OF NEW JERSEY
11.45 THE REAL HOUSEWIVES OF DALLAS (R)
12.45 LOVE ISLAND: AUSTRALIA
Relationship-based reality show. (R)

VIRGIN MORE

1.05 CLASSIC 6 NATIONS
2.00 CLASSIC 6 NATIONS
2.55 CLASSIC 6 NATIONS
3.50 UCL DEFINING MOMENTS
4.45 A SHORT HISTORY OF THE UCL
5.35 BEST OF UEFA CHAMPIONS LEAGUE 2022/2023
6.00 CLASSIC UEFA CHAMPIONS LEAGUE The 1984 European Cup final between Liverpool and AS Roma.
6.55 WORLD RUGBY U20 CHAMPIONSHIP Ireland v France in the final.
8.30 CLASSIC 6 NATIONS A
memorable encounter between Ireland and England from 2001.
9.00 HOLDING PJ attempts to bring the killer to justice.
9.50 KAREN PIRIE Karen is forced to confront a version of the truth she never thought possible. Starring Lauren Lyle.
11.20 THE REAL STORY OF The stories behind famous films.
12.10 CLASSIC 6 NATIONS 1.05
World Rugby U20 Championship

UTV

6.00 GOOD MORNING BRITAIN (S)
9.00 Lorraine (S) **10.00** This Morning (S) **12.30** Loose Women (S)
1.30 ITV LUNCHTIME NEWS (S)
1.55 UTV LIVE (S)
2.00 JAMES MARTIN'S SPANISH ADVENTURE (S)
3.00 LINGO (R, S)
3.59 UTV WEATHER (S)
4.00 TIPPING POINT (S)
5.00 THE CHASE (S)
6.00 UTV LIVE (S)
6.30 ITV EVENING NEWS (S)
7.00 EMMERDALE Craig sexually assaults Lydia. (S)
8.00 THE NATIONAL TELEVISION AWARDS 2023 Joel Dommett hosts the 28th edition of the ceremony, as stars and fans gather for one of the biggest nights in British TV. (S)
10.30 ITV NEWS (S)
11.00 UTV LIVE (S)
11.15 YOU & ME (R, S)
12.10 LONG LOST FAMILY (R, S)
1.00 The Chase (R, S) **1.50** Tipping Point (R, S) **2.40** The Reunion (R, S) **4.20** Unwind with ITV (S)

VIRGIN THREE

7.30 ALPHABETICAL 8.20 The Chase Australia **9.20** Loose Women **10.20** Judge Judy **11.20** Yes Chef **12.20** Judge Rinder **1.20** The Royal **2.20** Emmerdale **2.50** Coronation Street **3.50** Inside Paddington Station **4.50** Heartbeat **5.55** Agatha Christie's Poirot **7.55** Heartbeat. Drama, starring Duncan Bell. **9.00** Vera. A teenage boy is found dead in a shipyard. **11.00** Emmerdale **11.30** Emmerdale **12.00** Aquarius **1.00** Hospital. Documentary.

TG4

10.40 AINMHITHE CRAICEÁILTE 11.10 The Golden Girls **12.10** A Chef's Life **12.40** Truckers na hÉireann **1.10** Hart to Hart **2.05** Shark Tank **3.00** Cúla 4 **5.27** An Aimsir Láithreach **5.30** An Costa Thiar **6.00** The Golden Girls **6.57** An Aimsir Láithreach **7.00** Nuacht TG4 **7.30** Seoda Bhailiúcháin na Scol **8.00** Buabhaill ar na Bánta **8.30** Ros na Rún **9.00** Rogha Glór Tíre **9.30** Féilte Ceol Tíre – Ballymore Country Music Festival **10.30 ● NEW** Hacks **11.05** NEW Minx **11.47** An Aimsir Láithreach **11.50** Ros na Rún **12.20**

SKY SHOWCASE

6.00 THE EARLY RUNDOWN 7.00 Kay Burley **8.00** Caught on Dashcam **9.00** Border Security: Australia's Front Line **10.00** WW2 Treasure Hunters **11.00** Gangs of Lemur Island **12.00** The Flash **1.00** NCIS: Los Angeles **3.00** Hawaii Five-0 **4.00** S.W.A.T **5.00** The Simpsons **5.30** The Fresh Prince of Bel-Air **6.30** The Simpsons **8.00** Predators **9.00** FILM Apollo 11 (2019) ★★★★★ **10.45** The Blacklist **11.45** The Force: Manchester **12.40** Road Wars **2.00** Stop, Search, Seize

SKY ATLANTIC

6.00 FISH TOWN 7.55 The Leftovers **10.15** Riviera **12.15** Game of Thrones **1.20** Irma Vep **3.30** The Leftovers **5.40** Ray Donovan **7.50** Game of Thrones. Joffrey stands up to his grandfather. **9.00** The Gilded Age. Peggy reveals the truth about her past. **10.05** Tin Star **11.10** Angels in America. Drama, starring Meryl Streep and Al Pacino. **12.30** Billions **2.50** Game of Thrones. Fantasy drama. **4.05** Fish Town

MAIN EVENT

6.00 SKY SPORTS NEWS 7.00
Good Morning Sports Fans **8.00**
Good Morning Sports Fans **9.00**
Good Morning Sports Fans **10.00** The Football Show **11.00** The Football Show **12.00** LIVE Good Morning Football **3.00** Sports Desk **3.30** LIVE US Open Tennis **5.30** LIVE International T20 Cricket **9.30** LIVE US Open Tennis **12.00** LIVE US Open Tennis **2.30** LIVE US Open Tennis **5.30** US Open Tennis Classic Matches

TNT SPORTS 1

9.00 MOTOGP 12.30 MotoGP Chequered Flag **1.30** The WRC Magazine **2.00** Down The Clubhouse **3.00** Vanarama National League Highlights **3.30** Ligue 1 Highlights **4.30** World Seniors Darts Matchplay **6.30** Badminton Weekly **6.45** Premier League **7.45** Premier League Stories **8.15** Premier League Netbusters **8.45** Premier League Reload **9.00** WWE Raw **11.30** MotoGP **11.45** Badminton Weekly **12.00** WWE NXT Highlights

WEDNESDAY



DEPARTURE, SKY WITNESS & NOW, 9PM The investigation into what happened on The Queen of the Narrows continues, leading Kendra (pictured) and her team to make a drastic decision: they're going to have to go rogue to in their quest to discover the true cause of the ferry's sinking.

● **ALSO RECOMMENDED: SEE TV PICKS ON PAGE 32**

RTE ONE

6.00 EURONEWS 7.40 Teleshopping (R, S) **8.15** Only Fools and Horses (R, S) **8.50** Lark Rise to Candleford (R, S) **9.50** The Kelly Clarkson Show (S) **10.40** Dr Phil (S) **11.35** The Repair Shop (S) **12.30** Home of the Year (R, S)

1.00 RTÉ NEWS (S)

1.30 HOME AND AWAY (S)

2.00 SHORTLAND STREET (S)

2.25 FAIR CITY (R, S)

2.55 EASTENDERS (R, S)

3.30 RTÉ NEWS

3.40 THE DURRELLS (R, S)

4.30 THE GREAT BRITISH SEWING BEE (S)

5.40 NUACHT

5.55 RTÉ NEWS WITH SIGNING

6.00 THE ANGELUS

6.01 RTÉ NEWS

7.00 NATIONWIDE (S)

7.30 EASTENDERS Ian's business lunch with Suki and Nish doesn't go to plan. (R, S); Lotto

8.00 NEVEN'S IRISH SEAFOOD TRAILS Chef Neven Maguire heads to Dublin. (R, S)

8.30 SUPER GARDEN Amateur garden designers get the chance to showcase their talent at Bord Bia Bloom. (S)

9.00 RTÉ NEWS (S)

9.35 NEW: THE WAY WE WERE An assessment of Irish national identity. (S)

10.35 THE CASE I CAN'T FORGET Retired detective inspector Pat Marry recalls his investigation into the death of Niall Dorr. (R, S)

11.40 THE DRY (R, S)

12.15 THE DRY (R, S) **12.50** Faraway Fields (R, S) **1.50** The Summer Show **2.50** Tony Connelly: A Hidden History (R, S) **3.40** Two Tribes (R, S) **4.35** Ireland's Smartest (R, S) **5.00** 999 **5.25** EuroNews

BBC ONE

6.00 BREAKFAST (S) **9.15** Morning Live (S) **10.00** Critical Incident (S) **10.45** Expert Witness (S) **11.15** Homes Under the Hammer (R, S) **12.15** Bargain Hunt. Christina Trevanion hosts. (R, S)

1.00 BBC NEWS AT ONE (S)

1.30 BBC NEWSLINE (S)

1.45 DOCTORS (S)

2.15 MONEY FOR NOTHING (S)

3.00 ESCAPE TO THE COUNTRY (R, S)

3.45 GARDEN RESCUE (S)

4.30 THE FINISH LINE (S)

5.15 POINTLESS (S)

6.00 BBC NEWS AT SIX (S)

6.30 BBC NEWSLINE (S)

7.00 THE ONE SHOW With Alex Jones and Jermaine Jenas. (S)

7.30 EASTENDERS Sonia and Reiss head to their first fertility appointment. (S)

8.00 THE REPAIR SHOP Items include a ship-shaped clock and a 1960s skateboard. (R, S)

9.00 CELEBRITY MASTERCHEF The four remaining chefs must create a theatrical showstopping dish which will decide who makes it to the next challenge. (S)

10.00 BBC NEWS AT TEN (S)

10.30 BBC NEWSLINE (S)

10.40 AMBULANCE A patient with suspected broken back and open wrist fracture receives assistance. (R, S)

11.40 FILM: IF BEALE STREET COULD TALK (2018) A couple's plans of starting a family are derailed when the fiancé is arrested for a crime they did not commit. Drama, starring KiKi Layne. ★★★★★ (S)

1.30 WEATHER FOR THE WEEK AHEAD (S) **1.35** BBC News (S)

RTE TWO

6.00 EURONEWS 7.50 TRTÉ

4.30 THE SIMPSONS Homer becomes a member of the paparazzi. (R, S)

5.00 THE GOLDBERGS Erica and her college room-mate get on each other's nerves. (R, S)

5.30 THE BIG BANG THEORY Comedy, guest starring Christine Baranski. (R, S)

6.00 SHORTLAND STREET Hospital drama set in an accident and emergency ward. (R, S)

6.30 HOME AND AWAY Bree fails to convince Mercedes to attend the final recording session. (R, S)

7.00 YOUR HOME MADE PERFECT Architects Will Foster and Lynsey Elliott compete to remodel a home in Gosport. (S)

8.10 SAVING LIVES AT SEA A teenager is trapped by the tide on a rocky outcrop. (S)

9.20 OPEN HOUSE DUBLIN An insight into the conservation and restoration of Dublin's Four Courts dome. (R, S)

9.30 BLUE BLOODS Erin and Anthony clash following a fatal shooting. Plus, Frank plans to punish a cop for his inaction during an armed robbery. (S)

10.25 FIRST DATES IRELAND Órán from Dublin, the 600th participant on the show, and 20-year-old Luke from Mayo come together for their first ever blind date. (R, S)

11.25 GODFATHER OF HARLEM Two uniformed cops attack the Geechee. (R, S)

12.20 ULTIMATE HELL WEEK: THE PROFESSIONALS (R, S) **1.20** Friday Night Dinner (R, S) **1.50** The Office (R, S) **2.25** EuroNews. Headlines update.

BBC TWO

6.30 ESCAPE TO THE COUNTRY (R, S) **7.15** Garden Rescue (R, S) **8.00** Sign Zone: See Hear (S) **8.30** Sign Zone: Great Coastal Railway Journeys (R, S)

9.00 Nicky Campbell (S) **10.00** BBC News (S) **11.15** Politics Live (S)

1.00 IMPOSSIBLE (R, S)

1.45 EGGHEADS (R, S)

2.15 MURDER, MYSTERY A ND MY FAMILY (R, S)

3.00 THE WONDER OF ANIMALS (R, S)

3.30 BACK IN TIME FOR THE FACTORY (R, S)

4.30 GREAT BRITISH RAILWAY JOURNEYS (R, S)

5.00 FLOG IT! (R, S)

5.45 T20 WOMEN'S INTERNATIONAL England v Sri Lanka. Isa Guha presents live coverage of the third and final match in the series from The Incora County Ground, Derby. England's side will be buoyant, having won two of the three T20s they played against Australia in the recent Ashes series, which included a memorable victory at Lord's. They now face a Sri Lanka side they last met prior to this series at the 2022 Commonwealth Games in Birmingham. (S)

10.00 ● HENPOCALYPSE! Shelly makes a shocking discovery. (S)

10.30 NEWSNIGHT (S)

11.10 WEATHER (S)

11.15 SURVIVING 9/11 (R, S)

12.50 SIGN ZONE: SEE HEAR (R, S) **1.20** Sign Zone: Ultimate Wedding Planner (R, S) **2.20** Sign Zone: Garden Rescue (R, S) **3.05** Sign Zone: Celebrity MasterChef. The semi-final. (R, S) **3.35** This Is BBC Two (S)

VIRGIN ONE

6.15 THE SIX O'CLOCK SHOW Chat show. (R, S) **7.00** Ireland AM (S) **10.00** This Morning **12.30** News at 12:30 (S)

1.00 THE CHASE Quiz show, hosted by Bradley Walsh. (S)

2.00 THE CHASE (S)

3.00 LOOSE WOMEN Topical debate from a female perspective.

4.00 IN FOR A PENNY Stephen Mulhern sets challenges to members of the public in Cambridge. (R, S)

4.30 JUDGE JUDY Double bill.

5.30 NEWS AT 5.30 (S)

6.05 THE SIX O'CLOCK SHOW Chat show, featuring celebrity interviews and guidance on a wide range of topics. (S)

7.00 NEWS AT 7 (S)

7.30 EMMERDALE Caleb is amused when Cain ropes him in to help with work at the garage. (S)

8.00 CORONATION STREET Cassie's relapse destroys Tyrone's faith in her recovery. (S)

8.30 CORONATION STREET Ronnie presents Ed with a bank card for the business account. (S)

9.00 ● NEW: GOGGLEBOX IRELAND Deirdre O'Kane provides the voiceover as a selection of telly addicts comment on the week's programmes from the comfort of their living rooms. (S)

10.00 THE TONIGHT SHOW Claire Brock and Ciara Doherty offer their unique take on the big stories of the day. (S)

11.00 ONLY FANS: IRELAND'S X-RATED An inside look at the popularity of the controversial subscriber platform. (R, S)

12.05 9/11 – THE FINAL SECRETS (R) **1.05** Rectify (R) **2.05** The Restaurant (R, S) **5.25** The Tonight Show (R, S)

CHANNEL 4

6.05 COUNTDOWN (R, S) **6.45** Cheers (R, S) **7.35** Everybody Loves Raymond (R, S) **8.25** Frasier (R, S) **9.55** Chateau DIY. Documentary. (R, S) **10.55** George Clarke's Amazing Spaces (R, S) **11.55** Channel 4 News Summary (S) **12.00** Steph's Packed Lunch (S)

2.10 COUNTDOWN (S)

3.00 A PLACE IN THE SUN (R, S)

4.00 A PLACE IN THE SUN (S)

5.00 FOUR IN A BED (R, S)

5.30 COME DINE WITH ME James serves an Americana-themed evening. (R, S)

6.00 THE SIMPSONS Lisa finds a classroom hidden beneath Springfield Elementary. (R, S)

6.30 HOLLYOAKS Hunter confides in Zoe about his past. (R, S)

7.00 CHANNEL 4 NEWS (S)

8.00 NEW: GEORDIE HOSPITAL Following staff in Newcastle hospitals. Orthopaedic surgeon Malik plans to give 25-year-old Louisa a replacement ankle. (S)

9.00 ● SCREW Leigh is reeling after a corrupt officer is discovered on her team. Meanwhile, Rose faces a terrifying decision. (S)

10.00 FIRST DATES A Disney fan seeks a fresh start after losing her last partner due to a tragic accident. (R, S)

11.05 SELLING SUPER HOUSES The competitors conduct a house tour at a celebrity mansion. (R, S)

12.05 REMARKABLE PLACES TO EAT (R, S) **1.00** Alone (R, S) **1.55** Ukraine: Holocaust Ground Zero (R, S) **2.50** Bone Detectives: Britain's Buried Secrets (R, S) **3.45** Location, Location, Location (R, S) **4.40** Undercover Boss USA (R, S) **5.30** Jamie's Comfort Food (R, S) **5.35** Beat the Chef (R, S)

VIRGIN TWO

7.10 PRESSURE PAD (R, S) **8.10** Tipping Point (R, S) **9.10** The Chase (R, S) **11.10** Eggheads (S) **12.30** Gino's Italian Escape (R, S)

1.00 DRESS TO IMPRESS (R, S)

2.00 JUDGE RINDER (R, S)

3.00 GIFT WRAPPED (R, S)

4.00 TIPPING POINT (S)

5.00 TIPPING POINT (R, S)

6.00 THE CHASE Quiz show, hosted by Bradley Walsh. (R, S)

7.00 THE CHASE With Michael, Debbie, Helen and Rob. (R, S)

8.00 THE CHASE CELEBRITY SPECIAL Bradley Walsh hosts with Susan Calman, Dermot Murnaghan, Perri Shakes-Drayton and Omid Djalili. (R, S)

9.00 MILLION POUND PAWN A Sheffield pawnbroker takes a helicopter ride to the biggest deal of his career. (R)

10.00 CELEBRITY OBSESSED (S)

11.00 THE REAL HOUSEWIVES OF DALLAS

12.00 THE REAL HOUSEWIVES OF NEW JERSEY Reality series. (R)

12.55 Love Island: Australia (R) **1.55** Love Island Australia: The Final (R)

VIRGIN MORE

1.15 SPORT STORIES: IAN MCKINLEY

2.05 CLASSIC 6 NATIONS

3.00 SPORT STORIES: RODDY COLLINS

3.50 CLASSIC UEFA CHAMPIONS LEAGUE

4.45 CLASSIC 6 NATIONS

5.40 CLASSIC UEFA CHAMPIONS LEAGUE

6.35 WORLD RUGBY U20 CHAMPIONSHIP Ireland v Fiji.

7.25 WORLD RUGBY U20 CHAMPIONSHIP

8.15 UEFA OUTRAGED – DISABILITY

8.30 BEST OF UEFA CHAMPIONS LEAGUE 2022/2023 A focus on Luka Modric.

9.00 WITHOUT SIN Psychological thriller, starring Vicky McClure.

9.50 DI RAY Crime drama, starring Parminder Nagra.

10.40 IT TAKES A FLOOD **11.30 CRACKER**

12.25 UCL DEFINING MOMENTS

1.20 World Rugby U20 Championship. Ireland v France.

UTV

6.00 GOOD MORNING BRITAIN (S)

9.00 Lorraine (S) **10.00** This Morning (S) **12.30** Loose Women (S)

1.30 ITV LUNCHTIME NEWS (S)

1.55 UTV LIVE (S)

2.00 JAMES MARTIN'S SPANISH ADVENTURE (S)

3.00 LINGO (R, S)

3.59 UTV WEATHER (S)

4.00 TIPPING POINT (S)

5.00 THE CHASE (S)

6.00 UTV LIVE (S)

6.30 ITV EVENING NEWS (S)

7.30 EMMERDALE (S)

8.00 CORONATION STREET (S)

9.00 MEL GIEDROYC AND MARTIN CLUNES EXPLORE BRITAIN BY THE BOOK (S)

10.00 ITV NEWS AT TEN (S)

10.30 UTV LIVE (S)

10.45 YOU & ME (R, S)

11.40 BRITISH TOURING CAR CHAMPIONSHIP HIGHLIGHTS (R, S)

12.55 THE CHASE (R, S) **1.45** Tipping Point (R, S) **2.40** Next Level Chef (R, S) **3.30** E-Bikes & Scooters: Trouble on the Road? Tonight (R, S)

VIRGIN THREE

7.30 ALPHABETICAL **8.20** The Chase Australia **9.20** Loose Women **10.20** Judge Judy **11.20** Yes Chef **12.20** Judge Rinder **1.20** The Royal **2.20** Emmerdale Family Tree: The Tates **2.50** Emmerdale **3.50** Inside Paddington Station **4.50** Heartbeat **5.55** Lewis **7.55** Heartbeat **9.00** Law & Order: Special Victims Unit **10.00** Coronation Street **10.30** Coronation Street **11.00** Emmerdale **11.30** FILM Secrets That Kill (2020) ★★★ **1.20** Hospital

TG4

6.00 CÚLA 4 **10.40** Ainmhithe Craiceáilte **11.10** The Golden Girls **12.10** A Chef's Life **12.40** Truckers na hÉireann **1.10** Hart to Hart **2.05** Shark Tank **3.00** Cúla 4 **5.27** An Aimsir Láithreach **5.30** Bibeanna **6.00** The Golden Girls **6.57** An Aimsir Láithreach **7.00** Nuacht **7.30** Junior Eurovision 2023 **8.30** NEW Scéalta Grá na hÉireann **9.00** Rogha Glór Tire **9.30** Bagatelle – Omós do Liam Reilly **10.35** Muhammad Ali **11.40** NEW Survivor **12.35** Glórtha ón Imeall

SKY SHOWCASE

6.00 THE EARLY RUNDOWN **7.00** Kay Burley **8.00** Caught on Dashcam **9.00** Border Security: Australia's Front Line **9.30** Nothing to Declare **10.00** WW2 Treasure Hunters **11.00** Gangs of Lemur Island **12.00** The Flash **1.00** NCIS: Los Angeles **3.00** Hawaii Five-0 **4.00** S.W.A.T **5.00** The Simpsons **5.30** The Fresh Prince of Bel-Air **6.30** The Simpsons **8.00** An Idiot Abroad **9.00** Never Mind the Buzzcocks **9.45** Ricky Gervais: Fame **11.25** Warrior **12.30** Breeders **1.30** Road Wars

SKY ATLANTIC

6.00 FISH TOWN **7.55** The Leftovers **10.05** Ray Donovan **12.15** Game of Thrones **1.25** Irma Vep **3.25** The Leftovers **5.40** Ray Donovan **7.50** Game of Thrones. Jon Snow finds himself on trial at Castle Black. **9.00** Billions **10.10** True Detective **11.20** Drift – Partners in Crime **12.20** Das Boot **1.30** Dreamland **2.00** NEW The Lovers **2.40** Game of Thrones **3.45** In Treatment **4.15** Fish Town

MAIN EVENT

6.00 SKY SPORTS NEWS **7.00** Good Morning Sports Fans **8.00** Good Morning Sports Fans **9.00** Good Morning Sports Fans **10.00** The Football Show **11.00** The Football Show **12.00** Sky Sports News. The latest sports news. **12.30** LIVE Disability Premier League Final 06.09 **4.00** LIVE US Open Tennis. Coverage of day 10. **12.00** LIVE US Open Tennis **2.30** LIVE US Open Tennis **5.30** US Open Tennis Classic Matches

TNT SPORTS 1

9.30 FIGHT NIGHT LIVE **10.30** TBA **11.30** World Seniors Darts Matchplay **1.30** The WRC Magazine. The latest news. **2.00** Women's CPL **2.30** CPL **3.00** TNT Sports Reload **3.30** PL Legends: Paolo Di Canio **4.00** Premier League **5.30** Premier League Stories **6.00** Serie A – Full Impact **6.30** Women's CPL **7.00** CPL **7.30** LIVE Women's CPL **11.15** MotoGP Rewind **11.30** LIVE Hero CPL **3.45** West Indies v England – Cricket Classics

THURSDAY



THE KILLING KIND, PARAMOUNT+ Defence barrister Ingrid Lewis (pictured) is trying to rebuild her life after her world imploded – and when tragedy strikes her pal and mentor, she begins to wonder if she was the intended target. Especially after a former client reappears in her life with a sensational claim.

● **ALSO RECOMMENDED: SEE TV PICKS ON PAGE 32**

RTE ONE

6.00 EURONEWS 6.50 Teleshopping
8.00 Only Fools and Horses (R, S) **8.35** Lark Rise to Candleford (R, S) **9.35** The Kelly Clarkson Show (S) **10.25** Dr Phil (S) **11.20** The Repair Shop (S) **12.15** Home Grown (R, S) **12.45** Telly Bingo. Lottery game show. (S)

1.00 RTÉ NEWS (S)
1.30 HOME AND AWAY (S)
2.00 SHORTLAND STREET (S)
2.25 BEYOND THE BULLETS – REAL LIFE DURING THE CIVIL WAR (R, S)
2.55 EASTENDERS (R, S)
3.30 RTÉ NEWS
3.40 THE DURRELLS (R, S)
4.30 THE GREAT BRITISH SEWING BEE (S)
5.40 NUACHT
5.55 RTÉ NEWS WITH SIGNING
6.00 THE ANGELUS
6.01 RTÉ NEWS
7.00 ● **NEW: CHEAP IRISH HOMES** Finding a home for a South African couple. (S)
7.30 FAIR CITY Soap Opera. Fergal sends a sinister threat when Gar fires him from the gymnasium due to his racist behaviour. (S)
8.00 EASTENDERS Alfie reveals all that is going on between Anna, Bobby and Freddie. (S)
8.30 HOW TO BE GOOD WITH MONEY Eoin McGee gives financial advice to a family of four from Clondalkin, Dublin. (S)
9.00 RTÉ NEWS (S)
9.35 PRIME TIME (S)
10.15 WHO DO YOU THINK YOU ARE? (S)
11.20 BRINGING ASSAD TO JUSTICE (S)
12.30 HARRY WILD (R, S) **1.35** Prime Time (R, S) **2.15** Telly Bingo (R, S) **2.25** Dr Phil (R, S) **3.10** EuroNews

BBC ONE

6.00 BREAKFAST (S) **9.15** Morning Live. Magazine show. (S) **10.00** Critical Incident (S) **10.45** Expert Witness (S) **11.15** Homes Under the Hammer (S) **12.15** Bargain Hunt (R, S)

1.00 BBC NEWS AT ONE (S)
1.30 BBC NEWSLINE (S)
1.45 DOCTORS (S)
2.15 MONEY FOR NOTHING (R, S)
3.00 ESCAPE TO THE COUNTRY In Shropshire. (R, S)
3.45 GARDEN RESCUE (S)
4.30 THE FINISH LINE (S)
5.15 POINTLESS (S)
6.00 BBC NEWS AT SIX (S)
6.30 BBC NEWSLINE (S)
7.00 THE ONE SHOW With Alex Jones and Roman Kemp. (S)
7.30 EASTENDERS Alfie reveals all that is going on between Anna, Bobby and Freddie. (S)
8.00 NEW: SORT YOUR LIFE OUT WITH STACEY SOLOMON Stacey and her team of experts help more more families declutter their homes. (S)
9.00 AMBULANCE The North West Ambulance Service is alerted about a possible outbreak of the highly infectious Middle East Respiratory Syndrome at Fairfield General Hospital in Bury. (S)
10.00 BBC NEWS AT TEN (S)
10.30 BBC NEWSLINE (S)
10.40 MATCH OF THE DAY NORTHERN IRELAND: EURO 2024 QUALIFIERS Slovenia v Northern Ireland. (S)
11.20 9/11: INSIDE THE PRESIDENT'S WAR ROOM How George W Bush and his staff dealt with the September 11 attack. (R, S)
12.50 BBC NEWS (S)

RTE TWO

6.00 EURONEWS 7.50 TRTÉ
1.00 HORIZON IRISH OPEN Live coverage of the first day of the DP World Tour tournament, taking place at The K Club. (S)
6.00 SHORTLAND STREET Long-running hospital drama set in a New Zealand accident and emergency ward, following the private and professional lives of the staff who work there. (R, S)
6.30 HOME AND AWAY Felicity and Tane are running out of time and ideas as they try to come up with the blackmailer's cash. Meanwhile, Alf welcomes John back with a wise word. (R, S)
7.00 EUROPEAN QUALIFIERS France v Republic of Ireland (Kick-off 7.45pm). Darragh Maloney presents all the action from the crucial UEFA Euro 2024 Group B encounter at Parc des Princes in Paris. A goal by Benjamin Pavard gave World Cup runners-up France a 1-0 win when the sides met at Aviva Stadium in Dublin in March. (S)
10.15 NEW: RICHIE SADLIER: LET'S TALK ABOUT SEX Psychotherapist Richie Sadlier takes viewers on his most personal and urgent journey yet as he cuts straight through to the heart of sex education curriculum in Ireland. (S)
11.15 YELLOWSTONE John has a request for Monica and lends support to an unexpected friend. Jamie goes through with his plan and a flashback reveals a source of Rip's loyalty. (R, S)
12.15 THE LAKES WITH SIMON REEVE (R, S) **1.25** Line of Duty (R, S) **2.35** EuroNews. Headlines update.

BBC TWO

6.30 ESCAPE TO THE COUNTRY (R, S) **7.15** Garden Rescue (R, S) **8.00** Sign Zone: Coastal Defenders (R, S) **9.00** Nicky Campbell (S) **10.00** BBC News (S) **12.15** Politics Live (S)

1.00 IMPOSSIBLE (R, S)
1.45 EGGHEADS (R, S)
2.15 MURDER, MYSTERY AND MY FAMILY (R, S)
3.00 THE WONDER OF ANIMALS (R, S)
3.30 BACK IN TIME FOR THE FACTORY (R, S)
4.30 GREAT BRITISH RAILWAY JOURNEYS (R, S)
5.00 FLOG IT! (R, S)
6.00 RICHARD OSMAN'S HOUSE OF GAMES (R, S)
6.30 MARCUS WAREING'S TALES FROM A KITCHEN GARDEN (S)
7.00 THE SECRET GENIUS OF MODERN LIFE Hannah Fry uncovers secrets behind trainers. (R, S)
8.00 THE HIDDEN WORLD OF HOSPITALITY WITH TOM KERRIDGE Methods businesses employ to cope with fluctuating seasonal demand. (S)
9.00 NEW: HELPING OUR TEENS Part one of two. A behaviour expert helps secondary school students. (S)
10.00 THE ROYLE FAMILY (R, S)
10.30 NEWSNIGHT (S)
11.10 WEATHER (S)
11.15 COUPLES THERAPY (S)
11.45 ULTIMATE WEDDING PLANNER (R, S)
12.45 COASTAL DEFENDERS (R, S) **1.45** Sign Zone: Clean It, Fix It (R, S) **2.30** Sign Zone: Crazy Rich Agents: Selling Dream Homes (R, S) **3.25** This Is BBC Two (S)

VIRGIN ONE

6.15 THE SIX O'CLOCK SHOW (R, S) **7.00** Ireland AM (S) **10.00** This Morning **12.30** News at 12:30 (S)

1.00 THE CHASE Quiz show, hosted by Bradley Walsh. (S)
2.00 THE CHASE (S)
3.00 LOOSE WOMEN The women put the world to rights once more.
4.00 IN FOR A PENNY Stephen Mulhern sets challenges to members of the public in Chester. (R)
4.30 JUDGE JUDY Double bill.
5.30 NEWS AT 5.30 (S)
6.05 THE SIX O'CLOCK SHOW Chat show. (S)
7.00 NEWS AT 7 (S)
7.30 EMMERDALE There is tension between Belle and Dawn. (S)
8.00 EMMERDALE Tom is attacked. Charles packs his bag. (S)
8.30 EMMERDALE FAMILY TREE: THE DINGLES, OLDER AND WISER The different generations of the soap's most-loved families, beginning with the Dingles. (R, S)
9.00 CORONATION STREET Cassie reveals upsetting details of her past to Tyrone. (S)
9.30 CORONATION STREET Max fails to cover up Lauren's meltdown, Aadi prioritises work over pleasure. (S)
10.00 THE TONIGHT SHOW Claire Brock and Ciara Doherty offer their unique take on the big stories of the day. (S)
11.00 CONFESSIONS OF A CRIME BOSS (R)
12.00 RECTIFY (R) **1.00** FILM: HOUSESITTER (2007) Thriller, starring Tori Spelling and Dean McDermott. ★★ **5.25** The Tonight Show (R, S)

CHANNEL 4

6.05 COUNTDOWN (R, S) **6.45** Cheers (R, S) **7.35** Everybody Loves Raymond (R, S) **8.25** Frasier (R, S) **9.55** Chateau DIY (R, S) **10.55** George Clarke's Amazing Spaces (R, S) **11.55** Channel 4 News Summary (S) **12.00** Steph's Packed Lunch. Magazine show. (S)

2.10 COUNTDOWN (S)
3.00 A PLACE IN THE SUN (R, S)
4.00 A PLACE IN THE SUN (S)
5.00 FOUR IN A BED (R, S)
5.30 COME DINE WITH ME (R, S)
6.00 THE SIMPSONS Lisa becomes smitten with a musician named Brendan. (R, S)
6.30 HOLLYOAKS Mercedes forces Warren to open up about his feelings. (R, S)
7.00 CHANNEL 4 NEWS (S)
8.00 THE DOG HOUSE A 12-year-old terrier enjoys a makeover at the groomers. (R, S)
9.00 SCREW Morgan is forced to take matters into his own hands. With Nina Sosanya, Jamie-Lee O'Donnell and Leo Gregory. (S)
10.00 8 OUT OF 10 CATS DOES COUNTDOWN With Alan Carr, Harriet Kemsley, Jonathan Ross and Maisie Adam. (R, S)
11.05 UEFA EUROPEAN QUALIFIERS PREVIEW Featuring a look ahead to forthcoming Euro 2024 qualifiers. (S)
11.35 CELEBRITY GOGGLEBOX A Pride anniversary episode. (R, S)
12.35 FIRST DATES (R, S) **1.30** FILM: ALL THE MONEY IN THE WORLD (2017) Drama, starring Michelle Williams and Christopher Plummer. ★★★★★ (S) **3.40** Location, Location, Location (R, S) **4.35** Undercover Boss USA (R, S) **5.25** Jamie's Comfort Food (R, S) **5.40** Beat the Chef (R, S)

VIRGIN TWO

7.10 PRESSURE PAD (R, S) **8.10** Tipping Point (R, S) **9.10** The Chase (R, S) **11.10** Eggheads (S) **12.30** Gino's Italian Escape (R, S)

1.00 DRESS TO IMPRESS (R, S)
2.00 JUDGE RINDER (S)
3.00 GIFT WRAPPED (R, S)
4.00 TIPPING POINT (S)
5.00 TIPPING POINT (S)
6.00 THE CHASE CELEBRITY SPECIAL With Chizzy Akudolu, Andrew Pierce, Sonja McLaughlan and Jack Carroll. Bradley Walsh presents. (R, S)
7.00 LIVE UEFA EUROPEAN QUALIFIERS Netherlands v Greece (Kick-off 7.45pm). All the action from the UEFA Euro 2024 Group B qualifier at Johan Cruyff Arena.
10.00 UEFA EUROPEAN QUALIFIERS HIGHLIGHTS Including France v Republic of Ireland.
11.00 THE GRAHAM NORTON SHOW (R)
12.05 THE REAL HOUSEWIVES OF NEW JERSEY (R) **1.00** Love Island South Africa. Reality show. (R)

VIRGIN MORE

1.25 SPORT STORIES: DERMOT GALLAGHER
2.15 CLASSIC UEFA CHAMPIONS LEAGUE
3.10 CLASSIC UEFA CHAMPIONS LEAGUE
4.05 CLASSIC UEFA CHAMPIONS LEAGUE
5.00 UEFA CHAMPIONS LEAGUE
6.45 SPORT STORIES: NINA CARBERRY An interview with the jockey.
7.15 UEFA OUTRAGED – DISABILITY Football's role in helping those with disabilities.
7.35 LIVE UEFA EUROPEAN QUALIFIERS Slovenia v Northern Ireland (Kick-off 7.45pm).
9.45 BEST OF UEFA CHAMPIONS LEAGUE 2022/2023 Documentary on Real Madrid star Luka Modric.
10.10 THE REAL STORY OF The stories behind famous films.
11.05 UEFA EUROPEAN QUALIFIERS
12.50 HOLDING 1.40 Dylan McGrath's Secret Service

UTV

6.00 GOOD MORNING BRITAIN (S) **9.00** Lorraine (S) **10.00** This Morning (S) **12.30** Loose Women (S)

1.30 ITV LUNCHTIME NEWS (S)
1.55 UTV LIVE (S)
2.00 JAMES MARTIN'S SPANISH ADVENTURE (S)
3.00 LINGO (R, S)
3.59 UTV WEATHER (S)
4.00 TIPPING POINT (S)
5.00 THE CHASE (S)
6.00 UTV LIVE (S)
6.30 ITV EVENING NEWS (S)
7.30 EMMERDALE (S)
8.30 UTV LIFE (S)
9.00 CORONATION STREET (S)
9.55 LOVE & DEATH: BEHIND THE SCENES (S)
10.00 ITV NEWS AT TEN (S)
10.30 UTV LIVE
10.45 RUGBY (S)
11.45 PAUL O'GRADY: FOR THE LOVE OF DOGS (S)
12.10 ALL ELITE WRESTLING: RAMPAGE (S) **1.10** The Chase (R, S) **2.05** Tipping Point (R, S) **3.00** James Martin's Spanish Adventure (R, S) **3.50** Unwind with ITV (S)

VIRGIN THREE

7.30 ALPHABETICAL **8.20** The Chase Australia **9.20** Loose Women **10.20** Judge Judy **11.20** Yes Chef **12.20** Judge Rinder **1.20** The Royal **2.20** Emmerdale **2.50** Coronation Street **3.50** Inside Paddington Station 24/7 **4.50** Heartbeat **5.55** Lewis **7.55** Heartbeat **9.00** The Serpent **10.15** Heathrow: Britain's Busiest Airport **10.45** Coronation Street **11.45** Emmerdale **12.45** FILM A Deadly Lullaby (2020) Thriller. ★★★

TG4

6.00 CÚLA 4 **10.40** Ainmhithe Craiceálte **11.10** The Golden Girls **12.10** A Chef's Life **12.40** Truckers na hÉireann **1.10** Hart to Hart **2.05** Shark Tank **3.00** Cúla 4 **5.27** An Aimsir Láithreach **5.30** Scéalta Grá na hÉireann **6.00** The Golden Girls **6.57** An Aimsir Láithreach **7.00** Nuacht **7.30** Bibeanna **8.00** NEW Pobal na hEragaille **8.30** Ros na Rún **9.00** Glór Tíre: Rogha & Togha **9.30** NEW Hector Ó na Philipines go dtí na Solomons **10.30** Fíorscéal **11.35** Ros na Rún

SKY SHOWCASE

6.00 THE EARLY RUNDOWN **7.00** Kay Burley **8.00** Caught on Dashcam **9.00** Nothing to Declare **10.00** WW2 Treasure Hunters **11.00** Gangs of Lemur Island **12.00** The Flash **1.00** NCIS: Los Angeles **3.00** Hawaii Five-0 **4.00** S.W.A.T **5.00** The Simpsons **5.30** The Fresh Prince of Bel-Air **6.30** The Simpsons **8.00** Behind the Strikes **9.00** FILM Forrest Gump (1994) ★★★★★ **11.30** Never Mind the Buzzcocks **12.15** Rob & Romesh vs the NFL **1.10** Live NFL

SKY ATLANTIC

6.00 FISH TOWN **7.55** The Leftovers **10.10** Ray Donovan **12.15** Game of Thrones **1.25** Irma Vep **3.30** The Leftovers **5.50** Ray Donovan **7.55** Game of Thrones ● **9.00** The Lovers. Comedy drama, starring Johnny Flynn. **9.40** Dreamland **10.10** Winning Time: The Rise of the Lakers Dynasty **11.15** True Detective **12.25** Domina **1.30** In Treatment **2.00** Game of Thrones **3.05** Fish Town **5.00** Billions

MAIN EVENT

6.00 SKY SPORTS NEWS **7.00** Good Morning Sports Fans **8.00** Good Morning Sports Fans **9.00** Good Morning Sports Fans **10.00** The Football Show **11.00** The Football Show **12.00** Sky Sports News **1.00** LIVE DP World Tour Golf **5.00** LIVE US Open Tennis **11.30** LIVE US Open Tennis **2.00** LIVE US Open Tennis **4.30** LIVE NFL **5.30** My Icon: Kadeen Corbin **5.40** My Icon: Michael Holding **5.50** My Icon: Leon Pryce

TNT SPORTS 1

10.00 MOTOGP **11.00** Down The Clubhouse **12.00** Fishing: On the Bank **1.00** Premier League Netbusters **1.30** Premier League Legends **3.00** Premier League Stories **3.30** WRC Review **4.30** The WRC Magazine **5.00** LIVE World Rally Championship **6.00** MotoGP Highlights **6.30** MotoGP **7.30** Premier League Stories **8.00** Back into the Sunshine **9.45** Premier League **11.00** MLB: Off The Bat **11.30** LIVE MLB

FRIDAY

Chic
pick



THE NATIONAL TELEVISION AWARDS 2023, VIRGIN MEDIA ONE, 8PM Roll out the red carpet, as television's biggest night is here. Joel Dommett (pictured) is the host of the special programme, which will see the winners chosen by public vote – and the stars and shows of the small screen celebrated.

● **ALSO RECOMMENDED: SEE TV PICKS ON PAGE 32**

RTE ONE

6.00 EURONEWS 7.25 Teleshopping
8.00 Only Fools and Horses (R, S) **8.35** Lark Rise to Candleford (R, S) **9.35** The Kelly Clarkson Show (S) **10.25** Dr Phil (S) **11.20** The Repair Shop (S) **12.15** Home Grown (R, S) **12.45** Telly Bingo. Lottery game show. (S)
1.00 **RTE NEWS** (S)
1.30 **HOME AND AWAY** (S)
2.00 **SHORTLAND STREET** (S)
2.25 **FAIR CITY** (R, S)
2.55 **EASTENDERS** (R, S)
3.30 **RTE NEWS**
3.40 **THE DURRELLS** (R, S)
4.30 **THE GREAT BRITISH SEWING BEE** (S)
5.40 **NUAIGHT**
5.55 **RTE NEWS WITH SIGNING**
6.00 **THE ANGELUS**
6.01 **RTE NEWS**
7.00 **NATIONWIDE** (S)
7.30 **FAIR CITY** Zak shocks Gwen with the truth about how he bought McCoy's. (S)
8.00 **GREAT IRISH INTERIORS** The restoration of Johnstown Castle in Co Wexford. (R, S)
8.30 ● **SEISIÚN** Muireann Nic Amhlaoibh introduces performances from Connolly's of Leap in Co Cork. (S)
9.00 **RTE NEWS** (S)
9.35 **FILM: PHILOMENA** (2013) A disillusioned political journalist helps a woman find the child that was forcibly taken from her in the 1950s. Fact-based drama, with Judi Dench. ★★★★★ (S)
11.25 **FILM: KAJILLONIAIRE** (2020) Premiere. Comedy drama, starring Evan Rachel Wood and Debra Winger. ★★★★★ (S)
1.15 **NATIONWIDE** (R, S) **1.50** Telly Bingo (R, S) **2.00** Dr Phil (R, S) **2.50** EuroNews. Headlines update.

BBC ONE

6.00 **BREAKFAST** (S) **9.15** Morning Live (S) **10.00** Critical Incident (S) **10.45** Expert Witness (S) **11.15** Homes Under the Hammer (R, S) **12.15** Bargain Hunt. In Detling, Kent. (S)
1.00 **BBC NEWS AT ONE** (S)
1.30 **BBC NEWSLINE** (S)
1.45 **FIVE BEDROOMS** (S)
2.30 **MONEY FOR NOTHING** (S)
3.00 **ESCAPE TO THE COUNTRY** (R, S)
3.45 **GARDEN RESCUE** (S)
4.30 **THE FINISH LINE** (S)
5.15 **POINTLESS** (S)
6.00 **BBC NEWS AT SIX** (S)
6.30 **BBC NEWSLINE** (S)
7.00 **THE ONE SHOW** (S)
7.30 ● **NEW: THE LONG AND THE SHORT OF IT** History show presented by Tim McGarry and David Hume. (S)
8.00 **OUR LIVES: OUR SEA FOREST** A man's efforts to restore a kelp forest off the Sussex coast. (S)
8.30 **QUESTION OF SPORT** A look back at highlights of the past 12 months. Last in series. (S)
9.00 **CELEBRITY MASTERCHEF** The three finalists must cook and present a three-course meal. Last in series. (S)
9.30 **NEW: MRS BROWN'S BOYS** Return of the comedy, starring Brendan O'Carroll. (S)
10.00 **BBC NEWS AT TEN** (S)
10.30 **BBC NEWSLINE** (S)
10.40 **STARSTRUCK** (R, S)
11.00 **STARSTRUCK** (R, S)
11.25 **FILM: RELIC** (2020) Premiere. Mystery horror, starring Emily Mortimer, Robyn Nevin and Bella Heathcote. ★★★★★ (S)
12.50 **WEATHER FOR THE WEEK AHEAD** (S) **12.55** BBC News (S)

RTE TWO

6.00 EURONEWS 7.50 TRTÉ
1.00 **HORIZON IRISH OPEN** Live coverage of the second day of the DP World Tour tournament, taking place at The K Club. (S)
6.15 **HOME AND AWAY** Felicity is concealing efforts to get a loan approved and pay her blackmailer. Meanwhile, when Eden shares the mix of the album with her, Felicity is struck with an idea. (R, S)
6.45 **LIVE RUGBY WORLD CUP 2023** France v New Zealand (Kick-off 8.15pm). Jacqui Hurley presents all the action from the opening match of the tournament, as the Pool A rivals meet at Stade de France in Paris. The hosts reached the quarter-finals four years ago in Japan and will be expecting a strong showing this time around in front of their own fans. However, they begin their tournament with arguably the toughest possible fixture, as the All Blacks go into the tournament as favourites to lift the trophy despite losing out to England in the semi-finals in 2019. With analysis from Donal Lenihan, Jamie Heaslip, Jerry Flannery and Stephen Ferris. (S)
10.45 **FILM: VANTAGE POINT** (2008) An assassination attempt is made on the life of the US president during a terrorism summit. The story unfolds from several perspectives, including that of the secret service agents charged with protecting the head of state. Thriller, starring Dennis Quaid and Matthew Fox. ★★ (S)
12.20 **OTHER VOICES** (R, S) **1.20** The Outlaws (R, S) **2.30** EuroNews

BBC TWO

6.15 **HOMES UNDER THE HAMMER** (R, S) **7.15** Money for Nothing (R, S)
8.00 Sign Zone: Gardeners' World (R, S) **9.00** Nicky Campbell (S) **10.00** BBC News (S) **12.15** Politics UK (S)
1.00 **IMPOSSIBLE** (R, S)
1.45 **EGGHEADS** (R, S)
2.15 **MURDER, MYSTERY AND MY FAMILY** (R, S)
3.00 **THE WONDER OF ANIMALS** (R, S)
3.30 **BACK IN TIME FOR THE FACTORY** (R, S)
4.30 **GREAT BRITISH RAILWAY JOURNEYS** (R, S)
5.00 **FLOG IT!** (R, S)
6.00 **RICHARD OSMAN'S HOUSE OF GAMES** Jen Brister, Kelvin Fletcher, Ian Moore and Zoe Williams take part. (R, S)
6.30 **MARCUS WAREING'S TALES FROM A KITCHEN GARDEN** (S)
7.00 **ATHLETICS: DIAMOND LEAGUE BRUSSELS** The Memorial Van Damme. (S)
9.00 **GARDENERS' WORLD** Green-fingered Monty Don plants bulbs in several pots, including hyacinths and daffodils. (S)
10.00 **RED DWARF** Lister sits the chef's exam. (R, S)
10.30 **NEWSNIGHT** (S)
11.00 **WEATHER** (S)
11.05 **NO ACTIVITY** (R, S)
11.30 **ODI CRICKET HIGHLIGHTS** (S)
12.30 **MURDER TRIAL: THE DISAPPEARANCE OF RENEE AND ANDREW MACRAE** (R, S) **1.30** The Hidden World of Hospitality with Tom Kerridge (R, S) **2.30** Sign Zone: Teenage Vaping: What's the Harm? – Panorama. With Rachel Burden. (R, S)
3.00 Sign Zone: Couples Therapy (R, S) **3.25** This Is BBC Two (S)

VIRGIN ONE

6.15 **THE SIX O'CLOCK SHOW** (R, S) **7.00** Ireland AM (S) **10.00** This Morning
12.30 News at 12:30 (S)
1.00 **THE CHASE** Quiz show, hosted by Bradley Walsh. (S)
2.00 **THE CHASE** Quiz show. (S)
3.00 **LOOSE WOMEN**
4.00 **IN FOR A PENNY** Stephen Mulhern heads to Barry for the game show. (R)
4.30 **JUDGE JUDY** Double bill.
5.30 **NEWS AT 5.30** (S)
6.05 **THE SIX O'CLOCK SHOW** Chat show, featuring celebrity interviews, food from leading chefs and guidance on a wide range of topics. (S)
7.00 **NEWS AT 7** (S)
7.30 **CORONATION STREET ICONS: LIZ MCDONALD** The best moments from Beverley Callard's career on Coronation Street, charting the key storylines that have made Liz McDonald such an iconic character. (R, S)
8.00 **THE NATIONAL TELEVISION AWARDS 2023** Joel Dommett hosts the 28th edition of the ceremony, as stars and fans gather for one of the biggest nights in British TV, broadcast from The O2 in London. The NTAs celebrate television's best-loved shows and stars in the only TV award ceremony where the winners are chosen by viewers.
10.30 **FILM: CIRCLE OF FRIENDS** (1995) A naive Irish woman from a strict family and her two lifelong friends look for love at university in 1950s Dublin. Drama, starring Minnie Driver and Chris O'Donnell. ★★ (S)
12.25 **GOGGLEBOX IRELAND** (R, S) **1.25** 9/11 – The Final Secrets (R)

CHANNEL 4

6.05 **COUNTDOWN** (R, S) **6.45** Cheers (R, S) **7.35** Everybody Loves Raymond (R, S) **8.25** Frasier (R, S) **9.55** Chateau DIY (R, S) **10.55** George Clarke's Amazing Spaces (R, S) **11.55** Channel 4 News Summary (S) **12.00** Steph's Packed Lunch. Magazine show. (S)
2.10 **COUNTDOWN** With Rick Edwards in Dictionary Corner. (S)
3.00 **A PLACE IN THE SUN** A couple seek a holiday home in southern France. (R, S)
4.00 **A PLACE IN THE SUN** Laura Hamilton helps two sisters find their dream home in and around Spain's Mijas Costa. (S)
5.00 **FOUR IN A BED** (R, S)
5.30 **COME DINE WITH ME** (R, S)
6.00 **THE SIMPSONS** Mr Burns fears Doodlesday is coming. (R, S)
6.30 **HOLLYOAKS** Mercedes and Warren are there to support each other. (R, S)
7.00 **CHANNEL 4 NEWS** (S)
8.00 **POPMASER TV** Ken Bruce puts more music enthusiasts to the test in the third heat. (R, S)
9.00 **NEW: GOGGLEBOX** The households' opinions on recent TV. (S)
10.00 **OPEN HOUSE: THE GREAT SEX EXPERIMENT** Chelsea and George seek out a threesome with a woman. (S)
11.05 **GREG DAVIES: FIRING CHEESEBALLS AT A DOG** The sell-out debut solo show from 2011. (R, S)
12.25 **FILM: THE CRAFT** (1996) Horror, starring Robin Tunney. ★★ (S) **2.10** Ramsay's 24 Hours to Hell and Back (R, S) **3.00** Come Dine with Me Paralympics Special (R, S) **5.10** Location, Location, Location (R, S)

VIRGIN TWO

6.10 **PRESSURE PAD** (R, S) **7.10** The Chase: I'm a Celebrity Special (R, S) **8.10** Tipping Point (R, S) **9.10** The Chase (R, S) **11.10** Eggheads (S) **12.30** Gino's Italian Escape (R, S)
1.00 **DRESS TO IMPRESS** (R, S)
2.00 **JUDGE RINDER** (R, S)
3.00 **THE CHASE: I'M A CELEBRITY SPECIAL** (R, S)
4.00 **TIPPING POINT** (S)
5.00 **TIPPING POINT** (S)
6.00 **THE CHASE** Contestants Oli, Jan, Peter and Stella take part. Bradley Walsh presents. (R, S)
7.00 **LIVE UEFA EUROPEAN QUALIFIERS** Cyprus v Scotland (Kick-off 7.45pm). All the action from the UEFA Euro 2024 Group A encounter at AEK Arena.
10.00 **UEFA EUROPEAN QUALIFIERS HIGHLIGHTS**
10.30 **THE JONATHAN ROSS SHOW** With Sting, Riz Ahmed and Jeremy Clarkson. (R, S)
11.30 **THE JONATHAN ROSS SHOW** Celebrity interviews. (R)
12.35 **LOVE ISLAND SOUTH AFRICA** Reality show. (R)

VIRGIN MORE

11.30 **UEFA EUROPEAN QUALIFIERS 12.55** Classic 6 Nations. Ireland v Scotland.
1.25 **UEFA EUROPEAN QUALIFIERS**
3.10 **UEFA EUROPEAN QUALIFIERS MATCHNIGHT HIGHLIGHTS 2023/24**
4.00 **UEFA EUROPEAN QUALIFIERS HIGHLIGHTS**
4.50 **LIVE UEFA EUROPEAN QUALIFIERS** Georgia v Spain (Kick-off 5pm).
7.05 **ONE-ARMED WONDER: THE EXTRAORDINARY STORY OF JIMMY HASTY**
7.40 **SPORT STORIES: DAMIEN DELANEY**
8.30 **CLASSIC 6 NATIONS** Ireland v Scotland from 2004.
9.00 **SHOWTRIAL** A single key figure emerges at the centre of the history between Talitha, Dhillion and Hannah.
10.00 **PRIME SUSPECT 2**
11.45 **UEFA EUROPEAN QUALIFIERS**
1.30 **HELL'S KITCHEN**

UTV

6.00 **GOOD MORNING BRITAIN** (S) **9.00** Lorraine (S) **10.00** This Morning (S) **12.30** Loose Women (S)
1.30 **ITV LUNCHTIME NEWS** (S)
1.55 **UTV LIVE** (S)
2.00 **JAMES MARTIN'S SPANISH ADVENTURE** The chef visits Santiago De Compostela. (S)
3.00 **LINGO** (R, S)
3.59 **UTV WEATHER** (S)
4.00 **TIPPING POINT** (S)
5.00 **THE CHASE** (S)
6.00 **UTV LIVE** (S)
6.15 **ITV EVENING NEWS** (S)
6.45 **RUGBY WORLD CUP 2023** LIVE France v New Zealand (Kick-off 8.15pm). (S)
10.35 **ITV NEWS** (S)
11.10 **UTV LIVE** (S)
11.25 **FILM: THE QUEEN** (2006) Oscar-winning biographical drama, starring Helen Mirren. ★★★★★ (S)
1.05 **THE NFL SHOW** (S) **1.55** All Elite Wrestling: Collision (R, S) **3.35** Cooking with the Stars (R, S) **4.25** Unwind with ITV (S) **5.05** Katie Piper's Breakfast Show (R, S)

VIRGIN THREE

7.05 **ALPHABETICAL** **7.50** The Chase Australia **8.50** Loose Women **9.50** Judge Judy **10.50** Yes Chef **11.50** Judge Rinder **12.50** The Royal **1.50** Emmerdale **2.50** Coronation Street **3.50** Inside Paddington Station 24/7 **4.50** Heartbeat **5.55** Lewis **7.55** Heartbeat. Greengrass takes a job as a lollipop man. With Nick Berry. **9.00** The Pact **10.15** Coronation Street Icons: Liz McDonald **10.45** Grace **12.40** Hospital **1.45** The Chase Australia

TG4

6.00 **CÚLA 4** **10.40** Ainmhithe Craiceáilte **11.10** The Golden Girls **12.10** A Chef's Life **12.40** Truckers na hÉireann **1.10** Hart to Hart **2.05** Shark Tank **3.00** Cúla 4 **5.30** Lurgan 2K19 **5.45** Peil na mBan Gold **5.52** An Aimsir Láithreach **5.55** Domhan an Dúlra **6.57** An Aimsir Láithreach **7.00** Nuacht TG4 **7.30** Céim Chun Cinn **8.00** Taoide **9.00** **FILM** The Wonderful Country (1959) ★★★★★ **10.47** An Aimsir Láithreach **10.50** Snugcheol **11.20** Small Axe: Education **12.35** Cúltúr

SKY SHOWCASE

6.00 **ROAD WARS** **8.00** Caught on Dashcam **9.00** Nothing to Declare **10.00** WW2 Treasure Hunters **11.00** Gangs of Lemur Island **12.00** The Flash **1.00** NCIS: Los Angeles **3.00** Hawaii Five-0 **4.00** S.W.A.T **5.00** The Simpsons **5.30** The Fresh Prince of Bel-Air **6.30** The Simpsons **8.30** The Simpsons **9.00** Rob & Romesh vs Art **10.00** Warrior **11.10** The Blacklist **12.10** Road Wars **1.05** The Force: Manchester **2.00** Hawaii Five-0 **3.00** S.W.A.T **5.00** Motorway Patrol

SKY ATLANTIC

6.05 **FISH TOWN** **7.55** The Leftovers **10.00** Ray Donovan **12.00** Game of Thrones **1.05** This England **3.35** The Leftovers **5.45** Ray Donovan **7.55** Game of Thrones. Dontos spirits Sansa out of King's Landing **9.00** Billions. Prince clashes with his employees. **10.10** Domina **11.15** Drift – Partners in Crime **12.15** Das Boot **2.20** Game of Thrones **3.30** In Treatment **4.00** Fish Town

MAIN EVENT

6.00 **SKY SPORTS NEWS** **7.00** Good Morning Sports Fans **8.00** Good Morning Sports Fans **9.00** Good Morning Sports Fans **10.00** The Football Show **11.00** The Football Show **12.00** **LIVE** One-Day International Cricket **8.00** **LIVE** US Open Tennis. Further coverage of day 12. **11.30** **LIVE** US Open Tennis. Concluding coverage of day 12. **3.00** **LIVE** NRLW. Wests Tigers v Brisbane Broncos. **4.30** Sky Sports News

TNT SPORTS 1

7.30 **LIVE AFL** **10.30** **LIVE AFL** **1.30** Premier League Netbusters **2.00** Premier League – The Big Interview **2.30** Serie A – Full Impact **3.00** WWE NXT **4.45** Premier League Reload **5.00** PSA Squash Highlights **6.00** MLB Plays of the Week **6.30** MLB: Off The Bat **7.00** **LIVE** MLB **10.30** MLB: Off The Bat **11.00** WWE NXT Highlights **12.00** WWE SmackDown **1.00** **LIVE** WWE Friday Night SmackDown **3.00** UFC Countdown **4.00** **LIVE** AFLW

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