

THE IRISH TIMES

Magazine

Saturday, May 6, 2023

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Annie the wiser

DJ turned author
Annie Macmanus on the
London-Irish experience

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Things I have learned about grief

Brianna Parkins



It is my nephew's birthday. He is six. Or does he remain five forever? I am not sure what the appropriate ageing convention is for buried children. This is new territory to navigate.

The immediate year after the death of someone you love is a nasty mix of the familiar feeling unfamiliar. It is a hard 12 months of "firsts" – first Mother's Day without them. First Father's Day. Birthdays. Then there's the number one big awful Christmas. That month-long season where happy clappy families scurry around buying toys and stress about letting an aunt who thinks salt is "too spicy" be in charge of the side dishes, while you're just trying not to cry at the empty place at the table.

What you should know about my nephew is that he achieved and endured more in his five short years than most of us spread out over a lifetime. Then one day last year he stopped breathing with no warning, and we have been doing our best to get along without him ever since. I am coping, but at least once a day I feel like putting my fist through a window and yelling "f**k!"

A few years ago, Helen Garner, the peerless Australian author, released her diaries written during the breakdown of her marriage due to her ex's infidelity. I wolfed them down, never one to pass up the chance to have a nosy poke around someone's relationship scraps.

"This will have to be lived through," she wrote about her pain. There was no alternate route around. No distractions. No avoiding. That sentence hit me in the gut because I knew it was true, and there was no way out of life's big sadnesses. The ones that sit on your chest and squeeze like a bastard. So I sit with grief and let it have its way with me. There is no speeding up the process, it will finish when it's ready.

Here are a few things I've learned about grief, and what is and isn't helpful for people going through it.

– There are only so many sympathy flowers a house can fit, plus they require vases and clean water before they are guiltily stuffed in the overfilled brown bin when they die. Send food instead. People need to be fed, but they don't have the brain space for the "what will we have for tea" daily torture. There are loads of tasty and healthy premade catering services that do online orders – lasagnes always go down a treat.

– It's petty, but you can't help but remember who was there for you and who backed away like death was infectious. Who came with assorted gifts, not so much to cheer you up (because what could?), but just to have something to do with

their hands in an awkward situation. Who didn't know what to say but tried anyway. No one expects you to say a magic combination of words to make it all better. No such words exist. But a friendly nod from the back of the funeral, a hand on the shoulder, anything to say "I know you are sad and I am here" is all you need to do.

– Some people are no good at death. They will avoid you. They will be frustrated you aren't "getting over it" in a way that is convenient to them. It will bring out a feral hurt and anger in you, but it's important to remember this is more about them than you. Your grief reminds them of their own grief, one they have been putting off processing themselves. People who steer clear of "bad vibes" are usually just afraid of their own feelings, the ones they pretend aren't there.

– I was lucky enough to have friends who knew when to make me socialise; such as one who threw a party in my own house for New Year's Eve because then I would have to go. And friends who knew when and how to climb down into the dark hole with me just so I would have company at the bottom. Having both has been a gift.

– If you want to spend Christmas alone, do it. Taking breaks to cry in the loo at someone else's normal cheerful Christmas is hell. Now not only do you feel sad, you also feel incredibly guilty about it. You want to shout "Will you all bugger off and leave me alone with the Milk Tray?" but you are also trying not to be the Grinch that ruined Christmas by spewing your sadness all over the place. The end result is dissociating in the sitting room listening to Michael Bublé with a slightly crazed smile on your face. Don't let well-meaning partners/friends tell you that you can't spend the day on your own. You can.

– It is hard to care about things happening in the world when the entire balance has been thrown out by a five-year-old's death. I was asked to write about an important election two days before the funeral, which I declined. "Thank you for your email," I wrote back. What I actually meant is there is a world where children you love might stop breathing one day without warning, so none of this actually matters and you should go home and stop writing me emails and go hug your kids.

But that is not how the world works. Other people are not grieving. They are working. The world has an annoying way of continuing whether or not you feel like participating in it just yet. But one day you will, and it's actually not all that hard to write "Sorry I ignored your email because I was out of my mind with grief but I'm back now" to your unanswered messages. ●



It's petty, but you can't help but remember who was there for you and who backed away like death was infectious

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Weeds

Rebranded as "hero plants" at this year's Chelsea Flower Show

WHAT'S HOT

Space Jaru

Korean BBQ bowls, small plates and fried chicken at this new casual diner and

grocery on Meath Street, Dublin 2

Anam – Songs for Hearts & Minds

Intimate performances by Nell Mescal, Ye Vagabonds, Lisa Hannigan and many more in some of Ireland's most breathtaking landmarks, streaming on othervoices.ie every Thursday in May at 8pm

Nibbed

Block of pure cacao for making your own hot drinks, produced from single origin organic beans in Co Wicklow



Women Talking

Special screening and Q&A with Jessie Buckley (pictured) and Mark O'Halloran in aid of the Matt Talbot Community Trust at the Stella Cinema in Rathmines, Dublin today at 4.30pm. stellacinemas.ie

Zoo Humans

Free dance show for all the family at 3pm today in Selskar College in Wexford, with electronic soundtrack by Chris Umney and narrated by David Attenborough, isacs.ie

The Score

First solo single from Fontaines D.C. frontman Grian Chatten

The Great Outdoors

New edition of John G O'Dwyer's 50 Best Irish Walks, featuring two new walks on St Declan's Way

Trouser suit

Replacing the ubiquitous midi floral dress as our go-to outfit for summer

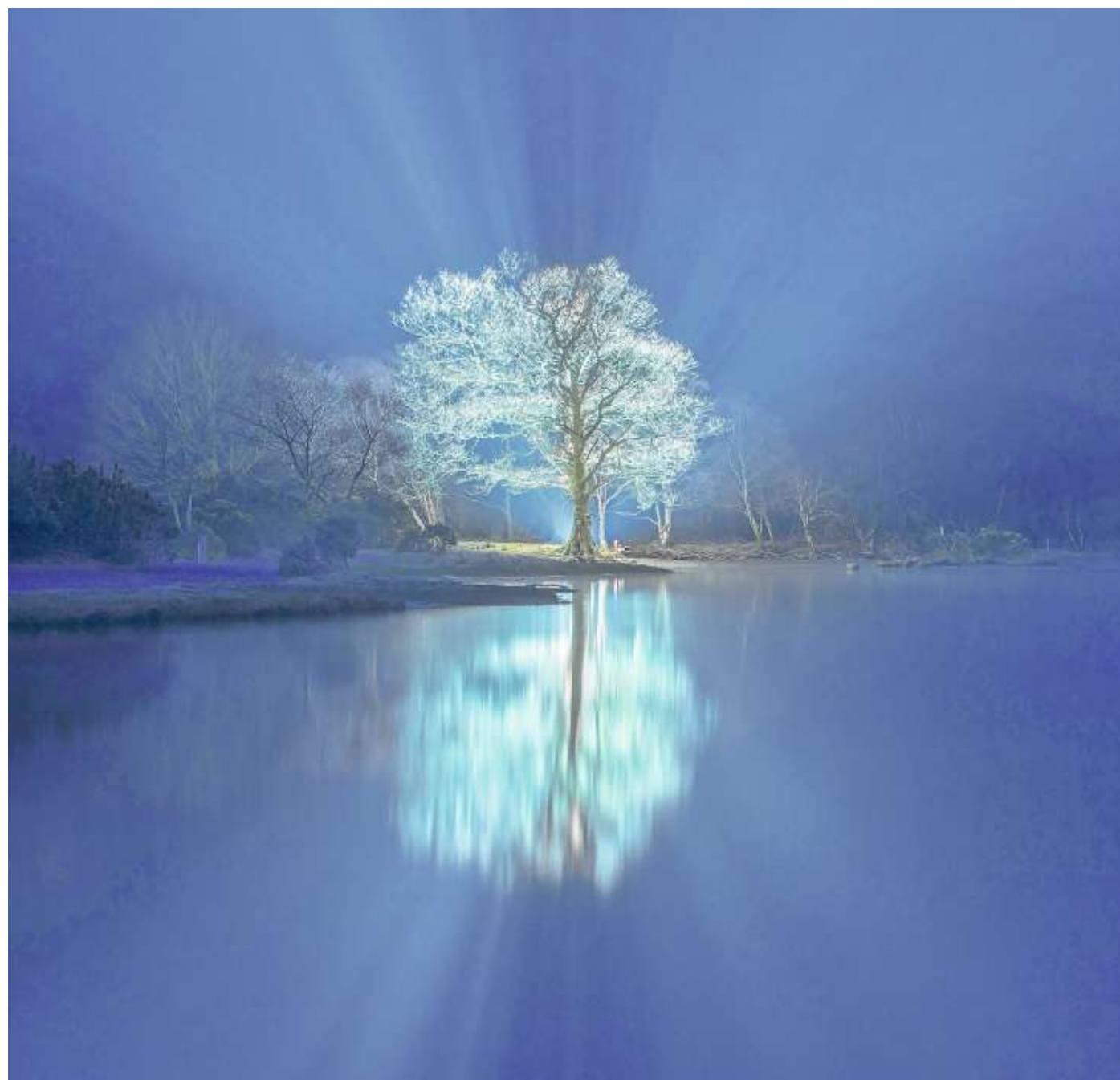
Max Benjamin car fragrance

Freshen up your car interior with this range of subtle and pleasing scents, in the shape of a vintage steering wheel

Hamilton tickets

Grab the last remaining few for Lin-Manuel Miranda's multi award-winning show at the Bord Gáis Energy Theatre in September

We Love...



Gorgeous Glendalough

▲ Fans of nice things on Twitter may already be aware of GlendaloughPhotoPost, Frank Corry's regular shots of the Co Wicklow beauty spot's upper lake in all its many moods. If you're not, find it @UpperLakePhoto. For another view, check out Peter Gordon's exhibition, In a Different Light, at the Mart Gallery in Rathmines from May 17th.

Gordon's timelapse night shots range from the haunting to the uncanny, with dollops of beauty en route, admission free,

ends May 27th. petergordonphotography.com. Looking further ahead, the Beyond the Pale festival hits the Glendalough Estate from June 16th-18th. Headlined by Grace Jones, there's a ravishing programme of music, art and food. Some tickets still available, starting from €225, itsbeyondthepale.ie. Or you could just head out there for a lovely lovely walk, see glendalough.ie for more.

GEMMA TIPTON

Heritage hunting

► Calendars out for awesome adventures around Ireland, as the OPW are offering free tickets to heritage sites on the first Wednesday of every month, including glorious Garnish Island (also known as Illnacullin), Donegal's Glebe House, Dublin's Farmleigh and the Casino Marino, plus Emo Court in Co Laois (pictured) and Kildare's Castletown House - and that's just for starters. It's on a first come, first served basis, and both individual and family tickets are available. Find the full list of sites to plan your next spot of happy heritage hunting at heritageireland.ie, where you can also go the whole hog and avail of a Heritage Card, giving you free access to more than 45 sites all year round: from €10, to €90 for two adults and up to five children.

GEMMA TIPTON



Glamorous love

► Photographer Deirdre Brennan was walking to her studio in Dublin one morning when she spotted Elizabeth and Edward O'Brien walking hand in hand towards her. She was struck by how glamorous and in love they looked, and plucked up the courage to ask them for a photograph. "Loving one another makes us glamorous," they told her as she took their picture on the street. The resulting portrait is one of two of Brennan's photographs selected by the British Journal of Photography to feature in the fifth edition of Portrait of Humanity, a collection of 200 photographs "that capture the changing face of our world". It is also one of the 30 winning images to be exhibited at Belfast Exposed and the Indian Photo Festival later this year. The book is £25 from hoxtonminipress.com.

CIARA KENNY



Leigh's decade



► Designers working with Dunnes Stores have to sell to be successful, and one who marks her 10th anniversary with the retail giant is Leigh Tucker, whose Willow brand for children from newborns to 14 continues its widespread appeal. To mark the anniversary, a birthday collection of partywear for spring/summer 2023 features printed cotton smocks in colourful designs, knits with cute buttons and sequinned party dresses. One showstopper dress is made with layers of white tulle, sprinkled with foil dots and an organza bow on the shoulder strap (€40). For little boys there are beach inspired graphics, soft cotton oversized tees and woven shorts, all at affordable prices. dunnesstores.com

DEIRDRE MCQUILLAN

Celebrate dresses

► Mikado is a type of heavy silk that drapes well and is usually used in bridal wear. Niamh O'Neill has used it in her summer collection in a classic fit and flare dress called The Celebrate Dress, in emerald green or soft pink. Elsewhere in a nod to Edgar Degas and his depiction of French ballet dancers, she has used Irish linen for both The Ballet Dress with cotton tulle overlay, and the Day dress with a ruffle neckline. Other linen summer dresses are more oversized with gathered sleeves like The Gathered Bow with a dropped waist and necktie designed for summer parties and special occasions. Prices start at €295. niamhoneill.com

DEIRDRE MCQUILLAN



Seán Moncrieff

Is ChatGPT just pretending to be stupid?



Do I have to explain what ChatGPT is?

If you're unfamiliar, you can google it. Because, in a way, it's the new Google.

When you log in to the new artificial intelligence chatbot, it's quite ordinary. I would have preferred some momentous-sounding intro music, just to prepare me to face this sci-fi God. Hello Dave, everything's running smoothly. But it's no HAL.

Of course, I asked about me, and it told me that I was born in Birmingham (I wasn't), that I grew up in Wexford (nope) and that I'm the author of *The Sneaky Chef: How to Cheat on Your Man (In the Kitchen)*, which old-fashioned Google says was written by an American woman called Missy Chase Lapine. I would never cheat on my man, in the kitchen or anywhere else.

I was mildly insulted. Not so much because it got a lot wrong: it was more a sense that this supposed totem of world-changing human ingenuity couldn't be arsed to look up Wikipedia.

This isn't my first encounter with artificial intelligence; nor yours either. Those dialogue boxes that often pop up on websites, usually featuring a smiley human head, are also powered by AI. You're trying to find out if that parcel has been lost in the post or why you're sudden-

ly €5,000 overdrawn, and the AI will politely tell you what you know already, while maintaining the fiction that it is somehow helping you.

But this is the future. AI is already being used in various manufacturing processes, the sorts of things that require doing a lot of sums quickly. Which is fine. But it's also encroaching into the muddier area of human interaction. It has a role in deciding who can get bail in parts of the US court system. It's used in facial-recognition technology. For sifting through CVs. I'm far from an expert in these matters, but, rather like ChatGPT, that won't stop me expressing an ill-informed opinion: in its human-facing interactions, AI gets things wrong. A lot. It absorbs the biases of its programmers, and it seems to lack an ability for nuance, context and empathy – the fundamental things that make us human and influence how we act.

Yet so many companies and government agencies are keen to adopt it, perhaps in the full knowledge that, in many cases, it won't be good as a real person. But it will be quicker. And cheaper. The near future will be a bit more inefficient, but a lot more profitable.

Not everyone is a fan. A lot of scientists and tech bros are warning that we should pause AI research in case we inadvertently trigger a Skynet situation. And even at the dumber end of AI, there is concern that students will use ChatGPT to do their homework for them or that it could be put to various nefarious uses. One user talked it into giving the recipe for Napalm.

So, I gave it the only test that I'm qualified to give: write an Irish Times column in the style of Seán Moncrieff.

The drivel it vomited up. Banal and cliché-ridden. No mention of Herself or the number-children. No woke virtue signalling. It kept using the term "musings".

On the first attempt, it opened with 70 words about the weather. So, I gave it another chance, and told it to mention the kids. It claimed that one of them taught me to play Minecraft. On the third attempt, I asked what I might say about artificial intelligence.

It was a stream of platitudes, but ended with these words: let's all stay curious and open-minded as we navigate the brave new world of artificial intelligence.

The reference to a novel about a dystopian future might have been accidental, or ignorant, or vaguely threatening. It is possible that artificial intelligence is just pretending to be stupid. In which case, it's already too late. ●



AI gets things wrong. A lot. It absorbs the biases of its programmers, and it seems to lack an ability for nuance, context and empathy

Honor says Joshua just wants to be friends. Better than nothing I say, but I hate lying to the girl

Ross O'Carroll-Kelly

The front door slams – so hard that I can feel one or two of my back teeth come loose. Then it's followed by an animal roar that sounds very much to my ears like "Waaannkeerrrrr!!!!"

Me and Sorcha eye each other nervously across the kitchen floor. I'm there, "Sounds like Honor's *thing* with the famous Joshua might have fizzled out."

There's a loud thump, then the sound of glass breaking.

I'm there, "I'd better ring the glazer. I predicted this – in fairness to me."

Sorcha goes, "What did you predict?" I'm there, "I said he was out of her league in terms of looks. Seriously, Sorcha, the dude looks like Harry Styles – it was only a matter of time before he realised that he could do better."

She's like, "Ross, that's a terrible thing to say about your own daughter."

I'm there, "Hey, I've never been afraid to make the big calls. And I seem to remember that you said something pretty similar on Easter Sunday after I collected you from the Mount Anville Past Pupils' Union Prayers and Prosecco morning. You said she was – and I quote – dreadfully plain."

She goes, "I'm not sure if that's what I said."

I'm like, "Word for word, Sorcha. Word for literally word."

"Well, like you said, I'd had quite a bit to drink," she goes. "And I was just making the point that I think she could, you know, make more of herself. I've tried to subtly offer her wardrobe and make-up tips but she's not interested."

There's another scream and something heavy hits the floor.

Sorcha goes, "Ross, you need to go and talk to her."

I'm there, "Me? I'm not going up those stairs, Sorcha. She sounds mad enough to legally kill someone."

She's like, "What if she gets hold of that rugby jersey you bought?"

I'm like, "Excuse me?"

Yeah, no, she's talking about the one that James Ryan wore against England in the Grand Slam decider. My old man paid

40k for it at a charity auction in Fitzwilliam.

I'm there, "I thought you took it to the framers."

She's like, "No, I was going to do it today. It's on our bed. And if she's stomping around up there, looking for things to destroy –"

She doesn't need to say another word. I'm up those stairs like Angelina Jolie has just gone, "Are you coming to bed or am I going to have to lick this chocolate mousse off my own body?"

And not a moment too soon either. Honor is standing on the landing with the jersey in her two hands, getting ready to rip it in two.

I'm there, "Honor, please, no. Whatever's happened, it's not James Ryan's fault. I'm on the record as saying that he was our best player in the Six Nations this year and he was outstanding again against Toulouse yesterday. I actually put him down as a 10 in my Rugby Tactics Book."

She's not interested in my analysis, though. It's wasted on her. Strawberries to a donkey.

She goes, "Joshua said he wants us to be friends."

I'm like, "Friends?" at the same time watching her twist the jersey in her hands. "Friends is good, Honor. Friends is better than nothing."



If my wife played rugby, she'd be one of those players who always arrives at a ruck after it's been cleared out?

I hate lying to the girl, but what can you do? It's James fucking Ryan.

She's there, "You said men and women *can't* be friends?"

I'm like, "Did I? Doesn't sound like the kind of thing I'd say. Be careful, Honor, you're putting a fair bit of strain on the stitching there."

She goes, "Name one girl you've ever been *just* friends with."

I'm there, "One girl? Okay, let me think about that one. One girl. One girl."

Sorcha has been listening at the bottom of the stairs and she decides that it's safe enough for her to come up. If my wife played rugby, she'd be one of those players who always arrives at a ruck *after* it's been cleared out?

She goes, "What happened, Honor?" We've all played with someone like that.

Honor's like, "Fucking Joshua fucking friend-zoned me – that's what fucking happened."

Sorcha's there, "Well, that's *his* loss, isn't it?"

Honor goes, "Er, how do you work *that* one out?"

I'd be interested in hearing this myself.

Sorcha's like, "If he can't see how – oh my God – wonderful you are, Honor, then there must be something seriously wrong with him."

It's weak as piss and she knows it.

Honor goes, "It's because I'm not good-looking."

I'm there, "Looks aren't important, Honor," and I've no idea where I'm pulling these lines from. "They're not important at all."

She goes, "Okay, name one girl you've ever been with who *wasn't* good-looking."

I'm there, "Honor, you've already asked me to name one girl who I've been friends with – so which one is it to be?"

Sorcha's like, "What you're going through, Honor, is nothing new. Remember, I slammed that same front door and stomped up these exact same stairs – all because of boys. Well, *one* boy," and she makes a big point of looking at me.



Honor goes, "That's different. Dad messed you around because he's an asshole. Joshua doesn't want to be with me because I'm a Plain Jane."

Sorcha's like, "You're hardly a Plain Jane, Honor," and I'm thinking, "You're pushing it there, Sorcha."

That's when I end up saying it. I'm there, "Even though you could, you know –"

Honor's like, "What?"

"Well, make a bit more of yourself," I go, then I look at Sorcha for back-up. "In terms of, like, clothes and make-up. What do you think, Sorcha? Could you give her any tips?"

But Sorcha goes, "What, you think our daughter should beautify herself just to prove herself worthy of a boy?"

I'm there, "Sorcha, I'm just looping back to something you said when you were half-steamed on Easter Sun –"

But Sorcha goes, "Honor, you would be perfectly within your rights to tear that jersey in two."

I'm like, "Please, Honor. I'll give you another one to rip. I've got one of Donncha O'Callaghan's old Munster jerseys out in the shed. My old man only bought it to stop Denis O'Brien from having it."

But she scrunches up her face and a second later I hear a loud ripping sound, followed by a sharp scream, which – it turns out – has come from me.



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

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THE IRISH TIMES

'I've stuck to my guns'

DJ Annie Mac has written her second novel, but she's still 'scarlet' at the prospect of being called an author. She talks about London-Irish life, the pull of home, and why she rejected an MBE

Róisín Ingle

I've arranged to meet Dubliner Annie Macmanus, the former BBC Radio 1 DJ also known as Annie Mac, in an Irish pub called Maggie's Bar in north London to discuss her second novel, *The Mess We're In*.

Arriving early to the Kensal Rise hostelry, I can't help noticing the similarities between this pub and the one described in the book. It's called Fahy's and is also run by a woman with short grey hair, like the woman behind this bar. There's racing from Bellewstown on the pub's televisions and plenty of Guinness in the taps. The owner's friendly dog wanders around, and on this rainy London afternoon the mostly male, older clientele are sitting in small groups or on their own, nursing pints. It's April, but the ceiling is still hung with green, white and orange balloons left over from St Patrick's Day.

Macmanus arrives wearing an orange jumper, instantly recognisable from her mop of brown curls and bright, lively blue eyes. She is, as I'd expect from listening to her podcast *Changes*, open and friendly, going up to the bar to order us glasses of Guinness, or "halves" as Macmanus puts it. "If I said 'glasses' here they wouldn't understand me."

The pub was her idea. She's a proper local here now, having made a decision to integrate herself more in her local community while writing her new book. The podcaster and author lives a few minutes down the road. She brings her children here sometimes to watch football or play

darts. Her husband, the DJ and music producer Thomas Bell, known professionally as Toddla T, is sober and not keen on pubs generally but "this place has got more of a community centre feel". She is friends with a few local mothers from the school gates – some local trivia is that the first series of Sharon Horgan's *Motherland* was filmed in this area. Macmanus and her school mum friends meet in Maggie's Bar now for pints and bacon fries, preferring this refreshingly no-frills environment to some of the area's more salubrious gastropubs.

In her new novel, set at the turn of the millennium, the young protagonist, Orla Quinn, works part time in an Irish bar while living in a dilapidated, mouse-infested house a few streets away from here in "County Kilburn". Her housemates are newly signed rock band Shiva and her best friend, Neema, as she tries to figure out how to break into the music industry. Macmanus was hugely inspired by Sylvia Plath's *The Bell Jar*, "this idea of a young girl coming to a city, with big aspirations, big dreams, and kind of getting the fucking wind knocked out of her sails". The novel, a hedonistic, drug-fuelled, gritty coming-of-age story, is a love letter to London as seen through the eyes of an immigrant. It also explores themes that preoccupy many Irish people in this and other cities abroad: displacement, belonging, identity, home.

Macmanus has been grappling with these subjects herself lately, wondering whether she will stay in her adopted home or move with her family back to Ireland. She has spoken about how turning 40 nearly five years ago was a crucial mile-

Right, Annie Macmanus, also known as Annie Mac, explores the experience of being Irish in England in her new novel.

Photograph: Stephanie Sian Smith

stone: that sense of time marching on prompted a re-evaluation of her goals. This led to the monumental decision to leave her hugely popular BBC Radio 1 show and her two million listeners after 17 years.

She had wanted to write since she was a child, and that leap "from curator to creator" saw her taking a writing course, which resulted in a critically acclaimed and best-selling novel *Mother, Mother*, a dark yet hopeful family saga set in Belfast, where she had studied contemporary Scottish literature and dabbled in poetry.

This is her first time talking about the new novel. "When I started doing interviews about *Mother, Mother*, the first question everyone asked is: where did this book come from? And I genuinely didn't know. So I knew that this time it would probably be a good idea to think about what I wanted to write. What do I want to explore? What is meaningful to me? I know it sounds very basic."

What emerged was that she wanted to explore the experience of being Irish in England. And having just recently stepped out of the music industry – the chapters of *The Mess We're In* are all named after songs – she wanted to explore that, too. When she first arrived in London, she lived with a rock band on the other side of the city.

"There were a couple of years that were really formative. I wanted to fictional- ➤



ise it but also to try to remember as much of it as I could.”

In addition to *The Bell Jar*, two other books inspired her while writing *The Mess We're In*. *Hangover Square* by Patrick Hamilton taught her how to write about pubs, she says. There is a “Bar staff wanted” sign outside Maggie’s Bar, and she seriously considered taking a job here to immerse herself in Orla’s experience, but in the end “I just frequented it a lot”. The other book, *An Unconsidered People: The Irish in London* by Catherine Dunne, was important in terms of the diaspora story. “There’s literally a dying generation of Irish people who came over to London after the war – a lot of them got stranded here and couldn’t go back. There’s sadness there and a real sense of isolation and loneliness.”

She depicts this beautifully in the novel, with Irish barfly characters contributing some of the book’s most affecting moments. “We don’t all get the luxury of belonging where we’re born,” one of them says.

As she spoke to regulars in these north London Irish bars, such as The Coopers Arms in Kilburn, the pub scenes in the book “grew and grew. And I realised that this book is really about being Irish in England. And exploring who the f**k am I? How Irish am I? What does it mean to me to be Irish? Where do I belong? All of that stuff which is so prevalent for anyone who doesn’t live in Ireland any more. The kind of neither-here-nor-thereness of it all.”

She describes a recent Saturday afternoon visit to Maggie’s Bar. “My oldest, who is nine, was playing darts with a regular. I was sat with Maggie having a pint, and my youngest, who is six, was just sat at the bar, like an owl, for half an hour. But that actually meant so much to me, like profoundly. It scares me how much it meant. Like, what does it mean?”



Writing the book coincided with a point when she was thinking a lot about whether she should be going home for good. “So that thought was there all the way through, meeting different Irish people abroad from different generations and really trying to interrogate this whole idea of emigration and this idea of going home, which is not something I’ve ever thought about until now. And I’m not Orla, but I really wanted to show how I was at that time when I first came to England, going away without looking back, even once. With not even a thought of what you’re leaving behind.”

She mentions a “threshold” moment, which happened a couple of years ago,

where she realised she had lived in England longer than she had lived in Ireland. “It felt really significant. And you start asking all these questions.” During the pandemic she wrote an article for this newspaper about homesickness. “That was the beginning of me really thinking about going home, because it was the first time I had head space as an adult. I’d made time for myself, which was lovely and that coincided with Covid and not being able to see my family and then writing this book, it all kind of amplified in my head.”

Her trips home have steadily increased. She always goes at Christmas or Easter, and for a month in the summer with the children, but these days she also goes

alone, just for a day and a night, to spend quality time with her parents. Her mother is 81, and her dad 76. “One little day with them on my own is like two weeks there with the kids,” she says. “It scratches that itch.”

We’re talking about all of this, about identity and home, when she casually drops the news that last summer she was offered an honorary MBE for “services to broadcasting”. She finds the email on her phone and reads out the message from the “director of protocol, foreign commonwealth and development office ... she proposes to submit your name to Her Majesty the Queen as an honorary Member of the Most Excellent Order of the British Empire”. The email asked if she would consider accepting.

The first thing Macmanus did was google Irish people who had accepted and rejected similar offers. “There are a lot of Irish people who turn them down.” She didn’t say no straight away. “I thought it would be disrespectful not to consider it. It made me think about my place in the world, my allegiances. I was never in any doubt about the absurdity of the monarchy, but it made me think about all of that.”

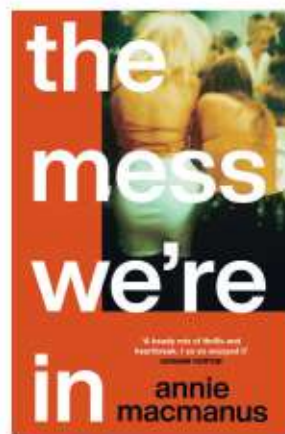
The offer led to some deep conversations with family and friends. It’s not as though Macmanus will be celebrating today’s coronation of King Charles, but on the other hand she is conscious of how much Britain has given her. She recalls her mother’s response. “She was saying ‘England has been so good to you, look what it’s given you: it’s given you a husband, a job in the most amazing institution of British media, it’s given you a happy home, it’s given you friends for life.’” Macmanus’s response? “I was like, ‘All right, Mum, Jesus Christ,’” she laughs. “Because she’s right, you know. It really did make me look at things differently. It didn’t make me accept it, though.”

Her rejection reply was polite. “I emailed them back and said I really appreciated it and that it was an honour to be asked but I didn’t feel right about accepting. It’s the language of it, basically. The



Above: Confetti is released just before midnight at a party organised by Macmanus, who DJs under the name Annie Mac. Left: Annie Macmanus’s second novel, *The Mess We’re In* (below), follows a group of friends as they come of age in London.

Photographs: Lauren Fleishman/The New York Times; Stephanie Sian Smith



monarchy just feels quite absurd to me. It didn't sit right."

In her response she said she didn't agree with the language, particularly with the word "empire". "I said if they ever change the way they do the honours, then to get back to me, but right now the system just doesn't work ... I haven't told anyone until now." Ventilating these issues in an Irish newspaper is probably less loaded than in the British press, she reckons.

How does she feel about quitting her job at the BBC now, nearly two years on? "It still feels new. It feels amazing to have been able to have the space and the choice to do it, to be able to walk away from a job like that. It's not something I take for granted."

It felt good to "take control and steer the ship" of her life. She knew as soon as she called her boss with the news that it was the right decision. "It just felt so good. I hadn't really felt trapped or anything – the BBC is a bloody lovely place to work – but I've never not had a boss since I was 15, so for me to not have a boss and have an agenda to work towards [IS]something that I'm still just really appreciating."

There are downsides, of course. "The thing about working for radio and the BBC is that you are immediately in the middle of this huge world and community and you are a conduit of beautiful music and you feel connected. So I've really felt this lack of community ... Writing can be lonely and isolating. You spend all day on your own rattling around the house. I found that aspect, as a natural extrovert, really hard to do. In the book Orla is trying to find a sense of belonging and home in a city. But I was also trying to do that by coming to places like this and interviewing Maggie and integrating a bit into the community."

Macmanus arrived in London in 2001, the year Brian Dowling won Big Brother. "A very different time," she laughs. In the novel, which is set around the same time, Orla is dealing with a lot of issues at home. Her father has left her mother and is living with another woman. There's a sense that she is running away not just from her life in Ireland but from herself, from the problems she doesn't want to face. A scene at a music festival, where she has a sexual experience she can't quite remember, is powerful.

"She's deeply ashamed and annoyed with herself about it, but like a lot of things that Orla does, she doesn't allow herself to sit in that place very long ... I think I kind of wrote her as being someone who's neurodiverse. Not that you would have ever [have been diagnosed as that] in the year 2000 or 2001. But she is someone with a lot of the characteristics of female ADHD. She's not very good at emotional regulation. And she's quite chaotic. She can't seem to just organise those basic things."

Orla couldn't be further away from Macmanus in this regard. Something that comes up a lot in interviews is the fact that she actually likes herself. Some interviewees, particularly women, have found this natural confidence remarkable. Where does the confidence come from? "This is the bit that I always find really hard to answer because I'm not used to thinking about myself at all in an introspective way. I've never done therapy. My friend has just moved back here after being in New York

“

The BBC is a bloody lovely place to work – but I've never not had a boss since I was 15, so for me to not have a boss [IS]something that I'm still just really appreciating

for 10 years. And she was like, How the f**k are you not in therapy? Like, everyone in their 40s should be in therapy. And I said, 'well, I just don't like thinking about myself' and she was like, 'Go to therapy. Clearly you need to go to therapy, if you don't like thinking about yourself.'"

She's not completely averse to the idea. "But I don't want to force it. No, if I feel like I will, then I will. I'm all ready to go now. Like, as menopause comes in, I've started feeling a bit sweaty." Thinking a little bit more about her own confident nature, she credits her parents. "I was left alone a lot as a kid in a very good way. I was provided with a lot of love and a feeling of safety but I was allowed to form my own identity in my own way and in my own time ... My parents are amazing."

Her confidence, no doubt, has helped when making some of her more significant life changes. Leaving the BBC, for example, and stepping away from (AMP) Annie Mac Presents, her production company that ran events with large audiences including her music festival, Lost & Found Malta.

"I've stopped doing that ... I'm bowing out of all of the events that I used to do. That world was me as a curator of music, and it tied in so well with me on the radio. I don't do that any more. Also, it's a lot of responsibility. I really felt that as I've got older, this kind of burden of responsibility of being the figurehead behind an event where loads of young people are coming out getting rat-arsed, and I'm just too scared of somebody getting hurt."

There is far less chance of that at Before Midnight, her new rave nights for people who like dancing but also enjoy a good night's sleep. Demand has exploded for these events, which start at 7pm and end at the Cinderella hour – there's a 10-date tour of the UK and Ireland in the offing. "It's been so unexpected and such a rebirth," she says. "I'd kind of written off DJing. I saw myself fizzling out. And now we're trying to find a venue in New York."

Then there is the podcast Changes, where she interviews celebrities about life-changing moments. She enjoys it but admits that it's "a slog. Podcasts are really hard work. It's a congested industry."

Does she feel like a writer now, with her second book out in the world? "I'm still not actually able to say that word. If someone asked me what I do, I'd probably say, 'I'm a DJ and I write books'. If someone calls me a writer, I would be scarlet in the best possible way. I'd be so embarrassed. I am also talking to myself every day, saying it probably won't do well. And that's fine. Because the process itself was really enjoyable. And whatever it is, I'll learn and I hopefully will improve over time. I'm new, I'm learning. I would love to be seen as a writer, and I'd love to be considered that. But, you know, I've got a lot of work to do."

For now, publicity for The Mess We're In is taking priority. The book launch is happening here, in a downstairs area of Maggie's Bar, which the proprietor no longer uses for public events but is opening especially for Macmanus. Her first book was launched "in a fancy hotel but this time we're doing it with lots of Taytos and Guinness". Interestingly, she doesn't feel a weight of expectation with her second novel. "I haven't felt that pressure to have to sell loads of books. It's kind of lovely in that I can just write a bit more of what I want. And with this book, I've done that more than ever, I think I've stuck to my guns."

And of course Annie MacMacmanus, MBE refusenik, is still ruminating on a permanent return home to Ireland. The youngest of four, she's the only one of her siblings currently living away. There are issues to consider: her eldest son will be

starting secondary school in a year and a half, and her husband's work is mainly in rap music and reggae.

"While Ireland is diversifying, there's not much of an industry for that music in Ireland so he'd have to travel over here the whole time ... Is it better for me to be going over on my own and keep everyone in their comfortable place here and just go over on the hollies, or is it better to relocate everyone there? It's hard," she sighs. "Sorry, this is like a therapy session," says the woman who has never done therapy. "My husband is from Sheffield so here is neutral for us. In Dublin that wouldn't be the case."

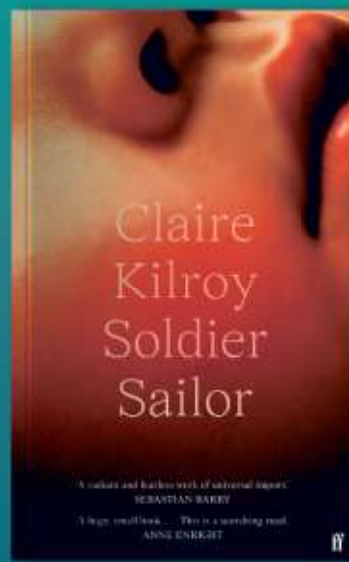
There is also the matter of her two very English children. "I hadn't actually psychologically prepared myself for it, the amount of times I tell them, 'it's baath not bawth'," she says, laughing.

"But that's the reality ... They really see themselves as English. And sometimes things happen that really hammer that home, like the Euros and, you know, they've got their English flags, their Union Jacks and as an Irish person, you are recoiling ... and you have to be cool. They take the piss out of me and I take the piss out of them."

She says she took "so much solace" from being an Irish person during Brexit. "What I always say to the kids is, if anything happens, we're gone. Home. Yeah. It's always home. They know that." ●

The Mess We're In is published by Hachette on May 11th

'Well, Sailor. Here we are once more, you and me in one another's arms. The Earth rotates beneath us and all is well, for now ...'



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THE TIMES

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Crafting a future for lost skills

An upcoming exhibition and festival will tell the stories of the basket weavers, grafters, embroiderers, knitters and other Irish crafters whose skills are in danger of dying out

Conor Capplis

Basket weaving Michael Foudy

Michael Foudy specialises in a dying craft. Right into the small hours during wintertime, the quiet man carefully and deliberately weaves willow branches by hand. Baskets, flower pots and the likes – whatever takes his fancy that week. A muffled radio beside him soon becomes a faraway distraction to the measured task at hand.

“Your mind would go off completely, on weaving or whatever,” the 66-year-old says. “Since I retired, then I’ve had more time on my hands, making them away in the winter.”

At his house in the small village of Ruan, Co Clare, he keeps little secret of his hobby. Hand baskets dotted around, weaved ornaments hanging on the walls and a small hanging basket holds some leaves with an ornamental robin perched atop. In his garden, a bike leans up against the house, baskets front and back with bright red, pink and purple flowers protruding; and a freestanding willow trellis spirals high among the foliage, ready to support sweat peas when the time comes.

“My father used to make baskets, so I’d have watched him up along and I’d have made some a good number a years ago,” he tells *The Irish Times*. “Later on then, I suppose – you see time is going so fast –

we’ll say 30 years ago, I made a few more, getting more experienced on it.”

Born in 1957 (“I’m still very young!”), his is a craft once ubiquitous across Ireland, but now relegated to an ornamental pursuit. Foudy was reared on a farm with eight in the family, where baskets were commonplace, but already the use of the coveted turf basket was dying off.

“I was always involved with my hands,” he says of his career as a linesman for Eircom. “That’d be my line more than a computer we’ll say.”

With natural resources aplenty in Co Clare, Foudy picks wild willows from Inagh and various country lanes in west Clare, taking about 12-14 hours per basket depending on how many handles are needed. All he knows, he learned from his father, the television and the odd book from the library.

“

I was always involved with my hands. That’d be my line more than a computer we’ll say

“You pick them when the leaves are off at the end of the year, maybe December or January we’d say, before they start to produce their leaves again. You save them for about three months. If you want to, you can keep them to the year after and steep them in water, but usually it’s the fresher ones I use. It’s kind of hard on the fingers, on the hands, you know? You just get them before they go too hard, you know? You’d just have a couple of cutters and a knife – the whole idea is just to give it shape – four or five instruments would do you altogether.”

“If you get yourself an old bike, with a basket on and flowers on it – it reminds you of bygone days kind of thing, you know?”

To pass on his skills, he runs basket weaving classes to pass on his knowledge to the next generation.

“You go into the room with a bunch of willows – a couple dozen or whatever – you show the people how to make something with their hands, and they’re really happy when something turns out and they’re walking out the door with the basket.”

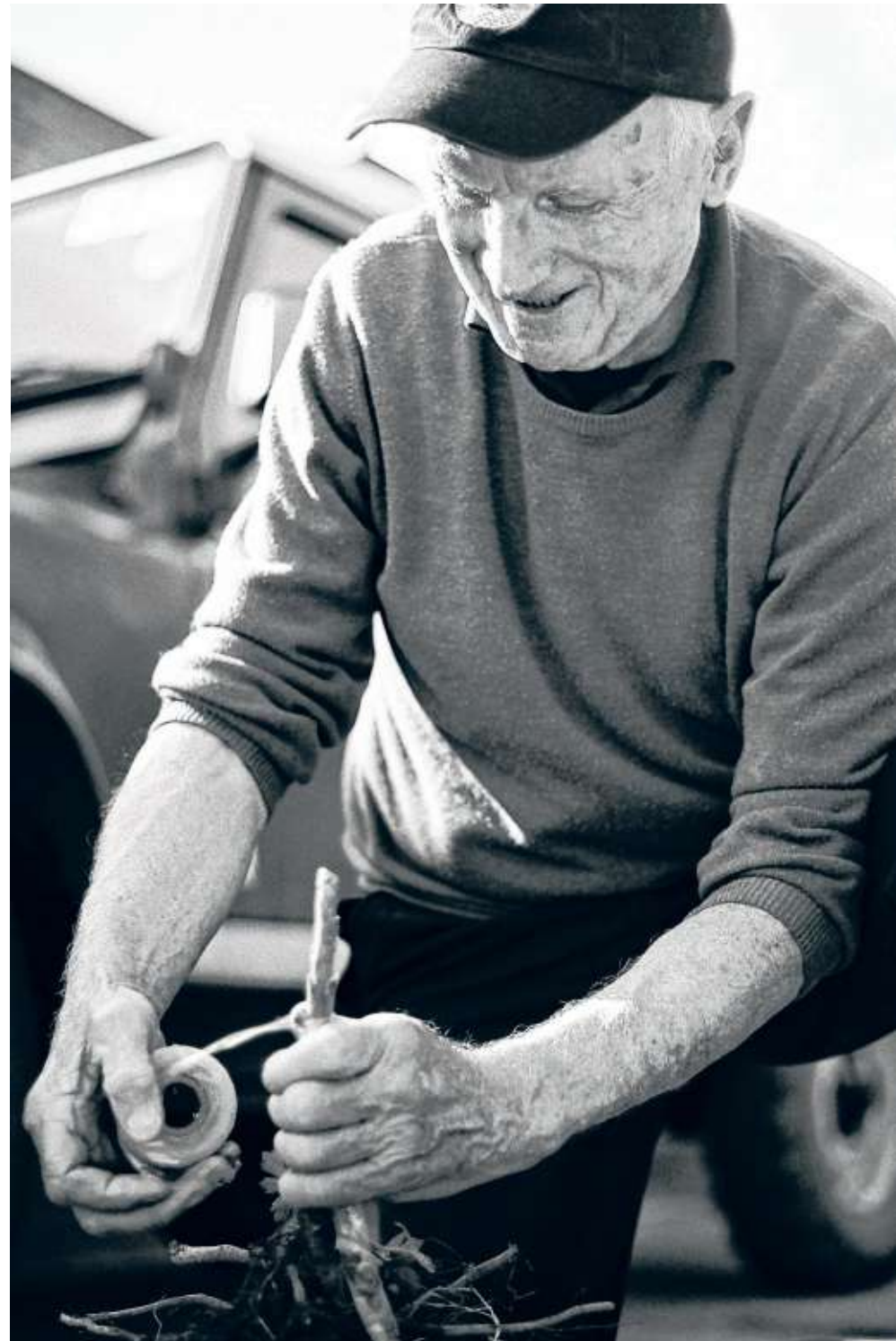
Despite the fading prominence of basket weaving in Irish society, with the takeover of factory-made clones long complete, he’s optimistic.

“I think there’ll always be an interest,”

Weaver Michael Foudy at home in Ruan, Co Clare; Apple grafter Thomas Barry’s orchard; work by Foudy; and Maura Leamy and her cherished embroidered cloth. Photographs: Myrium Riand







he says. “You’ll always find someone that will do the craft. I don’t think it will ever really die away, but I think the baskets are more of an ornament now rather than general use. I think people will still take it on as a hobby for winter – something to do, like. If people had someone to show them how to do it, you’d get a class no problem.”

Foudy is part of an upcoming exhibition and festival in the nearby town of Ennistymon next weekend, dedicated to the preservation of traditional and sustainable crafts no longer commonplace in Irish society.

“It’s a festival of lost skills,” says Fionn Kidney, co-founder of Common Knowledge, a non-profit social enterprise. “Really our aim with Rekindle is to celebrate the skills held by older people and to create an opportunity to introduce them to new generations.

“We’ve become disconnected with the world around us in contemporary society. There’s lots that’s been really helpful with technology and advances we’ve made, but often it’s disconnected us from nature and the resources that are all around us.”

The Embers exhibition captures

Foudy’s story, and others like him, in an effort to inspire people to think locally and connect with other generations on these crafts which are slowly fading into the history books. Funded by the Arts Council, Clare County Council and the older persons programme with Community Foundation Ireland, Embers tells these stories through a combination of photographs, recorded interviews, oral storytelling, musical performances and live demonstrations, and talks with basket weavers, winterage farmers, apple grafters, farriers, woodturners, sea foragers, oyster catchers, rope makers, Aran knitters, natural dyers and water diviners. Last year’s inaugural festival saw 500 visitors from across Ireland.

“All of these areas are largely connected to nature and the environment around us,” Kidney says. “For us, celebrating these skills is about celebrating older people, but it’s also about celebrating the fact that previous generations were really connected to the world around them in terms of nature and fulfilling their own needs. In today’s world, we often fill our needs by buying in what we need from very far away

and paying somebody else to do it.

“Last year [we] brought together a number of musicians who hadn’t played publicly in quite a while, long past their retirement. It was a really magic moment at the festival last year, everyone’s feet were tapping, sean-nós dancing broke out. People loved seeing these older musicians back out, being celebrated and at the centre of the festival. It really added to the atmosphere.”

Knitting and sewing Maura Leamy and Josie O’Brien

Longtime friends Maura Leamy and Josie O’Brien get the giggles when they’re together. Although born years apart, the pair are bonded through friendship, place of home and a shared love of their crafts: knitting and sewing. Sewing was once a skill as everyday as riding a bike, and now expert sewers are revered for their crafts-

manship. Born in 1928 in Ballysteen, near the north coast of Co Limerick, O’Brien later married a man in Tulla, Co Clare, where she soon met Leamy, who is nine years her junior. The pair grew up with Singer sewing machines, one operated by foot and the other by hand, and learned the importance of making and darning clothes for six children each in pre-modern Ireland.

Cuimhneamh an Chláir, an independent, voluntary group which digitally records, archives and shares the oral heritage of Co Clare, interviewed Leamy and O’Brien for Embers. The interviews were shared with The Irish Times.

“We were handing down more than anything,” O’Brien tells the Cuimhneamh an Chláir researcher. “If you make something, the next [child] would wear it again. It was like that. You’d knit socks, you’d knit gloves and hats – that kind of thing. A little frock maybe if you had the materials. They were hard old times, do you know? You had to make everything.”

While rearing her children, she spent her evenings making the dinner over an open fire for the family with her moth-



er-in-law who lived into her 90s, and when the children were put to bed she'd knit and sew into the small hours: some legwarmers here, a hat there, maybe even the odd dress. Without manuals lying about, much of the clothing was made just through judging the work by eye.

Like their mothers before them, O'Brien remembers making bedsheets or even the odd dress from 10st flour sacks: "You'd want to have them coloured and that, like. You'd never want anyone to know they were a flour bag. Everyone was trying to do the best they could."

She also has an extensive rug collection from over the years, with wool gathered from all parts of the country.

"I made one lovely [rug]. T'was navy, and a pink rose in the middle," she says, then pausing for a beat. "And I put it into the washing machine. I should have put it in a pillow or something, but I put it in as it was and [the colours] all came out. Oh I was raging! And all the hours I had spent to do it." Even with a frustrating story like that, she cracks an infectious laugh.

One patchwork blanket for a turf basket stands out in her Tulla home: "That was

Josie O'Brien sews at her home in Tulla, Co Clare; Apple grafter Thomas Barry; and Maura Leamy, who sees her own talents as almost average, such as the widespread level of skill in her day.

Photographs: Myrium Riand

only bits of wool for God's sake!... It was only old pieces of wool in the drawer that I knitted together. Honest to God, that's the way it was."

Leamy sees her own talents as almost average, such as the widespread level of skill in her day. "Everybody had these skills," she says.

"There was one particular lady, she was older than my mother, and is no longer with us, she was extremely good. She did everything out of her head, she didn't have any pattern to give her instruction how to do it."

One cherished piece of embroidery on linen, made during a night course when she was 20 years old, still has pride of place in the home, and is only brought out for special occasions for a table. Rose petals, green foliage and red petals are carefully and neatly arranged.

The last time it was taken out was for her parents' 50th wedding anniversary:

"There might be something else happening over the next 10 years, if I'm around," she says. "It is very therapeutic. You just love to perfect those certain stitchings. It's not a simple thing – you may think it is easy, but it's not."

"My nine-year-old granddaughter is able to do the knitting. Knitting is going to stay in that house but the other teenagers, there's no interest at all. It's a different thing altogether. The skill is going to die if it isn't renewed and kept on."

Apple grafting Thomas Barry

While retired English teacher Thomas Barry has at least 130 apple trees at his Inagh home, he also has dogs, hens, ducks, two geese (one called Mahatma Gandhi), a donkey named Wilfred, a goat named Mrs White and all manner of plants and insects that call his four-acre garden their home.

Cuimhneamh an Chláir also interviewed Barry for the Embers exhibition. "Donkeys are inclined to criminality, aren't ye?" he jokes with Wilfred in the orchard during the hour-long oral history recording, referring to occasional thefts around the apple trees.

"To keep the grass in the orchard, you have to have it grazed. If you cut it with trimmers, what grows I find are the weeds. The old people had solutions for every problem."

His craft? Apple grafting, which involves taking a favoured apple variety and splicing it onto a desirable rootstock to grow a new tree. No doubt few know as many varieties as he does, with his impressive vocabulary full of apple lingo.

"The Blenheim you need to have out by January," he says in his back yard orchard. "That is the best apple I've ever eaten. We used to do the market in Kilrush and take the apples there and my [late] wife [Dorothy], God love her, she loved the market. They used to be queuing up for the Blenheim Orange. I had to resort to hiding them away because she wanted to take them all to the market!" Barry laughs with a nostalgic look in his eye. "It is an outstanding apple."

A melodic and well-spoken man, even without prior knowledge of grafting, his grá for the soil beneath his feet and the trees around him is enough to capture attention. For him, the skill of growing and cultivating apples has been lost for some time. He says his parents' generation didn't grow apples, but back in the middle of the 18th century it was a different story.

His father was a farmer who left school at the age of 10 but still had the ability to quote Shakespeare spontaneously and accurately. "He had it, he had this love of language," Barry says, crediting him with his later interest in English.

Barry, a fan of the old ways, has a deep respect for the natural world around him and a keen awareness of environmental damage.

"I loath invasive species or plants that are not native to here," he says, recalling how an invasive plant previously killed one

of his goats. "That's why I say to people, grow native. I think for the environment, with the Sitka spruce, it's a disaster [The species is Ireland's most prominent tree in forestry today, and is originally from North America]. If everywhere [where there are] sitka spruce there were native trees, we'd have massive biodiversity – because underneath those things there's a desert. What concerns me greatly is that when I was gardening up in those fields in the '50s and '60s with my neighbour or father, the place was full of insects." Not any more.

"I think, if the lack and destruction of nature above the ground – if it's that's going on in the soil – I think we are in real trouble," he says.

Only recently did he learn the names of Irish insects as béarla [in English], having learned the Irish names in his youth. "Irish is a language that lends itself to farming, the bog."

He says the birds have slowly disappeared in the area due to the deteriorating quality of the grass: "That grass has been going down for the last 70/80 years. The pollinators [ask]: 'Where are the wild bees? There were several varieties of wild bees around.' I don't see them any more. The lack of creatures is so noticeable. I don't have to read about climate change, I can see it."

To compensate for the deteriorating bee population, Barry keeps a hive of honeybees for pollination.

"I fear if I didn't have the hive, I'm certain I wouldn't have a crop," he says. "You'd see the odd one, but to me, the wild bees are gone. There is a compound in weedkiller that destroys the bee's nervous system. And you have what's known as colony collapse disorder: the bee goes out and it doesn't come back to the hive. I think it is pesticides, lack of habitat and lack of wildflower meadows. Gone."

"We had an old car in the '60s, and a summer's evening we'd come up from Ennis. The windscreen would be covered with moths. No moths now, they're gone. That should worry people."

He speaks with deep concern over the loss of habitat for birds such as the corn crane, which up to 100 years ago was found in every parish in Ireland. Now, just a few can be found in coastal spots along Galway, Mayo and Donegal.

"I do what I can, but it isn't enough," he says. "We need to have areas set aside. A lot of land in Ireland is useless. Just leave it alone. If you leave a piece of land alone, you get trees growing there but they'll self-seed. If we leave enough space, these creatures will come back."

While Barry puts in the elbow grease at the orchard, it was his late wife who was the master planner, and often spoke of her fears for the environment long before others. He recalls his wife's rather prescient prediction: "[Insects] are part of the whole system, and when they go, we go. We can't exist on the planet without them." ●

The Embers exhibition is on in Ennistymon, Co Clare from May 12th to 21st, with Rekindle: Festival of Lost Skills on May 14th from noon to 5pm. An opening celebration for Embers is on May 11th, from 6pm to 8.30pm. Tickets are free from tickettailor.com

A celebration of international culture and cuisine

Global Kitchen pop-up cafes bring taste of home to international communities in Kilkenny

Marie-Claire Digby

Kilkenny city is a buzzing melting pot of nationalities, both visitors and residents, and a new community initiative there is aiming to promote cross-cultural integration through food. The Global Kitchen celebration of international culture and cuisine is a series of pop-up cafes, bringing the food of Lebanon, Malaysia, Bangladesh, Poland and Romania to the city throughout the year.

The idea came from the success of the Ukrainian Borscht Cafes at the city's Savour Kilkenny food festival and Yulefest last year, which were organised to welcome refugees to the city and help them integrate. "When the Ukrainians arrived, we recognised that a lot of them were in accommodation with food provided so they weren't having the opportunity to eat their cultural dishes," says Sharon O'Gorman of Kilkenny LEADER partnership, the non-profit local development organisation spearheading the project.

The pop-ups each run for one day in the city's Home Rule Club, a social enterprise and cultural hub, and tickets can be bought online for a two-course lunch, cooked by representatives of the host country, who are living in the city. A Lebanese pop-up served more than 70 people on a recent Saturday and will be followed by a Malaysian Cafe on May 20; a Polish Cafe for the Polska Eire Festival in June, a Bangladeshi Cafe in August and a Cafe for Romanian National Day in November.

Guy Jones is head chef in the kitchen when I visit for the Lebanese pop up. A mechanical engineer by profession, he works with Veolia Water Ireland in Kilkenny

and has lived there since 1999. "It was love that brought me to Ireland," he says, introducing me to his Irish wife, Christine. The pair met in Abu Dhabi, where Christine was teaching.

Jones has been promoting Lebanese culture while living in Kilkenny. "I noticed, back in 2001, with the troops coming back from Lebanon, there were no links between Ireland and Lebanon. So, I thought, okay, if my daughter is going to grow up in this environment – and I do not want to indoctrinate my children – what's the best way to create cultural activities? So, I started a project called the Irish Lebanese Cultural Foundation. We have a huge history between Lebanon and Ireland."

He loves to cook the cuisine of his heritage and has brought Lebanese food to the attention of visitors to the Savour Kilkenny food festival, which has been running since 2008. "My idea behind that is that there is a lot of recipes coming out in different magazines speaking about Lebanese food but very rarely and seldom, you will find the genuine recipes, the original recipes. When you try a Lebanese restaurant, if your chef is not Lebanese and his mother and grandmother are not Lebanese, he has not tasted the food as it comes originally; they will never get it right."

For authentic Lebanese food in Ireland, he has two restaurant recommendations: Mezze in Athlone and Mejana in Limerick. "They were like a breath of fresh air because the chef is Lebanese, everyone there is Lebanese. They know what they are serving."

Jones has help in the kitchen for the pop-up from his daughter, Sophie, and others. "Hasam and Hakim are International Protection asylum seekers from Algeria who arrived in Kilkenny about a



month ago. Everybody is working really well together. It's very positive," says Sharon O'Gorman.

His menu offers a meat and a vegetarian option, along with dessert, and the two-course lunch is priced at €13 (or €12 plus booking fee if booked online), with O'Gorman pointing out that it is a non-profit event, relying on volunteers. Over a steaming hot cup of cafe blanc – orange blossom water diluted in hot water – which Jones tells me is a traditional digestif in Lebanon, he explains his menu choices. "Lebanese food is famous for its wide vegetarian range so we have falafel with tahini sauce. The loubieh is famous because in every home, they do this. It's so easy; green beans cooked with tomato sauce."

The meat lover's choice is kibbeh with cabbage salad and hummus. "Traditionally, it would be a mix of beef and lamb because lamb gives a bit of softness, tenderness. But, I did not use lamb because in Ireland, lamb is very greasy. I don't want to compromise the taste of the beef, as it's very good. A good lean mix is good."

The minced beef is mixed with chopped onions, cinnamon, salt and bulgur wheat and layered up on a baking sheet with more onions, very finely chopped, mixed with pine kernels and Lebanese seven-spice. The bulgur (cracked wheat) is added raw, "so it can soak up the juices from the meat". The kibbeh is topped with olive oil and cooked in a 200 degree oven before being cut into squares to serve.



Clockwise from left: Pathma Vasuthevan, who will cook a Malaysian menu at the next Global Kitchen pop-up cafe in Kilkenny's Home Rule Club; Falafel with tahini sauce and hummus; Amanda deBurca and Martin Rafter with Sharon O'Gorman and Karl Osborne, being served by Youcef Hassan Chergui and Fergus Horgan; Global Kitchen team (left to right) Abdelhakim Mechentel; Jeremy Ncube, Guy Jones, and (front) Sophie Jones and Dominka Mlynarska; and Kibbeh, with green beans and cabbage salad at the Global Kitchen Lebanese cafe pop-up in Kilkenny. Photographs: Dylan Vaughan and Dara Mac Dónaill



“

The loubieh is famous because in every home, they do this. It's so easy; green beans cooked with tomato sauce

The cabbage salad accompanying the kibbeh proved more problematic to source ingredients for. It requires a special Middle Eastern type of cabbage. “It’s softer. Unfortunately, the white cabbage here, you can bang it against the wall and it will dent the wall,” he says. The correct type of cabbage was bought from a halal shop in Tallaght, Co Dublin. The cabbage is chopped finely and crushed garlic, salt, lemon juice and olive oil are added and it is left to soften for a few hours. Then, “happy days”, Jones says.

Out in the bar area of the Home Rule Club, the Lebanese lunch is going down well, with the vegetarian option proving to be the most popular. Joanne Lalor is at a table with a group of girlfriends. “I saw it on Twitter and booked it for us. I’ve eaten

Middle Eastern food before but not in Kilkenny so it is a lovely change and it’s lovely to support something in the Home Rule Club. It’s a lovely venue and everyone has been so welcoming.”

The group said they plan to book tickets for the Malaysian Cafe pop-up, which will take place at the same venue on May 20th. The cooking for that one will be done by Pathma Vasuthevan and tickets are now on sale on the online ticket platform Eventbrite.

Back in the kitchen, Jones and his team are plating up dessert, a spiced pudding called meghli, made with powdered rice and garnished with coconut. He is happy with the way the day has gone and delighted that his Lebanese lunch proved to be popular.

“In my opinion, cultural diplomacy is the best diplomacy. If I want to promote Lebanon in Ireland, I will promote it this way, by cooking and sharing Lebanese food. I will not go on TV. I will not go on radio. I will not be talking politics. I will not be talking about the Middle East,” Jones says.

If you are living away from your home place, perhaps unwillingly, the novelty of eating “foreign” foods and trying new things can dissipate quickly, in a cloud of homesickness. In challenging times, what’s needed is the comfort of food that is familiar. Sharing that food with others, who might not have tasted it before, can be a source of great pride and stimulate communication, as this excellent initiative is showing. ●

Travel

Head for the hills: A French alpine treat all year long

Cold-water yoga, lunches strewn with flowers and lots of cows: this year-round village in southeastern France is full of natural delights

Emma Cullinan

“Take off your shoes,” says Alexia. It has been raining and mud oozes across a forest floor paved in pine needles, beech leaves and rocks. It doesn’t look inviting, but we are here to swim in the icy river rushing through the valley base and presumably need to acquaint ourselves with nature and the cold. So we cautiously tread on springy carpets of semi-rotted leaves and needles with mud squelching up through our toes.

Alexia’s cold-water toumo yoga is designed to train your head and breath to do something most minds scream “no” to. I assume there will be a special trick or that we’ll do such heavy-duty yoga beside the river that our spiking body heat will cry out for the cooling waters. But no. Apart from some warrior and sun-saluting poses, Alexia’s cool-prep yoga involves enabling me and my co-dipper to embrace the chilling bath by altering our perception and finding a fire within.

“Don’t fight the river,” she says. Somehow we are to relax beneath the biting water. “Do not tense,” she says, adding the encouraging words: “I have never had anyone fail to get in.” I wonder if I will be her first.

The fourth member of our party elects to be our photographer: aka a flat refusal to even try any immersion. As my feet enter the numbing rapids I try to talk my mind and body out of their rejection of the water. The other two women swan right in, compelling me to follow by making it seem all right. Soon we are up to our necks beneath a small waterfall and it all feels incongruously bearable. Alexia is singing now and asks us to join her: “It will tune us into each other, help the breathing and take your mind off the river.” This is one of those times in life when you view yourself from the outside, imagining onlookers smirking at “la, la hippies”, but it’s brilliant to be out on the edge.

We stay in for three minutes, one for each degree of water temperature, and emerge into a sun-warmed field to drink tea from a flask: “It will warm your insides.” Just in case it doesn’t do a thorough job we head to The Shed cafe in nearby Le Grand-Bornand – rebranded Grand Bo by the tourist office.

This village – with its 2,000 cows and 2,000 people at a nigh-on 2,000m altitude – is full of artisans keeping on tradition and up with the times. They include Edith and Patrick Martin who perpetuate the heritage of Savoyard pottery in their barn workshop and master saddler Didier Perrillat who produces leatherwork from one of the oldest chalets in town. Those hu-

man-matching cows – from 40 farms in Grand Bo – produce a third of France’s Reblochon cheese, which was invented in the region.

This is a year-round village, hosting skiers in winter and artisans continuously. We experience the short Alp-to-fork supply chain everywhere, including at Chalet de Paccaly cafe, a 20-minute walk into the mountains from the nearest car park. Here lunch is strewn with wild flowers and herbs, including oregano and thyme, picked from around the restaurant. Hikers of all ages and fitness levels walk on by us throughout the meal, cow bells serenade us and the sun-warmed mountain sends up top notes of sweet grass and a base of earth with a hint of cow dung. If you need the loo you have to head into the nearby woods.

Down in the town of La Clusaz – a favourite with French skiers escaping the more touristy resorts – we eat trout smoked in hay at La Clusaz at L’Ecuille restaurant from the nearby Thônes lake following a starter of local sheep’s milk and courgette.

Distiller Romain Gauthier also sources his ingredients from the mountains. He plants and picks genepi for the Genepi



Berger liquor that his Aravis Distillery has been making since 1876.

“The alcohol really takes on the saveurs,” says Gauthier as he swirls a chunky wooden pole through a vat of genepi shoots steeping in alcohol. The plants will soak here for two weeks handing their flavour over to the hooch.

High on the sweet and intense flavours, we waft into the St Alban hotel to be warned that they have no air conditioning. “Saving the world, good,” I say. “I’m glad you understand,” says the woman at

reception, following the trend for keeping things green and local. “If you would like a fan,” she continues, pausing for effect, “open the window.”

Already relaxed I am further jellied in the hotel spa by being massaged with plant-scented oils by Nuxe.

On a mountainside above Lake Annecy, Alex Laetitia Hespel knows all about adding plants to cosmetics. She has a special licence to pick wild flowers from high meadows, for use in her own home-made soaps and for beauty compa-

ny Clarins, whose new-generation owners want to keep their plant ingredients as local as possible.

After we walk through the garden above her home, with its rows of aromatic plants, from lush mint and floppy echinacea to strong sage leaves, she hands me thick rubber gloves, an apron and goggles.

I pour volatile caustic soda into water and let it settle before mixing in cocoa butter, olive oil and hypericum oil. The resulting chemical process produces soap and glycerine. Many supermarket soaps, she explains, take out the glycerine and sell it for moisturisers, but she leaves it in her soap to stop skin feeling dry after washing.

We swirl natural colours into the mix, tip the liquid soap into a loaf tin and top it with dried flowers, ready for slicing into bars once it's set.

Plants are so revered here that in the Bout du Lac nature reserve near Doussard on Lake Annecy's southern shore many have been un-



Opposite page: French rustic charm in La Clusaz and inset, a salad decorated with flowers. From left: Alexia Vulliet of Yoga Toumo; paragliding over Lake Annecy; and inset, Romain Gauthier stirs genepi plants at Aravis Distillery. Photographs: Julie Mugniery / Tilby Vattard /



touched since 1975. As we walk we become so immersed in lofty plants my companion cries: "Look, you can see no people except those in the sky," referring to the flocks of paragliders floating towards us from a rocky peak to a water-side landing pad.

From here you can kayak past the reeds that filter pollutants from water and across to La Cuillère à Omble restaurant that has such confidence in its brilliant

food, mostly hauled from the lake (from faru fish to the eponymous omble) that it has a vibrant but relaxed vibe.

If you want a swisher trip to lunch you can take a water taxi, as we did from Annecy town – where we had climbed to its hilltop chateau to appreciate the landscape, ambled up heaving medieval streets and crossed bridges to see buildings plunging Venice-like into the water.

On our last evening we practically eat

in the lake, with a table right on the water's edge at the Guinguette des Cassines, close to ducks and swans which glide beside us in the vague hope of leftovers.

You are always hard on nature in the Alps and, just as they have for centuries, the locals are making it work and play, while chiming with the current climate for keeping things local and sustainable. annecymountains.com



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Bella figura

MaxMara's summer collection embraces neutral tones, linen suits and racer back vests

Deirdre McQuillan

Luxury clothing brands today are more about accessories than clothes, selling aspirational dreams through lipsticks, handbags and sunglasses rather than expensive garments. Gucci, for example, made 60 per cent of its total revenue in five years to 2017 in leather goods and shoes rather than clothing. And what is more desirable, visible and endurable, a Chanel bag that goes with everything, or a jacket fitting a specific size?

An exception is MaxMara, the Italian family-owned luxury brand founded in the 1950s that is all about the clothes, with accessories playing a no less important but more minor role to the main event. Unlike others, it does not have a history of dispensing with designers, so much a feature of the cut throat contemporary fashion industry, but has kept a former Manchester punk, ex RCA graduate, designer Ian Griffiths firmly in charge as creative director for more than 30 years, ensuring annual sales of over €1 billion and healthy profits of over €200 million.

Well known for its classic but cool low key style, its sustainability credentials are impeccable; materials are natural and renewable. The camel hair used for their coats is collected as the animal naturally sheds, with the surplus used to make insulation for padded jackets – so no down or feathers. As a long-standing fan of the brand, every piece I have has weathered the passing of time and earned its keep, whether a grey winter coat or a striped navy summer trouser suit, and they feel as good as they look.

The story of how Griffiths entered a MaxMara competition as an RCA student and joined the company a year later – and never left – has often been told, and he's on record saying that making real clothes for real people is for him "the most rewarding and satisfying creative experience". He has also argued that classic clothes don't have to be conservative, and that the brand has fundamentally been a radical one since its foundation, when its declared aim was dressing a working woman rather than a lady of leisure.

Best sellers over the years have been the company's aforementioned famous camel

Clockwise from above: Linen skirt €675, jacket €675, both MaxMara; waistcoat €630, trousers €395, both MaxMara; slides €850, Bottega Veneta; and black crop top €330, linen jacket €969, trousers €515, straw hat €355.



coat, formerly a symbol of male authority, revisited for women, and the fire red Glamis coat worn by Nancy Pelosi that went viral in 2012. A coat, Griffiths asserts, “is a structure that quite literally houses you whilst you’re in the street – it offers protection, comfort and of course, prestige”.

In the current collection for summer 2023 called The Blue Horizon, he has mined Riviera style of the 1920s for inspiration, citing pioneering Irish furniture designer Eileen Gray “who took on the macho world of the Modernist movement”, and her celebrated villa E1027 in Roquebrune Cap Martin as a reference. One of her greatest fans, he has always desired a pair of her Transat chairs, classic pieces of Modernist furniture.

Camel is strong in this collection too and his Instagram posts @ian_griffiths1 highlights what he calls his “Camelandia” style, and shows him sketching designs – an oversized coat in pure camel, a bomber jacket with matching pants, or a cocktail dress with a Watteau back.

In this summer collection, the clothes with their neutral tones, wide leg button front flared trousers, linen suits, racer back vests and wide, floppy hats are as relevant now as they were then, when, according to Mary Blume’s Cote d’Azur, “men and women dressed alike in wide soft trousers, striped fishermen’s shirts, linen jackets and espadrilles”. Despite historical references, these clothes are resolutely modern and sophisticated.

Griffiths has always insisted that MaxMara is never about one season. “We want to make things that will last, investments for life, real clothes for real women. I like clothes that grow old gracefully.

Each collection ... if you take it apart is composed of pieces that have a life after the current season” he told WWD recently.

It’s a view endorsed by one of MaxMara’s most loyal and enthusiastic Irish customers and a fan of more than 20 years. Dubliner Anne Hearn who inherited a love of fashion from a mother with an assured and confident style, bought her first piece for a wedding when she was pregnant – an off the shoulder linen blouse with a button down front which she wore over a skirt and flat ballet shoes.

After her son was born, she bought a little jacket and trousers, “and I was hooked. Bit by bit over the years I bought fewer pieces from other brands and fell into Weekend as it suited my lifestyle, and I have been buying ever since. I find it refreshing, it never disappoints and the quality is consistent from one year to the next. It is so feminine and suits all ages and is never boring.”

Her favourite MaxMara piece is a fitted black wool shift dress, subtly embellished with delicate black silk and chiffon flowers. “You feel like a film star in it,” she says. “And it’s the right tone of black for my complexion.” Having made clothes herself, she notices the details and how clever and sophisticated the updating of classics can be. Her latest acquisitions illustrate this – a double breast jacket in vanilla jersey (“not off white, not cream but with a hint of pink and perfect over a silk dress”), a houndstooth silk shirtwaister with the skirt pleated on one side, a new take on a familiar style. “You will always find jewels,” she sighs. ●

All clothes from MaxMara at Brown Thomas Dublin

Clockwise from above: lignano fringed mid-shirt dress €740, tote bag €605, and stretch sandals €790 from Bottega Veneta; linen blazer €575, linen trousers €289, knit top €205, from MaxMara; and cami palazzo jumpsuit €675, straw hat €245, both from MaxMara, and sandals €790, from Bottega Veneta.



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The best facial SPF's for all skin types and budgets

On Beauty
Laura Kennedy



If you're a skincare enthusiast who spends money on products, it's all a waste of time and cash if you're not wearing SPF

More than 13,000 cases of skin cancer are diagnosed in Ireland each year, according to the Irish Cancer Society, making it the country's most common cancer. While we often don't focus enough on the relationship between aesthetics and health, SPF is a skincare product that clearly traverses that boundary. It is a healthcare product – one that every dermatologist agrees we should all use daily as a matter of habit, regardless of the weather or our particular skin tone. Apart from protecting our skin from the sun's UV radiation, which causes cell damage and can ultimately cause skin cancer, SPF happens to have excellent aesthetic benefits too.

While SPF is protecting our skin from those UV rays, it is also preventing the premature ageing, pigmentation patches and textural changes that come with them. If you're a skincare enthusiast who spends money on products, it's all a waste if you're not wearing SPF. Without sun protection, we might as well throw every essence, toner, serum and oil in the bin – they can't compensate for the effects of prolonged sun exposure over a lifetime.

With the increase in use of active

ingredients like acids and retinol – which is the gold standard skincare ingredient for everything from breakouts to wrinkles – the need for SPF becomes even greater. Such actives affect the rate of cell turnover in your skin, which is a good thing, but they cause increased UV sensitivity.

Protecting your skin is essential and thanks to increasingly sophisticated formulations, it doesn't have to come at the cost of chalky faces, pilling of your skincare, discomfort or migrating foundation. And, for the love of all that's holy, don't forget your neck and chest.

While I have nothing against a luxury SPF if budget allows, I tend to be less precious about applying sun protection liberally every day if a product is more affordable. **CeraVe AM Facial Moisturising Lotion with SPF50+** (€15 at selected pharmacies) remains my daily favourite since becoming a staple in my routine last spring. It has all the benefits of a morning moisturiser but the full protection of an SPF 50. It won't clog pores and it doesn't feel or look slimy or occlusive. It's the best affordable facial SPF I've ever used and works for every age and skin type without leaving any greyish-white veil on the skin.

French pharmacy brands have been making excellent sun care for a long time and **Caudalie Vinosun High Protection**

Every dermatologist agrees we should all use SPF daily as a matter of habit.
Photograph: Getty

Cream SPF50 (€32 at cultbeauty.co.uk) has all the markers of an excellent French pharmacy SPF. A slight scent makes it feel more luxurious than a solely functional product but the light texture sets it apart. It's ideal for more mature skin and won't settle or misbehave under make-up.

Sun sensitivity and reactivity is common in Ireland – if you tend to experience a rash, burn very quickly or react to sun cream, **Garnier Ambre Solaire Sensitive Advanced Serum SPF50+ Cera-mide Protect** (€26 at Boots) is a great option. This is water-resistant and hypoallergenic but has a light, cooling serum texture designed especially for sensitive skin. There's a version solely for face too but this one works for both face and body.

Dr Sam's Flawless Gossamer Tint (€40 at drsambunting.com) comes in an untinted version but the one with a hint of colour is perfect for make-up-free days. It won't congest or smother the skin, and it has a light texture that makes it a product you can just apply and forget about. It also layers well with other skincare – so no pilling, flaking or separating. ●

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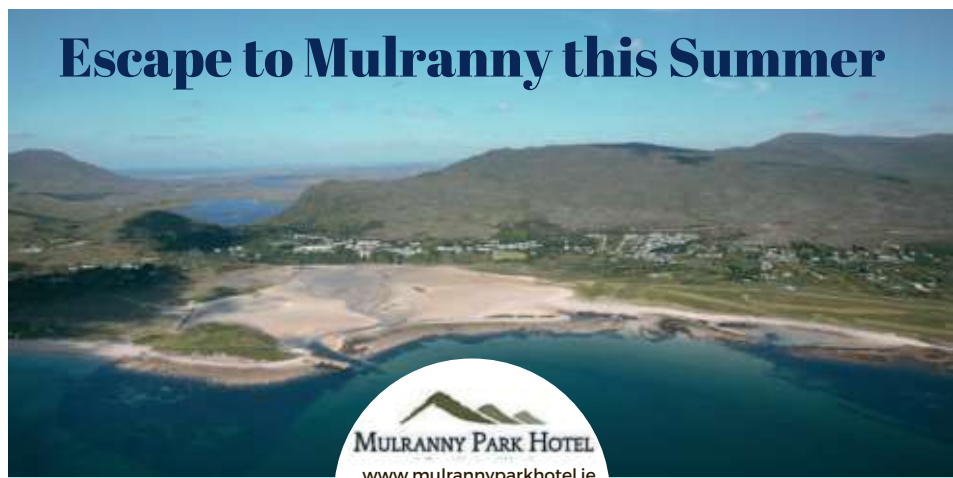


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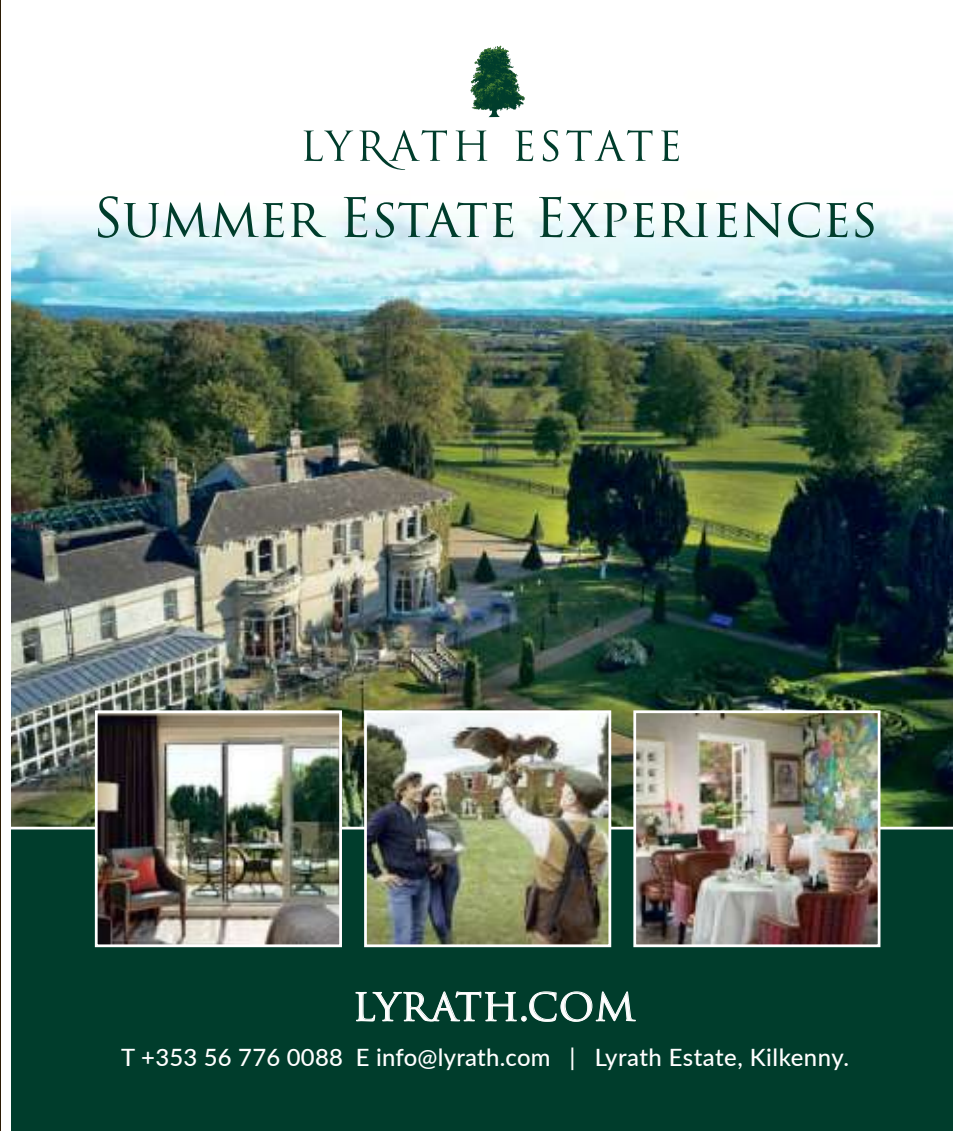
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Relationships

My wife died over a year ago – how can I imagine life with anyone else?

Ask Roe
Roe
McDermott



Dear Roe,

Eighteen months ago, my beautiful wife died. There are still mornings when I wake and struggle with fully comprehending that I will never see her again. We had moved into a new house two years before. I am now a single father to two adorable young children. I do not live near family, but am blessed with very supportive neighbours. I love my job and adore being with my children, but being a single parent can be taxing. Recently, the idea of dating has come into my mind. There are the practical difficulties of how would I possibly squeeze a relationship into what is already a full and hectic life. Greater than that is the emotional difficulty. My wife was beautiful inside and out. She was stunning-looking, had a razor-sharp wit, and would amaze people, even us who knew her, with the volume of knowledge she retained. I loved every part of that woman from the moment I met her. The issue is that I still do.

When we learned of her illness, we talked of life if things went bad. When I said I could never be with anyone else, she told me it would make her sad to think of me alone. I suppose I would like someone to talk to about my day, to go for a meal with, to get into bed with and wake up beside. The problem is that the only person I want to do this with will never physically be in my life again. I've tried the dating app thing, but no one, no matter how friendly, comes close. I feel not only would I not really be able to commit time to them, I would only ever see them as a replacement, someone to have because I can't have who I want. Is it okay to remain faithful to my wife? When the children do grow, become independent and eventually move away, will I just become a lonely old man like you see in Christmas ads?

I'm so sorry for your loss. The love you have for your wife radiates from your words. Many people dream of having someone love us that much, to describe us as lovingly, to feel as seen and appreciated and adored as you do your wife.

It feels vital to remember that your wife's death is still incredibly recent. Your life has been hugely altered and you're still adjusting to life without her, and the hectic life of a working single parent – I wonder how much time you've even had to simply be still and process. Remember that grief is not linear – it hits us in waves and affects us in different ways over time. And the love you have for your wife and the desire for some companionship aren't at odds with each other. You can love and miss your wife deeply and still want to have someone to share your days with. Humans are social creatures, but sadly so much of modern life is designed to try to erase that need and pretend that the “best”, most “optimised” version of ourselves is like a self-cleaning oven, keeping ourselves completely independent and self-contained. This isn't how we are built. We need each other.

It strikes me that your wife died during the pandemic, which was a time when we were all realising the depth of how much we need each other, both in daily life and for life's big transformative moments. The reason the limits on gathering for events such as funerals affected us so deeply is that when we go through something life-altering like a death, we need to gather together to witness each other not only in our grief but in the transformation. Someone we love has died, this has altered our worlds in different ways and we need to acknowledge and accommodate our emotions, our new realities, our new needs.

I hope you feel comfortable both asking for help and possibly seeking out new communities where you can openly talk about your loss. This could look like asking family and friends to visit you, or to babysit so that you have time to socialise, attend counselling, or engage in whatever self-care you need. Asking for help is a way to strengthen your relationships by telling people what you need, letting them help you, and giving you some time to yourself so that you can rest, recharge and be the best version of yourself for you and your children. You could also get a therapist or a specialised grief counsellor, or even seek out grief support groups where you will be able to connect and share with people who have also lost spouses, so that the nuance and complexity of your experience can be met with real understanding and empathy.

As for dating or seeking companionship, you can if you want to. You know what you are ready for, and if all you can handle right now is asking to spend some



You know what you are ready for, and if all you can handle right now is asking to spend some time with someone for some conversation and some company, that's fine. Be honest about that up front, and move slowly

time with someone for conversation and company, that's fine. Be honest about that up front, and move slowly.

One thing I will urge you to try to resist doing is thinking about dating in terms of comparison to your wife. No-one can replace your wife, and no-one is asking you to – both because people are not irreplaceable or interchangeable, and because you had an entire marriage with children; imagining that any date or new connection could come close to evoking the intimacy of that would be absurd. So don't place that impossible standard on yourself or anyone else.

You're not looking to try to recreate what you had with your wife. You're acknowledging that your life has changed and seeing how other people can fit into your life now in a way that honours where you are emotionally, and brings you some deserved joy and comfort. And if, over time, you find that you want more from those connections or feel more ready to give more of yourself emotionally, then you can do so.

No-one can tell you what to do with your life, but one thing I would urge you to examine is the idea of remaining “faithful” to your wife. What would it mean to be faithful to her spirit, and her

wishes for you and your family? What would it mean to embrace and appreciate the joy, love, spark, connection and inspiration that she brought to your life, and value it in a way that doesn't shut you down to the possibility of connecting with others, but instead encourages you to bring that forward?

What would you like your children to learn about love from you – that losing someone means not trying again, or that you can love someone with your whole heart forever, and also expand your heart to make room for other connections, other experiences, other loves? What would it mean to teach them that you can respect someone who has died by appreciating life whole-heartedly, grasping onto every spark of joy, every chance for love, and valuing all types of connection with others – families, friendships, romances – because you have learned how much other people can change and enrich your life? Do this, and no matter whether you meet someone new to love romantically, you will never be lonely.

The very best of luck to you. ●

Have a question for Roe McDermott? Submit it anonymously at irishtimes.com/dearroe

Sustainability

Why is an oil company sponsoring a high-profile children's art competition?

Game Changers Catherine Cleary



Offaly man and woodworker Tom Roche is a long-standing activist. He founded Just Forests in 1989, well before the idea of a social enterprise was born. Stewardship is a word that he thinks about a lot, and his kinship with fellow woodworkers wherever there are forests. We should be stewards not extractors.

He set his sights on the Texaco Children's Art Competition a number of years ago. Why is a fossil fuel company allowed to sponsor such a high-profile children's art competition, he asked? The competition has produced dazzling art. I have been that parent marvelling at the

talent of children the same ages as mine where our own efforts were still at the finger-painting stage.

Longevity has grown like moss over what we think of as an Irish institution, 69 years on the go. There's nothing wrong with celebrating talented young artists. But the real winner every year has been the Texaco oil brand and its US parent company Chevron.

Working with documentary maker Peadar King and human rights activist Colm Regan last month, Roche launched SpoArts Washing calling out an uncomfortable truth. Fossil fuels don't deserve the soft focus that sponsorship deals can bring. We need to be clear-eyed about the urgency of ending fossil fuel extraction, and Texaco's sports and arts sponsorships give it a halo of community, putting it into the hearts of parishes, playing pitches and schools.

"Chevron is a class apart in how it just wields very sophisticated tools of green-washing," New York lawyer Steven



There's nothing wrong with celebrating talented young artists. But the real winner every year has been the Texaco oil brand. Photograph: Getty

Donziger told the launch webinar, speaking from his apartment where until almost exactly a year ago he was under house arrest, wearing an ankle brace after Chevron pursued him through the courts following his work on behalf of indigenous communities in Ecuador. They are masters at "penetrating the information ecosystem", Donziger said.

The UN Intergovernmental Panel on Climate Change (IPCC) has called out the advertising and PR businesses for their role in delaying the urgent shift away from fossil fuels. "Advertisement and brand-building strategies may also attempt to deflect corporate responsibility," the IPCC has said.

This year France has banned fossil-fuel advertising. Last year 350 advertising and PR firms joined a movement called Clean Creatives, refusing to work for fossil fuel firms or their trade associations.

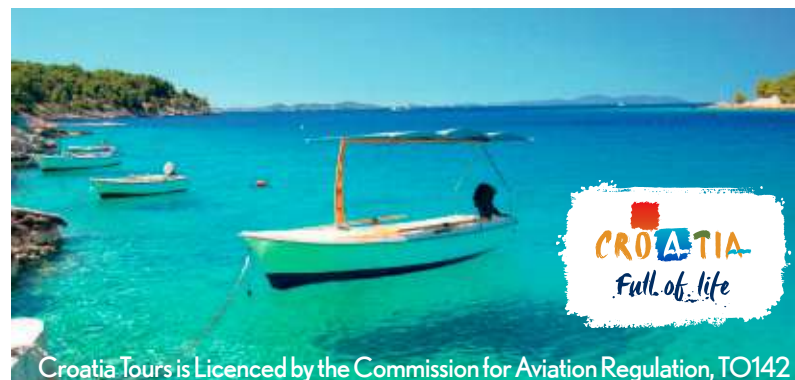
Sponsorship buys "social licence" to continue polluting activities. We are the society that is granting this licence and it's up to us to withdraw it. Kudos to all the brilliant artists and winners over the decades. None of this takes from the beauty of their achievements. But it's up to us as citizens, parents, teachers, editors and journalists to find a better way to reward the talent of our youngest artists and local sports teams. ●



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Food & Drink

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



Just a few degrees from Michelin dining

This will be an odds-on favourite thanks to dishes cooked with precision

A white rectangular carapace of a building is, I discover, home to the Club at Goffs – Kildare’s newest place to dine. Inside, there’s a modest hotel reception area to the right and to the left, a bar which merges into the restaurant space. It could have been designed for an out-of-town Radisson hotel. The television is attracting a small audience, the results of a race no doubt.

Booths and large tables run along each side, with a double strip of comfortable two-seater booths tracking through the middle. We’re seated at the far end of the restaurant, with a bird’s-eye view of the spacious kitchen behind glass, the entrance to the toilets (“fillies” and “stallions”) and a service station. As the evening progresses, the room fills up with a serious amount of glam arriving for the 8pm tables. The Kildare pack have a sense of occasion.

Dare I say it but there’s nothing on the menu to frighten the horses. Snacks of olives, smoked almonds, croquettes, a tartlet and oysters lead the field; with crab, carpaccio, burrata, scallops and cured Clare Island salmon on the small plates section. Lamb, beef, monkfish and spiced cauliflower, plus roast duck for two, are the five main course options.

To be fair, it’s a menu that will please most people and any misgivings I had about it being a shade predictable dissipate with my very first bite of a sautéed Castletownbere scallop (€20). It is cooked so precisely, I immediately glance up at the kitchen. Derry Clarke (of now closed L’Ecrivain) and James Sheridan (formerly of Canteen) are at work with a brigade of chefs, harnessing every single scrap of their experience. French asparagus is a beautiful accompaniment to those scallops and the bisque, dotted with morels and finished with a foam, is exquisite.

There is bread on hand, Ballymore



Organics sourdough and Guinness bread, which goes beautifully with the Kilmore Quay crab (€18). It’s a sizeable portion, visible beneath the pretty, opaque slices of finely cut radish.

Sallyanne Clarke does her thing, dropping by every table, chatting to diners, many of whom she clearly knows.

A Domäne Wachau Grüner Veltliner (€45), from a substantial, leather-clad list that has a few bottles below €40 and plenty by the glass, is crisp and refreshing with the fish starters and the monkfish (€38) that follow. Seared golden, the monkfish comes with a truly delicious beurre blanc. Clams, mussels, capers and tomato, tumbled on top of a grilled leek, add to the dish.

Rump of Slaney Valley lamb (€34) is blushing pink, accompanying sweetbreads are soft and tender and pureed squash has a hint of tarragon and a load of butter; you may well have licked this one off your plate back in the day in L’Ecrivain. Again, the sauce is pitch perfect. We have ordered a side of chips (€6) but would have been fine without them as the portions are generous.

Desserts sound fairly straightforward, although “horse choux” (€12) is intriguing (and yes, there are horsey puns by the furlong). A crisp choux, topped with torched meringue comes with a quenelle of hay-smoked cremeux and slices of banana glazed with a whiskey caramel. It’s a dazzling dessert – the work of pastry chef, Elizabeth Derby (not a pun), who was clearly bred for the job.

The bill arrives and I soon realise that I missed something in the elf-sized print at the end of the menu: “A discretionary



The Club at Goffs in Co Kildare where the prices are punchy but relatively good value and the dishes, though mainstream, are delicious and cooked with precision

gratuity of 10% will be added to your bill and is divided fairly between the staff.” Had I spotted it, I would have asked for it to be removed and, instead, tipped in cash. It is the only way that you can be sure that the service charge goes where you intend it to go. I should emphasise that I have no reason to believe that the distribution of service charge here is anything other than fair but how it is paid should be at the discretion of the diner. And I reckon that the patrons at Goffs are flaitiúil enough when it comes to a share of the purse.

Small print aside, Kildare’s newest restaurant is impressive. The room is unremarkable, yet comfortable. The prices are punchy but relatively good value, and the dishes, though mainstream, are delicious and cooked with precision.

It is very fine bistro food with just a few degrees of separation from Michelin dining, which is hardly surprising when you have Derry and Sallyanne Clarke involved.

Dinner for two with a bottle of wine and inclusive tip was €190.85. ●

The Club at Goffs, Greenhills, Kill, Co Kildare, W91 APW9

Telephone: 1800 600 300
Website: clubhotel.ie

Cuisine: Modern Irish

Music: Not audible. It’s all about the chat in the room

Food provenance:

Gilligans Farm, Slaney Valley lamb, Feighcullen duck, Kish Fish, Wrights of Marino

Vegetarian options: One starter and one main course, such as cauliflower with harissa herb and nut crumb

Wheelchair access: Accessible with accessible toilet

8.5/10

VERDICT

The Michelin pedigree shows in every single bite

Takeaway Review

A deliciously fresh taste of Peru from a food truck



Chilli Pepper, Merrion Square, Dublin 2
Cuisine: Peruvian
Instagram: @chillipepperdublin

What's on offer?

On his day off chef Michelangelo Dalla Pietra and his partner, Rochi De Las Casas, pitch their Peruvian food truck at the splendid Merrion Square food market. They see it as an opportunity to introduce Irish people to traditional Peruvian food, a cuisine that takes influences from China, Japan, Africa, Italy, Spain and the Incas of Peru.

The short menu is chalked on a board and typically includes two types of ceviche, the Peruvian marinated fish dish that traditionally is only eaten at lunchtime. There are also stews and a Peruvian croquette with mashed potato and beef.

What did we order?

Ceviche; tamal (steamed, stuffed cornmeal dough); and aji de gallina (chicken stew with rice).

How was the service?

Efficient and friendly, if you have any questions, they're happy to chat. You place your order and wait for it to be called.

Was the food nice?

The ceviche is made using tilapia, a firm freshwater fish, that has been cubed and briefly marinated in "leche de tigre", a creamy blend of lime, onion, coriander, ginger, garlic, salt, pepper, red chilli and celery, with a little bit of fish. It is delicious-

Ceviche served with plantain chips and boiled sweet potatoes from Chilli Pepper. Photograph: Nick Bradshaw

ly fresh, and a generous portion served with plantain chips and boiled sweet potatoes. The tamal (which may have originated in Mexico as tamalli means "wrapped"), is a dough made from cornmeal that has been stuffed with small pieces of sautéed pork, onion and garlic and steamed in a banana leaf. The banana leaf has been removed before serving. It is a thick dough, designed to fill you up for the day. For the stew, pulled chicken mixed in a creamy sauce is served with rice. The sauce, which has crushed pecan nuts, is almost the texture of korma, with a light flavour of Parmesan coming through.

What about the packaging?

All packaging is recyclable – brown cardboard boxes and paper bags.

What did it cost?

€34.50 for lunch for three people – ceviche, €12.50; tamal, €9.50; aji de gallina, €12.50.

Where does it deliver?

There is no delivery. Chilli Pepper operates exclusively at the Merrion Square Market every Thursday from noon to 2.30pm.

Would I order it again?

Yes. The ceviche is delicious at lunchtime on a sunny day. ●



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- ✓ Excursion to Krimml waterfalls
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Food & Drink

Nutritious and easy to cook asparagus dishes

Although often overlooked, asparagus has a subtle and delicious flavour

Cook
Gráinne
O'Keefe



Asparagus is such a versatile ingredient, often overlooked, and cooked as part of a side dish or as a small part of a main dish. It is one of my favourite ingredients. It's also incredibly nutritious and so easy to cook.

As the asparagus season is short, you are likely to see it feature a lot on restaurant menus at the same time. It works well as a dish on its own, but also with meat, fish, and other vegetables, as an accompaniment.

White asparagus usually comes into season just before green asparagus, and as it is usually a little bit thicker and woodier at the bottom, it needs to be trimmed a bit more and cooked for a bit longer than green asparagus.

Asparagus can be cooked in so many different ways and every chef has their own favourite technique. One of my preferred ways to use asparagus is to salt

the spears in 10 per cent salt, and vacuum seal them overnight. This allows osmosis to occur which draws out the water from the asparagus and allows the salt to internally season and soften the asparagus. After I remove it from the bag, I fry it in a little butter, garlic and lemon and serve it with pretty much any main course.

I find that white asparagus is similar to endive in flavour profile, in that the slight bitterness benefits from being cooked in a sweet liquid or dressing.

These are three of my favourite asparagus recipes, to highlight the vegetable's subtle and delicious flavour. Asparagus, ham and egg is a classic pairing, enhanced by the crispy Gruyère which brings an umami flavour.

Risotto is one of the best ways to eat green veg, especially asparagus. It's a great way to clear out the fridge and have a delicious, filling meal at the same time. You can add some chicken or fish to make it a more substantial meal. You could also make a pea purée to mix in to make it super green and vibrant.

Polenta is one of my favourite bases. I see it as a carrier for cheese and butter, super soft and bursting with flavour. The asparagus compliments it beautifully and really shines as the star of the dish.

Grilled asparagus with poached egg, smoked ham and Gruyère cheese crisp

Serves: 2

Ingredients:

300g asparagus
1 tbsp olive oil
Salt and pepper
2 eggs
100g smoked ham
150g Gruyère cheese
15g plain flour

Method

1. Preheat your grill to medium heat. Wash the asparagus and trim off the woody ends. Toss the asparagus in the olive oil, salt and pepper. Grill the asparagus for eight minutes,

turning occasionally, until tender and lightly charred.

2. While the asparagus is cooking, prepare the poached eggs. Bring a pot of water to a simmer and crack the eggs into separate ramekins or bowls. Once the water is simmering, create a gentle whirlpool in the pot with a spoon and carefully slide the eggs into the water. Cook for three minutes until the whites are set and the yolks are still runny. Remove the eggs with a slotted spoon and set aside on a clean paper towel.

3. To make the Gruyère cheese

crisp, preheat your oven to 190 degrees. Mix the Gruyère and flour together in a bowl. Line a baking tray with baking paper and spread the cheese and flour mix on to it. Bake for six minutes until the cheese has melted and is golden brown. Remove from the oven and allow to cool for a minute.

4. To serve, spoon the asparagus on to a plate. Top the asparagus with the smoked ham, poached egg and salt and pepper. Break up the Gruyère cheese crisp and place on top of the egg. Season with a little more salt and pepper.





Asparagus and pea risotto with toasted hazelnuts and bonito vinegar dressing

Serves: 2

Ingredients:

100g hazelnuts
250g asparagus
1tbs olive oil
1 onion, diced
2 garlic cloves, crushed
200g arborio rice
50ml white wine
1 litre veg stock
2tbs butter
50g cream cheese
50g grated Parmesan, plus extra for garnish
2tbs fresh peas
1tbs bonito vinegar
Salt and pepper

Method

1. Preheat the oven to 180 degrees. Spread the hazelnuts on a baking tray and roast for 10 minutes until they are lightly golden brown. Remove from the oven and set aside to cool. Once cooled, roughly chop the hazelnuts and set aside.
2. Snap off the woody ends of the asparagus and discard. Cut the remaining asparagus spears into 3cm pieces.

3. Heat the olive oil in a large saucepan over medium heat. Add the onion and garlic and cook for five minutes until soft and translucent. Add the arborio rice to the saucepan and stir. Add the white wine and reduce by half. Add a ladle full of vegetable stock and stir until the liquid has been absorbed by the rice. Continue adding the vegetable stock, one spoonful at a time, and stirring continuously until the rice is cooked through and has a creamy texture. This should take about 20-25 minutes.
4. Add the butter, cream cheese and grated Parmesan. Stir in the peas and asparagus and cook for three minutes, until the vegetables are tender. Remove the risotto from the heat and season with salt and pepper to taste. Spoon into a bowl and grate the remaining Parmesan on top. Garnish with the toasted hazelnuts and a dash of bonito vinegar.

Pan-fried asparagus with soft polenta and garlic and pine nut gremolata

Serves: 2

Ingredients:

150g fine polenta
250ml water
80ml milk
50g cream cheese
70g grated Parmesan
2tbs butter
1 lemon, zested and juiced
2 cloves of garlic, minced
30g pine nuts
1tbs chopped parsley, plus extra to garnish
250g asparagus
1tbs olive oil
Salt and pepper

Method

1. Start by making the soft polenta. In a medium-sized saucepan, bring the water to a boil. Reduce the heat to low, then slowly add the polenta, whisking constantly. Cook out for five minutes, stirring occasionally, until the polenta is smooth and creamy. Add in the milk,



cream cheese, grated Parmesan, butter, lemon juice, salt and pepper.

2. While the polenta is cooking, prepare the garlic and pine nut gremolata. Finely chop the garlic cloves and toast the pine nuts in a dry frying pan until golden brown. Mix the garlic and pine nuts together in a bowl. Add the chopped parsley and lemon zest.

3. Snap off the woody ends of the asparagus and discard.

Heat the olive oil in a large frying pan over medium-high heat. Add the asparagus and cook for five minutes, stirring occasionally, until the asparagus is tender and lightly charred.

4. To serve, spoon the soft polenta on to a plate and top with the pan-fried asparagus. Sprinkle the garlic and pine nut gremolata over the asparagus, then garnish with parsley leaves. Season with salt and pepper.

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A family favourite

Lentils provide great texture, fibre and protein

I always try to include as many nourishing ingredients as possible in recipes. For this one, I'm combining one of my favourite legumes with traditional spaghetti and meatballs. Here, lentils provide great texture, fibre and protein, along with the meatballs. They also lighten them and are quite undetectable by picky younger eaters once cooked. Of course, you can use your own cooked lentils but I've used tinned ones for convenience. Choose Puy, brown or black lentils.

The red wine adds warmth and a subtle sweetness. I regularly add leftover wine to different sauces, gravy and marinades for a great depth of flavour. Cooking it out gets rid of the alcohol. Whiskey and brandy are also fantastic for meat marinades and sauces such as creamy mushroom sauce or peppercorn sauce. I also regularly add a splash of gin or sambuca when steaming fish.

Using flavoured sausages here is a great shortcut to flavour. No need to crush garlic and rifle through your herb drawer when you use Italian, garlic and herb or Mediterranean sausages.

There are so many great Irish artisan sausage makers such as O'Flynn's in Cork, James Whelan butchers (nation-wide) or Dublin-based Higgins butchers (no relation!). I always have a few packets of Italian sausages in the freezer for Bolognese and meatballs.

I love the texture of linguine and choose it over regular spaghetti as the sauce clings to the flat surface easier.

Lilly's kitchen tips

■ Freeze any leftover wine whenever you have it. Due to its alcohol content, it doesn't freeze solid and, instead, it freezes like a granita and is easy to scoop out with a spoon. Perfect for gravy and sauces.

■ Wet your hands when rolling any form of meatball or falafel. It ensures the mix doesn't get sticky and gives a smooth surface.

■ Keep a little of the pasta water, as you may need it to loosen up the sauce if it reduces too much. Just keep the salt content in mind and season carefully.



Photograph: Lilly Higgins

Lentil and pork meatballs

Serves: 4

Ingredients:

1 x tin lentils (240g drained)
540g sausages (use flavoured sausages such as Italian, garlic and herb, or Mediterranean)
Olive oil
1 small onion, finely diced
100ml red wine
1 x 400g tin chopped tomatoes, blitzed till smooth
500g tomato passata
1 tsp dried Italian herbs or oregano
500g linguine
To serve: grated Parmesan

Method

1. Drain the lentils well and

mash them in a large bowl. Use a potato masher or a wooden spoon to crush the lentils. You don't want to create a smooth puree here so keep some texture.

2. Using a sharp knife, slit down each sausage and remove the meat from the casings. Add the meat to the lentils and mix to combine. Use a tablespoon to portion the mix into 16-20 meatballs, using wet hands to shape. Heat two tablespoons of olive oil in a wide frying pan. Brown the meatballs for three to four minutes, then turn and cook for a further four minutes, till lightly golden.

3. Heat one tablespoon of olive oil in a wide pan. Sauté the chopped onion till soft, add the wine and leave to simmer and the alcohol to burn off. Add the pureed tomato, passata and herbs. Bring to a simmer and add the meatballs. Leave to simmer on low for 15 minutes with the lid on.

4. Cook the pasta in plenty of salted water for 10 minutes until al dente. Drain, reserving some of the cooking water in the pot (see tips).

5. Divide the pasta and meatballs between serving bowls, serve with a drizzle of olive oil, black pepper and Parmesan.

**Shelf
Help**
**Marie-Claire
Digby**



Smokey and salty

This is excellent with grilled meats, baked potatoes and steamed vegetables

What is it? Achill Island Smoked Sea Salt (RRP €4.50, 75g).

What's good about it? It is hot smoked in-house, over beech and oak wood chips, giving a natural rather than artificial smoked taste to the crunchy flakes.

Who makes it? It is made by the O'Malley family on Achill Island, Co Mayo, where mum Marjorie is the managing director, dad Kieran is the salt maker and manager of production and operations, and daughter Maebh is sales and marketing manager. They make their salt by hand, in a process that began in their kitchen in 2013 and moved to a customised production facility three years later.

How do I use it? Anywhere you want a salty taste, along with a bit of smokiness.



It is excellent sprinkled on grilled meats, baked potatoes, steamed vegetables, and especially good with eggs. On the company's website, achillislandseasalt.ie, you'll find a selection of recipes including one for an intriguing roast parsnip hummus with smoked sea salt.

Where can I buy it? It is widely available from delis and specialist food stores and online from achillislandseasalt.ie.

Anything else? Nigella Lawson is reputed to carry a mini tin of Maldon salt in her handbag, and you can do the same with Achill Island sea salt, which has very cute tiny tins on sale online and at the visitor centre gift shop at the production facility on Achill. The gift shop is due to reopen for the summer season in June. As well as the natural and smoked salt, the range also includes sea salt with Atlantic Wakame seaweed from Connemara. ●

Send your suggestions to marieclaire.digby@irishtimes.com

**Drink
John
Wilson**



flavours from peat. A lot of them are very expensive, too.

If you want to have whiskey explained and to discover the difference between a pot still and single malt whiskey (or whisky, if not Irish) it might be worth paying a visit to Whiskey Live Dublin. This will take place in the RDS, in Dublin 4, on Friday and Saturday, May 19th and 20th.

There are two sessions each day. Tickets are €44 excluding booking fee, and can be booked at whiskeylivedublin.com and universe.com. Masterclasses cost €10 (excluding booking fee) each and should be purchased before the day. As well as tastings, topics will include whiskey cocktails and food pairings.

The Teeling 15-year-old featured here has been aged for 14 years in former bourbon casks followed by 12 months in former sauvignon casks. One of a series of limited releases from Bushmills, the Pomerol Causeway Collection was aged in bourbon and oloroso sherry casks before being finished in barrels used to age Pomerol wine in Bordeaux.

The Celtic Cask series are limited release whiskeys aged for Celtic Whiskey Shop on Dawson Street. This single cask release, Daichead a Trí, was aged for its final year in PX sherry casks. As Gaeilgeoirí will know, this is the 43rd release. Just 199 bottles were produced.

Dunville's is made by Echlinville

Irish whiskey galore

Whiskey Live Dublin is a great chance to get to grips with the bamboozling breadth of choice

Are you bewildered by the constant issue of new Irish whiskeys? Barely a week goes past without a new release from one of the distillers, sometimes featuring a finish in some sort of wine cask, made from different mashes, or given smoky



Teeling 15 Year Old Vintage Grain Irish Whiskey, 50%, €110

Powerful and smooth with layers of vanilla spice and dried fruits.

Dunville's 21 Year Old Palo Cortado Cask, 46%, €240

A complex, very textured whiskey with intricate layers of old wood, figs, orange peel and a lovely lingering finish.

Bushmills Pomerol 2012- Causeway Collection, 54%, €115

Mellow with soft red fruits, apples, vanilla and dried citrus peel.

Celtic Cask Daichead a Trí 2003 PX Finish, 48.45%, €150

Orchard fruits with musky spice, subtle raisins and prunes.

Distillery on the Ards peninsula. The whiskey featured here is based on their award-winning single cask, which won whiskey of the year at the Irish Whiskey Awards earlier this year. It is not cheap but this is an exceptional whiskey, aged in

sherry casks.

All four of the distilleries featured here will have a stand at Whiskey Live. Otherwise look out in your local specialist off-licence or online for these new or recent releases. ●



Where does the taste start?

Perhaps it's in our smoke house where we only use the best beech wood. Or that it all comes from the one farm in Wexford. Maybe it's the Irish Atlantic sea salt, the perfect complement to ensure the perfect Carty cure every time. But why not try it for yourself and let your own taste decide?



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Television



From top: Michael Portillo, *Taking Sides: Britain and the Civil War*; Nancy McCarrick, *Missing Beyond the Vanishing Triangle*; The Chris and Rosie Ramsey Show; *Mad Women*. Right: Conor O'Donohoe of *Wild Youth*, Eurovision Song Contest Semi-Final. Photographs: RTE; BBC; Channel 4; Jeff Spicer/Getty Images

Saturday

The Coronation

BBC One, from 7.30am

And so the day has finally arrived, when yer man over yonder is officially crowned king. The world and his granny will be out on the streets for this huge ceremony, and the Beeb are pulling out all the stops to cover the day's pageantry, which will see King Charles and Queen Consort Camilla taking the ceremonial route from Buckingham Palace to Westminster Abbey, with the royal family and dignitaries from around the world in attendance. Then it's back to Bucky Palace where the couple will make the traditional balcony appearance. Such excitement.

Sounds of Liverpool

BBC Two, 9.30pm

It's a busy week for pomp and ceremony, as next week Britain hosts the Eurovision Song Contest on behalf of last year's winner Ukraine. The event will happen in Liverpool and, to whet your appetite, this programme digs into the archives for some top Scouse sounds from the past. If you think Liverpool is only about The Beatles, think again. The city has also spawned such hitmakers as Gerry & the Pacemakers, Echo & the Bunnymen, The La's, Frankie Goes to Hollywood, The Lightning Seeds and Atomic Kitten.

Wednesday

Taking Sides: Britain and the Civil War

RTÉ One, 9.35pm

Besides being telly's most prominent train traveller, Michael Portillo is also somewhat of an armchair expert in Anglo-Irish affairs, particularly Britain's relationship with Ireland at crucial points in history. In this new series, Portillo examines Britain's response to the Irish Civil War, and how the government faced the dilemma of which side of the conflict to support. Portillo sifts through the historical archives to tell the story of the Civil War from a very British perspective.

Food Matters

RTÉ One, 8.30pm

The food sustainability series comes to a close. Presenter Michael Kelly meets environmental scientist Odile Le Bolloch, of the Environmental Protection Agency (EPA) in Wexford to find out how serious Ireland's food waste problem is. The results are shocking: in 2020, nearly a third of food in Irish households got thrown out. He also talks to Irish Times journalist Conor Pope about public attitudes to food waste, and meets several entrepreneurs who are working on innovative solutions to food waste.

Sunday

Coronation Concert

BBC One, 8pm

After all the formalities of Saturday's coronation ceremony, King Charles is probably ready to kick back, throw on a pair of jeans and catch a few live bands. And as it happens, there's a big gig booked for Windsor Castle and 10,000 lucky guests will join Charles and Camilla as they rock out to such superstars as Katy Perry, Take That, Lionel Richie, Andrea Bocelli and Freya Ridings. Who knows, maybe the king and queen consort will drop into the mosh pit for a bit of a crowd-surf.

Kin

RTÉ One, 9.30pm

The second series reaches its explosive finale, and judging by the viewership figures so far, it looks as though Montrose has found its worthy successor to Love/Hate. The station is not giving much away about what happens in the series finale, but we do know that the conflict will go into overdrive as Amanda (Clare Dunne) will do what's necessary to survive, while Nikita (Yasmin Seky) and Anthony (Mark McKenna jnr) are forced to face the consequences of their actions.

Thursday

Inside No 9

BBC Two, 10pm

Steve Pemberton and Reece Shearsmith return with series eight of their macabre comedy series, with another batch of twisted tales revolving around the number nine. Judging from last week's bloody episode, Mother's Ruin, the League of Gentlemen duo can still write a gripping story with lots of schlock value, so prepare for a rollercoaster ride to the dark side in this penultimate series (the duo say they'll wrap it up neatly after series nine, but who knows?).

Ré Réabhlóide, CLG agus Cogadh na gCarad

RTÉ One, 10.15pm

The Irish Civil War left a lot of open wounds in Irish society, with families, friendships and communities torn apart by the conflict. One unlikely organisation emerged to spur healing: the GAA. Having previously embodied the revolutionary spirit, the sports organisation soon became a force for reconciliation, slowly knitting sundered relationships back together. Gaelic games presenter Gráinne McElwain explores this pivotal time in the history of the GAA and looks at how even in Kerry – the scene of many atrocities – people on both sides of the conflict were able to put bitterness aside and come together on the playing field.

Monday

Missing: Beyond the Vanishing Triangle

RTÉ One, 9.35pm

The disappearance of several young women in the 1990s left authorities baffled, and opened the door for the conspiracy theorists. They took place within a so-called “Vanishing Triangle”, leading to wild speculation about a possible connection between these disappearances, and even rumours that a serial killer may be at work. This two-part series looks back through the case files, beginning with the disappearance of Annie McCarrick in 1993.

Carl Frampton: Men in Crisis

BBC One, 10.30pm

Champion boxer Carl Frampton is on a mission to find out why so many young men in Northern Ireland take their own lives, and explores the options for men to seek help for their mental health issues. The problem is particularly bad in north Belfast, where Frampton grew up, and he visits local hubs where men meet and discuss the challenges they face, and meets young men struggling with anxiety, depression and bipolar disorder, and dealing with the stigma associated with poor mental health.

Friday

I'm A Celebrity South Africa Final

UTV & VM1, 9pm

It's the final week, and viewers' endurance has been tested to the limit as this motley crew of previous I'm a Celebrity participants battles to see who's the biggest glutton for punishment. With no public vote, and the series pre-recorded, the viewers might feel a little left out of the party. Still the “celebs” seem to be still having a suitably horrid time taking part in all the icky tests and trials. Tonight we'll find out who will be crowned the first I'm a Celebrity Legend, but fans will be looking forward to when the live action returns to Australia.

The Chris & Rosie Ramsey Show

BBC One, 11.10pm

If RTÉ are looking for a new Tubs to present The Late Late Show, maybe they could check out a few podcasts. This real-life married couple started off presenting their own hit podcast, and now they're back for the second series of their TV chatshow, in which they're joined by various celebrity guests to poke fun at relationships, parenting, life, the universe and everything. The series will feature slots such as Please Keep Me Anonymous, in which intimate secrets are shared with the world, and a new twist on decluttering called It Goes Or I Go.

Tuesday

Eurovision Song Contest Semi-Final 1

BBC One, 8pm

It's the first of two semi-finals for this year's Eurovision, when musicians and singers from all over Europe (but not Russia) compete for the chance to strut their stuff in Saturday's final, live from Liverpool. Ireland is among the hopefuls in tonight's heat, and we're pinning all our hopes on four young lads from Dublin, Wild Youth, and their song We Are One. Some of us, though, will wonder what might have been if John Lydon and Public Image Limited got to represent us in Liverpool.

Mad Women

Channel 4, 10pm

Wonder what Don Draper would have made of this: women coming up with memorable ad campaigns and not just being eye candy in the office. In this programme, we'll meet the pioneering women who created some of the most iconic ads on the telly, including Shake & Vac, Lynx, Levi's and Flake. We'll also meet the women at the cutting edge of today multimedia advertising campaigns and get a glimpse in the future of ads.



“Ireland are among the hopeful in tonight's heat, and we're pinning all our hopes on four young lads from Dublin

Eurovision Song Contest Semi-Final 1, Tuesday



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Saturday May 6

LAST IN SERIES Maggie Murders BBC One, 9.15pm Lesley Manville stars in the final gripping episode of this murder mystery. The pressure is really getting to Susan, and while Charles continues to pile it on, he makes it clear that he has approached someone else for the CEO job at Clover Books. Meanwhile, Atticus Pünd is confident he has discovered the true identity of the Saxby on Avon murderer at long last – but will his hunch pay off?



ONE-OFF SPECIAL Sounds of Liverpool at the BBC BBC Two, 9.30pm The channel's showcase of archive performances continues, with this selection of some of Merseyside's biggest and best-loved musical stars to mark its hosting of the Eurovision Song Contest next Saturday. Clips include The Story of the Blues by Wah! and Two Tribes by Frankie Goes to Hollywood. It's followed by another chance to see the ABBA at the BBC compilation special.



RTÉ One

6.00 EuroNews 6.25 Teleshopping **7.00** Ros na Rún R S
8.00 Fair City Omnibus S **10.00** The Coronation of King Charles III
2.05 Ireland's Wild Islands R S
3.05 Ireland's Smartest R S
3.35 **FILM: Breakfast at Tiffany's** (1961, Comedy, PG) Dir: Blake Edwards. S
5.45 Nuacht **5.55** News Followed by The Angelus R

RTÉ2

6.00 EuroNews **7.45** News **8.20** Mystic R S **9.30** This Is Art Club! R S **10.00** C.L.U.B R S **10.30** The Sarah Jane Adventures R S **11.05** Home and Away R S
12.35 **FILM: Zapped** (2014, Fantasy, PG) Dir: Peter DeLuise. S
2.20 **FILM: Forever in My Heart** (2019, Drama, PG) Dir: Steven R Monroe. S
4.00 Champions League Magazine

Virgin One

6.10 Yes Chef R S **7.00** Who's Doing the Dishes? R S **9.00** Ireland AM S **12.00** John and Lisa's Weekend Kitchen R **1.00** Gino's Italian Express R
1.30 **Live Racing** Including the 2,000 Guineas from Newmarket.
4.00 Help Me Buy a Home R S
5.00 Don't Look Back in Anger R S
5.30 News S

TG4

6.00 Cúla 4 **10.00** GAA 2023 R
11.05 Dr Quinn: Medicine Woman R S

BBC One

6.00 News S **7.30** The Coronation of HM the King: The Preparation S
10.15 The Coronation of HM the King: The Coronation S **1.00** The Coronation of HM the King: The Celebration. See Choice. S
3.00 News S
3.15 **FILM: Tangled** (2010, Animation, PG) Dir: Nathan Greno, Byron Howard. S
4.45 The Repair Shop R S **5.15** Charles R: The Making of a Monarch R S

BBC Two

6.45 Hey Duggee R S **7.00** Supertato R S **7.10** Shaun the Sheep R S **7.15** Dennis & Gnasher Unleashed! R S **7.30** Sign Zone: The Coronation of HM the King: The Preparation S **10.15** The Coronation of HM the King: The Coronation S **1.00** The Coronation of HM the King: The Celebration S **3.00** Victoria Falls: Natural World R S **3.50** Flog It! R S
4.20 **FILM: Pride & Prejudice** (2005, Drama, U) Dir: Joe Wright. S

6.01 NEWS S
7.00 **FILM: PADDINGTON** (2014, Comedy, PG) An earthquake forces a bear from the Peruvian jungle to start a new life in London. He finds modern Britain to be very different from the stories told to him by his aunt, but makes a new home with a kindly family. Starring Hugh Bonneville and Sally Hawkins. Includes Lotto. Dir: Paul King. S
8.45 **KILLINASKULLY** Fr Philip discovers his old enemy Fr Bob 'Speedy' Gilmartin is to become Bally's new priest. Comedy, starring Pat Shortt, Louis Lovett, Pascal Scott and Paraic Breathnach. R S
9.20 NEWS S
9.50 **ANGELA SCANLON'S ASK ME ANYTHING** Comedian Des Bishop, TV and radio presenter Dermot O'Leary brings and broadcaster and chat show host Jacqui Hurley all agree to be asked absolutely anything. S
10.50 **KIN** The chaos created by Bren reaches its peak and the Kinsellas are driven to mayhem, while Michael and Viking both suffer heartbreak, and Frank seeks a change. R S
11.55 **FILM: THE OLD MAN & THE GUN** (2018, Drama, 12) Cop John Hunt becomes determined to catch veteran bank robber Forrest Tucker. Starring Robert Redford. Dir: David Lowery. S

4.30 **URC LIVE** Leinster v Cell C Sharks (Kick-off 5.00pm). All the action from the quarter-final at Aviva Stadium. Leinster were the dominant team during the regular season. With commentary from Des Curran and Fiona Coghlan. Clare MacNamara hosts. S
7.05 **URC LIVE** Glasgow Warriors v Munster (Kick-off 7.35pm). Clare MacNamara presents all the action from the quarter-final at Scotstoun Stadium between the teams that finished fourth and fifth respectively in the table. The Warriors lost to Leinster at this stage last season, but they did not have home advantage on that occasion. Munster were also eliminated in the last eight 12 months ago, suffering defeat away to Ulster. Commentary from Hugh Cahill and Bernard Jackman. S
9.50 **FILM: OCEAN'S ELEVEN** (2001, Comedy, 12) A suave ex-convict assembles a gang of sophisticated crooks to pull off a daring heist. He intends to rob three of Las Vegas's biggest casinos simultaneously – and also win back his estranged wife, who is now dating the ruthless owner of all three gambling establishments. Starring George Clooney, Brad Pitt, Julia Roberts and Matt Damon. Dir: Steven Soderbergh. S

6.05 **BLANKETY BLANK** Bradley Walsh hosts the revival of the comedy quiz show, joined by panellists Lorraine Kelly, Richard Madeley, Suzi Ruffell, Jimmy Carr, Su Pollard and Big Narstie.
6.55 **CELEBRITY CATCHPHRASE** Stephen Mulhern hosts a charity edition of the game show in which Richard Blackwood, Julia Bradbury and Roman Kemp must guess the familiar phrases hidden in animated clues. R S
8.00 **BRITAIN'S GOT TALENT** Ant and Dec host as more performers take to the stage in London and Manchester to try to impress the judges and secure their place in the live-semi-finals.
9.20 **BEAT THE CHASERS – CELEBRITY SPECIAL** Bradley Walsh hosts as Omid Djalili, Richard Whitehead, Jenny Eclair and Clive Mantle take on the six quiz experts, hoping to win big money for their chosen charities. R S
10.20 **THE GRAHAM NORTON SHOW** Graham is joined by actors Daniel Craig, Ian McKellen and John Bishop. Strictly contestant Fleur East and newsreader Clive Myrie. Charlie Puth provides the music. R
11.20 **GORDON, GINO & FRED GO GREEK** Part two of two. The boys head to the Greek capital Athens in a vintage VW campervan. R

12.00 **THE GOLDEN GIRLS** Rose brings a stray dog home and pretends to find its owner. Meanwhile, Blanche insists Dorothy works at the museum with her after her attempts to get a part-time job fail. R S
12.30 **RUGBAÍ BEO** Live coverage of a United Rugby Championship quarter-final (Kick-off TBA).
3.00 **GAA BEO** An EirGrid U20 Football Championship semi-final (Throw-in TBA).
5.00 **GAA BEO** Micheál Ó Domhnaill presents coverage of the second EirGrid U20 Football Championship semi-final (Throw-in TBA).
7.00 **NUAHT TG4**
7.15 **RUGBAÍ BEO** Glasgow Warriors v Munster (Kick-off 7.35pm). Live coverage of the United Rugby Championship quarter-final from Scotstoun Stadium.
9.50 **FILM: THE AGE OF INNOCENCE** (1993, Drama, U) A wealthy lawyer engaged to a beautiful but bland socialite finds himself in turmoil over his fiancée's seductive older cousin, a woman ostracised by polite society. He aims to use his standing to restore her damaged reputation, but struggles to come to terms with the strength of his feelings towards her. With Daniel Day-Lewis, Winona Ryder and Michelle Pfeiffer. Dir: Martin Scorsese. S

6.15 NEWS S
6.45 **REGIONAL NEWS S**
7.00 **THE CORONATION: A DAY TO REMEMBER** Live from outside Buckingham Palace, Kirsty Young looks back at choice moments of the King's Coronation, following the procession to Westminster Abbey, the ceremony and the return journey to Buckingham Palace where the newly crowned monarchs greeted the crowds. S
8.30 **CASUALTY** When a patient enters the emergency department and is found to have a grenade in his possession, a dangerous situation unfolds that threatens the lives of patients and staff. As the hospital is evacuated, Faith takes desperate measures to try to get hold of more pills. S
9.15 **MAGPIE MURDERS** See Choice. S
10.00 NEWS S
10.30 **MATCH OF THE DAY** Highlights of the latest Premier League matches, including Manchester City v Leeds United at Etihad Stadium and Tottenham Hotspur v Crystal Palace at Tottenham Hotspur Stadium. City will have to move closer to another title when they entertained struggling Leeds. S
11.40 **MATCH OF THE DAY TOP 10** A countdown of the best Spanish players to have played in the Premier League. S

6.20 **RICHARD OSMAN'S HOUSE OF GAMES** Matt Edmondson, Sabrina Grant, Andy Hamilton and Kirsty Wark keep their eyes on the prize before Richard Osman announces the week's winner. R S
6.50 **FILM: EDWARD SCISSORHANDS** (1990, Fantasy, 12) A reclusive genius creates a boy but dies before completing him, leaving his brainchild with scissor-like blades in place of hands. A kindly woman from a nearby suburb takes pity on the lonely figure and welcomes him into her home. Starring Johnny Depp and Winona Ryder. Dir: Tim Burton. S
8.30 **LIONEL RICHIE AT THE BBC** Archive performances by the singer, including his first Top of the Pops appearance with the Commodores in 1979 and highlights from his 2009 concert at the BBC's Maida Vale studios. R S
9.30 **SOUNDS OF LIVERPOOL AT THE BBC** See Choice. S
11.00 **ABBA AT THE BBC** A collection of memorable performances by the group. Agnetha Faltskog, Bjorn Ulvaeus, Benny Andersson and Anni-Frid Lyngstad were thrust into the limelight in 1974 when Waterloo triumphed at the Eurovision Song Contest in Brighton, marking the start of their rise to fame. R S

1.35 Unforgotten R S **2.30** My Name Is Bulger R S **4.05** EuroNews

12.00 **FILM: Don't Go** (2018, Thriller, 15) Dir: David Gleeson. S
1.45 EuroNews

12.30 You, Me and Surrogacy R
1.30 Virgin Atlantic: Up in the Air R S **2.30** Close

12.20 Téacs Taistil R **1.20** Hector Amú san Eoraip R **2.00** Nuacht TG4 R **2.15** Comhlúadar Ceoil R
3.15 Beidh Aonach Amárach R
3.45 Truckers na hÉireann R **4.10** Bean an Tí R **4.35** Glór Tíre: Rogha & Togha R **5.00** France 24

12.10 **FILM: The Producers** (1968, Comedy, PG) Dir: Mel Brooks. S
1.45 News S

12.00 The Joy of ABBA R S
1.00 **FILM: La Belle Époque** (2019, Comedy, 15) Dir: Nicolas Bedos.
2.55 Coronation Tailors: Fit for a King R S **3.55** This Is BBC Two S

CELEBRATIONS The Coronation of HM the King BBC One, 7.30am A full day of coverage of the coronation of King Charles III begins early, as Kirsty Young presents the run-up to the historic royal event. This is followed at 10.15am by live coverage of Charles III and the Queen Consort's procession from Buckingham Palace to Westminster Abbey, where they are to be crowned. The newly crowned King and Queen return to Buckingham Palace at 1.00pm.



Channel 4

6.10 Everybody Loves Raymond R S **7.55** The King of Queens R S **9.50** Frasier R S **11.45** **FILM: Johnny English Strikes Again** (2018, Comedy, 12) Dir: David Kerr. S **1.30** **Live Formula E** The Monaco ePrix (Start-time 2.03pm). S **3.30** **Live Wheelchair Rugby European Championship** Coverage of the opening semi-final (Kick-off 3.45pm). S **5.30** News S

6.30 **FILM: THE ITALIAN JOB** (1969, Comedy, PG) A crook assembles a motley gang to steal £4million in gold bullion from an Italian armoured car, which brings Turin to a standstill and enables the robbers to make a quick getaway in a fleet of Minis. Starring Michael Caine. Dir: Peter Collinson. S

8.30 **FILM: STAR TREK BEYOND** (2016, Sci-fi, 12) The USS Enterprise sets out on a rescue mission which turns out to be a deadly trap set by a mysterious warlord. The crew are left stranded on an unexplored planet, and join forces with a fugitive alien scavenger to find a way off the hostile world and prevent a terrible weapon being unleashed upon the galaxy. Starring Chris Pine, Zachary Quinto and Idris Elba. Dir: Justin Lin. S

10.50 **FILM: CON AIR** (1997, Thriller, 18) Honourably discharged Army Ranger sergeant Cameron Poe hitches a ride home on a maximum-security flight conveying some of America's deadliest criminals. When they hijack the plane in mid-flight, led by criminal mastermind Cyrus the Virus, Poe is forced to intervene. Starring Nicolas Cage, John Cusack and John Malkovich. Dir: Simon West. S

1.10 Ramsay's Kitchen Nightmares USA R S **2.00** Couples Come Dine with Me R S **2.55** George Clarke's Amazing Spaces R S **3.50** Kirstie's Fill Your House for Free R S **4.10** Hollyoaks Omnibus R S

Virgin Two

7.00 Alphabetical R S **8.00** Guess This House R S **9.00** Tipping Point R S **10.00** Gino's Italian Escape R S **10.30** WWE SmackDown S **11.30** UEFA Champions League Weekly S **12.00** Tipping Point R S **1.00** Britain's Brightest Family R S **1.30** **Live: Formula E** The Monaco ePrix (Start-time 2.03pm). Coverage of the seventh meeting of the season, which takes place at Circuit de Monaco in Monte Carlo. S **3.30** Harbour Cops. Documentary. R S **4.00** Tipping Point. Ben Shephard hosts the arcade-themed quiz in which contestants drop tokens down a choice of four chutes in the hope of winning a £10,000 jackpot. R S **5.00** **HORSE RACING INTERNATIONAL** The Kentucky Derby. Coverage of America's most famous race and the first leg of the Triple Crown, held at Churchill Downs. Sonny Leon rode outsider Rich Strike to victory last year. S **12.30** Gogglebox Ireland R S **1.30** The Jonathan Ross Show R S

Sky Atlantic

6.00 Urban Secrets R S **8.50** True Blood R S **11.00** The Wire R S **6.45** **THE WIRE** Avon tries to ensnare Marlo in a trap, the detail tracks the buyer of disposable phones for the Barksdale crew and prevent a terrible weapon being unleashed upon the galaxy. Starring Chris Pine, Zachary Quinto and Idris Elba. Dir: Justin Lin. S **7.55** **GAME OF THRONES** Tyrion chastises Cersei for alienating Joffrey's subjects, Theon is reunited with his father on the Iron Islands, and Stannis makes plans for a naval invasion of King's Landing. R S **9.00** **GAME OF THRONES** Tyrion plots to identify Cersei's spy on the small council. Maester Luwin helps Bran make sense of his dreams, and Catelyn tries to foster an alliance with the Baratheons. R S **10.05** **GAME OF THRONES** Tyrion struggles to find a way to curb Joffrey's excesses. R S **11.10** **GAME OF THRONES** Lord Baelish spots a chance to capitalise on the end of the Baratheons' rivalry. R S **12.15** Game of Thrones R S **1.20** Treme R S **2.30** Urban Secrets R S **3.30** In Treatment R S **4.00** Urban Secrets. Documentary. R S

Sky Showcase

6.00 Kay Burley R **9.00** The Coronation of King Charles III R **3.00** Micro Monsters with David Attenborough R S **3.50** **FILM: Blithe Spirit** (2020, Comedy, 12) A spiritualist medium holds a seance for a writer, but accidentally summons the spirit of his deceased first wife. Starring Isla Fisher and Dan Stevens. Dir: Edward Hall. R S **5.45** Queen – Live at Wembley Stadium R S **7.00** **LIVE FIGHT NIGHT** Joshua Buatsi v Pawel Stepień. Live coverage of the light heavyweight bout at Resorts World Arena in Birmingham, plus action from the undercard. R **11.00** **FORMULA 1** The Miami Grand Prix qualifying session. Action from the battle for grid positions for the fifth round of the season at Miami International Autodrome. R **12.45** Bel-Air R S **1.50** Never Mind the Buzzcocks R S **2.35** A Town Called Malice R S **3.45** The Flash R S **4.40** Nothing to Declare R S

UTV

6.00 News S **8.30** King Charles III: The Coronation S **3.00** **FILM: Matilda** (1996, Fantasy, PG) Mara Wilson, Danny DeVito. A youngster uses her special powers to turn the tables on the nasty headmistress at her prison-like school. Starring Mara Wilson and Danny DeVito. Dir: Danny DeVito. S **4.50** The Chase Celebrity Special R S **5.50** News S **6.20** **UTV LIVE S** **6.30** **IN FOR A PENNY S** **7.00** **IN WITH A SHOUT** The Trupia-Melluish family takes on the Murrays. S **8.00** **BRITAIN'S GOT TALENT** More performers take to the stage. S **9.20** **THE 1% CLUB** Quiz show, hosted by Lee Mack. S **10.20** **NEWS S** **10.55** **FILM: ROAD TO PERDITION** (2002, Drama, 15) Tom Hanks, Paul Newman. A Mob hitman is forced to go on the run with his son after his fellow gangsters wipe out the rest of his family. Starring Tom Hanks. Dir: Sam Mendes. S **1.05** Bradley & Barney Walsh: Breaking Dad R S **1.35** Shop: Ideal World **3.00** Unwind with ITV S **4.15** Love Your Weekend with Alan Titchmarsh R S

Cable & Satellite

GENERAL

Virgin Three

6.30am The Chase Australia. **7.15** Nanny 911. **8.05** Alphabetical. **9.05** John and Lisa's Weekend Kitchen. **10.05** Agatha Christie's Marple. **12.05** Emmerdale. **3.05** Save Money: My Beautiful Green Home. **3.35** You Are What You Wear. **4.50** Wild Things with Dominic Monaghan. **5.50** The Hairy Bikers Go North. **6.50** Film: The Age of Elizabeth (Documentary) **8.00** Charles, The Monarch and the Man. Documentary on King Charles III. **9.00** Rectify. **11.00** The Arrival. Documentary.

Virgin More

6.25am Live: Formula E. **7.10** Formula E Highlights. **8.05** Live: Formula E. **8.55** Formula E Top Tens. **9.30** Live: Formula E. **11.15** Sport Stories: Dermot Gallagher. **12.05** Classic UEFA Champions League. **1.00** Formula E Top Tens. **1.30** Live: Formula E. **3.35** Formula E: The Recharge. **4.05** Formula E Highlights. **5.00** Classic UEFA Champions League. **5.55** UEFA Champions League Weekly. **6.25** UEFA Europa League Update. **7.15** Classic UEFA Champions League. Paris Saint-Germain v Manchester United from the 2018/19 season. **8.10** Classic 6 Nations. A memorable encounter between Ireland and England from 2001. **9.00** Aquarius. Hodiak's actions get him close to a mysterious serial killer. **9.50** Fearless. DCS Greenwood demands information from Emma about Miriam's missing SIM card. **10.40** Mafia's Greatest Hits. Exploring the underworld crime of America's most famous mobsters. **11.30** The Voice USA.

BBC Four

7.00pm Sahara with Michael Palin. Michael reaches Timbuktu. **8.00** Himalaya with Michael Palin. From K2 in Pakistan to Ladakh in India. **9.00** Film: Homeward (2019, Drama, 12) **10.30** Ripping Yarns. Classic comedy. **11.35** As Time Goes By.

ITV2

6.00am Unwind with ITV. **6.25** Secret Crush. **7.20** Celebrity Dinner Date. **8.15** Dress to Impress. **11.15** Celebrity Catchphrase. **12.20** In for a Penny. **12.50** Film: Garfield (2004, Comedy, U) **2.30** Film: Step Up All In (2014, Drama, PG) **4.50** Film: The Lego Movie 2: The Second Part (2019, Animation, U) **6.55** Film: The Fast and the Furious: Tokyo Drift (2006, Adventure, 12) **9.00** Film: Fast & Furious (2009, Thriller, 12) **11.10** Family Guy.

ITV3

6.00am Never the Twain. **7.35** A Touch of Frost. **9.40** Doc Martin. Comedy drama, starring Martin Clunes. **10.45** King Charles III: The Coronation. **1.00** Midsomer Murders. **11.05** Kate & Koji.

E4

11.40am The Great Celebrity Bake Off for Stand Up to Cancer. **12.50** Modern Family. **3.25** The Big Bang Theory. **7.15** Film: Shrek 2 (2004, Animation, U) With the voice of Mike Myers. **9.00** Celebrity Gogglebox. Shows including The Savoy and This Is My House are appraised. **10.00** Gogglebox.

More4

11.25am A Place in the Sun. **12.30** Location, Location, Location. **1.35** Matt Baker's Travels in the Country: USA. **2.35** Come Dine with Me. **5.15** Four in a Bed. **7.55** Britain's Most Luxurious Train Journeys. The Statesman train, travelling to Snowdonia in north Wales. Last in the series. **9.00** 24 Hours in A&E. **11.05** 8 Out of 10 Cats Does Countdown.

Channel 5

11.50am SpongeBob SquarePants. **12.15** Teenage Mutant Ninja Turtles. **12.35** Entertainment News on 5. **12.45** Film: Sing (2016, Animation, U) **1.45** Entertainment News on 5. **1.50** Film: Sing (2016, Animation, U) **3.00** Film: Escape to Victory (1981, Adventure, PG) **4.00** Entertainment News on 5. **4.05** Film: Escape to Victory (1981, Adventure, PG) **5.25** Film: The Dam Busters (1955, Drama, U) **7.40** News. The day's headlines. **7.45** Comedy Classics: Porridge. A look back at the prison-based sitcom. **9.15** Fawlty Towers: 50 Years of Laughs. Celebrating

John Cleese and Connie Booth's sitcom. **10.40** When TV Goes Horribly Wrong. Jonathan Pearce narrates edge-of-the-seat stunts from around the globe, including terrifying car smashes.

National Geographic

Noon: Draining Loch Ness: In Search of The Monster. **1.00** Draining the Thames: Secrets Revealed. **2.00** Europe from Above. **5.00** Thames Treasure Hunters. **6.00** Elizabeth I: The Secret Life. **7.00** Being the Queen. Biography of the Queen, taking in some of the key events in British history. **8.00** Charles: In His Own Words. A look back over pivotal moments in the life of King Charles III. **9.00** Bloody Tales of the Tower. **12.00** The Truth Behind.

FILMS

TCM Movies

12.55pm The Left Handed Gun (1958, Western, PG) **3.00** The Man from Galveston (1963, Western, U) **4.15** The Searchers (1956, Western, U) **6.45** The Hanging Tree (1959, Western, PG) **9.00** Exit Wounds (2001, Thriller, 18) Starring Steven Seagal. **11.10** Above the Law (1988, Thriller, 18)

Film4

1.30pm The Adventures of Tintin (2011, Animation, PG) **3.40** Star Trek: Generations (1994, Sci-Fi, PG) **6.10** The Karate Kid (2010, Drama, PG) **9.00** Kingsman: The Golden Circle (2017, Adventure, 15) **11.45** Brightburn (2019, Fantasy, 15)

Sky Cinema Premiere

1.45pm A Good Person (2023, Drama, 15) **4.10** Mia And Me: The Hero Of Centopia (2022, Animation, U) **5.50** Hunt (2022, Thriller, 15) **8.00** Ticket to Paradise (2022, Comedy, 12) **10.00** Piggy (2022, Drama, 18) **11.55** Resurrection (2022, Drama, 18)

Sky Cinema Romantic Comedy

12.45pm Emma (1996, U) **2.50** Long Story Short (2021, 15) **4.30** Just Like Heaven (2005, PG) **6.10** Made of Honor (2008, 12) **8.00** Bewitched (2005, PG) With Nicole Kidman and Will Ferrell. **9.50** PS I Love You (2007, 12) **12.00** Down to You (2000, 12)

Sky Cinema Family

2.00pm Scooby-Doo (2002, Comedy, PG) **3.40** The Cinema List: Adventure. **4.00** How to Train Your Dragon 2 (2014, Animation, PG) **5.55** Power Rangers (2017, Fantasy, 12) **8.00** Jurassic Park III (2001, Adventure, PG) Starring Sam Neill. **9.45** The Railway Children Return (2022, Drama, PG) **11.40** The Spy Next Door (2010, Comedy, PG)

SPORT

Eurosport 1

7.00am Live Triathlon: PTO Tour. The European Open. **1.00** Live Cycling: Giro d'Italia. Stage one from Fossacesia Marina to Ortona. **4.45** Cycling: Women's La Vuelta a Espana. **5.45** Cycling: Tour of Flanders. **6.00** Masters Snooker. **8.00** Cycling: Giro d'Italia. **9.00** Giro d'Italia: The Breakaway. **9.30** Cycling: Women's La Vuelta a Espana. **10.30** Cycling: Grand Prix du Morbihan. **11.30** Cycling: Giro d'Italia. **12.30** Giro d'Italia: The Breakaway. **1.00** Cycling: Women's La Vuelta a Espana.

Sky Sports Main Event

11.00am Sky Sports News. Round-up of the sports news. **12.00** Sports Saturday. A round-up of today's action. **12.30** Fantasy Football Pre-Match. **1.00** Sports Saturday. **2.00** Live Premier League. Manchester City v Leeds United (Kick-off 3.00pm). **5.00** Live: SNF. Liverpool v Brentford (Kick-off 5.30pm). **8.30** Live Formula 1. The Miami Grand Prix qualifying session (Start-time 9.00pm). **10.00** Live Fight Night. Joshua Buatsi v Pawel Stepień. **11.00** Live LPGA Tour Golf. The Hanwha LIFEPLUS International Crown.

Sky Sports Premier League

11.00am PL 30. **2.00** Live Premier League. Manchester City v Leeds United (Kick-off 3.00pm). **5.00** Live: SNF. Liverpool v Brentford (Kick-off 5.30pm). Action from Anfield. **8.30** Game of the Day. **10.30** Premier League Highlights. **12.30** SNF. **1.00** Premier League Highlights.

Sunday May 7

ONE-OFF SPECIAL The Coronation Concert BBC One, 8.00pm The weekend's coronation celebrations continue, with this one-off special granting us a front row seat for this concert from the East Lawn of Windsor Castle. Among the long list of performers is Take That, Katy Perry, Lionel Richie, Andrea Bocelli, and Freya Ridings. Also, Kirsty Young hears from the performers, and Clara Amfo and Jordan Banjo also chat to others involved in the show.



LAST IN SERIES Kin RTÉ One, 9.30pm This nail-biting crime drama – which features a superb cast including Aidan Gillen, Clare Dunne, Charlie Cox and Emmett J Scanlan – comes to a fittingly gripping conclusion. It's something of a surprise when Michael and Jimmy find common ground, while Amanda puts forward a rather unexpected partnership for mutual survival. Also, Anthony and Nikita must come to terms with the consequences of their actions.



RTÉ One

6.00 EuroNews **7.10** Teleshopping S **8.20** Holby City S **9.10** Casualty S **10.00** The National Symphony Orchestra in Concert S **11.00** Mass S **12.00** The Week in Politics S **1.00** News S **1.10** Super Garden R S **1.45** Food Matters R S **2.15** **FILM: The Longest Day** (1962, Drama, PG) With Richard Burton, John Wayne and Richard Todd. Dir: Ken Annakin, Andrew Marton, Bernhard Wicki. S **5.40** Nuacht S **5.50** News S Followed by The Angelus R S

6.01 NEWS S
6.30 IRELAND'S WILD ISLANDS See Choice. S
7.30 IRELAND'S SMARTEST General knowledge quiz hosted by Claire Byrne in which three contestants face a series of rounds before the final pair face a quickfire decider. S
8.00 FAIR CITY Sean proposes a new rescue mission for Cass, Dean gets first refusal on an apartment thanks to Melanie, and Hayley makes a shocking discovery. S
8.30 KEYS TO MY LIFE Brendan Courtney invites more celebrities to reveal how places they have lived in have shaped their lives, beginning with actor Bryan Murray. Born in a rundown tenement in Islandbridge, the 70-year-old revisits the Corporation House in Arbour Hill that pulled his family out of destitution. R S
9.00 NEWS S
9.30 KIN See Choice. S
10.30 SISTERS Sare and Suze find their father, but realise that maybe he is not what they needed in the first place. Comedy drama, starring Sarah Goldberg. Last in the series. R S
11.00 THE WEEK IN POLITICS Reflections on the political week, including contributions from journalists, senators and TDs. R S

12.05 Angela Scanlon's Ask Me Anything R S **1.05** Time R S **2.10** The Salisbury Poisonings R S **3.00** EuroNews

RTÉ2

6.00 EuroNews **8.15** Children's Programmes **10.35** Home and Away R S
11.35 **FILM PREMIERE: Made for You with Love** (2019, Drama, PG) Starring Edy Ganem. Dir: Lucie Guest. S
1.15 **The Sunday Game Live** Sligo v Galway (Throw-in 1.45pm). S
3.40 **The Sunday Game Live** Kerry v Clare (Throw-in 4.00pm). S

6.10 **FILM: MOONRAKER** (1979, Sci-fi, PG) James Bond's investigations into the mysterious disappearance of a space shuttle lead him to a sinister industrialist, who is plotting to wipe out most of the human race. The secret agent also faces a rematch with his old enemy, metal-toothed hitman Jaws. With Roger Moore. Dir: Lewis Gilbert. S
8.25 **EDEN: UNTAMED PLANET** A look at how the Galapagos Islands became one of the most important areas of biodiversity in the world, being home to almost 2,000 species found nowhere else. R S
9.30 **THE SUNDAY GAME** Jacqui Hurley is joined by Cora Staunton, Donal Óg Cusack, Jackie Tyrrell and Sean Cavanagh for highlights and analysis of the weekend's Championship action. S
11.00 **THE BOXING DAY TSUNAMI** Dr Xand van Tulleken and Raksha Dave examine the eight hours after the destructive earthquake that caused the tsunami wave. Last in the series. S
11.55 **LOUIS THEROUX'S FORBIDDEN AMERICA** Louis immerses himself in Florida's multimillion-dollar rap scene, which is as notable for the controversy surrounding its emerging stars as its creativity. R S

1.05 Our Miracle Years R S **2.05** EuroNews

Virgin One

6.10 Nanny 911 R **7.00** Who's Doing the Dishes? R S **9.00** Ireland AM S **12.00** John and Lisa's Weekend Kitchen R **1.00** Gino's Italian Coastal Escape R S **1.30** **Live Racing** Coverage of the third and final day of the Guineas meeting from Newmarket.
4.30 For the Love of Paul O'Grady R **5.30** News S

6.01 **THE CHASE CELEBRITY SPECIAL** Coronation Street actress Kym Marsh, relationship expert Tracey Cox, choreographer Louie Spence and former tennis star Greg Rusedski take on a trivia expert. Bradley Walsh hosts. R S
7.00 **SHOWHOUSE SHOWDOWN** Terry O'Driscoll and Julianne Bloomer design a show home to appeal to first-time buyers and young families at the Park at Hansfield, in the Dublin suburb of Clonsilla. R S
8.00 **HELP ME BUY A HOME** The unfiltered realities Irish people face in the search for a home, taking a look at the emotional rollercoaster, challenges and hard-won joys of buying a property. S
9.00 **WHO WANTS TO BE A MILLIONAIRE?** Big-prize quiz in which another lineup of contestants answer questions that could change their lives.
10.00 **MILLION POUND MOVERS** Behind the scenes of the high-end removals industry in the UK, meeting the wealthy clients moving priceless objects, and the firms tasked with completing the precarious jobs. R
11.00 **BRITISH GRANDMA ON DEATH ROW WITH SUSANNA REID** The presenter travels to Texas to meet grandmother Linda Carty. R

12.00 The Hotel Inspector **1.00** **FILM: The Triumph** (2006, Drama, PG) A small-town teacher takes on a new challenge working at one of the toughest schools in America. With Matthew Perry and Ernie Hudson. Dir: Randa Haines. **3.00** Close

TG4

6.00 Cúla 4 **10.00** Timpeall na Tíre **10.30** Dr Quinn: Medicine Woman R S **11.25** The Irish RM R S **12.25** The Wonder Years R S **12.55** Bliain in Inis Mór R **1.25** Domhan an Dúlra R **2.25** Rugbaí Gold R **2.45** **Rugbaí Beo** The Energia All-Ireland League men's final (Kick-off TBA).
5.10 Energia ALL: A 30-Year Legacy R

6.10 **GOOD EVENING EUROPE AGUS ANOIS AN EUROVISION** A look back at the seven times Ireland has hosted the Eurovision Song Contest, from the first in 1971 to the most recent in 1997 at the Point Theatre in Dublin. R
6.40 **GAA GOLD** A look back at 1984 through the music and main news stories from that year, which was the GAA's centenary. R
7.15 **NUAHT TG4**
7.30 **OLLCHLÁR ROS NA RÚN** Sonia fears Sam may have been involved in an accident, and is beside herself. With Colm's help, and the tracker Diana placed on Sam's phone, they go in search of him.
8.30 **BEIDH MÉ AR AIS!** Sinéad Ní Uallacháin checks out what all the buzz is all about at Ireland's only Bee Bed. Osgur Ó Ciardha learns about soccer's biggest hoax.
9.30 **SÉ MO LAOCH** A profile of traditional Irish musician, Matt Molloy. The influential flute player shares some of his music and some of the experiences that have shaped his career. R
10.35 **BUILLE** Presenters Eve Belle and Cian Mac Cárthaigh introduce performances by Pádraig Jack, TA Narrative and the Riptide Movement.
11.30 **SIOMHA: IDIR ANAM IS CORP** The relationship that young women have with body image. R

12.30 Is Olc an Ghaoth R **1.15** Wwoofáil R **2.00** Nuacht TG4 R **2.15** Ollchláir Ros na Rún R **3.15** Sé Mo Laoch R **4.10** Beidh Mé Ar Ais! R **5.05** France 24

BBC One

6.00 News S **7.45** Match of the Day R S **9.00** Sunday with Laura Kuenssberg S **10.00** News S **10.30** Coronation Kitchen Live S **12.00** Songs of Praise S **12.30** Coronation: the UK Celebrates – Live S
2.05 **FILM: The Jungle Book** (2016, Adventure, PG) Starring Neel Sethi. Dir: Jon Favreau. S
3.45 Wallace & Gromit: A Matter of Loaf and Death R S **4.15** Frozen Planet II R S **5.15** News S **5.45** Regional News S

6.00 **COUNTRYFILE** Matt Baker and Margherita Taylor revisit the New Forest, 10 months on from their first visit, to catch up with the communities who have come together to help Ukrainian refugees. S
7.00 **ANTIQUES ROADSHOW: CORONATION SPECIAL** To mark the coronation of King Charles, this special edition of the show goes back through the archives to celebrate items with a royal connection. Fiona Bruce is intrigued by a collection of coronation souvenirs from the past that have been preserved in the Museum of Brands, and Serhat Ahmet offers tips on the most collectable coronation keepsakes. S
8.00 **THE CORONATION CONCERT** See Choice. S
10.00 NEWS S
10.25 REGIONAL NEWS S
10.30 **MATCH OF THE DAY 2** Mark Chapman reviews the day's Premier League action, featuring Newcastle United v Arsenal at St James' Park and West Ham United v Manchester United at London Stadium. S
11.30 **THE WOMEN'S FOOTBALL SHOW** Highlights of the weekend's games in the Super League, including Manchester United v Tottenham Hotspur, Liverpool v Manchester City and Chelsea v Everton. S

12.20 **FILM: The Turning** (2020, Horror, 15) A governess is hired to look after an orphaned girl, but the return of the girl's problematic brother uncovers secrets from their past. Starring Mackenzie Davis. Dir: Floria Sigismundi. S
1.55 News S

BBC Two

6.30 Gardeners' World R S **7.30** Countryfile R S **8.30** Beechgrove Garden R S **9.00** Landward S **9.30** Weatherman Walking: The Welsh Coast S **10.00** Food & Drink R S **10.30** **FILM: The Pure Hell of St Trinian's** (1960, Comedy, U) **12.00** Points of View S **12.15** Suzie Lee: Home Cook Hero R S **12.25** **FILM: Carmen Jones** (1954, Musical, U) Dir: Otto Preminger. S **2.10** **Irish Cup Final** S **4.45** Barra on the Bann R S **5.00** Race Across the World R S

6.00 **COMMANDO: BRITAIN'S OCEAN WARRIORS** Jerome looks forward to both promotion and his impending marriage, while chef Donna dreams of becoming just the third woman in the commando ranks. R S
7.00 **INSIDE THE FACTORY** Gregg Wallace learns the secrets of rice pudding on a visit to the Ambrosia factory in Lifton, Devon, where up to 360,000 tins are produced every day. R S
8.00 **AMAZING HOTELS: LIFE BEYOND THE LOBBY** Giles Coren and Monica Galetti join the staff working in a glass-fronted hotel overlooking the historic Croatian town of Rovinj. R S
9.00 **SIMON REEVE'S SOUTH AMERICA** The adventurer sets off on a journey through the continent, beginning in the north-east, taking in Venezuela, Guyana, Suriname and French Guiana. R S
10.00 **THE MOTORCYCLE MAVERICKS** Photographer Stephen Davison explores how the love of speed and a passion for engineering have travelled side by side in Northern Ireland. R S
11.00 NEWS R S
11.30 **QI XL** Sandi Toksvig hosts an extended edition, with Nish Kumar, Mark Steel, Suzi Ruffell and Alan Davies answering questions on the theme of thrills and spills. S

12.15 Richard Branson: Amol Rajan Interviews R S **1.00** Sign Zone: Question Time R S **2.00** Last Woman on Earth with Sara Pascoe R S **3.00** This Is BBC Two S

LAST IN SERIES Ireland's Wild Islands RTÉ One, 6.30pm In the third and final instalment of Eoin Warner's adventures around Ireland's stunning islands, he is off to see Co Kerry's Maharees Islands, before heading south to Cork. He and his 140-year-old Galway Hooker catch a sighting of Arctic terns, before they pay homage to St Brendan the Navigator. He also gets the chance to swim with the blue shark in the warm waters off Fastnet Rock.



Channel 4

6.20 The Simpsons R S **8.30** Formula 1 Miami Grand Prix Qualifying Highlights S **9.30** Sunday Brunch S **12.30** The Simpsons R S
2.30 Live Wheelchair Rugby European Championship Coverage of the final (Kick-off 3.00pm). S
5.00 News S

5.40 **FILM: MRS DOUBTFIRE** (1993, Comedy, 12) With Robin Williams. Dir: Chris Columbus. S
8.00 **THE GREAT CELEBRITY BAKE OFF FOR STAND UP TO CANCER** Singer Ellie Goulding, comedian Mawaan Rizwan, TV presenter and disability advocate Sophie Morgan and actress Tracy-Ann Oberman take part in the charity baking show. Under the watchful eye of judges Paul Hollywood and Prue Leith they tackle marble cake and jam roly-poly, before making a showstopping biscuit in honour of their celebrity hero. Noel Fielding and Matt Lucas host. R S
9.00 **FILM: THE EQUALIZER** (2014, Thriller, 18) A retired secret agent applies his talents to the task of helping victims of injustice. When he witnesses a prostitute being beaten up by a pimp, he kills the man, an act that draws him into a battle to the death with a Russian crime syndicate. Starring Denzel Washington and Chloe Grace Moretz. Dir: Antoine Fuqua. S
11.35 **GOGGLEBOX** The armchair critics share their opinions on what they have been watching during the week, with cameras capturing their instant reactions and the lively discussions that are prompted by the week's biggest and best shows. R S

12.35 Ramsay's Kitchen Nightmares USA R S **1.25** Formula 1 Miami Grand Prix Highlights S
2.40 Guy Martin's World Speed Records R S **3.35** Find It, Fix It, Flog It R S **3.55** Come Dine with Me R S

Virgin Two

7.00 Alphabetical R S **8.00** Guess This House R S **9.00** Tipping Point R S **10.00** Gino's Italian Escape R **10.30** WWE: Raw S **11.30** UEFA Europa League Update S **12.30** Britain's Brightest Family R S **1.00** The Voice USA R S **3.00** Tipping Point R S **4.00** Winning Combination R S **5.00** Family Fortunes R S
6.00 **DRIVE** R S
7.00 **THE VOID** R S
8.00 **BRADLEY & BARNEY WALSH: BREAKING DAD** The actor and his son Barney hit the road together. R S
8.30 **BRADLEY & BARNEY WALSH: BREAKING DAD** The pair arrive in the southwestern state of Arizona. R S
9.00 **LIVING WITH LUCY** Presenter Lucy Kennedy moves in with Katie Hopkins. R S
10.00 **BAD CHEFS** S
11.00 **THE GRAHAM NORTON SHOW** R S
12.05 RuPaul's Drag Race UK R S
1.40 The Jonathan Ross Show R S

Sky Atlantic

6.00 Urban Secrets R S **8.50** True Blood R S **11.00** True Detective R S
6.50 **TRUE DETECTIVE** After following a new lead, Cohle and Hart head out to a remote house in the bayou, where they finally encounter the scarred man they have been hunting. R S
7.55 **CATHERINE THE GREAT** Four-part historical drama following the German-born Empress of Russia, Catherine the Great, towards the end of her reign. Starring Helen Mirren and Jason Clarke. R S
9.00 **SUCCESSION** Drama about a dysfunctional media dynasty, starring Jeremy Strong, Sarah Snook and Kieran Culkin. R
10.10 **DREAMLAND** The family visits Nan in hospital and are relieved to find her perky and on her phone. R S
10.40 **PERRY MASON** Return of the period crime drama, starring Matthew Rhys. R S
11.45 **PATRICK MELROSE** In 1990, Patrick attempts to keep on the straight and narrow. R S
12.50 Sharp Objects R S **2.00** Succession **3.10** Urban Secrets R S **4.05** The Guest Wing R S

Sky Showcase

6.00 Croods Family Tree R S **8.05** Predators R S **9.00** Formula 1 R **10.45** The Simpsons R S **12.30** David Attenborough's Global Adventure: Home Planet R S **1.30** David Attenborough's Global Adventure: The Rise of Nature R S
2.30 **FILM: The Bee Gees: How Can You Mend a Broken Heart** (2020, Documentary, 12) The history of the group. Dir: Frank Marshall. R S
4.30 Queen – Hungarian Rhapsody: Live in Budapest R S
6.30 **LIVE WSL** Chelsea v Everton (Kick-off 6.45pm). Coverage of the match from Kingsmeadow. R
9.00 **S.W.A.T** Classified information falls into the wrong hands. S
10.00 **NCIS: LOS ANGELES** The team receives a cryptic and urgent message. S
11.00 **FANTASY ISLAND** A widower faces his grief. R S
12.00 Formula 1 R **1.00** Saturday Night Live R **2.30** The Equalizer R S **3.30** Hawaii Five-0 R S **4.30** Nothing to Declare R S **5.00** The Early Rundown R

UTV

6.00 CITV **8.25** News S **8.30** Laura Whitmore's Breakfast Show S **9.25** Love Your Weekend with Alan Titchmarsh S **11.20** Love Your Garden R S **12.20** The Masked Singer US R S **1.15** News S
1.30 **ITV Racing: Live from Newmarket** Including the 3.40 1,000 Guineas. S
4.10 **FILM: From Russia with Love** (1963, Thriller, PG) With Sean Connery and Robert Shaw. Dir: Terence Young. S
6.25 **NEWS** S
6.50 **UTV LIVE** S
7.00 **FAMILY FORTUNES** S
8.00 **THE CHASE CELEBRITY SPECIAL** With David James, Lucrezia Millarini, Myles Stephenson and Joe Sugg. S
9.00 **MALPRACTICE** The inquest into Edith Owusu's death begins. S
10.05 **NEWS** S
10.30 **PAUL O'GRADY: FOR THE LOVE OF DOGS** Paul tries to rebuild a spaniel's trust in humans. R S
10.55 **LIFE AFTER DEAF STAND UP SHOW** R S
11.40 **GALLAGHER PREMIERSHIP RUGBY UNION HIGHLIGHTS** R S
12.35 Shop: Ideal World **3.00** All Elite Wrestling: Dynamite R S
4.40 Unwind with ITV S **5.35** Save Money: Good Diet R S

Cable & Satellite

GENERAL

Virgin Three

7.35am The Chase Australia. **8.20** John and Lisa's Weekend Kitchen. **9.20** Nanny 911. **10.15** Agatha Christie's Marple. **12.15** Coronation Street. **3.15** Agatha Christie's Poirot. **4.15** You Are What You Wear. **5.30** John Bishop's Ireland. **6.00** Long Lost Family. **7.00** Judi Dench's Wild Borneo Adventure. **9.00** The Queen Unseen. An analysis of the Queen's body language during her coronation. **10.00** The Virtues. Joseph and Dinah finally get the answers they have been searching for. **11.30** Autopsy USA.

Virgin More

1.20pm Sport Stories: Dermot Gallagher. **2.10** Best of Champions League. **3.05** Classic 6 Nations. **4.00** Classic UEFA Champions League. **4.55** Formula E Top Tens. **5.25** The Story of Formula E. **5.55** Formula E: The Recharge. **6.25** Formula E Highlights. **7.20** UEFA Europa League Update. A round-up of all the latest stories from the UEFA Europa League. **8.10** A Short History of the UCL. A look back at the Champions league since its inception in 1992. **9.00** Ridley. Crime drama, starring Adrian Dunbar. **10.35** Noughts + Crosses. Callum and Sephy are forced to extremes in a bid to flee Albion for good. **11.40** Ready to Mingle: No Filter.

BBC Four

7.00pm The Queen's Realm: Scotland. An aerial view of Scotland. **8.15** Spring Soul and Jazz from Cheltenham. Guy Barker's Big Band and the BBC Concert Orchestra perform. **10.00** Crossing England in a Punt: River of Dreams. **11.00** Wayne McGregor: Dancing on the Edge – Imagine.

ITV2

6.00am Totally Bonkers Guinness World Records. **6.35** Secret Crush. **9.25** Dress to Impress. **11.30** Family Fortunes. **12.30** In for a Penny. **1.00** Britain's Got Talent. **2.20** Film: The Croods (2013, Animation, U) **4.25** Film: Stuart Little (1999, Comedy, U) **6.05** Film: Penguins of Madagascar (2014, Animation, U) **8.00** Film: Pitch Perfect (2012, Comedy, 12) **10.10** Family Guy. **11.35** American Dad!

ITV3

6.00am Never the Twain. **6.35** A Touch of Frost. **8.45** Inspector Morse. **11.00** Doc Martin. **12.00** Midsomer Murders. **2.00** Downton Abbey. **7.10** Vera. DCI Stanhope investigates a murder at a remote cottage in Northumberland. **9.00** One More Audience with Dame Edna Everage. Another chance to see Dame Edna entertain a celebrity audience. **10.15** Karen Pirie. Karen is forced to confront a version of the truth she never thought possible.

E4

11.30am Ramsay's Kitchen Nightmares USA. **1.25** Film: The Karate Kid (1984, Drama, 12) **3.50** The Big Bang Theory. **7.15** Film: Shrek the Third (2007, Animation, U) **9.00** Absolutely Dyer: Danny and Dani Do Italy. The father and daughter visit a mountaintop monastery. **10.00** Gogglebox. The armchair critics share their opinions on the state funeral of Elizabeth II. **11.05** Film: Minority Report (2002, Sci-Fi, 12)

More4

Noon: Come Dine with Me. **2.40** Four in a Bed. **5.20** Come Dine with Me. **8.00** 24 Hours in A&E. Some of the most memorable stories from St George's Hospital. **9.00** 999: On the Front Line. Paramedics are called to a man with chest pains. **10.00** The Emergency Ward. **11.00** Emergency Helicopter Medics.

Channel 5

11.55am Friends. **1.25** Film: Two Mules for Sister Sara (1970, Western, 15) **2.25** Entertainment News on 5. **2.30** Film: Two Mules for Sister Sara (1970, Western, 15) **3.40** Film: Open Range (2003, Western, 12) **4.40** News. **4.45** Film: Open Range (2003, Western, 12) **6.00** Film: The Meg (2018, Adventure, 12) **8.00** Morecambe & Wise: 30 Funniest Moments. The comedy duo's most memorable sketches.

10.00 Britain's Favourite Party Songs. A celebration of the best-loved dance craze records. **12.00** 70s Greatest Disco Hits.

National Geographic

Noon: Car S.O.S. **6.00** Charles: In His Own Words. **7.00** Drain Alcatraz. Cutting-edge visuals drain the water around Alcatraz. **8.00** Drain the Oceans. Sunken wrecks that hold secrets about the American Mob's rise to power in the 1920s. **9.00** Kingdom of the Mummies. Documentary exploring an underground burial chamber in Egypt. **10.00** UFOs: Investigating the Unknown. **11.00** America's Hardest Prisons.

FILMS

TCM Movies

1.10pm The Naked Spur (1953, Western, PG) **3.00** Destry Rides Again (1939, Western, U) **5.00** The Man Behind the Gun (1953, Western, U) **6.45** Beau Brummell (1954, Drama, U) **9.00** Hatfields and McCoy: Bad Blood (2012, Western, 12) **10.45** The Lighthorsemen (1987, Drama, PG)

Film4

12.50pm Bridge to Terabithia (2007, Fantasy, PG) **2.40** Ferdinand (2017, Animation, U) **4.45** Star Trek: First Contact (1996, Sci-Fi, 12) **6.55** Star Trek: Insurrection (1998, Sci-Fi, PG) **9.00** The Lincoln Lawyer (2011, Thriller, 15) **11.20** Disappearance at Clifton Hill (2019, Thriller, 15)

Sky Cinema Premiere

12.30pm The Old Way (2023, Western, 15) **2.20** Blueback (2022, Drama, PG) **4.05** A Good Person (2023, Drama, 15) **6.20** As 12.30pm. **8.00** Ticket to Paradise (2022, Comedy, 12) **10.00** Resurrection (2022, Drama, 18) **12.00** Nope (2022, Horror, 15)

Sky Cinema Romantic Comedy

12.45pm Serendipity (2001, PG) **2.30** Made of Honor (2008, 12) **4.20** Bewitched (2005, PG) **6.10** Maid in Manhattan (2002, PG) **8.00** Jerry Maguire (1996, 15) **10.20** As 12.45pm. **12.05** Mr Malcolm's List (2022, PG)

Sky Cinema Family

12.35pm Looney Tunes: Back in Action (2003, Comedy, PG) **2.10** Jurassic Park III (2001, Adventure, PG) **4.00** Power Rangers (2017, Fantasy, 12) **6.05** Fantastic Beasts: The Secrets of Dumbledore (2022, Fantasy, 12) **8.30** The Portable Door (2023, Fantasy, PG) **10.30** Four Kids and It (2020, Drama, PG) **12.25** C.I.Ape (2021, Drama, PG)

SPORT

Eurosport 1

11.00am Live Cycling: Giro d'Italia. **4.45** Cycling: Women's La Vuelta a Espana. **5.45** Cycling: Paris-Roubaix. **6.00** Snooker: World Championship. **8.00** Cycling: Giro d'Italia. **9.00** Giro d'Italia: The Breakaway. **9.30** Cycling: Women's La Vuelta a Espana. **10.30** Athletics: London Marathon. **11.30** Cycling: Giro d'Italia. **12.30** Giro d'Italia: The Breakaway. **1.00** Cycling: Women's La Vuelta a Espana.

Sky Sports Main Event

9.30am Live NRL. **11.25** Super League Gold. **11.30** Live EFL. Coverage of a League One clash (Kick-off Noon). **2.10** Live SPFL. **4.25** Live Super Sunday. Newcastle United v Arsenal (Kick-off 4.30pm). **7.30** Live Formula 1. Live build-up to the 2023 Miami Grand Prix. **8.25** Live Formula 1. The Miami Grand Prix (Start-time 8.30pm). **10.30** Live Formula 1. **11.30** Live PGA Tour Golf.

Sky Sports Premier League

11.00am Gillette Labs Soccer Special. **12.00** Gillette Labs Soccer Special. **2.00** Gillette Labs Soccer Special. **3.00** Soccer Special Post-Match. All the reaction from tonight's football fixtures. **3.30** Live Super Sunday. Newcastle United v Arsenal (Kick-off 4.30pm). **7.30** Live WSL. Chelsea v Everton (Kick-off 6.45pm). **9.30** SNF. **10.00** Premier League Highlights. **11.00** SNF. **11.30** Premier League Highlights. **12.30** SNF. **1.00** Premier League Highlights.

Monday May 8

DOCUMENTARY Missing: Beyond the Vanishing Triangle RTÉ One, 9.35pm This two-part true-crime series looks at some of the most notorious cases of women who disappeared within a so-called Vanishing Triangle throughout the 1990s. In this opener, we are taken back to 1993, when 26-year-old American Annie McCarrick disappears from her Dublin home. Her case remains unsolved, but her family remain hungry for justice.



LAST IN SERIES 999 Faoi Oiliúint RTÉ One, 8.00pm The four-part documentary series which follows trainee emergency workers comes to an end. In this edition, we head to Co Galway, where Niamh faces her toughest training assessment yet with the Galway Fire service – can she overcome the challenge? Also, in Co Antrim, Daire is training with Lough Neagh Search and Rescue, and Peter begins his career with the Dublin Fire Brigade.



RTÉ One

6.00 EuroNews 7.35 Teleshopping
8.10 Today R S 10.10 The Ellen DeGeneres Show R S 11.00 Dr Phil S 11.55 The Style Counsellors R S 12.25 Doctors S 1.00 News S 1.30 Home and Away S 2.00 Shortland Street S 2.30 Fair City R S 3.30 Today S 5.40 Nuacht 5.55 News Followed by The Angelus R

RTÉ2

6.00 EuroNews 12.00 Dorg Van Dango R S 12.20 Dennis & Gnasher Unleashed! R 12.35 Will Sliney's Storytellers R S 12.50 Jamie Johnson R S 1.20 Malory Towers R S 1.55 Royals Next Door R S 2.10 Ar Mbia Ar Sli R 2.15 Holly Hobbie 2.40 Ar Mbia Ar Sli R S 2.45 The Strange Chores R S 3.00 Junior Bake Off R S 3.50 Secret Life of Boys R S 4.20 news2day S 4.30 The Simpsons R S 5.00 The Goldbergs R S 5.30 The Big Bang Theory R S

Virgin One

6.15 The Six O'Clock Show R S 7.00 Ireland AM S 10.00 This Morning 12.30 News S 1.00 The Chase R S 3.00 Loose Women 4.30 Judge Judy 5.30 News S

TG4

6.00 Cúla 4 10.40 Ainmhithe Craiceáilte R 11.10 The Wonder Years R S 11.40 The Golden Girls R S 12.10 Luke Nguyen's Street Food Asia R S 12.40 Blasta R 1.10 Dr Quinn: Medicine Woman R S 2.05 Shark Tank S 3.00 Cúla 4 R 3.49 Nuair a Bheidh Mé Mór S 4.00 Cúla 4 R 4.02 That's Joey R 4.13 Taffy R 4.20 Cruithnaim R S 4.23 Miraculous: Tales of Ladybug & Cat Noir 4.45 SpongeBob SquarePants S 5.00 Eco Laoch R S 5.30 Irish Paint Magic R

BBC One

6.00 News S 9.15 Morning Live S 10.00 Scam Interceptors S 10.45 Maximum Security R S 11.15 Homes Under the Hammer R S 12.15 Bargain Hunt S 1.00 News S 1.20 Regional News S 1.30 Doctors S 2.00 Countryfile Spring Diaries R S 2.45 Escape to the Country S 3.45 The Bidding Room R S 4.30 Unbeatable S 5.15 Pointless R S

BBC Two

6.45 Bargain Hunt R S 7.30 Clive Myrie's Italian Road Trip R S 8.00 Sign Zone: Rick Stein's Cornwall R S 8.30 Designing the Hebrides R S 9.00 Nicky Campbell S 11.00 News S 12.45 Impossible R S 1.30 Eggheads R S 2.00 Badminton Horse Trials The final day of the prestigious equestrian event. S 4.00 The Great British Sewing Bee R S 5.00 Flog It! R S

6.01 NEWS S
7.00 **NATIONWIDE** Anne Cassin and Blathnaid Ní Chofaigh present an eclectic mix of reports, events from all around the country. S
7.30 **EASTENDERS** As the square prepares for coronation day celebrations Billy is desperate to make some special memories for Lola and Linda and Alfie ensure The Vic is ready. Sonia wakes up to birthday treats but Reiss is missing and Karen speaks mother to mother to Suki. S
8.00 **999 FAOI OILIÚINT** See Choice.
8.30 **THE SHELTER: ANIMAL SOS** Vet Maria treats an injured wild bird and enlists the help of a wildlife sanctuary for its rehabilitation as the damage to an eye could hinder its migration. R S
9.00 NEWS S
9.35 **MISSING: BEYOND THE VANISHING TRIANGLE** See Choice. S
10.35 **UPFRONT WITH KATIE HANNON** Current affairs magazine hosted by the journalist and broadcaster, who chairs debates in which the public come face to face with the people whose decisions impact directly on their lives. S
11.35 **THE WORKS PRESENTS** John Kelly returns to meet more key Irish figures from the arts, beginning with acclaimed Co Tipperary novelist Donal Ryan. R S

6.00 **SHORTLAND STREET** Long-running hospital drama set in an accident and emergency ward. R S
6.30 **HOME AND AWAY** Witnessing Mackenzie's breakdown, Mali offers to step up for Dean. R S
7.00 **THE SUMMER SHOW** Derek Mooney and Nuala Carey explore Ireland's pilgrim paths, beginning by retracing generations of pilgrims from Hollywood in Co Wicklow to the monastic site of Glendalough. R S
8.00 **AGAINST THE HEAD** Daire O'Brien is joined by Darren Cave and Eddie O'Sullivan for a look back at the weekend's URC quarter-finals. S
9.00 **AM I BEING UNREASONABLE?** Nic makes a shocking discovery at home that changes everything. At the school gates a series of revelations about Jen kicks off that begs the question – is it Jen or is it Katya? S
9.35 **THE 20TH IFTA AWARDS CEREMONY** Highlights of the 20th anniversary ceremony of the awards celebrating film, drama and TV, hosted by Deirdre O'Kane at the Dublin Royal Convention Centre.
10.45 **COLIN FROM ACCOUNTS** Australian comedy. With Patrick Brammall. S
11.20 **HOME RESCUE: THE BIG FIX** The team make over a family home in Kiltcullen, Kildare. R S

6.05 **THE SIX O'CLOCK SHOW** Featuring celebrity interviews, food from leading chefs and guidance on a wide range of topics. S
7.00 NEWS S
7.30 **EMMERDALE** Paddy worries about how he is handling things. Nate worries Mack is deluding himself. An excited Gabby celebrates getting an official wedding date. S
8.00 **CORONATION STREET** Ryan reaches out to the person he believes is Crystal. Meanwhile, Daniel watches a moving video by Max. S
8.30 **CORONATION STREET** Sarah and Damon give in to temptation and lock themselves inside the bistro. S
9.00 **I'M A CELEBRITY SOUTH AFRICA** The Battle of the Prides is over, but the stakes are raised again because the Survival Trials have begun, and defeat means saying goodbye to camp and heading for home.
10.20 **THE TONIGHT SHOW** Claire Brock and Ciara Doherty offer their take on the big stories of the day with a panel of guests. There is also a panel discussion covering the key issues in the news. S
11.20 **PGA TOUR HIGHLIGHTS** The Wells Fargo Championship. Action from the tournament at Quail Hollow Club in Charlotte, North Carolina. S

6.00 **THE GOLDEN GIRLS** Dorothy and Blanche feel sorry for Rose when she does not receive any replies to her advertisement for a male companion – so they take it upon themselves to write one. R S
6.30 **THE WONDER YEARS** Kevin cancels a date with Winnie because he has to complete a school cookery assignment with Madeline, the class femme fatale. Bittersweet American comedy, starring Fred Savage. R S
7.00 **NUAHT TG4**
7.20 **GAA BEO** Micheál Ó Domhnaill presents coverage of an oneill's.com Munster U20 Hurling Championship semi-final (Throw-in TBA).
9.05 **GAA 2023** GAA championship highlights, including football and hurling action from the Eirgrid U20 Football Championship, the oneills.com U20 Hurling Championship and the Electric Ireland Minor Championships.
10.05 **FILM: I, TONYA** (2017, Comedy, 15) Ice skater Tonya Harding rises through the ranks at the US figure skating championships, but her future in the sport is thrown into question by a shocking incident after her ex-husband steps in. Starring Margot Robbie and Sebastian Stan. Dir: Craig Gillespie. S

6.00 NEWS S
6.20 **REGIONAL NEWS S**
6.25 **PARTY ELECTION BROADCAST** By the Democratic Unionist Party. R S
6.30 **EUROVISION WELCOMES THE WORLD** See Choice. S
7.30 **EASTENDERS** As the square prepares for coronation day celebrations Billy is desperate to make some special memories for Lola and Linda and Alfie ensure The Vic is ready. S
8.00 **MASTERCHEF** The fifth and final week of heats gets under way, with another nine contestants aiming to impress Gregg Wallace and John Torode in the opening Audition Round. S
9.00 **EUROVISION CALLING: JASON AND CHELCEE'S ULTIMATE GUIDE** Jason Manfred and Chelcee Grimes explore how the Eurovision Song Contest became the world's largest live music event, going behind the scenes at this year's show in Liverpool. S
10.00 NEWS S
10.20 **REGIONAL NEWS S**
10.30 **CARL FRAMPTON: MEN IN CRISIS** The two-time world champion boxer meets young men affected by poor mental health. S
11.30 **HAVE I GOT A BIT MORE NEWS FOR YOU** Alexander Armstrong hosts, with guest panellists Maisie Adam and Helen Lewis. R S

6.00 **RICHARD OSMAN'S HOUSE OF GAMES** With Sean Fletcher, Louise Minchin, Chris Washington and Kimberly Wyatt. R S
6.30 **CLIVE MYRIE'S ITALIAN ROAD TRIP** The newsreader heads to Naples. S
7.00 **BLUE PLANET II: OCEANS OF WONDER** An extended special featuring highlights from the second series of David Attenborough's documentary, which revealed new worlds and never-seen-before animal behaviours. R S
8.30 **UNIVERSITY CHALLENGE** The quarter-finals conclude. S
9.00 **FILM: 1917** (2019, Drama, 15) During the First World War, two British soldiers attempt to cross enemy lines to deliver a message that could save hundreds. Starring Dean-Charles Chapman, George MacKay, Daniel Mays and Colin Firth. Dir: Sam Mendes. S
10.50 **JOHN LENNON: A LIFE IN TEN PICTURES** Defining moments in the former Beatle's life and career. R S
11.50 **SOUNDS OF LIVERPOOL AT THE BBC** Archive performances by Merseyside acts, including The Story of the Blues by Wah!, You'll Never Walk Alone by Gerry and the Pacemakers and Two Tribes by Frankie Goes to Hollywood. R S

12.10 The Late Late Show R S 2.10 Nationwide R S 2.40 Doctors R S 3.10 EuroNews

12.20 Lady Betty 12.30 The Fall R S 1.40 Conviction: The Case of Stephen Lawrence R S 2.40 EuroNews

12.25 Homefront R 1.25 The Restaurant R S 2.25 Close 5.25 The Tonight Show R S

12.15 Blackport R 1.10 Éadaí SOS R 2.00 Nuacht TG4 R 2.20 Wwoofáil R 2.50 Glór Tíre: Rogha & Togha R S 3.20 GAA 2023 R 4.15 Timpeall na Tíre R 4.40 Moving West R 5.05 France 24

12.15 Glow Up: Britain's Next Make-Up Star R S 1.20 News S

1.20 Sign Zone: Countryfile R S 2.15 Coronation Tailors: Fit for a King R S 3.15 Charles R: The Making of a Monarch R S 4.15 This Is BBC Two S

ONE-OFF SPECIAL Eurovision Welcomes The World BBC One, 6.30pm There's excitement in the air ahead of this year's Eurovision Song Contest on Saturday. Proving that Liverpool is the place to be this week, Rylan and Sunetra Sarker present highlights from this year's Turquoise Carpet event, as the performers arrive in the city – no doubt in style. There's all sorts of music and entertainment on display, including a performance by Zara Larsson.



Channel 4

6.05 Countdown R S **6.45** Cheers R S **7.40** The King of Queens R S **8.25** Frasier R S **9.30** Formula 1 Miami Grand Prix Highlights R S **11.00** Couples Come Dine with Me R S **12.00** Steph's Packed Lunch S **2.10** Countdown S **3.00** Sun, Sea and Selling Houses R S **4.00** A Place in the Sun S **5.00** Help! We Bought a Village R S

6.00 THE SIMPSONS Moe becomes a successful poet with Lisa's help, and wins acclaim from a group of highbrow authors. R S
6.30 HOLLYOAKS Ste tries to avoid hurting his best friend Sienna, but he might have no choice if he wants to keep his business afloat. Some damaging papers fall into the wrong hands. R S

7.00 NEWS S
7.30 KIRSTIE AND PHIL'S LOVE IT OR LIST IT: BRILLIANT BUILDS Kirstie Allsopp and Phil Spencer look back at homes in Stoke and Newcastle. S

8.00 SARAH BEENY'S NEW LIFE IN THE COUNTRY Sarah and Graham start work on their grand plans for the outside of their home – to create a mini clock tower, complete with a bell, on the roof of the exterior building. S

9.00 ANDREW: THE PROBLEM PRINCE Telling the inside story of Prince Andrew's 2019 Newsnight interview with Emily Maitlis and the subsequent chain of events that led to a royal disaster. S

10.00 FIRST DATES A woman who has been widowed for 15 years is looking for a man to share experiences with. S

11.05 NAKED EDUCATION Two teenagers who grew up with body dysmorphia share their experiences. Last in the series. S

12.05 Naked Attraction R S **1.00** Celebrity Hunted R S **1.55** 999: On the Front Line R S **2.50** Ramsay's Kitchen Nightmares USA R S **3.40** Jamie's One-Pan Wonders R S **4.05** Couples Come Dine with Me R S **5.00** Grand Designs R S **5.55** Find It, Fix It, Flog It R S

Virgin Two

7.00 Pressure Pad R S **8.00** Tipping Point R S **9.00** The Chase R S **11.00** Who Gets to Stay in Australia R S **12.15** Eggheads S **1.00** Dress to Impress R S **2.00** Who's Doing the Dishes? R S **3.00** 5 Gold Rings R S **4.00** Tipping Point R S

6.00 THE CHASE Emma, Ricky, George and Rochelle compete in the quiz. R S

7.00 THE CHASE Ben, Roger, Cathy and Steph take on today's Chaser. R S

8.00 BEAT THE CHASERS Contestants from across the UK take on a team of six Chasers. R S

9.00 VANDERPUMP RULES Stassi accuses Jax of being a sex addict. S

10.00 HELL'S KITCHEN Trouble brews in the Red team, with Amber questioning their choice of head chef. S

11.00 SCHITT'S CREEK R S
11.30 SCHITT'S CREEK R S
12.00 Autopsy USA R S **1.00** Love Island South Africa S **1.55** The Jonathan Ross Show R S **2.55** Close

Sky Atlantic

6.00 Richard E Grant's Hotel Secrets R S **7.00** The Guest Wing R S **7.55** True Blood R S **11.00** Gangs of London R S

6.45 GANGS OF LONDON As Elliot's conflict reaches an exhilarating climax, Shannon makes a grasp for power and Marian stands to lose everything. As Koba faces his biggest threat yet, who will emerge as winner in the battle for control of London? R S

7.55 GAME OF THRONES Theon embarks on a hunt as he tries to prove his Ironborn status. Daenerys receives a useful invitation, and Jaime Lannister meets a relative among Robb Stark's captives. R S

9.00 SUCCESSION Drama about a dysfunctional media dynasty, starring Jeremy Strong, Sarah Snook and Kieran Culkin.

10.10 CHRISTIAN With Città Palazzo spiralling out of control, the Friends of Christian scour the streets and lock up wrongdoers. R

11.10 CHRISTIAN Matteo makes a difficult choice. Starring Edoardo Gobbetti. R

12.20 Billions R S **1.25** The Night Of R S **2.55** Game of Thrones R S **4.00** The Guest Wing R S

Sky Showcase

6.00 Monkeys: An Amazing Animal Family R S **9.00** Formula 1 R **10.00** Modern Family R S **12.00** The Simpsons R S

3.00 Gillette Labs Soccer Special Update on today's games. R

5.00 Football's Funniest Moments R S **5.55** The 00s: Cinema's Greatest Decade R S

6.50 FILM: SPIDER-MAN (2002, Sci-fi, 12) Starring Tobey Maguire and Kirsten Dunst. Dir: Sam Raimi. S

9.00 FILM: THE EXPENDABLES (2010, Adventure, 15) A mercenary team is double-crossed while on a mission to kill a South American dictator. Starring Sylvester Stallone. Dir: Sylvester Stallone. R

11.00 LAST WEEK TONIGHT WITH JOHN OLIVER R S

11.40 THE FORCE: NORTH EAST R S

12.40 Road Wars R S **2.05** Brit Cops: War on Crime R S **3.00** TV's Greatest Gameshows R S **5.00** The Early Rundown R

UTV

6.00 News S **9.00** Lorraine S **10.00** This Morning S **12.30** Loose Women S **1.45** News S **1.50** UTV Live S

2.00 FILM: Goosebumps (2015, Fantasy, PG) Starring Jack Black. Dir: Rob Letterman. S

4.00 Tenable R S **5.00** Tipping Point S

6.00 UTV LIVE S
6.05 PARTY ELECTION BROADCAST S

6.10 NEWS S
6.30 THE CHASE Quiz. S

7.30 EMMERDALE As Virgin One, 7.30pm. S
8.00 CORONATION STREET Sarah and Damon give in to temptation and lock themselves inside the bistro. S

9.00 I'M A CELEBRITY SOUTH AFRICA The Battle of the Prides is over, but the stakes are raised again because the Survival Trials have begun, and defeat means saying goodbye to camp and heading for home. S

10.20 News S
10.35 LOVE YOUR GARDEN R S
11.35 ENGLISH FOOTBALL LEAGUE HIGHLIGHTS R S

1.30 Shop: Ideal World **3.00** I'm a Celebrity South Africa R S **4.05** Unwind with ITV S **5.10** Made in Britain R S

Cable & Satellite

GENERAL

Virgin Three

7.40am Who's Doing the Dishes? **8.35** Cash Trapped. **9.25** Loose Women. **10.20** Judge Judy. **11.20** The Switch. **12.20** Benidorm ER. **1.20** The Royal. **2.20** Emmerdale. **2.50** Coronation Street. **3.50** The Hotel Inspector. **4.50** Heartbeat. **5.55** Agatha Christie's Poirot. **7.55** Heartbeat. A film crew descends on Aidsfield. **9.00** Fearless. Thriller, starring Helen McCrory. **10.00** Rig 45. **11.00** Coronation Street. **12.00** Emmerdale.

Virgin More

1.05pm UEFA Champions League Weekly. **1.35** Sport Stories: Dermot Gallagher. **2.25** Classic UEFA Champions League. **4.10** UEFA Europa League Update. **5.00** Formula E Highlights. **5.55** Formula E Top Tens. **6.25** Formula E: The Recharge. **6.55** UEFA Champions League Weekly. **7.25** The Voice USA. The Top 13 are back in action. **9.00** Noughts + Crosses. Callum returns to the Liberation Militia, while Sephy reaches out to Kamal. **10.05** Mafia's Greatest Hits. **11.05** Somewhere Between. **11.50** Brief Encounters.

BBC Four

7.00pm Great Asian Railway Journeys. Michael Portillo explores the growth of Kuala Lumpur to an economic powerhouse. **7.30** Fred Dibnah's Age of Steam. The development of steam power. **8.00** Cornwall's Red River. **8.30** David Attenborough's Zoo Quest in Colour. A one-off special showcasing colour footage from the 1950s wildlife series. **10.00** David Attenborough: A Life on Air. **11.00** Alice Neel: Imagine.

ITV2

6.00am World's Funniest Videos. **6.35** Totally Bonkers Guinness World Records. **6.45** Secret Crush. **7.45** Dress to Impress. **8.40** Celebrity Supermarket Sweep. **9.45** Film: The Mitchells vs the Machines (2021, Animation, U) **12.00** I'm a Celebrity South Africa. **1.00** Secret Crush. **2.00** Celebrity Catchphrase. **2.45** In for a Penny. **3.15** Film: Stuart Little 2 (2002, Adventure, U) **4.55** I'm a Celebrity South Africa. **5.55** Celebrity Catchphrase. **6.55** Film: Yes Man (2008, Comedy, 12) **9.00** Family Guy. **11.35** American Dad!

ITV3

6.00am Classic Emmerdale. **7.40** Classic Coronation Street. **8.10** Never the Twain. **9.20** Wild at Heart. **11.30** Maigret. **12.40** Heartbeat. **1.45** Classic Emmerdale. **2.55** Classic Coronation Street. **4.00** Agatha Christie's Poirot. **5.15** Downton Abbey. **6.55** Heartbeat. **8.00** McDonald & Dodds. A body is found in a shallow grave in the shadow of Glastonbury Tor. **10.00** Wire in the Blood.

E4

Noon: Brooklyn Nine-Nine. **1.00** The Big Bang Theory. **3.00** Modern Family. **4.00** Brooklyn Nine-Nine. **5.00** The Big Bang Theory. **7.00** Hollyoaks. **7.30** Married at First Sight Australia. The participants are reunited for a final dinner party. **9.00** Sam Thompson: Is This ADHD? The reality star finds out whether he has the disorder. **10.00** Made in Chelsea. **11.00** Gogglebox.

More4

11.05am Find It, Fix It, Flog It. **1.10** Heir Hunters. **3.10** Four in a Bed. **5.50** Come Dine with Me: The Professionals. **6.55** Escape to the Chateau: DIY. **7.55** Grand Designs. Transforming a dilapidated 1920s cinema into a family home. **9.00** Car S.O.S. New. Tim and Fuzz take on a neglected 1988 Fiat Uno Turbo. **10.00** The Lost Lotus: Restoring a Race Car. **11.00** 24 Hours in A&E.

Channel 5

9.15am Jeremy Vine. **12.45** Dogs Behaving (Very) Badly. **1.40** News. **1.45** Home and Away. **2.15** Film: Miss Wolloughby Mysteries (2021, Mystery, PG) **4.00** Bargain-Loving Brits in the Sun. **5.00** The Benidorm Hotel. **5.55** News. **6.00** Eggheads. **6.55** News. **7.00** Police Interceptors. The work of a high-speed police interception unit. **7.55** News. **8.00** Traffic Cops. The

pursuit of a suspected drugged driver reaches speeds of 130 mph. **8.58** News. **9.00** Motorway Cops: Catching Britain's Speeders. Officers are on the hunt for an uninsured driver who might be drunk. **10.00** Ambulance: Code Red. **11.05** MTV Movie & TV Awards 2023.

National Geographic

Noon: Nazi Megastructures. **2.00** Nazi Megastructures: America's War. **4.00** Nazi Megastructures. **6.00** Seconds from Disaster. **7.00** Air Crash Investigation. A plane crippled while flying into the heart of Hurricane Hugo. **8.00** Dutch Caribbean Coastguards. A navy vessel opens fire on a drug boat that won't stop. Last in the series. **9.00** Air Crash Investigation. How a former airline employee caused a plane to crash in 1987. **10.00** Car S.O.S. **11.00** World War II: The Apocalypse. **12.00** Air Crash Investigation.

FILMS

TCM Movies

12.30pm Murder, She Said (1961, Mystery, PG) **2.20** The Ladykillers (1955, Comedy, U) **4.10** The Spy Who Came in from the Cold (1965, Thriller, PG) **6.25** Mary, Queen of Scots (1971, Drama, PG) **9.00** Trespass (2011, Thriller, 15) **10.55** Halloween III: Season of the Witch (1982, Horror, 15) **12.55** Off Set.

Film4

12.45pm Hotel for Dogs (2009, Comedy, U) **2.50** The War With Grandpa (2021, Comedy, PG) **4.45** Star Trek: Nemesis (2002, Sci-Fi, 12) **7.10** Bill & Ted's Bogus Journey (1991, Comedy, PG) **9.00** 12 Strong (2018, Drama, 15) **11.35** The Rhythm Section (2019, Thriller, 15)

Sky Cinema Premiere

1.55pm Ticket to Paradise (2022, Comedy, 12) **3.55** The Old Way (2023, Western, 15) **5.45** A Good Person (2023, Drama, 15) **8.00** As I See You (2022, Horror, 15) **10.00** Nope (2022, Horror, 15) **12.25** Piggy (2022, Drama, 18)

Sky Cinema Romantic Comedy

12.30pm Maid in Manhattan (2002, PG) **2.20** Jersey Girl (2004, 12) **4.05** Jerry Maguire (1996, 15) **6.25** Penelope (2007, U) **8.00** Hitch (2005, 12) **10.00** Marry Me (2022, 12) **11.55** Father of the Bride (2022, 12)

Sky Cinema Family

1.25pm Fantastic Beasts: The Secrets of Dumbledore (2022, Fantasy, 12) **4.00** Alvin and the Chipmunks (2007, Comedy, U) **5.45** The Portable Door (2023, Fantasy, PG) **7.55** Spy Kids (2001, Adventure, U) **9.40** Paul Blart: Mall Cop 2 (2015, Comedy, PG) Starring Kevin James and Raini Rodriguez. **11.30** The Tiger Rising (2022, Drama, PG)

SPORT

Eurosport 1

10.30am Live Cycling: Giro d'Italia. **5.00** Climbing World Cup. **6.00** Fencing: Grand Prix Series. **7.00** Athletics: London Marathon. **8.00** Cycling: Giro d'Italia. **9.00** Giro d'Italia: The Breakaway. **9.30** World Superbikes. **11.30** Cycling: Giro d'Italia. **12.30** Giro d'Italia: The Breakaway. **1.00** Cycling: Eschborn-Frankfurt.

Sky Sports Main Event

11.00am The Football Show. **11.30** Live EFL. **2.45** Live EFL. **6.00** Soccer Special Post-Match. All the reaction from tonight's football fixtures. **7.00** Live MNF. Nottingham Forest v Southampton (Kick-off 8.00pm). Coverage of the Premier League clash from The City Ground. **11.00** Sky Sports News. **12.00** Sky Sports News. **12.30** Live NBA Basketball.

Sky Sports Premier League

11.00am The Football Show. **11.30** Ref Watch. **12.00** Gillette Labs Soccer Special. **5.00** Gillette Labs Soccer Special. Including a classified results round-up from all of today's fixtures. **6.00** Premier League Highlights. **6.30** Soccer AM: The Best Bits. **7.00** Live MNF. Nottingham Forest v Southampton (Kick-off 8.00pm). **11.00** Behind the Game. **11.30** Premier League Highlights. **12.00** MNF Hlts. **12.30** Soccer AM: The Best Bits. **1.00** Premier League Years.

Tuesday May 9

MUSIC COMPETITION Eurovision Song Contest 2023 RTÉ One, 8.00pm Irish hopes are firmly on Wild Youth this evening, as they perform their tune We Are One in the hopes that it will see them through the semi-final stage and into Saturday night's main event. It's going to be a night of nerves, as there are limited slots available, and some heavy hitters looking to advance. The second semi-final airs at 8.00pm on RTÉ2 on Thursday evening.



DOCUMENTARY Turkey: Empire of Erdogan BBC Two, 9.00pm Airing over consecutive nights, this two-part documentary tells the fascinating story of Turkish president Recep Tayyip Erdogan. His rise in popularity began when he – as a member of an Islamist party – became the mayor of Istanbul. However, due to the national constitution forbidding the mixing of religion and politics, he faced time in prison. However, this would not prevent his rise.



RTÉ One

6.00 EuroNews 6.45 Teleshopping **7.55 Today R S 9.55** The Ellen DeGeneres Show R S **10.45 Dr Phil S 11.40** The Style Counsellors R S **12.10 Doctors S 12.45 Telly Bingo S 1.00 News S 1.30 Home and Away S 2.00** Shortland Street S **2.30 At Your Service R S 3.00 EastEnders R S 3.30 Today S 5.40 Nuacht 5.55** News Followed by The Angelus R

6.01 NEWS S
7.00 REELING IN THE YEARS A retrospective of news and music from 1969, the year man first set foot on the surface of the moon, Paul McCartney married Linda Eastman, and John Lennon and Yoko Ono staged a week-long 'bed-in' in the name of peace. Concorde took to the skies for the first time, while Jack Lynch won the general election and the Dublin Housing Action Committee led a campaign against homelessness. R S
7.30 EASTENDERS Linda breaks down when she receives Mick's 'Presumption of Death' certificate and the Panesar's see this as a win. Stacey is shaken when Alfie announces he is moving out. S
8.00 EUROVISION SONG CONTEST 2023 See Choice. S
10.10 NEWS S
10.45 STRIKE – LETHAL WHITE Robin meets Raphael for a drink, and he explains more about Freddie's bullying of Rhiannon, which gives Geraint a strong motive for Chiswell's murder. Last in series. S
11.55 DEATH IN PARADISE The team are stumped when a famous author is stabbed through the heart after taking an early morning swim in the ocean. Dwayne needs a date for a voodoo love festival. R S

1.00 The Restaurant That Burns Off Calories R S **2.05 Telly Bingo R S 2.15 Doctors R S 2.45 Dr Phil R S 3.30 EuroNews**

RTÉ2

6.00 EuroNews 7.50 Children's Programmes 12.20 Dennis & Gnasher Unleashed! R 12.35 Will Sliney's Storytellers R S 12.50 Jamie Johnson R S **1.20 Malory Towers R S 1.55 Royals Next Door R S 2.10 Ar Mbia Ar Sli R S 2.15** Holly Hobbie **2.40 Ar Mbia Ar Sli R S 2.45 The Strange Chores R S 3.00 Junior Bake Off R S 3.50** Secret Life of Boys R S **4.20 news2day S 4.30 The Simpsons R S 5.00 The Goldbergs R S 5.30** The Big Bang Theory R S

6.00 SHORTLAND STREET Long-running hospital drama set in a New Zealand accident and emergency ward. R S
6.30 HOME AND AWAY Mackenzie is determined to be upbeat for Gabe, even if the pressure of being his carer scares her. R S
7.00 MEERKAT MANOR: RISE OF THE DYNASTY A turbulent storm hits Hakuna Matata, cutting the family off from the pups. Five females at the Whiskers make a discovery and the river runs for the first time in 25 years. R S
7.30 CHAMPIONS LEAGUE LIVE Real Madrid v Manchester City (Kick-off 8.00pm). Peter Collins presents all the action from the semi-final first-leg encounter at the Bernabeu. S
10.25 ONE-ARMED WONDER: THE EXTRAORDINARY STORY OF JIMMY HASTY New. The story of former footballer Jimmy Hasty. S
11.00 THE GOOD FIGHT While STR Laurie is investigated by the FBI, Liz and Ri'Chard attempt to take their clients. Later, Ri'chard and Liz must decide who is head of the firm. R S
11.55 TAKEAWAY TITANS James Kavanagh and Carl Mullan meet the final three contenders for the title, visiting Spice Cottage and Dosa Dosa in Dublin and Indian Spice Kitchen in Cork. R S

12.55 The Great House Revival R S **2.00** The Zoo R S **2.25** Build Your Own Home R S **3.15** The Main Stage R S **4.10** Ireland's Fittest Family – Hall of Fame R S **5.05** Shoulders of Giants R S **5.30** EuroNews

Virgin One

6.15 The Six O'Clock Show R S **7.00** Ireland AM S **10.00** This Morning **12.30** News S **1.00** The Chase R S **3.00** Loose Women **4.00** The Greek Islands with Julia Bradbury R **4.30** Judge Judy **5.30** News 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 S
7.30 EMMERDALE Mack reaches breaking point. Wretched Paddy apologises to Mandy. S
8.00 GINO'S ITALIAN EXPRESS Gino D'Acampo travels through the Tuscan countryside on a volunteer-run steam train, taking time out to learn how to race a donkey and enjoy a luxurious bath in wine. R
8.30 DON'T LOOK BACK IN ANGER Archive news stories from the past year, chronicling the highs and lows of 2020 and all the chaos in between. R S
9.00 I'M A CELEBRITY SOUTH AFRICA With the Survival Trials well underway, it's getting tougher by the day for the campmates in the South African bush. Later, Ant and Dec arrive to present the celebrities with a tough decision.
10.00 THE TONIGHT SHOW Claire Brock and Ciara Doherty offer their take on the big stories of the day. There is also a panel discussion covering the key issues in the news. S
11.00 WHO WANTS TO BE A MILLIONAIRE? Big-prize quiz in which another line-up of contestants answer questions that could change their lives.

12.00 Homefront R **1.00** Don't Look Back in Anger R S **2.00** Close **5.25** The Tonight Show R S

TG4

6.00 Cúla 4 **10.40** Ainmhithe Craiceáilte R **11.10** The Wonder Years R S **11.40** The Golden Girls R S **12.10** Luke Nguyen's Street Food Asia R S **12.40** Blasta R **1.10** Dr Quinn: Medicine Woman R S **2.05** Shark Tank S **3.00** Cúla 4 R **3.49** Nuair a Bheidh Mé Mór R S **4.00** Cúla 4 R **4.02** That's Joey R **4.13** Taffy R **4.23** Miraculous: Tales of Ladybug & Cat Noir **4.45** SpongeBob SquarePants R S **5.00** Mo Shaol Do Shaol R S **5.30** Bláth na hÓige R

6.00 THE GOLDEN GIRLS Rose suggests to her friends that they have an old-fashioned Christmas but Dorothy returns home from shopping to find out Sophia has been using her credit cards. R S
6.30 THE WONDER YEARS Paul's sister has a crush on Kevin. R S
7.00 NUACTH TG4
7.30 AN FÓD DEIREANACH What the future has in store for the peatlands of Ireland. R
8.00 7 LÁ Politics and the economy, regional, national and international affairs. Live debate on the major issues of the day with a panel of analysts, experts and political pundits.
8.30 ROS NA RÚN Peatsaí discovers Colm and Sonia slept together.
9.00 GLÓR TÍRE: ROGHA & TOGHA Featuring Hugo Duncan, Paddy O'Brien, Lisa McHugh, Derek Ryan, Mike Denver, Gerry Guthrie and Robert Mizzell. R S
9.30 VIVA CEOL TÍRE With performers including Fran Curry, Leona Williams and Daniel O'Donnell.
10.00 GAA BEO The Munster Final in the Electric Ireland Minor Hurling Championship.
11.30 LOVE LIFE While in Michigan for his parent's wedding anniversary, Marcus reignites an old flame and nurses the wounds of his failed relationship. S

12.00 Love Life S **12.35** Ros na Rún R **1.05** Fíorscéal R **2.10** Nuacht TG4 R **2.40** Ros na Rún R **3.10** Viva Ceol Tíre R **3.40** Opry le Daniel R **4.35** 7 Lá R **5.00** France 24

BBC One

6.00 News S 9.15 Morning Live S 10.00 Scam Interceptors S **10.45** Maximum Security R S **11.15** Homes Under the Hammer S **12.15** Bargain Hunt R S **1.00** News S **1.30** Regional News S **1.45** Doctors S **2.15** Countryfile Diaries R S **2.50** Escape to the Country R S **3.45** The Bidding Room R S **4.30** Unbeatable S **5.15** Pointless R S

6.00 NEWS S
6.30 REGIONAL NEWS S
6.55 PARTY ELECTION BROADCAST R S
7.00 THE ONE SHOW AT EUROVISION Alex Jones and Ronan Keating present live from Liverpool ahead of the first Eurovision semi-final. S
7.30 EASTENDERS As RTÉ One, 7.30pm. S
8.00 EUROVISION SONG CONTEST Alesha Dixon, Hannah Waddingham and Julia Sanina host the first semi-final live from Liverpool, as 15 acts fight for a place in the Grand Final. Rylan and Scott Mills commentate. Featuring a performance by Liverpool's Rebecca Ferguson and Ukrainian singer Alyosha plus a British medley by Rita Ora. S
10.10 NEWS S
10.40 REGIONAL NEWS S
10.50 MADE UP IN BELFAST James decides to open up to the team about something very personal while Eimhear opens up to Brendan about the pressure she is under at work. Brendan does his best to help. S
11.20 MADE UP IN BELFAST The team celebrate 10 years of BPerfect with a gala. S
11.50 RAIN DOGS Costello and Iris find a safe place to land. Selby adjusts to his new life and reluctantly makes a new friend. Gloria asks for help. S

12.20 Gossip Girl S **1.15** News S

BBC Two

6.30 Homes Under the Hammer R S **7.30** Clive Myrie's Italian Road Trip R S **8.00** Sign Zone: Coast to Coast Food Festival R S **8.30** Coastal Defenders R S **9.00** Nicky Campbell S **11.00** 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** Wonders of the Universe R S **4.00** The Great British Sewing Bee R S **5.00** Flog It! R S

6.00 RICHARD OSMAN'S HOUSE OF GAMES With Sean Fletcher, Louise Minchin, Chris Washington and Kimberly Wyatt. R S
6.30 CLIVE MYRIE'S ITALIAN ROAD TRIP Clive goes fishing on Europe's biggest volcanic lake. S
7.00 THE HAIRY BIKERS' MEDITERRANEAN ADVENTURE Si and Dave explore the culinary delights of southern France, trying fish stew, pastry with spicy octopus and barbecued snails as they travel from Marseille to Catalan country. R S
8.00 INSIDE THE FACTORY Gregg Wallace spends the day in the York factory where the famous Polos are made, following the production process from sugar to holy mint. Last in the series. S
9.00 TURKEY: EMPIRE OF ERDOGAN See Choice. S
10.00 COLIN FROM ACCOUNTS Ashley takes charge during a power outage. S
10.30 NEWSNIGHT S
11.15 FILM: MOONSTRUCK (1987, Comedy, PG) An Italian-American widow agrees to marry an older man - only to fall head over heels in love with his younger brother, leaving her facing an impossible choice. Starring Cher in an Oscar-winning role, with Nicolas Cage, Olympia Dukakis and Danny Aiello. Dir: Norman Jewison.

12.55 Sign Zone: Pilgrimage: The Road Through Portugal R S **1.55** MasterChef R S **3.55** This Is BBC Two S

ONE-OFF SPECIAL The Kidnap of Angel Lynn
Channel 4, 9.00pm A combination of exclusive interviews, social media and immersive graphics is used to retrace the shocking events that surrounded the abduction of Angel Lynn. We hear how, at the age of 18, Angel's boyfriend became abusive, which ultimately led to her falling from a speeding vehicle and suffering near-fatal injuries that left her unable to walk, speak or feed herself.



Channel 4

6.05 Countdown R S **6.45** Cheers R S **7.35** The King of Queens R S **8.25** Frasier R S **9.55** Find It, Fix It, Flog It R S **10.55** Couples Come Dine with Me R S **11.55** News S **12.00** Steph's Packed Lunch S **2.10** Countdown S **3.00** Sun, Sea and Selling Houses R S **4.00** A Place in the Sun S **5.00** Help! We Bought a Village R S

6.00 THE SIMPSONS Homer discovers his long-lost mother was a free-spirited hippie and decides to follow in her footsteps, throwing off the shackles of conformity and becoming a drop-out. R S
6.30 HOLLYOAKS Ste and James want to make amends with Sienna and Maxine. Elsewhere, Goldie is tricked into speaking to Mercedes again. R S

7.00 NEWS S
8.00 THE GREATEST AUCTION

New. AJ Odudu hosts as millionaires, private collectors and antique dealers compete to buy extraordinary items. Banksy experts take a risk on a piece of wall featuring work attributed to the anonymous artist and Tommy Cooper's iconic fez goes on sale. Plus, a jar of pickled pig foetuses and an array of Buzzcocks memorabilia. S

9.00 THE KIDNAP OF ANGEL LYNN See Choice. S

10.00 MAD WOMEN From the Shake n' Vac to the Levi's launderette commercial, this documentary tells the story behind some of the most iconic UK adverts and the pioneering women who made them. S

11.05 GOGGLEBOX The armchair critics review shows including *Dynasties II*, *Pieces of Her* and *Joanna Lumley's Great Cities of the World*. R S

12.05 Gogglebox R S **1.05** Taskmaster R S **2.00** The Lateish Show with Mo Gilligan R S **2.55** The Curse R S **3.50** Couples Come Dine with Me R S **4.45** Jamie's One-Pan Wonders R S **5.10** Moneybags R S

Virgin Two

7.00 Pressure Pad R S **8.00** Tipping Point R S **9.00** The Chase R S **11.00** Who Gets to Stay in Australia R S **12.15** Eggheads S **1.00** Dress to Impress R S **2.00** Who's Doing the Dishes? R S **3.00** The Switch R S **4.00** Tipping Point R S

6.00 THE CHASE Sayce, Fiona, Jack and Cath take on today's Chaser. R S

7.00 THE CHASE Martin, Lynsey, Sonia and Matt compete in the quiz. R S

8.00 THE CELEBRITY CHASE With Charlie Brooks, Richard Whitehead, Shappi Khorsandi and David Dickinson. R S

9.00 JANN Cale and Jann disagree about a song choice. S

9.30 JANN The rift between Jann and Cale grows. S

10.00 VANDERPUMP RULES S

11.00 SCHITT'S CREEK R S

11.30 SCHITT'S CREEK R S

12.00 Darcy Oake: Edge of Reality R S **1.00** Love Island South Africa S **2.00** The Jonathan Ross Show R S **3.00** Close

Sky Atlantic

6.00 The Guest Wing R S **7.55** The Wire R S **10.05** True Blood R S **12.15** Game of Thrones R S **1.20** Ray Donovan R S **3.30** The Wire R S **5.45** True Blood R S

6.45 TRUE BLOOD The Vampire King of Mississippi seeks Bill's assistance to obtain more power. R S

7.50 GAME OF THRONES Robb Stark discovers he has been betrayed by one of his closest friends. R S

8.55 INSIDE THE MIND OF A STUNT ARTIST Exploring the importance of psychological safety for stunt artists.

9.00 GANGS OF LONDON Marian puts the pressure on Sean to uncover Finn's killer. R S

10.05 PERRY MASON Two brothers are arrested for the McCutcheon murder. S

11.10 DREAMLAND The family visits Nan in hospital and are relieved to find her perky and on her phone, while Mel tries to make amends with Clare. R S

11.40 PATRICK MELROSE In 2003, Patrick and his family visit his ailing mother. R S

12.50 Billions R S **1.55** The L Word: Generation Q R S **2.55** Game of Thrones R S **4.00** The Guest Wing R S

Sky Showcase

6.00 The Early Rundown R **7.00** Kay Burley R **8.00** Monkey Life R S **9.00** Nothing to Declare R S **10.00** The Flash R S **11.00** NCIS: New Orleans R S **1.00** Hawaii Five-0 R S **2.00** MacGyver R S **3.00** Portrait Artist of the Year 2019 R S **4.00** Big Cat Country R S **5.00** The Simpsons R S **5.30** Will & Grace R S

6.00 WILL & GRACE R S

6.30 THE SIMPSONS R S

7.00 THE SIMPSONS R S

7.30 THE SIMPSONS R S

8.00 THE FLASH An inspection at the labs leads to unexpected time anomalies. S

9.00 FANTASY ISLAND A woman seeks quality time with her estranged daughter. S

10.00 NEVER MIND THE BUZZCOCKS R S

10.45 ROB & ROMESH VS DRAG R S

11.45 S.W.A.T R S

12.40 The Force: North East R S **1.35** Road Wars R S **3.00** Hawaii Five-0 R S **4.00** MacGyver R S **5.00** The Early Rundown R

UTV

6.00 News S **9.00** Lorraine S **10.00** This Morning S **12.30** Loose Women S **1.30** News S **1.55** UTV Live S **2.00** Dickinson's Real Deal R S **3.00** Tenable R S **4.00** Tipping Point S **5.00** The Chase S

6.00 UTV LIVE S

6.25 PARTY ELECTION BROADCAST By Traditional Unionist Voice. S

6.30 NEWS S

7.30 EMMERDALE As Virgin One, 7.30pm. S

8.00 MAHON'S WAY Joe Mahon visits Seamus Heaney HomePlace in Bellaghy. R S

8.30 LIVING OFF THE GRID A woman who has lived in the same cottage for 81 years. S

9.00 I'M A CELEBRITY SOUTH AFRICA Ant and Dec present the celebrities with a tough decision. S

10.00 NEWS S

10.35 UTV LIVE S

10.45 VIEW FROM STORMONT Political developments in Belfast, London and Dublin. S

11.45 THE 1% CLUB Quiz, hosted by Lee Mack. R S
12.35 Rare Breed – A Farming Year R S **1.00** Shop: Ideal World **3.00** I'm a Celebrity South Africa R S **3.50** Unwind with ITV S **5.05** Bling R S

Cable & Satellite

GENERAL

Virgin Three

7.05am Who's Doing the Dishes? **8.00** Cash Trapped. **9.00** Loose Women. **10.15** Judge Judy. **11.15** The Switch. **12.15** Benidorm ER. **1.15** The Royal. **2.15** Emmerdale. **2.40** Coronation Street. **3.40** The Hotel Inspector. **4.45** Heartbeat. **5.55** Agatha Christie's Poirot. **7.55** Heartbeat. Bellamy is reunited with a childhood sweetheart. **9.00** Vera. A woman dies in a suspicious fire at a holiday park. **10.55** Emmerdale. **11.25** Cold Feet.

Virgin More

1.05pm Classic 6 Nations. **3.50** Formula E: The Recharge. **4.20** Formula E: The FIA World Championship Story. **4.50** Classic UEFA Champions League. **5.45** UEFA Europa League Update. **6.35** UEFA Champions League Weekly. **7.05** Formula E Highlights. Action from the Monaco ePrix. **8.00** Formula E: The Recharge. A look back at recent events. **8.30** Extreme E Magazine Show. The latest news from the motor racing series. **9.00** Malpractice. Lucinda tries to learn more about why her patient died. **10.00** Ridley. **11.35** Aquarius.

BBC Four

7.00pm Great Asian Railway Journeys. **7.30** Fred Dibnah's Age of Steam. **8.00** Sykes. **9.00** Eric Sykes: One of the Great Trouper. The veteran comedian talks about his life and career. **9.45** Wild Scotland. **10.00** Blue Bag Life: Storyville. **11.30** Great Asian Railway Journeys. **12.00** Fred Dibnah's Age of Steam.

ITV2

6.00am World's Funniest Videos. **6.35** Totally Bonkers Guinness World Records. **7.00** Secret Crush. **8.00** Dress to Impress. **9.00** Chuck. **10.00** One Tree Hill. **11.00** The O.C. **12.00** I'm a Celebrity South Africa. **1.15** Catchphrase. **2.00** Alan Carr's Epic Gameshow. **3.05** Chuck. **4.00** One Tree Hill. **5.00** I'm a Celebrity South Africa. **6.15** Catchphrase. **7.00** Superstore. **8.00** Bob's Burgers. **9.00** Hell's Kitchen. The chefs prepare dishes for Will and Grace star Eric McCormack and professional baseball player Justin Turner. **10.00** Plebs. **11.00** Family Guy. **12.00** American Dad!

ITV3

6.00am Classic Emmerdale. **7.05** Classic Coronation Street. **8.05** Never the Twain. **9.15** Wild at Heart. **11.25** Maigret. **12.40** Heartbeat. **1.40** Classic Emmerdale. **2.40** Classic Coronation Street. **3.50** Agatha Christie's Poirot. **4.55** Downton Abbey. **6.55** Heartbeat. **8.00** Film: Downton Abbey (2019, Drama, PG) **10.15** Wire in the Blood.

E4

Noon: Brooklyn Nine-Nine. **1.00** The Big Bang Theory. **3.00** Modern Family. **4.00** Brooklyn Nine-Nine. **5.00** The Big Bang Theory. **7.00** Hollyoaks. **7.30** Married at First Sight Australia. The group come together one last time. Last in the series. **9.00** Celebrity Gogglebox. TV from July 2022, including Stranger Things, Love Island and How to Build a Sex Room. **10.05** The Inbetweeners. **11.10** Naked Attraction.

More4

11.05am Find It, Fix It, Flog It. **1.10** Heir Hunters. **3.10** Four in a Bed. **5.50** Come Dine with Me: The Professionals. **6.55** Escape to the Chateau: DIY. **7.55** Grand Designs. A house that resembles a giant snake. **9.00** 24 Hours in A&E. A man is rushed to A&E after severing four fingers. **10.00** Super Surgeons: A Chance at Life. **11.05** 999: On the Front Line.

Channel 5

9.15am Jeremy Vine. **12.45** Dogs Behaving (Very) Badly. **1.40** News. **1.45** Home and Away. **2.15** Film: The Teacher: Secrets That Kill (2021, Thriller, 12) **4.00** Bargain-Loving Brits in the Sun. **5.00** News. **6.00** Eggheads. **6.55** News. **7.00** GPs: Behind Closed Doors. The doctors see patients with breast cancer concerns. **7.55** News. **8.00** The Yorkshire Vet. A pet sheep has an unpleasant case of flystrike. **8.58**

News. **9.00** The Big Steam Adventure. Peter, John and Paul travel from York to Grosmont. **10.00** Inside Broadmoor: Criminally Insane. **11.30** Crimes That Shook Britain.

National Geographic

Noon: Wicked Tuna: North v South. **1.00** Family Guns. **2.00** Air Crash Investigation. **3.00** Dark Secrets of the Lusitania. **4.00** Shipwreck Graveyard. **5.00** Ghost of the Minerva. **6.00** Seconds from Disaster. **7.00** Air Crash Investigation. The explosion of Itavia Flight 870 in 1980. **8.00** UFOs: Investigating the Unknown. Scientific efforts to catalogue and investigate civilian reports of UFOs. **9.00** Paranatural. **11.00** World War II: The Apocalypse. **12.00** Air Crash Investigation.

FILMS

TCM Movies

1.30pm Destry Rides Again (1939, Western, U) **3.25** Rocky Mountain (1950, Western, U) **5.10** The Man from Galveston (1963, Western, U) **6.20** Off Set. **6.35** The Searchers (1956, Western, U) **9.00** Jericho (2000, Western, PG) **11.10** Ransom (1996, Thriller, 15)

Film4

1.55pm Yangtze Incident (1957, Adventure, U) **4.10** Tucker: The Man and His Dream (1988, Drama, PG) **6.20** Master and Commander: The Far Side of the World (2003, Drama, 12) **9.00** Under Siege (1992, Adventure, 15) **11.05** Black Book (2006, Thriller, 15)

Sky Cinema Premiere

1.55pm Blueback (2022, Drama, PG) **3.55** A Good Person (2023, Drama, 15) **6.10** The Old Way (2023, Western, 15) **8.00** Ticket to Paradise (2022, Comedy, 12) **10.00** Resurrection (2022, Drama, 18) **12.00** Nope (2022, Horror, 15)

Sky Cinema Romantic Comedy

12.20pm Last Chance Harvey (2008, 12) **2.10** Father of the Bride (2022, 12) **4.20** Hitch (2005, 12) **6.20** That Awkward Moment (2014, 15) **8.00** Book of Love (2021, 12) **9.50** Letters to Juliet (2010, PG) **11.50** Moonshot (2022, 12)

Sky Cinema Family

12.35pm Harriet the Spy (1996, Comedy, PG) **2.20** Spy Kids (2001, Adventure, U) **4.00** Alvin and the Chipmunks: The Squeakquel (2009, Comedy, U) **5.40** Paul Blart: Mall Cop 2 (2015, Comedy, PG) **7.30** Spy Kids 2: Island of Lost Dreams (2002, Adventure, U) **9.25** Paultie (1998, Adventure, U) **11.10** Nancy Drew and the Hidden Staircase (2019, Drama, PG) **12.55** Scooby-Doo (2002, Comedy, PG)

SPORT

Eurosport 1

11.00am Live Cycling: Giro d'Italia. **5.00** Roland-Garros – Best of 2022. **6.00** Triathlon PTO Tour. **7.00** Cycling: Grand Prix du Morbihan. **8.00** Cycling: Giro d'Italia. **9.00** Giro d'Italia: The Breakaway. **9.30** Triathlon PTO Tour. **10.30** World Surf League. **11.30** Cycling: Giro d'Italia. **12.30** Giro d'Italia: The Breakaway. **1.00** Triathlon PTO Tour.

Sky Sports Main Event

11.00am The Football Show. **12.00** Sky Sports News. **1.00** Sky Sports News. **2.00** Sky Sports News. **3.00** Live Indian Premier League. Mumbai Indians v Royal Challengers Bangalore. **7.00** Sky Sports News. Round-up of the sports news. **8.00** Sky Sports News. Round-up of the sports news. **9.00** Sky Sports News. Round-up of the sports news. **10.00** Sky Sports News. **10.30** Back Pages Tonight. **11.00** Sky Sports News. **12.00** Sky Sports News. **12.30** Live NBA Basketball.

Sky Sports Premier League

11.00am The Football Show. **12.00** Gary Neville's Soccerbox. **1.00** Premier League Highlights. **1.30** MNF Hlts. **2.00** Premier League Highlights. **3.00** PL Greatest Games. **4.00** Premier League Best Goals. **5.00** Premier League Highlights. **6.30** MNF Hlts. **7.00** Premier League Review. **8.00** Gary Neville's Soccerbox. **9.00** Behind the Game. **9.30** Premier League Review. **10.30** PL Retro. **12.30** Premier League Icons. **1.00** Premier League Years.

Wednesday May 10

HISTORICAL DOCUMENTARY Taking Sides: Britain and the Civil War RTÉ One, 9.35pm Michael Portillo returns to our screens for this fascinating one-off special, in which he takes an in-depth look at the role Britain played in the Irish Civil War. He has a series of secret military reports, cabinet memos, private correspondence and dusty old diaries at his disposal, as he retraces stories of division, conflict and a disturbing Faustian pact.



NEW SERIES Kids Channel 4, 9.00pm We get to observe the people whose lives are shaped by the work carried out by Coventry Children's Services in this new three-part fly-on-the-wall documentary series. In this opener, stories include 17-year-old Xorin, who has returned to Coventry to rebuild his life with his mum Kelly after he was forced to move because he was being exploited by a gang. Also, 19-year-old Annabelle is expecting her first child.



RTÉ One

6.00 EuroNews 7.45 Teleshopping 8.20 Today R S 10.20 The Ellen DeGeneres Show R S 11.10 Doctors S 11.50 Leaders' Questions S 12.50 Your Town R S 1.00 News S 1.30 Home and Away S 2.00 Shortland Street S 2.30 At Your Service R S 3.00 EastEnders R S 3.30 Today S 5.40 Nuacht 5.55 News Followed by The Angelus R

6.01 **NEWS S**
7.00 **NATIONWIDE** A mix of reports, features and events from around the country. S
7.30 **EASTENDERS** Linda reveals she has a secret buyer for The Vic, leaving Sharon furious at her betrayal. Kim is full of anxiety as she heads to court and Sonia stands firm in her decision. S
8.00 **MARK MORIARTY: OFF DUTY CHEF** Mark demonstrates different ways to cook lamb, layering thinly sliced potatoes and tender lamb in a casserole dish and bakes it to perfection for a comforting lamb boulangere. S
8.30 **FOOD MATTERS** Michael Kelly visits the Environmental Protection Agency in Wexford and talks to scientist Odile Le Bolloch about the current level of food waste in Ireland. Last in the series. S
9.00 **NEWS S**
9.35 **TAKING SIDES: BRITAIN AND THE CIVIL WAR** See Choice.
10.35 **THE RESPONDER** Chris continues the search for Casey after Carl threatens his family, while also mentoring new nightshift partner Rachel – who has got wind of his bad reputation. S
11.40 **SHERWOOD** Ian is more determined than ever to find the spy cop, in a bid to protect those involved. Last in the series. R S

12.50 Operation Transformation R S 1.50 The Island R S 2.45 The Tommy Tiernan Show R 3.45 The Style Counsellors R 4.10 Madraí R 4.35 Cheap Irish Homes R S 5.05 How Long Will You Live? R S 5.30 Brainstorm R 5.55 EuroNews

RTÉ2

6.00 EuroNews 7.45 Children's Programmes 12.20 Dennis & Gnasher Unleashed! R 12.35 Will Sliney's Storytellers R S 12.50 Jamie Johnson R S 1.20 Malory Towers R S 1.55 Royals Next Door R S 2.10 Ar Mbia Ar Sli R S 2.15 Holly Hobbie 2.40 Ar Mbia Ar Sli R S 2.45 The Strange Chores R S 3.00 Junior Bake Off R S 3.55 Secret Life of Boys R S 4.20 news2day S 4.30 The Simpsons R S 5.00 The Goldbergs R S 5.30 The Big Bang Theory R S

6.00 **SHORTLAND STREET** 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** Bree arranges a termination at the clinic. R S
7.00 **BOG AMACH** A couple looking for a home on the Iveragh peninsula in Co Kerry. R S
7.30 **SCANNAL** The controversy surrounding the Anna Livia bronze monument. R S
8.00 **IRELAND'S WILD ISLANDS** Eoin Warner explores the wildlife of the country's Atlantic islands in a 140-year-old Galway hooker. Last in the series. R S
9.00 **GHOSTS** Shocking news rocks Button House and a booking mix-up sees Mike and Alison forced to host a last-minute children's birthday party. S
9.35 **MARIE ANTOINETTE** Copies of a pornographic pamphlet circulate Versailles depicting Chartres as the Queen's lover and father to the unborn child. S
10.35 **SIGNIFICANT OTHERS** Bill tries to save his marriage to Connie after Ginny throws him out. Improvised comedy, starring Andrea Savage. S
11.35 **THE BOLEYNs: A SCANDALOUS FAMILY** Anne Boleyn returns to England from France. S

12.35 The Handmaid's Tale R S 1.35 Friday Night Dinner R S 2.05 EuroNews

Virgin One

6.15 The Six O'Clock Show R S 7.00 Ireland AM S 10.00 This Morning 12.30 News S 1.00 The Chase R S 3.00 Loose Women 4.00 The Greek Islands with Julia Bradbury R 4.30 Judge Judy 5.30 News 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 S**
7.30 **EMMERDALE** Will sets his sights on retribution. Kim confronts Cain. Vinny urges Mandy to move forward. S
8.00 **CORONATION STREET** Daisy fails in her mission to put Ryan off Crystal, and Fiz advises Beth against moving away. S
8.30 **CORONATION STREET** Amy prepares to go on a date, and Max refuses to share his troubles with David or Daniel. S
9.00 **I'M A CELEBRITY SOUTH AFRICA** With the clock ticking down and the finish line in sight, the campmates are pushed to their limits when they take part in the latest Survival Trials. Who will be able to deal with the pressure? Presented by Ant and Dec.
10.05 **THE TONIGHT SHOW** Claire Brock and Ciara Doherty offer their unique take on the big stories of the day with a guests. There is also a panel discussion covering the key issues in the news. S
11.05 **GOGGLEBOX IRELAND** Deirdre O'Kane provides the voiceover as a selection of telly addicts pass comment on programmes from the comfort of their living rooms. From October 2019. R

12.05 Homefront R 1.05 The Restaurant R S 2.05 Close 5.25 The Tonight Show R S

TG4

6.00 Cúla 4 10.40 Ainmhithe Craiceáilte R 11.10 The Wonder Years R S 11.40 The Golden Girls R S 12.10 Luke Nguyen's Railway Vietnam R S 12.40 Blasta R 1.10 Dr Quinn: Medicine Woman R S 2.05 Shark Tank S 3.00 Cúla 4 4.02 That's Joey R 4.13 Taffy R 4.20 Cruthaím R S 4.23 Miraculous: Tales of Ladybug & Cat Noir 4.45 SpongeBob SquarePants R S 5.00 Dodo R 5.13 Animal Fanpedia R S 5.30 Beidh Aonach Amárach R

6.00 **THE GOLDEN GIRLS** Dorothy plans to surprise Sophia by flying her sister over from Sicily. R S
6.30 **THE WONDER YEARS** Jack is promoted. Fred Savage stars. R S
7.00 **NUAHT TG4**
7.20 **GAA BEO** Mícheál Ó Domhnaill presents coverage of an oneill's.com Leinster U20 Hurling Championship semi-final (Throw-in TBA).
9.05 **GLÓR TÍRE: ROGHA & TOGHA** Featuring performances by Jim Devine, Mike Denver, Brendan Shine, Gerry Guthrie, Robert Mizzell and Barry Kirwan. R S
9.30 **FILM PREMIERE: LYRA** (2022, Documentary, 15) Documentary about journalist Lyra McKee, who was murdered in 2019, drawing on an archive of audio recordings, videos, field notes and interviews with those who knew her. The film paints a complex picture of Northern Ireland's political history, and brings into sharp focus the ways in which the 1998 Good Friday agreement, with its promised end to violence for future generations, has struggled to be fully realised. Dir: Alison Millar. S
11.15 **NARCOS: MEXICO** Walt tries to protect Pablo Acosta after he gives an interview to an American reporter.

12.25 The Sinner R S 1.20 Dáil Éireann 2.00 Nuacht TG4 R 2.20 Energia ALL: A 30-Year Legacy R 3.20 An Bhuíon Cheoil R 4.10 Turas i Mbaol-Iran an Bealach in Airde R 5.00 France 24

BBC One

6.00 News S 9.15 Morning Live S 10.00 Scam Interceptors S 10.45 Maximum Security R S 11.15 Homes Under the Hammer R S 12.15 Bargain Hunt R S 1.00 News S 1.30 Regional News S 1.45 Doctors S 2.15 Countryfile Diaries R S 3.00 Escape to the Country R S 3.45 The Bidding Room R S 4.30 Unbeatable S 5.15 Pointless R S

6.00 **NEWS S**
6.30 **REGIONAL NEWS S**
6.55 **PARTY ELECTION BROADCAST R S**
7.00 **THE ONE SHOW AT EUROVISION** Alex Jones and Ronan Keating bring the latest Eurovision action live from Liverpool. S
7.30 **EASTENDERS S**
8.00 **MASTERCHEF** The seven best home cooks from the first rounds return to face notoriously tough food critic Grace Dent who asks them to create the ultimate pot luck supper dish. The contestants that survive the first challenge are then asked by judges Gregg Wallace and John Torode to cook a dish using spice. S
9.00 **RACE ACROSS THE WORLD** See Choice. S
10.00 **NEWS S**
10.30 **REGIONAL NEWS S**
10.40 **NOLAN LIVE** Stephen Nolan probes the issues that matter to the people of Northern Ireland, focusing on the stories of the week and the people making the headlines in lively debates, with viewers sending in their questions via text, email and tweet. S
11.40 **RACE ACROSS THE WORLD** The contestants reunite for the first time since the end of the race to reveal insights into their different strategies and experiences during the expedition. Last in the series. S

12.40 Gossip Girl S 1.45 News S

BBC Two

6.45 Bargain Hunt R S 7.30 Clive Myrie's Italian Road Trip R S 8.00 Sign Zone: 24/7 Pet Hospital R S 8.30 Take a Hike R S 9.00 Nicky Campbell S 11.00 News S 11.15 Politics Live S 1.00 Impossible R S 1.45 Eggheads R S 2.15 My Million Pound Menu R S 3.15 Wonders of the Universe R S 4.15 The Great British Sewing Bee R S 5.15 Flog It! R S

6.00 **RICHARD OSMAN'S HOUSE OF GAMES** With Sean Fletcher, Louise Minchin, Chris Washington and Kimberly Wyatt. R S
6.30 **CLIVE MYRIE'S ITALIAN ROAD TRIP** Clive goes off the tourist track in Rome. S
7.00 **THE HAIRY BIKERS' MEDITERRANEAN ADVENTURE** The bikers ride across the Balearic islands Menorca and Majorca, sampling the produce and finding out about the British influence from the 17th century to the present day. R S
8.00 **DESIGNING THE HEBRIDES** Interior designer Banjo Beale tackles the dated bar of the Isle of Mull Rugby Club. S
8.30 **WALES' HOME OF THE YEAR** The judges visit the South West where they must choose between an Edwardian townhouse, a countryside watermill and a cottage overlooking a Norman castle. S
9.00 **TURKEY: EMPIRE OF ERDOGAN** Part two of two. A look at the Turkish president's response to an attempted military coup in 2016, using emergency powers to crack down even harder on dissent and taking control of the armed forces and judiciary. S
10.30 **NEWSNIGHT S**
11.15 **CARL FRAMPTON: MEN IN CRISIS** The two-time world champion boxer meets young men affected by poor mental health. R S

12.15 **FILM: Red Joan** (2018, Thriller, 12) Starring Judi Dench and Sophie Cookson. Dir: Trevor Nunn. S
1.50 Sign Zone: Saving Lives in Leeds R S 2.50 Iolo's Borderlands R S 3.20 This Is BBC Two S

LAST IN SERIES Race Across the World BBC One, 9.00pm The finish line is in sight for the competitors who were brave enough to take on this global adventure, but which of them will be the first to cross it? As they approach their destination, it also gives the pairs the chance to reflect on the journey and how it has impacted them both mentally and physically. Then, at 11.40pm, we get a special reunion episode, in which they compare their experiences.



Channel 4

6.05 Countdown R S **6.45** Cheers R S **7.35** The King of Queens R S **8.25** Frasier R S **9.55** Find It, Fix It, Flog It R S **10.55** Couples Come Dine with Me R S **11.55** News S **12.00** Steph's Packed Lunch S **2.10** Countdown S **3.00** Sun, Sea and Selling Houses R S **4.00** A Place in the Sun S **5.00** Help! We Bought a Village R S

6.00 THE SIMPSONS Three spooky tales, including Homer being possessed by an evil toupee, and Bart and Lisa getting trapped inside an Itchy & Scratchy cartoon. R S

6.30 HOLLYOAKS The villagers head to Chester races, where Sienna has her eyes on the prize, but it is the McQueens who are convinced their money troubles could be coming to an end. R S

7.00 NEWS S

8.00 LOCATION, LOCATION, LOCATION Kirstie and Phil help househunters in Edinburgh. Phil meets Freya and Elliot who are moving from Aberdeen to the capital for the cultural buzz. Kirstie helps Edinburgh lass Sadia and Irishman Sohail find their first family home so they can finally move out of Sadia's starter flat. S

9.00 KIDS See Choice. S

10.00 NAKED ATTRACTION Anna Richardson hosts as movie buff and professional online gamer Lauren from Camberley and 28 year-old Ryan from Cheltenham search for their perfect matches. S

11.05 FIRST DATES Sonya, a 77-year-old tour guide who has been widowed for 15 years, is looking for a man to share experiences with, and is set up on a date with 69-year-old film rigger Graham. R S

12.05 24 Hours in A&E R S **1.00** Ramsay's Kitchen Nightmares USA R S

1.50 FILM: Les Misérables (2019, Thriller, 15) Starring Damien Bonnard. Dir: Ladj Ly. S **3.35** Couples Come Dine with Me R S **4.30** The Secret Life of the Zoo S **5.10** The Dog House R S

Virgin Two

7.00 The Kelly Clarkson Show R S **8.00** Tipping Point R S **9.00** The Chase R S **11.00** Who Gets to Stay in Australia R S **12.15** Eggheads. Quiz show. S **1.00** Dress to Impress R S **2.00** Who's Doing the Dishes? R S **3.00** The Switch S **4.00** Tipping Point R S

6.00 THE CHASE Hosted by Bradley Walsh. R S

7.00 LIVE UEFA CHAMPIONS LEAGUE AC Milan v Inter Milan (Kick-off 8.00pm). All the action from the semi-final first-leg clash between the rivals at the San Siro. S

10.30 JONATHAN ROSS' COMEDY CLUB The host presents a stand-up comedy showcase, featuring sets by some of the most exciting new stand-ups in the UK. R S

11.00 THE GROUP CHAT Gavan Reilly, Zara King and Richard Chambers discuss current events. S

12.00 Wags: LA S **1.00** Love Island South Africa. Reality show. S **1.55** Schitt's Creek R S **2.25** Close

Sky Atlantic

6.00 The Guest Wing R S **7.00** Richard E Grant's Hotel Secrets R S **7.55** The Wire R S **10.10** True Blood R S **12.15** Game of Thrones R S **1.20** Ray Donovan R S **3.30** The Wire R S **5.45** True Blood R S

6.50 TRUE BLOOD Alcide invites Sookie to join him at a full-moon party. R S

7.55 GAME OF THRONES Tyrion defends King's Landing against Stannis Baratheon's naval assault. Peter Dinklage stars. R S

9.00 PERRY MASON After a manhunt leads to the arrests of brothers Rafael and Mateo Gallardo for the McCutcheon murder, Perry initially resists taking the case, until a hunch reels him in. R S

10.05 SUCCESSION Drama, starring Jeremy Strong and Sarah Snook. R

11.15 DREAMLAND Mel tries to make amends with Clare, and Trish panics when Spence goes Awol. R S

11.45 THE NIGHT OF Detective Box finds a way to use Naz's parents to his advantage. Starring Riz Ahmed. R S

12.55 Sharp Objects R S **2.00** The L Word: Generation Q R S **3.00** Game of Thrones. Fantasy drama series. R S **4.05** Richard E Grant's Hotel Secrets R S

Sky Showcase

6.00 The Early Rundown R **7.00** Kay Burley R **8.00** Monkey Life R S **9.00** Nothing to Declare R S **10.00** The Flash R S **11.00** NCIS: New Orleans R S **1.00** Hawaii Five-0 R S **2.00** MacGyver R S **3.00** Portrait Artist of the Year 2019 R S **4.00** Big Cat Country R S

5.00 The Simpsons. Comedy series. R S **5.30** Will & Grace R S **6.00** WILL & GRACE R S

6.30 THE SIMPSONS Homer discovers a talent for opera. R S

7.00 LIVE WSL Brighton & Hove Albion v Arsenal (Kick-off 7.30pm). Live coverage of the top-flight match at Broadfield Stadium. R

10.00 SEAL TEAM The members of Bravo must fight their way out of hostile territory. Starring David Boreanaz. Last in the series. S

11.00 CAUGHT ON DASHCAM R S

12.00 A Town Called Malice R S **1.10** Brassic R S **2.10** The Force: North East R S **3.05** Hawaii Five-0. Crime drama. R S **4.00** MacGyver R S **5.00** The Early Rundown R

UTV

6.00 News S **9.00** Lorraine S **10.00** This Morning S **12.30** Loose Women S **1.30** News S **1.55** UTV Live S **2.00** Dickinson's Real Deal R S **3.00** Tenable R S **4.00** Tipping Point S **5.00** The Chase S

6.00 UTV LIVE S

6.25 PARTY ELECTION BROADCAST S

6.30 NEWS S

7.30 EMMERDALE As Virgin One, 7.30pm. S

8.00 CORONATION STREET S

9.00 I'M A CELEBRITY SOUTH AFRICA With the clock ticking down and the finish line in sight, the campmates are pushed to their limits when they take part in the latest Survival Trials. S

10.05 NEWS S

10.35 UTV LIVE S

10.50 PESTON Political magazine show, hosted by Robert Peston, featuring major interviews with MPs, topical guests and cultural figures. S

11.45 HEATHROW: BRITAIN'S BUSIEST AIRPORT Virgin's clubhouse manager Holly showers passengers with her VIP treatment. R S

12.10 Shop: Ideal World **3.00** I'm a Celebrity South Africa. Ant and Dec host. R S **3.50** Unwind with ITV S **5.05** Family Fortunes R S

Cable & Satellite

GENERAL

Virgin Three

7.30am Who's Doing the Dishes? **8.15** Cash Trapped. **9.15** Loose Women. **10.15** Judge Judy. **11.15** The Switch. **12.15** Benidorm ER. **1.15** The Royal. **2.15** Emmerdale. **2.45** Inside Paddington Station. **3.45** The Hotel Inspector. **4.50** Heartbeat. **5.55** Agatha Christie's Poirot. **7.55** Heartbeat. A farmers' feud turns dangerous. Rural drama, starring Jason Durr. **9.00** A Confession. Sian and Becky's families discover that getting justice will not be straightforward. **10.00** Coronation Street. **11.00** Emmerdale. **11.30** Cold Feet.

Virgin More

12.55pm Sport Stories: Mick McCarthy. **2.35** Classic 6 Nations. **4.25** Formula E Highlights. **5.20** Extreme E Magazine Show. **5.50** UEFA Champions League Matchnight Highlights 2022/2023. **6.20** Classic UEFA Champions League. **7.15** UEFA Europa League Update. **8.05** Formula E Highlights. **9.00** Tom Jones. **9.50** Blood. The return of the psychological thriller, starring Adrian Dunbar. **10.50** Million Pound Pawn. **11.50** UEFA Champions League.

BBC Four

7.00pm Great Asian Railway Journeys. **7.30** Fred Dibnah's Age of Steam. **8.00** Chris Packham's Animal Einsteins. A look at nature's best navigators. **9.00** A History of Ancient Britain: Orkney's Stone Age Temple. A 5,000-year-old temple in Orkney. **10.00** Film: The Lost Language of Cranes (1991, Drama) **11.30** Britain and the Sea.

ITV2

6.00am World's Funniest Videos. **6.35** Totally Bonkers Guinness World Records. **7.00** Secret Crush. **8.00** Dress to Impress. **9.00** Chuck. **10.00** One Tree Hill. **11.00** The O.C. **12.00** I'm a Celebrity South Africa. **1.00** Secret Crush. **2.00** Alan Carr's Epic Gameshow. **3.05** Chuck. **4.00** One Tree Hill. **5.00** I'm a Celebrity South Africa. **6.00** Catchphrase Celebrity Special. **7.00** Superstore. **8.00** Bob's Burgers. **9.00** Hell's Kitchen. The chefs fight to earn their coveted black jackets. **10.00** Shopping with Keith Lemon. **10.30** Family Guy. **11.30** American Dad! Animated comedy.

ITV3

6.00am Classic Emmerdale. **7.05** Classic Coronation Street. **8.10** Never the Twain. **9.20** Wild at Heart. **11.30** Maigret. **12.40** Heartbeat. **1.40** Classic Emmerdale. **2.40** Classic Coronation Street. **3.50** Midsomer Murders. **5.55** Heartbeat. **8.00** Lewis. Feature-length episode. A senior police officer goes missing. **10.00** Wire in the Blood.

E4

Noon: Brooklyn Nine-Nine. **1.00** The Big Bang Theory. **3.00** Modern Family. **4.00** Brooklyn Nine-Nine. **5.00** The Big Bang Theory. **7.00** Hollyoaks. **7.30** The Big Bang Theory. Comedy series. **8.00** Teen First Dates. Chris and Abigail try to navigate their date with awkward compliments and food feeding. **9.00** Emergency on Sunny Beach. Thousands of locals head to a celebration of Bulgarian culture in the old town of Nessebar. **10.00** First Dates Ireland. **11.05** Gogglebox.

More4

11.05am Find It, Fix It, Flog It. **1.10** Heir Hunters. **3.10** Four in a Bed. **5.50** Come Dine with Me: The Professionals. **6.55** Escape to the Chateau: DIY. **7.55** Grand Designs. A modern farmhouse with an open-plan party pad upstairs. **9.00** Matt Baker's Travels in the Country: USA. Matt's journey across the American countryside continues. **10.00** Holidays from Hell: Caught on Camera. **11.05** 24 Hours in A&E. Documentary series.

Channel 5

9.15am Jeremy Vine. **12.45** Dogs Behaving (Very) Badly. **1.40** News. **1.45** Home and Away. **2.15** Film: Killer in the Cabin (2022, Thriller, 12) **4.00** Bargain-Loving Brits in the Sun. **5.00** News. **6.00** Eggheads. **6.55** News. **7.00** Electric Cars: Which One Should I Buy? **7.55** News. **8.00** Natural History Museum:

World of Wonder. **8.58** News. **9.00** 999: Critical Condition. **10.00** Casualty 24/7: Every Second Counts. **11.05** A&E After Dark. Documentary.

National Geographic

Noon: Wicked Tuna: North v South. **1.00** Family Guns. **2.00** Air Crash Investigation. **3.00** Pompeii: Secrets of the Dead. **4.00** Riddles Of The Bible. **5.00** Viking Warrior Women. **6.00** Seconds from Disaster. **7.00** Air Crash Investigation. **8.00** Alaska: The Next Generation. **9.00** America's Hardest Prisons. **10.00** Dutch Caribbean Coastguards. Last in the series. **11.00** World War II: The Apocalypse. **12.00** Air Crash Investigation.

FILMS

TCM Movies

1.30pm The Bounty Hunter (1954, Western, PG) **3.10** The Train Robbers (1973, Western, U) **5.00** The Fighting Lawman (1953, Western, U) **6.30** Off Set. **6.45** Beau Brummell (1954, Drama, U) **9.00** 24 Hours to Live (2017, Sci-Fi, 15) Starring Ethan Hawke and Qing Xu. **10.55** The Quiet Ones (2014, Horror, 15) **12.55** TCM Shorts: Ben Miller Off Set.

Film4

1.00pm 23 Paces to Baker Street (1956, Thriller, PG) **3.05** Sands of Iwo Jima (1949, Adventure, PG) **5.15** Cowboy (1958, Western, U) **7.05** Failure to Launch (2006, Comedy, 12) **9.00** Hunter Killer (2018, Thriller, 15) **11.20** Heat and Dust (1982, Drama, PG)

Sky Cinema Premiere

1.55pm Beast (2022, Drama, 15) **3.45** The Old Way (2023, Western, 15) **5.35** A Good Person (2023, Drama, 15) **8.00** Ticket to Paradise (2022, Comedy, 12) Starring George Clooney. **10.00** Nope (2022, Horror, 15) **12.25** Piggy (2022, Drama, 18)

Sky Cinema Romantic Comedy

12.40pm 50/50 (2011, 15) **2.30** That Awkward Moment (2014, 15) **4.15** Letters to Juliet (2010, PG) **6.10** My Best Friend's Wedding (1997, 12) **8.00** 50 First Dates (2004, 12) With Adam Sandler. **9.45** As 12.40pm. **11.35** Begin Again (2013, 15)

Sky Cinema Family

12.40pm Paulie (1998, Adventure, U) **2.15** Spy Kids 2: Island of Lost Dreams (2002, Adventure, U) **4.00** Alvin and the Chipmunks: Chipwrecked (2011, Comedy, U) **5.35** Matilda (1996, Fantasy, PG) **7.15** Arthur and the Great Adventure (2009, Fantasy, PG) **9.00** A Monster Calls (2016, Fantasy, 12) Starring Lewis MacDougall. **10.50** The Amazing Maurice (2022, Cartoons/Puppets, PG) **12.25** The Adventures of Sharkboy and Lavagirl in 3-D (2005, Fantasy, U)

SPORT

Eurosport 1

11.00am Giro d'Italia: The Breakaway. **11.30** Live Cycling: Giro d'Italia. **5.00** Triathlon PTO Tour. **6.00** The Power of Sport. **6.30** SailGP. **7.00** Cycling: Tour of Hungary. **8.00** Cycling: Giro d'Italia. **9.00** Giro d'Italia: The Breakaway. **9.30** Bennetts British Superbikes. **10.30** Bennetts British Superbikes Extra. **11.30** Cycling: Giro d'Italia. **12.30** Giro d'Italia: The Breakaway. **1.00** Cycling: Tour of Hungary.

Sky Sports Main Event

11.00am The Football Show. **12.00** Sky Sports News. **1.00** Sky Sports News. **2.00** Sky Sports News. **3.00** Live Indian Premier League. Chennai Super Kings v Delhi Capitals. **7.00** Live WSL. Brighton & Hove Albion v Arsenal (Kick-off 7.30pm). **10.00** Sky Sports News. **10.30** Back Pages Tonight. **11.00** Sky Sports News. **12.00** Sky Sports News.

Sky Sports Premier League

11.00am The Football Show. **12.00** Gary Neville's Soccerbox. **1.00** Premier League Years. **3.00** PL Greatest Games. **4.00** Premier League Best Goals. **5.00** Premier League 100 Club. **6.00** Premier League Legends. **7.00** Premier League Stories. **7.30** Premier League 100 Club. **8.00** Premier League Review. **9.00** Behind the Game. **9.30** Premier League Stories. **10.00** Premier League Icons. A profile of Eric Cantona. **10.30** PL Retro. **12.30** Premier League Icons. **1.00** Premier League Years.

Thursday May 11

DOCUMENTARY Ré Réabhlóide, CLG agus Cogadh na gCarad RTÉ One, 10.15pm Gráinne McElwain presents this Irish language special, in which she looks back through sporting history to see how the GAA across Ireland helped to bridge the bitter divisions created by the Civil War. Along the way she gets to hear some remarkable and moving stories, which prove that people could be brought together by a common love despite the conflict.



LAST IN SERIES The Curse Channel 4, 10.00pm The final two episodes of the comedy crime caper's second series air back-to-back tonight. First, the unexpected arrival of an unwelcome visitor changes the entire dynamic as the lads are about to make the trade with the Colombians. Then, the gang ponder their next move, while Albert makes a shocking discovery. The top-notch cast includes Allan Mustafa, Tom Davis, Emer Kenny and Steve Stamp.



RTÉ One

6.00 EuroNews **7.10** Teleshopping **8.20** Today R S **10.20** The Ellen DeGeneres Show R S **11.10** Doctors S **11.50** Leaders' Questions **12.45** Telly Bingo S **1.00** News S **1.30** Home and Away S **2.00** Shortland Street S **2.30** At Your Service R S **3.00** EastEnders R S **3.30** Today S **5.40** Nuacht **5.55** News Followed by The Angelus R

6.01 NEWS S
7.00 SUPER GARDEN Consultant radiologist Carmel Ann Daly designs a garden for healthcare worker Estella, who wants a modern, sophisticated space to enjoy with her children Karl and Chloe. S
7.30 EASTENDERS Linda is shocked to find The Vic has been broken into and trashed. Kim is in turmoil after court but refuses to talk to Howie and Ben takes things too far. S
8.00 HOW TO BE GOOD WITH MONEY Eoin McGee meets young couple Ella and Barbara, who want to get it right from the start and need advice to help set them up for a solid financial future. R S
8.30 CHEAP IRISH HOMES Maggie Molloy and Kieran McCarthy head to Carlow to help find a home for civil servant Laura. R
9.00 NEWS S
9.35 PRIME TIME In-depth analysis of current affairs and topical reports, presented by Miriam O'Callaghan and Fran McNulty. S
10.15 RÉ RÉABHLÓIDE, CLG AGUS COGADH NA GCARAD See Choice. S
11.15 THE WORKS PRESENTS John Kelly meets artist Vera Klute. S
11.45 NORTH SEA CONNECTION Hana makes a shocking discovery at Lenny's place. R S

12.45 Call the Midwife R S **1.50** Prime Time R S **2.30** Telly Bingo R S **2.40** Doctors R S **3.10** EuroNews

RTÉ2

6.00 EuroNews **7.45** Children's Programmes **12.20** Dennis & Gnasher Unleashed! R **12.35** Will Sliney's Storytellers R S **12.50** Jamie Johnson R S **1.20** Malory Towers R S **1.50** Royals Next Door R S **2.10** Ar Mbia Ar Sli R S **2.15** Holly Hobbie **2.40** Ar Mbia Ar Sli R **2.45** The Strange Chores R S **3.00** Junior Bake Off R S **3.55** Secret Life of Boys R S **4.20** news2day S **4.30** The Simpsons R S **5.00** The Goldbergs R S **5.30** The Big Bang Theory R S

6.00 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. S
6.30 HOME AND AWAY The hostility between Justin and Leah intensifies. R S
6.55 TEN THINGS TO KNOW ABOUT Kathriona Devereux and Jonathan McCrea learn all about heating systems. R S
7.25 SCOTLAND'S HOME OF THE YEAR In the east of Scotland, a farmhouse, a revamped bungalow and a wheelchair-accessible home are considered by judges Michael Angus, Anna Campbell-Jones and Kate Spiers. S
8.00 EUROVISION SONG CONTEST Alesha Dixon, Hannah Waddingham and Julia Sanina host the second semi-final live from Liverpool, where 16 acts battle it out. With commentary from Marty Whelan. S
10.10 HOME RESCUE: THE BIG FIX Designer Dee Coleman, builder Peter Finn and the team make over another family home. S
11.10 THE BALLYCOTTON SESSIONS Music by folk-gospel duo Mom and the Rebels. S
11.40 NCIS The body of a Navy lieutenant is discovered missing an eye, leading NCIS team into the world of cage fighting. S

12.30 Life After Life R S **1.40** Gavin & Stacey R S **2.20** EuroNews

Virgin One

6.15 The Six O'Clock Show R S **7.00** Ireland AM S **10.00** This Morning **12.30** News S **1.00** The Chase R S **3.00** Loose Women **4.00** The Greek Islands with Julia Bradbury R **4.30** Judge Judy **5.30** News 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 S
7.30 EMMERDALE Charity is soon hit with a realisation. Paddy attends a man club away from the village. Kim worries where Caleb's loyalties will lie. S
8.00 EMMERDALE S
8.30 DON'T LOOK BACK IN ANGER Archive news documentary looking back at the headline stories from 2016. R S
9.00 I'M A CELEBRITY SOUTH AFRICA Some of the most memorable campmates from previous series continue to fight it out in the South African bush to decide who will become the first I'm A Celebrity Legend. But first the finalists must take part in one of the show's most popular challenges, Celebrity Cyclone. Ant and Dec cover the explosive, water-soaked action.
10.15 THE TONIGHT SHOW Claire Brock and Ciara Doherty offer their unique take on the big stories of the day. S
11.15 GRACE A body is dredged up from the English Channel, and the investigation forces Grace to ask himself just how far someone might go to save the ones they love. Last in the series.

1.15 Painted Lady R **3.15** Close **5.25** The Tonight Show R S

TG4

6.00 Cúla 4 **10.40** Ainmhithe Craiceáilte R **11.10** The Wonder Years R S **11.40** The Golden Girls R S **12.10** Luke Nguyen's Railway Vietnam R S **12.40** An Shandon R **1.10** Dr Quinn: Medicine Woman R S **2.05** Shark Tank S **3.00** Cúla 4 **3.37** Gailearaí Scú Scú R S **4.00** Cúla 4 R **4.02** That's Joey R **4.13** Taffy R **4.23** Miraculous: Tales of Ladybug & Cat Noir **4.45** SpongeBob SquarePants R S **5.00** Saol Ella S **5.30** An Fód Deireanach R

6.00 THE GOLDEN GIRLS Dorothy receives a surprise visit from her ex-husband, and Sophia arranges for him to stay. R S
6.30 THE WONDER YEARS Kevin tries to put Paul off trying out for the basketball team by demonstrating his friend's unsuitability for the game. R S
7.00 NUACHT TG4
7.30 BEIDH AONACH AMÁRACH Meenacross committee members talk about what it is like to have a virtual event and what it means for the long-standing agricultural show. In Irish. R
8.00 BLÁTH NA HÓIGE Featuring sisters Máire and Étain Ní Churraoin.
8.30 ROS NA RÚN Wanting to distract herself with her investigation, Sonia finds herself trapped in a terrifying situation.
9.00 GLÓR TÍRE: ROGHA & TOGHA Musicians perform on stage in the Quays Live. Last in the series. R S
9.30 TÉACS TAISTIL The guys head to Marseille to explore its lively culture, breathtaking coastline, and mouth-watering cuisine. Later, all three take on the Pétanque challenge.
10.30 FÍORSCEÁL The struggles and victories of four women who protect plants and replant forests.
11.35 ROS NA RÚN Bobbi Lee is hell-bent on trying to find a way to expose Conall. R

12.10 Shark Tank R S **1.05** Dáil Éireann **2.00** Nuacht TG4 R **2.30** Ros na Rún R **3.00** Téacs Taistil R **3.55** Ceol na Talún R **4.25** Bláth na hÓige R **4.55** France 24

BBC One

6.00 News S **9.15** Morning Live S **10.00** Scam Interceptors S **10.45** Maximum Security R S **11.15** Homes Under the Hammer S **12.15** Bargain Hunt R S **1.00** News S **1.30** Regional News S **1.45** Doctors S **2.15** Countryfile Diaries R S **3.00** Escape to the Country R S **3.45** The Bidding Room R S **4.30** Unbeatable S **5.15** Pointless R S

6.00 NEWS S
6.30 REGIONAL NEWS S
6.55 PARTY ELECTION BROADCAST By the Social Democratic and Labour Party. R S
7.00 THE ONE SHOW AT EUROVISION Alex Jones and Ronan Keating are live at Eurovision in Liverpool ahead of the second semi-final. Plus, someone very deserving receives a One Big Thank You. S
7.30 EASTENDERS S
8.00 EUROVISION SONG CONTEST Alesha Dixon, Hannah Waddingham and Julia Sanina host the second semi-final live from Liverpool, with Rylan and Scott Mills on commentary duty. Sixteen acts battle it out, and UK viewers have the opportunity to vote for their favourite. Plus, an exclusive preview of Mae Muller performance as the UK's entry on Saturday. S
10.10 NEWS S
10.40 REGIONAL NEWS S
10.50 THE VIEW A review of the week's political news, comment and analysis from Stormont and Westminster. S
11.30 QUESTION TIME Fiona Bruce presents the topical debate, inviting a panel of politicians and other guests in the East Sussex town of Bexhill-on-Sea to answer questions from an invited audience on subjects that have made the headlines over the past week. S

12.30 News S **1.00** News S

BBC Two

6.30 Homes Under the Hammer R S **7.30** Clive Myrie's Italian Road Trip R S **8.00** Sign Zone: Between the Covers R S **8.30** Caught Red Handed R S **9.00** Nicky Campbell S **11.00** News S **12.15** Politics Live S **1.00** Impossible R S **1.45** Eggheads R S **2.15** My Million Pound Menu R S **3.15** Wonders of the Universe R S **4.15** The Great British Sewing Bee R S **5.15** Flog It! R S

6.00 RICHARD OSMAN'S HOUSE OF GAMES With Sean Fletcher, Louise Minchin, Chris Washington and Kimberly Wyatt. R S
6.30 CLIVE MYRIE'S ITALIAN ROAD TRIP The newsreader submerges himself in the famous hot springs of Saturnia. S
7.00 PIERS MORGAN: AMOL RAJAN INTERVIEWS See Choice. S
7.45 GRAND TOURS OF SCOTLAND'S LOCHS Paul Murton explores the Argyll coast. R S
8.00 DNA FAMILY SECRETS Stacey Dooley helps people unlock mysteries hidden in their DNA, beginning with three cases, including a man on a life-long mission to discover the identity of his father. R S
9.00 GUILT Max and Jake and their new gang hide from Maggie in Edinburgh and discover her link to Sir Jim Sturrock. S
10.00 MADE UP IN BELFAST Eimhear opens up to Brendan about the pressure she is under at work. R S
10.30 NEWSNIGHT S
11.15 INSIDE NO 9 You get to meet all sorts when you go online dating, as Vicky is about to find out. Dark comedy, starring Steve Pemberton. S
11.45 LIVE AT THE APOLLO Loyiso Gola introduces fellow comedians Scott Bennett and Helen Bauer to the stage. S

12.15 Sign Zone: Gordon Ramsay's Future Food Stars R S **1.15** Inside the Factory R S **2.15** Reunion Hotel **3.15** MasterChef R S **3.45** This Is BBC Two S

CONVERSATION Piers Morgan: Amol Rajan Interviews BBC Two, 7.00pm Amol Rajan has had a diverse assortment of guests drop in for these intimate one-on-one conversations as of late. However, he has saved arguably the most controversial guest for tonight: outspoken TV presenter, Piers Morgan. He reflects on his life both in front of and away from the cameras, including his run-in with Jeremy Clarkson and how important he finds family life.



Channel 4

6.05 Countdown R S **6.45** Cheers R S **7.35** The King of Queens R S **8.25** Frasier R S **9.55** Find It, Fix It, Flog It R S **10.55** Couples Come Dine with Me R S **11.55** News S **12.00** Steph's Packed Lunch S **2.10** Countdown S **3.00** Sun, Sea and Selling Houses R S **4.00** A Place in the Sun S **5.00** Help! We Bought a Village R S

6.00 THE SIMPSONS Homer takes Fat Tony's place as head of the local Mafia, dragging the rest of the Simpson family into Springfield's criminal underworld. R S

6.30 HOLLYOAKS Goldie's attention is won over by an entertaining stranger out on a stag do. Later, the McQueens are in for a shock when they return home and discover something is missing. R S

7.00 NEWS S

8.00 BILLIONAIRE BLOOMS Paula heads to the Netherlands to hunt for the freshest blooms as she prepares for her friend and fellow wedding planner Hannah's big day. S

9.00 TASKMASTER As the battle continues, Greg Davies and Alex Horne take things up a notch by introducing a pulper to proceedings. Jelly babies also cause friction between the participants. S

10.00 THE CURSE See Choice. S

10.35 THE CURSE See Choice. S

11.10 8 OUT OF 10 CATS DOES COUNTDOWN Jon Richardson and Lucy Beaumont take on Roisin Conaty and Joe Wilkinson in the comedy words-and-numbers game, while Bec Hill joins Susie Dent in Dictionary Corner. Hosted by Jimmy Carr, with Rachel Riley looking after the numbers and letters. R S

12.10 Night Coppers R S **1.05** Mad Women R S

2.00 FILM: Girls Trip (2017, Comedy, 15) Starring Regina Hall, Queen Latifah and Tiffany Haddish. Dir: Malcolm D Lee. S **4.05** Couples Come Dine with Me R S **4.55** Kirstie's House of Craft R S **5.15** Moneybags R S

Virgin Two

7.00 The Kelly Clarkson Show R S **8.00** Tipping Point R S **9.00** The Chase R S **11.00** Who Gets to Stay in Australia R S **12.15** Eggheads S **1.00** Dress to Impress R S **2.00** Who's Doing the Dishes? R S **3.00** The Switch R S **4.00** Tipping Point. Ben Shephard hosts. R S

6.00 THE CHASE Vee, Jimmy, Andy and Jo take on today's Chaser. R S

7.00 LIVE UEFA EUROPA CONFERENCE LEAGUE West Ham United v AZ Alkmaar (Kick-off 8.00pm). Coverage of the semi-final first-leg clash from London Stadium. The Hammers have comfortably defeated AEK Larnaca and Gent in the previous two knockout rounds, while their Dutch opponents have eliminated two of the competition's big names in Lazio and Anderlecht. S

11.00 BUMP R S

11.35 BUMP R S

12.10 Autopsy USA R S **1.05** Love Island South Africa S **2.05** Autopsy USA R S **3.00** Close

Sky Atlantic

6.00 Richard E Grant's Hotel Secrets R S **7.55** The Wire R S **10.05** True Blood R S **12.15** Game of Thrones R S **1.20** Ray Donovan. Drama series. R S **3.25** The Wire R S **5.40** True Blood R S

6.45 TRUE BLOOD Russell Edgington orders Lorena to execute Bill. R S

7.50 GAME OF THRONES Theon Greyjoy stirs his men into action, Daenerys enters the mysterious House of the Undying, and Jon proves his worth to Qhorin Halfhand. R S

9.00 DREAMLAND Trish and Spence win their dream house at auction. Last in the series. S

9.30 BILLIONS Chuck develops a new strategy. Axe considers donating half his net worth to charity. R S

10.35 BILLIONS Chuck has to put his faith in an anxious insider. Drama, starring Paul Giamatti. R S

11.40 GANGS OF LONDON Marian puts the pressure on Sean to uncover Finn's killer. Crime drama, starring Joe Cole. R S

12.50 Boardwalk Empire R S **1.55** The L Word: Generation Q R S **2.55** Game of Thrones. Fantasy drama series. R S **4.05** Richard E Grant's Hotel Secrets R S

Sky Showcase

6.00 The Early Rundown R **7.00** Kay Burley R **8.00** Monkey Life R S **9.00** Nothing to Declare R S **10.00** The Flash R S **11.00** NCIS: New Orleans R S **1.00** Hawaii Five-0 R S **2.00** MacGyver R S **3.00** Portrait Artist of the Year 2019 R S **4.00** Big Cat Country R S **5.00** The Simpsons. Comedy series. R S **5.30** Will & Grace R S

6.00 WILL & GRACE R S

6.30 THE SIMPSONS R S

7.00 THE SIMPSONS R S

7.30 THE SIMPSONS Homer forgets his wedding anniversary. R S

8.00 PAINTING BIRDS WITH JIM AND NANCY MOIR With Edwyn Collins and Grace Maxwell. R

9.00 MICKY FLANAGAN - AN' ANOTHER FING LIVE A stand-up show recorded at London's O2 Arena. R S

11.00 AND JUST LIKE THAT.. R S

11.55 BARRY R

12.35 NCIS: Los Angeles R S **1.30** Road Wars R S **3.00** Hawaii Five-0. Crime drama. R S **4.00** MacGyver R S **5.00** The Early Rundown R

UTV

6.00 News S **9.00** Lorraine S **10.00** This Morning S **12.30** Loose Women S **1.30** News S **1.55** UTV Live S **2.00** Dickinson's Real Deal R S **3.00** Tenable R S **4.00** Tipping Point S **5.00** The Chase S

6.00 UTV LIVE S

6.25 PARTY ELECTION BROADCAST By the Social Democratic and Labour Party. S

6.30 NEWS S

7.30 EMMERDALE S

8.30 FOOD PRICES: HOW HIGH WILL THEY GO? TONIGHT Kate Quilton investigates why food prices are rocketing. S

9.00 I'M A CELEBRITY SOUTH AFRICA The finalists take part in one of the show's most popular challenges, Celebrity Cyclone. S

10.15 NEWS S

10.45 UTV LIVE S

11.00 FILM: FAST & FURIOUS 6 (2013, Adventure, 12) A gang of fugitives reunites to take down a criminal syndicate that is aided by a friend they thought was dead. Starring Vin Diesel, Dwayne Johnson and Michelle Rodriguez. Dir: Justin Lin. S

1.15 Shop: Ideal World **3.00** I'm a Celebrity South Africa R S **4.00** Unwind with ITV S **5.35** Save Money: Lose Weight R S

Cable & Satellite

GENERAL

Virgin Three

7.35am Who's Doing the Dishes? **8.20** Cash Trapped. **9.20** Loose Women. **10.20** Judge Judy. **11.20** Hello Campers. **12.20** Benidorm ER. **1.20** The Royal. **2.20** Emmerdale. **2.50** Coronation Street. **3.50** Nanny 911. **4.45** Heartbeat. **5.50** Agatha Christie's Poirot. **7.55** Heartbeat. David befriends a little girl. Charlotte Church guests. **9.00** Shetland. A discovery at the Hayes house changes the course of the investigation. Drama, starring Douglas Henshall. **10.10** The Holiday. **11.10** Emmerdale.

Virgin More

1.00pm Classic UEFA Champions League. **1.50** Formula E Highlights. **2.45** Formula E: The Recharge. **3.15** Best of u20's Six Nations 2023. **4.05** Classic 6 Nations. **5.00** UEFA Champions League Matchnight Highlights 2022/2023. **5.30** TBA. **10.00** Malpractice. **11.00** Next of Kin. **11.45** TBA.

BBC Four

7.00pm London to Brighton: Side By Side. **7.05** Great Asian Railway Journeys. Michael Portillo is in Singapore on the last leg of his exploration of south-east Asia. **7.35** Ken Dodd's Liverpool Walkabout. A tour of Liverpool with the comedian. **7.45** Ken Dodd: How Ticked We Were. A celebration of the life and work of the comedian. **9.00** Film: The Shawshank Redemption (1994, Drama, 15) Starring Tim Robbins and Morgan Freeman. **11.15** Film: Film Stars Don't Die in Liverpool (2017, Drama, 15)

ITV2

6.00am World's Funniest Videos. **6.35** Totally Bonkers Guinness World Records. **7.00** Secret Crush. **8.00** Dress to Impress. **9.00** Chuck. **10.00** One Tree Hill. **11.00** The O.C. **12.00** I'm a Celebrity South Africa. **1.00** Secret Crush. **2.00** Alan Carr's Epic Gameshow. **3.05** Chuck. **4.00** One Tree Hill. **5.00** I'm a Celebrity South Africa. **6.00** Celebrity Catchphrase. **7.00** Superstore. **8.00** Bob's Burgers. **9.00** Family Guy. **11.30** American Dad!

ITV3

6.00am Classic Emmerdale. **7.05** Classic Coronation Street. **8.10** Never the Twain. **9.20** Wild at Heart. **11.30** Heartbeat. **1.40** Classic Emmerdale. **2.40** Classic Coronation Street. **3.50** Midsomer Murders. **5.55** Heartbeat. **8.00** Vera. The detective investigates a daring robbery at a port. **10.00** Wire in the Blood. Hill investigates a suicide cult.

E4

Noon: Brooklyn Nine-Nine. **1.00** The Big Bang Theory. **3.00** Modern Family. **4.00** Brooklyn Nine-Nine. **5.00** The Big Bang Theory. **7.00** Hollyoaks. Sienna's plan comes crashing down when Leela gets the wrong end of the stick. **7.30** The Big Bang Theory. Penny appears in a musical. **8.00** Teen First Dates. Patrick from Portsmouth, who is 17, is set up on a date with Olly. **9.00** Naked, Alone and Racing to Get Home. Strangers Jenny and Darren take on Mark and Kristian. Last in the series. **10.00** Gogglebox. **11.05** Naked Attraction.

More4

11.05am Find It, Fix It, Flog It. **1.10** Heir Hunters. **3.10** Four in a Bed. **5.50** Come Dine with Me: The Professionals. **6.55** Escape to the Chateau: DIY. **7.55** Grand Designs. A water tower conversion in central London. **9.00** George Clarke's Remarkable Renovations. A couple who bought a huge and cavernous village hall. **10.00** 999: What's Your Emergency? **11.05** 24 Hours in A&E.

Channel 5

9.15am Jeremy Vine. **12.45** Dogs Behaving (Very) Badly. **1.40** News. **1.45** Home and Away. **2.15** Film: Someone Is Watching (2021, Thriller, PG) **4.00** Bargain-Loving Brits in the Sun. **5.00** News. **6.00** Eggheads. **6.55** News. **7.00** Coastal Devon & Cornwall with Michael Portillo. Michael begins this leg of his journey at South Devon's most southerly point. **7.55** News. **8.00** Cape Verde with Jane McDonald. On Cape Verde, Jane explores the unspoilt island of Sal by bike. **8.58** News. **9.00**

Dalgliesh. A doctor is set on fire in the grounds of his family museum. **10.00** Killer at the Crime Scene. **11.05** Cause of Death. Documentary series.

National Geographic

Noon: Wicked Tuna: North v South. **1.00** Family Guns. **2.00** Air Crash Investigation. **3.00** Flooded Tombs of the Nile. **4.00** King Tut In Colour. **5.00** Columbus's Cursed Colony. **6.00** Seconds from Disaster. **7.00** Air Crash Investigation. An engine failure in Qantas Flight 32 in 2010. **8.00** Car S.O.S. Fuzz Townshend and Tim Shaw secretly restore classic vehicles. **9.00** Limitless With Chris Hemsworth. Chris challenges his brain. **10.00** Lawless Island. Documentary. **11.00** World War II: The Apocalypse. **12.00** Air Crash Investigation.

FILMS

TCM Movies

1.30pm The Man from Galveston (1963, Western, U) **2.45** The Outriders (1950, Western, PG) **4.40** The Cowboys (1972, Western, PG) **7.15** Murder, She Said (1961, Mystery, PG) **9.00** War (2007, Thriller, 18) Starring Jet Li. **11.10** Survivor (2015, Thriller, PG)

Film4

12.55pm Distant Drums (1951, Western, U) **3.00** The Yellow Balloon (1953, Drama, PG) **4.40** Von Ryan's Express (1965, Adventure, PG) **7.00** The Addams Family (1991, Comedy, PG) **9.00** Kingsman: The Golden Circle (2017, Adventure, 15) Starring Taron Egerton. **11.45** Red Heat (1988, Thriller, 18)

Sky Cinema Premiere

1.55pm Beast (2022, Drama, 15) **3.45** A Good Person (2023, Drama, 15) **6.10** The Old Way (2023, Western, 15) **8.00** Ticket to Paradise (2022, Comedy, 12) **10.00** Resurrection (2022, Drama, 18) **12.00** As 1.55pm.

Sky Cinema Romantic Comedy

12.45pm My Best Friend's Wedding (1997, 12) **2.40** I Love You Phillip Morris (2009, 15) **4.30** 50 First Dates (2004, 12) **6.20** Down to You (2000, 12) **8.00** Emma (1996, U) With Gwyneth Paltrow. **10.05** Long Story Short (2021, 15) **11.45** Jersey Girl (2004, 12)

Sky Cinema Family

12.20pm Matilda (1996, Fantasy, PG) **2.00** Arthur and the Great Adventure (2009, Fantasy, PG) **4.00** Alvin and the Chipmunks: The Road Chip (2015, Drama, U) **5.35** Furry Vengeance (2010, Comedy, PG) **7.10** Max Winslow and the House of Secrets (2019, Drama, 12) **8.50** Hero Mode (2021, Comedy, 12) Starring Chris Carpenter. **10.25** The Borrowers (1997, Fantasy, U) **12.00** The Host (2013, Sci-Fi, 12)

SPORT

Eurosport 1

11.00am Giro d'Italia: The Breakaway. **11.30** Live Cycling: Giro d'Italia. **4.45** The Power of Sport. **5.15** SailGP. **5.45** Cycling: Paris-Roubaix. **6.00** Climbing World Cup. **7.00** Cycling: Tour of Hungary. **8.00** Cycling: Giro d'Italia. **9.00** Giro d'Italia: The Breakaway. **9.30** Bennetts British Superbikes. **10.30** Bennetts British Superbikes Extra. **11.30** Cycling: Giro d'Italia. **12.30** Giro d'Italia: The Breakaway. **1.00** Cycling: Tour of Hungary.

Sky Sports Main Event

10.30am Live County Championship Cricket. **3.00** Live Indian Premier League. Kolkata Knight Riders v Rajasthan Royals. **7.00** Live Premier League Darts. Live coverage of night 15 from Utilita Arena Sheffield. **10.45** Live PGA Tour Golf. The 2023 AT&T Byron Nelson. **12.00** Sky Sports News.

Sky Sports Premier League

11.00am The Football Show. **12.00** Gary Neville's Soccerbox. **1.00** Premier League Years. **3.00** PL Greatest Games. **4.00** Premier League Best Goals. **5.00** Premier League 100 Club. **6.00** Premier League Legends. **6.30** PL Legends: Paolo Di Canio. **7.00** Premier League - The Big Interview. **7.30** Premier League Stories. **8.00** Premier League Review. **9.00** Premier League - The Big Interview. **9.30** Premier League Stories. **10.00** Premier League Icons. **10.30** PL Retro. **12.30** Premier League Icons. **1.00** Premier League Years.

Friday May 12

NEW SERIES The Chris & Rosie Ramsey Show BBC One, 11.10pm The comedian and his wife return to our screens for the second series of their fun-filled late-night entertainment show. Each episode they will be joined by a revolving door of special guests, who play games and will no doubt be chatting the night away. There's also a chance for members of the public to get involved to help the couple poke fun at relationships, parenting, life and much more.



LAST IN SERIES I'm a Celebrity South Africa Final Virgin Media One, 9.00pm It all comes down to this for the famous faces who were brave – or maybe foolish – enough to come back for another crack at the competition. Ant and Dec welcome us to this finale, in which we will crown the first-ever I'm a Celebrity Legend. It has been a gruelling three weeks, and although they probably just want home to a warm bath, there's still a few bumps in the road ahead.



RTÉ One

6.00 EuroNews 7.20 Teleshopping 7.55 Today R S 9.55 The Ellen DeGeneres Show R S 10.45 Dr Phil S 11.40 The Style Counsellors R S 12.10 Doctors S 12.45 Telly Bingo S 1.00 News S 1.30 Home and Away S 2.00 Shortland Street S 2.30 At Your Service R S 3.00 EastEnders R S 3.30 Today S 5.40 Nuacht 5.55 News Followed by The Angelus R

6.01 NEWS S
7.00 NATIONWIDE S
7.30 FAIR CITY Hayley's efforts to neutralise Aidan lead to unexpected results and Cass inspires Olwen to set off on a new adventure. S
8.00 THE ZOO A look behind the scenes at the daily work of staff at Dublin Zoo. A 23-year-old zebra has caught the attention of the zookeepers. Having shown significant weight loss and trouble eating, she is anaesthetised for examination. When a tooth removal procedure is warranted, the real worrying challenge will be her recovery from the anaesthetic. R S
8.30 YOUNG SHELDON Georgie has an uncomfortable first encounter with Mandy's parents Jim and Audrey, while Sheldon's search for a comic book leads him to a breakthrough. S
9.00 NEWS S
9.35 THE LATE LATE SHOW Ryan Tubridy hosts the show, featuring a mix of celebrity guests, music, interviews and discussions on the stories that have the nation talking. S
11.40 FILM: THE DUCHESS (2008, Drama, 12) An 18th-century duchess enduring a troubled marriage is driven into the arms of a prominent politician. Fact-based drama, starring Keira Knightley and Ralph Fiennes. Dir: Saul Dibb. S

1.40 Nationwide R 2.10 Telly Bingo R S 2.25 Doctors R S 2.55 EuroNews

RTÉ2

11.45 Let's Find Out R S 12.00 Dorg Van Dango R S 12.20 Dennis & Gnasher Unleashed! R 12.35 Will Slaney's Storytellers R S 12.50 Jamie Johnson R S 1.25 Malory Towers R 1.55 Royals Next Door R S 2.10 Ar Mbia Ar Sli R S 2.15 Holly Hobbie 2.40 Ar Mbia Ar Sli R S 2.45 The Strange Chores R S 3.00 Junior Bake Off R S 3.55 Secret Life of Boys R S 4.20 news2day S 4.30 The Simpsons R S 5.00 The Goldbergs R S 5.30 The Big Bang Theory R S

6.00 SHORTLAND STREET Long-running hospital drama set in an accident and emergency ward. S
6.30 HOME AND AWAY Mackenzie is filled with dread when Gabe disappears. R S
7.00 RICK STEIN'S CORNWALL Rick learns about the tale of King Arthur in Tintagel. S
7.35 MICHAEL PALIN: TRAVELS OF A LIFETIME Michael Palin looks back on the making of Pole to Pole, in which he travelled along a single line of longitude across the USSR, Africa and finally into Antarctica. R S
8.30 JOANNA LUMLEY'S GREAT CITIES OF THE WORLD Joanna visits Berlin, including the Festival of Lights, meets an all-female motorcycle club, and witnesses a replica of a western town. Last in the series. R S
9.30 FILM: WEDDING CRASHERS (2005, Comedy, 15) Two party-mad bachelors who gatecrash weddings to pick up women find their lives become complicated when one of them falls in love. Comedy, with Owen Wilson. Dir: David Dobkin. S
11.35 THE BALLYCOTTON SESSIONS Music by Mom and the Rebels, a folk-gospel duo made up of Mayo native Lisa Canny and Maryland-born DeJay Edmund. R S

12.05 Live at the Apollo R S 1.00 Other Voices R S 2.05 EuroNews

Virgin One

6.15 The Six O'Clock Show R S 7.00 Ireland AM S 10.00 This Morning 12.30 News S 1.00 The Chase R S 3.00 Loose Women 4.00 The Greek Islands with Julia Bradbury R 4.30 Judge Judy 5.30 News 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, from consumer affairs to the latest trends, with viewers invited to contribute with pictures, comments, stories and gossip. S
7.00 NEWS S
7.30 EMMERDALE Charity's world crumbles. Mack and Sarah are concerned. Chloe is unnerved. S
8.00 CORONATION STREET Daniel unwittingly hands Ryan's lifeline to an unsuspecting Max, Fiz sets off for her assignment in Norwich. S
8.30 CORONATION STREET Fiz sets off for her assignment in Norwich, and Amy and Summer realise that Aaron is back with his ex. S
9.00 I'M A CELEBRITY SOUTH AFRICA FINAL See Choice. S
10.30 GRACE New. New series. A chilling event at the Royal Edward hotel on the night of Assistant Chief Constable Alison Vosper's leaving do forces Grace and Branson into a difficult position. They must investigate all guests, including high ranking East Sussex police attendees. Something about the incident is causing a deep unease in Grace - he knows he's seen this before. Return of the crime drama, starring John Simm.

12.30 Gogglebox Ireland R 1.30 Gordon, Gino & Fred Go Greek R 2.40 Close

TG4

1.10 Dr Quinn: Medicine Woman R S 2.05 Shark Tank S 3.00 Cúla 4 R 3.02 Baile Beag Draíochtúil Pinocchio R 3.14 Ó a Sheáin R S 3.19 Elmo Anseo R 3.25 Pip and Posy R 3.37 Gailearaí Scú Scú R S 4.00 Cúla 4 R 4.02 That's Joey R 4.13 Taffy R 4.20 Cruthaim R S 4.23 Miraculous: Tales of Ladybug & Cat Noir 4.45 SpongeBob SquarePants S 5.00 Dodo R 5.12 Animal Fanpedia R S 5.25 Lurgan 2K18 R

5.55 DOMHAN AN DÚLRA WILDEST New series. Cameras record otters on the Shetland Islands, observing how they persevere despite their difficult existence there. S
7.00 NUACHT TG4
7.20 GAA BEO Micheál Ó Domhnaill presents coverage of the Leinster Final in the Electric Ireland Minor Hurling Championship (Throw-in TBA). S
9.15 FILM: THE MAN WHO LOVED CAT DANCING (1973, Western, 18) An outlaw traumatised by the rape and murder of his wife discovers his partners in crime have kidnapped a woman, and refuses to allow her to suffer the same fate. They wander the wilderness together, but are pursued by his fellow bandits and a bounty hunter hired by her abusive husband. Western, starring Burt Reynolds, Sarah Miles, Lee J Cobb, Jack Warden and George Hamilton. Dir: Richard C Sarafian. S
11.35 SÉ MO LAOCH A profile of traditional Irish musician, Matt Molloy. The influential flute player shares some of his music and some of the experiences that have shaped his career. R
12.30 BUILLE From Dolans, Limerick, Eve Belle and Cian Mac Cárthaigh introduce performances by Pádraig Jack, TA Narrative and the Riptide Movement.

1.25 CU Burn R 2.00 Nuacht TG4 R 2.20 Hector Anseo R 3.20 Geantraf R 3.50 Scéalta Grá na hÉireann R 4.15 Sé Mo Laoch R 5.10 France 24

BBC One

6.00 News S 9.15 Morning Live S 10.00 Scam Interceptors S 10.45 Maximum Security R S 11.30 Homes Under the Hammer R S 12.15 Bargain Hunt S 1.00 News S 1.30 Regional News S 1.45 Hope Street R S 2.30 Countryfile Diaries R S 3.15 Escape to the Country S 3.45 The Bidding Room R S 4.30 Unbeatable S 5.15 Pointless R S

6.00 NEWS S
6.30 REGIONAL NEWS S
6.55 PARTY ELECTION BROADCAST R S
7.00 THE ONE SHOW AT EUROVISION Alex Jones and Rylan look ahead to the Eurovision Grand Final and pop star Mika meets some of the people behind the biggest Eurovision hits. S
7.30 EUROVISION SONG CONTEST – EVERYONE'S A WINNER See Choice. S
8.30 MASTERCHEF The last quarter-final sees the hopefuls serve up two courses to previous series contenders Ping Coombes, Simon Wood and Claire Fyfe. S
9.00 HAVE I GOT NEWS FOR YOU Diane Morgan hosts, as Desiree Burch and Matt Chorley join in the fun on the satirical current affairs quiz, alongside regular team captains Ian Hislop and Paul Merton. S
9.30 BLACK OPS Frightened and isolated undercover police officers Dom and Kay have Clinton's body to bury. Comedy thriller, starring Gbemisola Ikumelo and Hammed Animashaun. S
10.00 NEWS S
10.30 REGIONAL NEWS S
10.40 BIKES! NW200 Highlights of the 2023 North West 200, with the Supersport and Superstock classes. S
11.20 THE CHRIS & ROSIE RAMSEY SHOW See Choice. S

12.05 FILM: The Monuments Men (2014, Drama, 12) A platoon of soldiers recovers stolen art treasures from the Nazis during the Second World War. Fact-based drama, directed by and starring George Clooney. With Matt Damon. Dir: George Clooney. S 1.55 News S

BBC Two

6.30 Homes Under the Hammer R S 7.30 Clive Myrie's Italian Road Trip R S 8.00 Sign Zone: Gardeners' World R S 9.00 Nicky Campbell S 11.00 News S 12.15 Politics UK 1.00 Impossible R S 1.45 Eggheads R S 2.15 My Million Pound Menu R S 3.15 Wonders of the Universe R S 4.15 The Great British Sewing Bee R S 5.15 Flog It! R S

6.00 RICHARD OSMAN'S HOUSE OF GAMES Sean Fletcher Chris Washington and Kimberly Wyatt take part. R S
6.30 CLIVE MYRIE'S ITALIAN ROAD TRIP Clive makes gelato, and gets a makeover from Florence's most stylish man. S
7.00 IOLO'S BORDERLANDS Iolo Williams explores the borderlands of north-east Wales. S
7.30 BEECHGROVE GARDEN George Anderson trials new blueberry bushes. S
8.00 GARDENERS' WORLD In a special programme from the RHS Malvern Spring Festival, Rachel de Thame and Nick Bailey explore show gardens and discover the newest varieties of plants and flowers. S
9.00 HIDDEN TREASURES OF THE NATIONAL TRUST New. A look at some of the UK's most beautiful and historic homes, and people who are saving the past for all of us, beginning with a profile of Hardwick Hall in Derbyshire. S
10.00 MADE UP IN BELFAST The team celebrate 10 years of BPerfect with a gala. R S
10.30 NEWSNIGHT S
11.05 MOTDX Football discussion presented by Jermaine Jenas. R S
11.35 COLIN FROM ACCOUNTS The Echo Park gang are impressed when Ashley takes charge during a power outage. R S

12.05 Sign Zone: Interior Design Masters with Alan Carr R S 1.05 Inside Taiwan: Standing up to China R S 2.05 Our Changing Planet R S 3.05 This Is BBC Two S

ONE-OFF SPECIAL Eurovision Song Contest – Everyone's a Winner BBC One, 7.30pm Ahead of tomorrow night's extravaganza, Fleur East and a panel of Eurovision super-fans helm this one-off celebration of the 20 most successful Eurovision songs that didn't actually win the competition. They take a deep dive into why these tunes may have global popularity, but didn't quite make it on the night. Contributors include Claire Sweeney and Scott Mills.



Channel 4

6.05 Countdown R S **6.45** Cheers R S **7.35** The King of Queens R S **8.25** Frasier R S **9.55** Find It, Fix It, Flog It R S **10.55** Couples Come Dine with Me R S **11.55** News S **12.00** Steph's Packed Lunch S **2.10** Countdown S **3.00** Sun, Sea and Selling Houses R S **4.00** A Place in the Sun S **5.00** Help! We Bought a Village R S

6.00 THE SIMPSONS Bart discovers a hidden musical talent and quickly becomes an acclaimed jazz drummer – making Lisa envious of his success. With the voices of the White Stripes. R S
6.30 HOLLYOAKS Sienna's plan comes crashing down when Leela gets the wrong end of the stick. Later, the Eurovision party at The Dog proves to be a big hit. R S

7.00 NEWS S
7.30 UNREPORTED WORLD From India, reporter Mandakini Gahlot joins with the government's Leopard Task Force to see how the alarming increase of attacks upon humans by the animals is being addressed. S

8.00 THE BIG INTERIORS BATTLE The remaining five designers take on their first big group challenge as they are given the task of making over the local community cafe and performance space. S

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

10.00 THE LATEISH SHOW WITH MO GILLIGAN The comedian and actor catches up with Rio Ferdinand, Jessie Ware and Jack Whitehall. S
11.05 SEAN LOCK: LOCKPEDIA LIVE The comedian's show at London's Hammersmith Apollo in 2010. R S

12.10 FILM: Carrie (1976, Horror, 18) Horror, based on Stephen King's novel, with Sissy Spacek. Dir: Brian De Palma. S
1.50 Ramsay's Kitchen Nightmares USA R S **2.40** Come Dine with Me R S **4.50** Kirstie's House of Craft R S **5.05** Moneybags R S

Virgin Two

7.00 The Kelly Clarkson Show R S **8.00** Tipping Point R S **9.00** The Chase R S **11.00** Pressure Pad R S **12.00** Cash Trapped R S **1.00** Dress to Impress R S **2.00** Who's Doing the Dishes? R S **3.00** The Switch R S **4.00** Tipping Point R S

6.00 THE CHASE Liam, Lutifah, Marie and Phil take on today's Chaser. R S
7.00 THE CHASE Adam, Jan, Sarah and David compete in the quiz. R S
8.00 THE CHASE FOR SOCCER AID Danny Jones, Martin Bell, Sarah-Jane Mee and Michael Sheen compete. S
9.00 LIVE BELLATOR MMA Coverage of Bellator 296 from Accor Arena in Paris, where the middleweight bout between Gegard Mousasi and Fabian Edwards is the scheduled main event. S

11.30 RUPAUL'S DRAG RACE UK With guests Lulu, Nadine Coyle, and Judi Love. S
1.10 Love Island South Africa S
2.05 Autopsy USA R S **3.00** Close

Sky Atlantic

6.00 Richard E Grant's Hotel Secrets R S **7.55** The Wire R S **10.05** True Blood R S **12.15** Game of Thrones R S **1.25** Ray Donovan R S **3.30** The Wire R S **5.45** True Blood R S

6.50 TRUE BLOOD Sookie re-evaluates her relationship with Bill, Sophie-Anne moves in with Russell, and Jessica resumes her lessons on living in harmony with humanity. R S
7.55 GAME OF THRONES Daenerys arrives in Slaver's Bay looking to form an army. R S

9.00 DER PASS Pressure on the investigation makes Gedeon's health deteriorate. R S
10.00 DER PASS Forced to pursue the case privately, Ellie discovers the identity of the real killer - but also reveals a shocking truth about Gedeon. In German. Last in the series. R S

11.00 YELLOWJACKETS Misty uses her first-aid knowledge to tend to the injured. R S
12.05 Yellowjackets R S **1.10** In Treatment R S **1.40** Treme R S **2.50** Game of Thrones R S **4.00** Richard E Grant's Hotel Secrets R S

Sky Showcase

6.00 The Early Rundown R **7.00** Sky News Breakfast R **8.00** Monkey Life R S **9.00** Nothing to Declare R S **10.00** The Flash R S **11.00** NCIS: New Orleans R S **1.00** Hawaii Five-0 R S **2.00** MacGyver R S **3.00** Portrait Artist of the Year 2019 R S **4.00** Big Cat Country R S **5.00** The Simpsons R S **5.30** Will & Grace R S

6.00 WILL & GRACE Jack's insistence that Will be nicer to Estefan backfires. R S
6.30 THE SIMPSONS R S
7.00 THE SIMPSONS R S
7.30 THE SIMPSONS R S
8.00 AMERICAN AUTO S
8.30 AMERICAN AUTO S
9.00 BEL-AIR Will alienates himself from the basketball team.

10.00 A LEAGUE OF THEIR OWN R S
11.00 THE OOS: CINEMA'S GREATEST DECADE R S
12.00 SEAL Team R S **1.00** The Force: North East R S **2.00** Road Wars R S **3.00** Hawaii Five-0 R S **4.00** MacGyver R S **5.00** Motorway Patrol R S

UTV

6.00 News S **9.00** Lorraine S
10.00 This Morning S **12.30** Loose Women S **1.30** News S **1.55** UTV Live S **2.00** Dickinson's Real Deal R S **3.00** Tenable R S **4.00** Tipping Point S **5.00** The Chase S

6.00 UTV LIVE S
6.25 PARTY ELECTION BROADCAST S
6.30 NEWS S
7.00 UTV LIFE An entertaining and eclectic mix of stories and studio guests. S

7.30 EMMERDALE As Virgin One, 7.30pm. S
8.00 CORONATION STREET Daniel unwittingly hands Ryan's lifeline to an unsuspecting Max. S

9.00 I'M A CELEBRITY SOUTH AFRICA FINAL One of the campmates is about to be crowned the first ever I'm A Celebrity Legend. Ant and Dec reveal which one of them will take the title. Last in the series. S
10.30 NEWS S
11.00 UTV LIVE S
11.20 LOVE YOUR GARDEN Alan and the team transform a garden in West London. R S

12.15 Lough Foyle R S **12.35** Nine Dart Finishes R S **12.40** Shop: Ideal World **3.00** I'm a Celebrity South Africa Final R S **4.10** Unwind with ITV S **5.05** Ainsley's Caribbean Kitchen R S

Cable & Satellite

GENERAL

Virgin Three

7.35am Who's Doing the Dishes? **8.20** Cash Trapped. **9.20** Loose Women. **10.20** Judge Judy. **11.20** Hello Campers. **12.20** Benidorm ER. **1.20** The Royal. **2.20** Emmerdale. **3.20** Paul O'Grady: For the Love of Dogs. **3.50** Nanny 911. **4.50** Heartbeat. **5.55** Agatha Christie's Poirot. **7.55** Heartbeat. Mike reunites an estranged family. **9.00** The Thief, His Wife and the Canoe. John successfully applies for a passport to create a new identity. **10.00** Coronation Street. **11.00** Emmerdale. **11.30** Police Code Zero: Officer Under Attack.

Virgin More

1.35pm Formula E: The Recharge. **2.05** Formula E Highlights. **3.05** Classic UEFA Champions League. **5.45** UEFA Champions League Weekly. **6.15** The Story of Formula E. **6.45** Extreme E Magazine Show. **7.15** Formula E Highlights. Action from the championship. **8.10** Unbeatable. General knowledge quiz, hosted by Jason Manfred. **9.00** Next of Kin. Thriller, starring Archie Panjabi. **9.45** The Real Story Of. The stories behind famous films. **10.35** Impossible Engineering. **11.35** Ready to Mingle. Hosted by Katherine Ryan.

BBC Four

7.00pm Top of the Pops. **9.00** Paul McCartney at the BBC. A compilation of TV appearances from the musician's post-Beatles career. **10.30** The Mersey Sound: Rock Family Trees. **11.20** Everything: The Real Thing Story.

ITV2

6.00am World's Funniest Videos. **6.35** Totally Bonkers Guinness World Records. **7.00** Secret Crush. **8.00** Dress to Impress. **9.00** Chuck. **10.00** One Tree Hill. **11.00** The O.C. **12.00** I'm a Celebrity South Africa. **1.15** Catchphrase. **2.00** Alan Carr's Epic Gameshow. **3.05** Chuck. **4.00** One Tree Hill. **5.00** I'm a Celebrity South Africa. **6.15** Catchphrase. **7.00** Superstore. **8.00** Bob's Burgers. **9.00** Film: Fast & Furious (2009, Thriller, 12) With Vin Diesel and Paul Walker. **11.10** Family Guy.

ITV3

6.00am Classic Emmerdale. **7.05** Classic Coronation Street. **8.10** Never the Twain. **9.20** Wild at Heart. **11.30** Heartbeat. **1.40** Classic Emmerdale. **2.45** Classic Coronation Street. **3.50** Midsomer Murders. **5.55** Heartbeat. **8.00** Doc Martin. Louisa's hippie mother Eleanor (Louise Jameson) arrives in the village. **10.00** Wire in the Blood.

E4

Noon: Brooklyn Nine-Nine. **1.00** The Big Bang Theory. **3.00** Modern Family. **4.00** Brooklyn Nine-Nine. **5.00** The Big Bang Theory. **7.00** Hollyoaks. **7.30** The Big Bang Theory. **8.00** Teen First Dates. Part-time lifeguard Jamie-Lee meets cheeky boxing enthusiast Matthew. **9.00** Film: Minority Report (2002, Sci-Fi, 12) **11.55** Naked Attraction.

More4

11.05am Find It, Fix It, Flog It. **1.10** Heir Hunters. **3.10** Four in a Bed. **5.50** Come Dine with Me: The Professionals. **6.55** Escape to the Chateau: DIY. **7.55** Grand Designs. A disabled Royal Marine builds a specially adapted home. **9.00** Astrid: Murder in Paris. An auctioneer becomes delirious and winds up dead. **10.15** 24 Hours in A&E.

Channel 5

9.15am Jeremy Vine. **12.45** Dogs Behaving (Very) Badly. **1.40** News. **1.45** Home and Away. **2.15** Film: The Gourmet Detective: Roux the Day (2020, Mystery, PG) **4.00** Bargain-Loving Brits in the Sun. **5.00** News. **6.00** Eggheads. **6.55** News. **7.00** World's Most Scenic Railway Journeys. A 500-mile journey across South Africa in a luxury hotel train. **7.58** News. **8.00** Susan Calman's Grand Day Out. New. The comedian and her campervan hit the road for a trip to the Yorkshire valleys. **9.00** Dalgliesh. The detective informs everyone that a second person has died. Last in the series. **10.00** Britain's Favourite 80s Songs. **11.35** Greatest 70s Singer Songwriters.

National Geographic

Noon: Wicked Tuna: North v South. **1.00** Family Guns. **2.00** Air Crash Investigation. **3.00** Egypt's Sun King: Secrets and Treasures. **4.00** Architects of the Ancient World. **5.00** Lost Empire of Easter Island. **6.00** Seconds from Disaster. **7.00** Air Crash Investigation. The reason for the 1989 Kegworth air disaster. **8.00** Airport Security: Peru. Officers arrest a man with cocaine-filled food packages. **9.00** To Catch a Smuggler. CBP Nogales busts a man internally smuggling fentanyl from Mexico. **10.00** Airport Security: Colombia. **11.00** World War II: The Apocalypse. **12.00** Air Crash Investigation.

FILMS

TCM Movies

1.30pm Gun Glory (1957, Western, U) **3.20** The Hanging Tree (1959, Western, PG) **5.35** The Younger Brothers (1949, Western, U) **7.15** Murder at the Gallop (1963, Mystery, U) **9.00** Halloween III: Season of the Witch (1982, Horror, 15) Starring Tom Atkins. **11.05** Exit Wounds (2001, Thriller, 18)

Film4

12.55pm Man of the West (1958, Western, 12) **3.00** Footsteps in the Fog (1955, Thriller, PG) **4.45** The Long Arm (1956, Thriller, U) **6.40** Cutthroat Island (1995, Adventure, PG) **9.00** Flight (2012, Drama, 15) Starring Denzel Washington and Don Cheadle. **11.45** The Incredible Hulk (2008, Adventure, 12)

Sky Cinema Premiere

Noon: Ticket to Paradise (2022, Comedy, 12) **1.50** A Good Person (2023, Drama, 15) **4.00** Nope (2022, Horror, 15) **6.15** As 12noon. **8.00** Dead Shot (2023, Thriller, 15) **10.00** Piggy (2022, Drama, 18) **11.55** Resurrection (2022, Drama, 18)

Sky Cinema Romantic Comedy

12.25pm Down to You (2000, 12) **2.10** Book of Love (2021, 12) **4.10** Emma (1996, U) **6.20** Serendipity (2001, PG) **8.00** Knocked Up (2007, 15) **10.10** Friends with Benefits (2011, 15) **12.05** Just Friends (2005, 12)

Sky Cinema Family

12.25pm Max Winslow and the House of Secrets (2019, Drama, 12) **2.15** Furry Vengeance (2010, Comedy, PG) **4.00** Smurfs: The Lost Village (2017, Animation, U) **5.45** Sonic the Hedgehog 2 (2022, Adventure, PG) **8.00** Blueback (2022, Drama, PG) **10.00** Wickensburg (2022, Adventure, PG) **11.55** First Knight (1995, Adventure, PG)

SPORT

Eurosport 1

10.00am Live Cycling: Giro d'Italia. **4.45** Live Mountain Biking. The World Cup meeting from Nove Mesto in the Czech Republic. **5.40** Live Mountain Biking. The World Cup meeting from Nove Mesto in the Czech Republic. **6.30** The Power of Sport. **7.00** Cycling: Tour of Hungary. **8.00** Cycling: Giro d'Italia. **9.00** Giro d'Italia: The Breakaway. **9.30** Rally Raid. **10.30** Mountain Biking. **11.30** Cycling: Giro d'Italia. **12.30** Giro d'Italia: The Breakaway. **1.00** Cycling: Tour of Hungary.

Sky Sports Main Event

11.00am Live County Championship Cricket. **3.00** Live Indian Premier League. Mumbai Indians v Gujarat Titans. **7.00** Sky Sports News. **7.30** Live EFL. Live coverage of a League One semi-final first-leg tie (Kick-off 8.00pm). **10.30** Live PGA Tour Golf. The 2023 AT&T Byron Nelson. Further live coverage from TPC Craig Ranch, in McKinney, Texas. **12.00** Sky Sports News. **12.30** Live NBA Basketball.

Sky Sports Premier League

11.00am The Football Show. **1.00** Total Football. **2.00** Total Football. **3.00** Total Football. Get the definitive take from the managers and players themselves. **4.00** Total Football. **5.00** Premier League 100 Club. **6.00** Premier League Legends. **7.00** Premier League Preview. **7.30** Premier League – The Big Interview. **8.00** Gary Neville's Soccerbox. **9.00** Premier League Preview. **9.30** Premier League – The Big Interview. **10.00** Premier League Icons. **10.30** PL Retro. **12.30** Premier League Icons. **1.00** Premier League Years.



Buy right, buy once: get the perfect trousers for your shape



Clothing that's cut well will boost both your body shape and your confidence say Vanessa and Annaoliva Durigon, co-founders of Shapemoda trousers brand

"They are the **TO GO TROUSERS**. The ones that can be worn on every occasion" "You are buying a pair of trousers that dresses your body shape. You save money in the long run because buying better quality trousers means they last longer than the cheaper alternatives." "Comfort and being well-dressed should always go hand in hand. One should not exclude the other" **BUY ONCE AND BUY RIGHT** We are all feeling that economic pinch, something that makes us really careful about what we are spending. And when we need to buy a new pair of trousers, most of us have started to set a clear goal of choosing quality instead of quantity. We are two Italian sisters, we do really believe in quality cuts. So much so that we based our entire business idea on clothing made with quality fabric and cuts that dress for the five MAJOR female body shapes. The right pair of trousers that dresses your body shape can boost your confidence levels, give the look that best compliments your shape, and in the long run save you a lot of money buying the wrong fit. My sister Annaoliva and I (Vanessa) came up with a fashion idea – making clothing for the body shape and not just for size and style. The mistake most high street shops make is that they believe that one style in various sizes suits all. This is not the case. Size and shape are two totally different things. What determines a great look is never about size and always about shape and balancing that shape. Annaoliva and I decided to end the tyranny of standardised clothes sizes that are, quite literally, not fit for purpose. So what most of us end up doing is to buy a lots of different things that really do not fit us properly and end up staying insisted in our wardrobes for a long time. Dressing for your body shape is the best solution for both your confidence and your wallet. After conducting a street surveys in Ireland we found that 42% of women have an

hourglass body shape, with hips and shoulders of a similar width and a visible waist. The second most typical shape was apple-shaped woman, with a round waistline, slim legs and a small bottom. The third most typical form was a Pear-shaped, women with a defined waist and wider hips. Then the Candle-shaped women have shoulders, waist and hips of the same dimension. At last, the fifth body type a Strawberry-shaped woman, with larger shoulders, athletic body and well-defined legs. We then designed trousers that contour the body, creating a level of customisation that accentuate the positive aspects of each shape shape. Shapemoda bestselling trousers are the the slim legs and they cost €115. The straight legs (cost €149) is a new addition because almost all our clients were asking for another option but with pockets. The trousers are of high quality. We designed them in Ireland, found a very good company in Milan where we source our fabric and a company in Treviso to make them. Their textile is a jersey made with elastane and Lycra®, so whilst looking dressy, they also feel super comfy and drape beautifully. "We know good fabric. These can wash at 40 degrees and there is no ironing or tumble drying required. You can wear them two or three times a week and throw them in the wash, and they don't lose their shape or their colour for years," is what I tell to our clients. Our customers tend to go down a size. That's because we have taken away fabric inches from where they are not needed and redrawn the standard pattern to suit each shape in question. Hip size, bottom size and leg size all need to be factored in. The result is simply extraordinary because the one who buys right for their body shape and fit becomes very happy with their one-time shopping experience. Shapemoda trousers come in a variety of colours: classic blu, taupe and green. Not only each garment fits well,



Italian sisters Vanessa and Annaoliva Durigon set up their fashion business Shapemoda in Skerries, north Co Dublin, in 2018.

but these wardrobe staples are a great money saving solution in the long term, offering sharp dressed, form fitting but comfortable every occasion-wear. Annaoliva reminds me that Shapemoda trousers are versatile. "If a woman is going to work, they work with flat shoes and at night you can put on a high heels for dinner or cocktails. They also look great with a lovely pair of summery opened toed boots." The business is on-line and features a quick questionnaire that enables you to establish in seconds which body shape you are.

Do you want to buy exactly the RIGHT fit for your body shape?

Go to shapemoda.com

THE IRISH TIMES
Magazine

Saturday, November 5, 2022

Winter wonderland Conor Pope and family travel to the North Pole

Winter warmth How to stay warm outdoors by those in the know

I was quite young, I was seven or eight

The first time that I ever was exposed to something like that I was really, really young

TEENAGERS TALK PORNOGRAPHY

PATRICK FREYNE MEETS STUDENTS TO TALK ABOUT PORN, RELATIONSHIPS AND SEXUAL EXPECTATIONS

It's free and it's literally everywhere

How violent it seemed

It makes sex quite scary for women

I was really worried about getting into any sort of relationship

It's always about sexualizing women

WHEN I FIRST GOT AN IPAD, I THINK I WAS 9 OR 10, EVEN THE LEGAL GAMES YOU USED TO GET HAD ADS WITH CARTOONS OF SIMULATED SEX

WIN

A spectacular year-long
wine experience with
The K Club worth over

€10,000



Are you an amateur wine aficionado? A secret sommelier? A closet connoisseur? An undercover oenophile?

The Irish Times Food & Drink team is delighted to celebrate ten years of Food Month this November. Nominate a wine-lover in your life to play a part in The K Club's wine team for 2023. The lucky winner will get to spend time with The K Club's Sommelier, Lisa O'Doherty, shadowing her at a wine tasting, and will also have the pleasure of visiting Château Magnol, the vineyard of renowned wine-makers Barton & Guestier in France.

Enter now at irishtimes.com/kclub



Where does the best carvery in Ireland? I'll find it, even if it kills me

Emer McLysaght



For years I've laboured under the assumption that those marrowfat peas that require overnight soakage had gone the way of the dodo. The Saturday night ritual of dumping the whole bag into some water with their little Solpadeine disc of bicarbonate of soda gave way to many Sunday childhood servings of mushy peas along with the roast dinner. Imagine my surprise then when I discovered that while mushy pea technology has evolved to include "no-soak" and tinned varieties, there are still bags complete with bicarb tablets available in supermarkets for those who want to indulge.

I was told recently that mushy peas have "no place" in a carvery dinner. People have emphatic views about carvery dinners, and I had better get used to those views as I've recently embarked on a labour of love: a podcast series about Sunday roasts which I'm co-hosting with my friend and fellow beef joint enthusiast Esther O'Moore Donohue.

It used to be that handing out business cards was the appropriate way to network and socialise. Then it was email addresses and social media handles. Now it's "do you have a podcast?" and a polite promise to subscribe no matter the worryingly niche subject matter. My niche subject matter is the pub Sunday roast, and the intended audience is anyone with a deep appreciation of a roast potato, who gets a contact high from the steamy glass of a carvery bain-marie.

As a fat woman I've had to come to terms with the cognitive struggle of being public about consuming and enjoying food. My instinct is to make myself smaller and hide away and not remind people that I, like everyone else, need calories to survive. We're only ever one or two news cycles away from discourse around the "obesity epidemic" or whether or not it's okay for Taylor Swift to use the word "fat" in a negative context in a music video. "It's okay for Taylor to say it," the think pieces go, "because she's suffered from an eating disorder." Fat people suffer from eating disorders too while being constantly reminded that their peers in the relentless battle with food are free to acknowledge that being fat is the absolute worst thing imaginable.

I was fresh out of two months in inpatient eating disorder treatment when Esther and I sowed the seeds of the podcast. We waited patiently through the pandemic for pubs and restaurants to open, and I fought against the constantly tormenting voices in my head that tell me to



As a fat woman I've had to come to terms with the cognitive struggle of being public about consuming and enjoying food

either eat everything or nothing. The carvery dinners around Dublin we've been sampling for the podcast have been helpful in putting some structure on my meals for that day.

I've been determined not to let any diet culture chat leak into our in-depth investigations on the perfect shape for a boiled carrot – disc or baton – or the ranking of potato styles in order of importance on the plate – Esther is a roast girl for life, while I would argue that mash and roasties share top billing.

I've discovered that stuffing is important to me in a roast dinner, possibly as a result of my mother's proficiency in both a wet and a dry stuffing. The wet is a stunning meat loaf-esque concoction involving Superquinn sausage meat, while the dry is a breadcrumbs-and-Paxo number involving HP Brown Sauce and just enough melted butter to ensure that it isn't all that dry after all.

Of all the roasts we've sampled so far, only one had mushy peas as an option, and two offered Yorkshire puddings. Cabbage seems ubiquitous, while chips as a cheeky side are not unusual. Mass-produced roast potatoes tend to have a lot of give in the outer shell. We've yet to come across a truly crispy one. We plan to sample ten roasts in all, with episodes bringing us right up to Christmas Day. Dublin carvery venues like The Yacht in Clontarf and The Morgue in Templeogue are on our list, and we're hoping to venture out to The Poin Stail in Rathcoole and The Coachmans by the airport. With any luck, our tens of listeners will balloon enough to allow us to bring our show on the road to sample the roasts of Ireland.

Everyone I've spoken to so far about my carvery journey has lit up in the face at the opportunity to wax lyrical about meat and two veg. There's obviously a national conversation bubbling underneath the surface as we all strive to load the perfect fork, accompanied by the one true acceptable carvery drink: a pint of Miwadi, or as the Scots call it, "dilutin' juice".

The UK has a restaurant chain dedicated to roasts with more than 150 Toby Carverys across England, Wales and Scotland. God willing Esther and I will have the chance to take the podcast international, and see if a dedicated carvery joint raises the stakes too high. They'd want to be some fairly crispy roast potatoes. ●

Emer and Esther's Sunday Roast is available wherever you get your podcasts

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18 Inside access Ireland's best wheelchair-friendly bars and restaurants



30 Best face forward Caroline Hirons – the most influential woman in skincare

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Lyra

The award-winning documentary about Lyra McKee, in cinemas now

The Smithfield Sessions

Music in Smithfield Square in Dublin next weekend

Duvet jackets

WHAT'S HOT

The Frankie Shop phenomenon is going nowhere

Phone-free shows

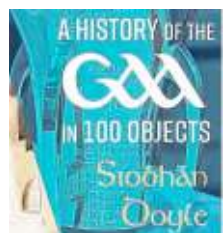
As demonstrated by Bob Dylan at the 3Arena

Winter juice

Get the vitamins in to up your winter defences, and load them with cold press turmeric and ginger

TÁR style

The crisp shirt and suit-filled Cate Blanchett film will be a big force in tailoring inspiration



A History of the GAA in 100 Objects

Siobhán Doyle's new book

Ciara Makes Things

Wonderful prints, pins, totes and scarves from this Dublin-based artist: ciaramakesthings.com

Dingle Distillery International Film Festival

Running November 11th to 13th

The Menu

There has been an abundance of food-related television and film recently, but this might skewer it all

Extended nightclub hours

Now the only thing we need is the nightclubs

Taza

The Pakistani restaurant is opening a new location in Raheny in Dublin



Sweater vests

Especially COS mohair ones

Festive organising It's never too soon to know what to go to and what to miss

We Love...



Cosy cashmere

▲ A new generation of Monaghans is continuing the family's long association with this luxury fibre. Suzie Monaghan now runs the business in Dublin founded by her father Tom in 1960. Pictures of the current collection are modelled by Tom's grandchildren on the family stud farm in Kildare; new arrivals include cropped cardigans in various colours and lots of Christmas gift accessories like hot water bottles, snoods, scarves and hats, all designed to keep a body warm this winter. monaghan-scashmere.ie

DEIRDRE McQUILLAN

Animal magic

► You never know when you might need a greeting card or two up your sleeve. Even better when they're homemade, by your adorable children, or even yourself. Liberties Papers, home of all things cut-and-fold, have a new Wild and Wonderful Animals kit, stuffed full of (templates for) groovy giraffes, lovely lions and especially enticing elephants. If you want to stick some tinsel or glitter on it for Christmas greetings, who are we to judge? Let imaginations range free. Also includes cool paper, glue, cards and envelopes. Just add scissors. €19.95, libertiespapers.ie

GEMMA TIPTON



Keep the home candle burning

► The people at Green Dot in Clonakilty have been having thoughts of home. Their Little House candleholder is made on site in West Cork, with €5 from every sale going to Focus Ireland to support their work to help people who are homeless, or at risk of becoming so. The little cottage-shaped ceramic makes a lovely gift and it's in a very good cause, so you probably need to purchase a pair – at least. €15, greendotdesignshop.com

GEMMA TIPTON



Triple dipping

▲ Husband and wife duo Ed and Tara Hammond have collaborated with John Ryan Ceramics to create the Slated Dip Dish: three beautiful bowls hand thrown in Sligo by Ryan, which are dishwasher-friendly and oven-proof, atop a platter hand cut from slate with a

150-year-old slaters knife passed down through the generations in the Hammond family, master slate craftsmen who have roofed some of Ireland's most iconic buildings. €65 from slated.ie.

FILOMENA KAGUAKO

Worth leaving home for

► As the Leaves Festival's first writer in residence, Booker-shortlisted author Claire Keegan will be in conversation with novelist and broadcaster Edel Coffey in Co Laois this week, with more workshops in schools, libraries and the prison. There'll also be screenings of *An Cailín Ciúin*, the award-winning film based on her story *Foster*, as well as public talks with Laois natives poet Pat Boran and chef Rory O'Connell, and live music and poetry to beat the band. November 9th-12th, leavesfestival.ie



Seán Moncrieff

Twitter has a consistent ability to reveal people at their absolute worst



This is a facetious hypothetical. Deliberately so. I don't want my Twitter timeline filled with people giving out to me. Let's say a gameshow host is asked what they think about daylight saving. The answer consists of 10 sentences, uttered in a moderate tone of voice. These sentences can be full of nuance, or they can be ill-thought-out tripe; that doesn't matter. What matters is that their opinion will be boiled down to a headline: "Furious gameshow host slams clocks going backwards."

A link to the story will be posted on Twitter, and seconds later people will start reacting to it. In many cases, they won't be reacting to the original 10 sentences, but to the headline. In many cases, they will be people who have been arguing about daylight saving for many years, in the course of which they have been subject to all sorts of vile abuse: even threats of physical harm, rape or death. For them, it's not just about the issue, but how the other side conduct themselves. Those in favour of dumping daylight saving will regard the gameshow host as defending them against the invective they have endured; those who want to retain it will now see the gameshow host as having endorsed the use of threats.

The bewildered gameshow host's timeline will fill up with praise from some and condemnation from others. It may well include abuse and threats.

“

But that's Twitter. It's designed to promote gut reactions in the shortest number of characters

The gameshow host has the choice of deleting their Twitter account (generating more headlines) or embarking on the protracted process of reporting the abusive tweets. None of this will have changed their mind about the issue of daylight saving: more likely, it will bring them to regret ever having said anything about it in the first place. From expressing what they thought was a reasonable opinion, they are now being depicted as someone who supports rape.

But that's Twitter. It's designed to promote gut reactions in the shortest number of characters. Every issue, no matter how complex, is boiled down to a series of competing declarations and the near-irresistible lure of turning any debate into a screaming match. I've been on Twitter for 13 years and I've always found it to be like that.

In fairness, not just that: Twitter can also be funny and friendly and informative. It can be a place of kindness, and there are many accounts genuinely aimed at making their part of the world a better place. People will have different experiences. For me, it's professionally useful.

It's just the sales pitch of Twitter being a benign digital town square: a bit like ancient Athens, with philosophers gathering to interrogate the nature of existence; Twitter was never like that, and to give my hot take, never will be like that.

When Elon Musk finally took over the company, American Twitter had a largely predictable range of reactions: people on the left threatening to leave, others arguing that they should stay and fight. Supporters of Musk were of course delighted. But not because they had thrown off the shackles of Big Brother censorship: not withstanding some of the high-profile examples, Twitter's "moderation" has always been extremely light touch. Their delight stemmed from the fact that this would wind up liberals. And in that, they have a far better understanding of how political "debate" on Twitter works. The aim isn't to change hearts and minds, but simply to antagonise the enemy. It's a football match, with the competing supporters chanting at each other.

I could be wrong. It's possible that the richest man in the world will come up with an algorithm to transform Twitter into a place that fosters mutual respect. But what he can't change is human nature. The most disturbing aspect of Twitter has been its consistent ability to reveal people at their absolute worst: craven, spiteful, festering in hate. It's only off-line that you can try to fix that. ●

‘There’s no room for vegetarianism in schools rugby. End of conversation’

Ross O’Carroll-Kelly

Anyone who follows the Letters to the Editor page in this newspaper will be aware of my old man’s thoughts on the subject of girls slash women playing rugby. According to him, it’s one of those activities from which they should be not only excluded but banned by law, along with driving cars, playing golf, flying airplanes, working out, drinking spirits, going to saunas and handling cash amounts over €100. Which is why it’s a pretty much a miracle that I’ve turned out to be such an open-minded dude – except when it comes to the one about airplanes.

When it comes to rugby and the old deadlier of the species, I bought into the idea very early on. But the First Year girls I’ve ended up coaching at Castlerock College have got me suddenly asking myself did I do the right thing in being so encouraging of it?

Yeah, no, we’ve just lost our second match on the trot, this time to – I can barely even type the words – Newpork Comprehensive. Obviously, I don’t need to point out that Newpork is not a rugby school, yet they managed to beat us by 30-something points.

The following day, I gather the girls together on the main pitch and I let them have it – we’re talking, like, *both* barrels?

I’m like, “Newpork is famous for, I don’t know, kids with pierced lips and eyebrows who call their parents by their first names. They don’t even *care* about rugby. I don’t think it’s going too far to say that you’ve disgraced not only yourselves but the name of this great school.”

Oh, that grabs their attention. I hear one or two of them mutter that I’m a knob, but I can live with that – I’ve got a teenage daughter at home – as long as I get the reaction I’m looking for out of them. I’m there, “We are not playing any more rugby matches until I think we’ve got a chance of winning one.”

A voice suddenly pipes up: “Er, I thought that rugby was supposed to be, like, *fun*?”

I’m like, “Who said that?”

“I did,” a girl goes, putting her hand up

– no shame at all.

I’m like, “Get lost. Right now. I don’t want you here – not with that attitude.”

Off she goes, which is a genuine shame, because she was our best player against Newpork – the only decent one we had, in fact. But I’m laying down a definite, definite marker here.

I’m there, “If you want to play for this school, you will do things my way,” and as I’m talking, I start handing out the exercise and diet sheets that I paid Honor five hundred snots to type up and print out.

“What the fuck is this?” one of the girls goes – honestly, their attitude stinks.

I’m there, “Page one is your rugby workout plan. It’s the exact same strength and conditioning programme that made me the player I could so easily have been. It contains exercises that resemble the movement patterns in rugby with an emphasis on improving your strength and power. For strength, you’ll see, I’ve put down squats, deadlifts, bench presses, sled sprinting, lunges and step-ups. For power, we’re talking medicine ball squat throws, explosive press-ups, box jumps and borbell curls.”

They’re just, like, staring at their



Newpork is famous for, I don’t know, kids with pierced lips and eyebrows who call their parents by their first names. They don’t even care about rugby

sheets with their mouths wide open. Serves them right. I mean, Newpork? Give me a fucking break.

I’m there, “We also need to get your diet right,” and I’m genuinely loving the way my voice sounds as I’m talking. “Go home and tell your old dears that this is what you eat now – a high protein, moderate fat and moderate-to-high carbohydrate diet that will give you the strength and energy to deal with the training volume required to achieve your performance goals.”

“I hate eggs,” one of the girls goes.

I’m there, “Well, you better learn to like them.”

“I can’t eat chicken,” another one of them goes. “We’re vegetarians in our house.”

I’m like, “You can get lost as well then. Go on – beat it,” and off *she* pops too. “There’s no room for vegetarianism in schools rugby. End of conversation.”

The girls are muttering among themselves again, no doubt taken aback by my hord words and I daresay the number of corbs I’ve recommended on the diet sheet. And that’s when Fionn just so happens to walk over to where we’re standing in a huddle. It turns out that he’s been listening to everything.

“Ross, can I have a word?” he goes, pulling me to one side.

I’m like, “Dude, call me Coach in front of the team, will you? I’m not comfortable with this first names thing. People get too familiar and they start taking the piss.”

“I think you’re being a little hord on them.”

“Then you can fuck off as well.”

“You can’t tell me to fuck off. I’m the principal.”

“So what’s your point?”

“Meal plans? Workout programmes? I mean, what’s next, are you going to put them on creatine?”

“Oh, that’s not a bad idea. Would that be expensable?”

“Ross, I’m saying it’s all a bit over the top. These girls are only 12 and 13 years old.”



“Dude, we lost to Newpork. And to Sion Hill.”

“Sion Hill have a very good team this year.”

“I’m going to pretend I didn’t hear that.”

He’s there, “Ross, it’s my job to ensure that the students of this school –”

“They’re not students,” I go. “They’re athletes,” and he has no answer to that because I’m quoting Father Fehily, his mentor and mine.

I’m there, “Dude, you asked me to be the coach and director of rugby at this school, didn’t you?”

He’s like, “Yes, I did.”

“Then let me do my job.”

“I’m just saying that rugby is supposed to be –”

“Do not say the word fun, Dude, because I don’t think it would be good for these girls to see their principal being decked in front of their eyes.”

“Ross, there’s going to be trouble over this.”

“Dude, I’m a proven winner, everywhere I’ve been.”

“I’m saying the parents aren’t going to be happy.”

“Tell them to come and talk to me.”

“Oh, I will, Ross. I definitely will.” ●



Listen to Ross O’Carroll-Kelly read his column at irishtimes.com/podcasts



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What I Do



The Ukrainian drummer playing gigs around Ireland

When Mark Kosinsky was just one year old he became a refugee when his family lost their home during the war in Donbas

Nine-year-old drummer Mark Kosinsky is from Berdyansk in south-eastern Ukraine. From the age of two or three, he started drumming with whatever he could get his hands on; bowls, tables, cups, spoons and even cans of baby food became his instruments. “I don’t know why I started drumming,” says Mark, whose father Dmitry is a professional musician and music teach-

er. “I just started with a bowl and paintbrushes, and drummed on it.”

From the time Mark was five, during the summer months, his dad would load the drums into the car and Mark would busk on the streets of the city of Berdyansk. “I would play with backing tracks and people would put money into the bag,” he says. Through busking and playing shows in Ukraine, he was able to buy himself two drum kits and continue learning his craft.

Mark and his family immediately fled Ukraine in late February as the war erupted. With his mother, father, two sisters, and his brother, he travelled by car from Ukraine to Slovakia, followed by Poland. This was not the family’s first experience of displacement. When Mark was one year old, he became a refugee for

the first time when his family lost their home in the Donetsk region during the war in Donbas.

His parents made the decision to travel to Ireland from France by ferry after a stay in a church in Germany. They slept in hotels, on mattresses, and with strangers on their long journey, before landing in Ireland in March. “We come to this hotel in Co Cavan and people give to us a room with three single beds and one double bed,” Mark says. “When we started to live here, the food was delicious because often it was fries. I feel good here.”

Mark and his family lived in the hotel in Virginia for five months. As the family took only clothes and money with them as they fled, Mark had to leave his drum kits behind in Ukraine, but he didn’t stop drumming, using anything to tap out a rhythm, even the edge of the bed in his friend’s bedroom. He was gifted a small electronic drum kit while living in the hotel, and more recently, a fundraiser helped Mark’s parents to buy another small acoustic drum kit, which he is building up with the right equipment. He has also started lessons with a drum teacher.

His favourite song to practise at the moment is the 1980s classic, Never

Nine-year-old drummer Mark Kosinsky travelled to Ireland with his family after the war broke out in Ukraine. He continues to perform at festivals and events in Ireland.

Photograph: Enda O’Dowd

Gonna Give You Up, by Rick Astley. Since arriving in Ireland, Mark has played drum solos at the Liberties Festival in Dublin, the Letterkenny Blues and Roots Festival, and other festivals and events in Sligo and Mullingar. He has his own YouTube channel, is learning to play the bass, and says he would love to be part of a punk or pop band when he is older.

The family have lived in a house in Monaghan since August, and are expecting a new baby in December. They are happy in Ireland, they say, and hope to stay, as they no longer have a home in Ukraine. They see a future here. ●

In conversation with Geraldine Walsh



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You get slagged about it if you watch but you get slagged if you don't watch it as well

Not being taught about it, you aren't able to guard yourself from it, you're letting your brain get damaged

I was obsessed with the Harry Potter movies. So I looked up the cast I was looking at Daniel Radcliffe. And then something popped up: See Daniel Radcliffe naked.

TEENAGER

PORNO

i'd think guys were expecting girls to do everything in porn and expecting us to look like the girls in porn

I didn't understand that nearly all my friends had watched porn for pleasure... Before that you thought it was just you.

When we came out, everyone had a completely different mindset on porn

Four years ago, 'choking' didn't come up, but now it comes up in every single class

It kind of makes you feel like you're only there for the man," "like you have to be submissive. It makes sex quite scary for women.

I felt like a lot of the guys wanted to have aggressive sex or for you to be submissive,"

But then when you talk to them, you realise that they don't want that, they just want to have loving sex.

It was really eye opening to see that they actually didn't want to be like the guys in porn.

LET'S TALK PORNOGRAPHY

Children are accessing porn online as young as eight, but it's a subject largely ignored in Irish schools. A pioneering transition year programme is encouraging students to talk about the impact of porn on their lives, relationships and sexual expectations

ILLUSTRATIONS: ANGELO McGRATH

Patrick Freyne

In Eoghan Cleary's wellbeing class in Temple Carrig School in Greystones, a group of transition year students are writing up the sexual expectations they think society has for their own gender. This is part of the Let's Get Real Programme on media, popular culture and pornography, devised by the Dublin Rape Crisis Centre.

Earlier Cleary showed them four television ads for perfume and fast food, to demonstrate how the wider culture is bombarding them with gendered and sexualised imagery from a young age. (He asks them: "What is the ad showing? What is the ad selling? What is the ad teaching men? What is the ad teaching women? How does this ad make me feel?")

"Targeted and self-conscious," says one girl to the latter question.)

It's early on in the process so the students are still a bit shy, but that changes as the course progresses.

"What is expected of your gender?" he asks one group of teenage boys.

"I think dominance," says one boy, speaking for the group.

"How do you feel you're expected to show dominance?"

He looks down at the page. "We've written: Aggressive. Strong. Muscular and in control. Taking charge and making decisions."

When the girls' group is asked what they think is expected of their gender, a girl reads: "Be innocent and submissive but know what you're doing at the same time."

Another girl says, "Be hairless from the head down." There's a lot about body image.

Amid the sexual expectations, the words "slapping" and "choking" appear. As does a quote, apparently from controversial social media personality Andrew Tate: "Slap, slap, shut-up" ♦♦

❖ bitch.”

“Four years ago, ‘choking’ didn’t come up,” Cleary tells me later, “But now it comes up in every single class.”

All of the suggestions come from the students. Cleary is very careful not to bring in anything that they don’t introduce themselves.

After a while he says: “Are your parents the ones teaching you these things? Are teachers teaching you these things?”

They shake their heads. “Where’s it coming from?”

Several voices say: “Porn.”

Cleary is officially an English teacher.

Five years ago in class, some of the boys espoused some misogynistic ideas and the girls began “actively responding to and rejecting those ideas. It was

providing great debate in my English class but was also giving an insight into embedded beliefs that some of the guys had that were just totally not based in reality.”

He started a gender studies class as part of the TY wellbeing course. In the context of some of the attitudes he encountered, he asked, like today:

“Who’s teaching you this?” There was a long silence. Eventually someone said, “It’s porn, sir.” Cleary sighs. “They gauged my response so closely and when they realised they could talk about it, that’s all we did for the rest of the class.”

At around the same time, he got a disclosure from a student about a sexual assault. He engaged all the support he could for her. At one point he asked her what else she’d like him to do. “And she said, crying, ‘Just teach us about it – this is happening to more people than me... Nobody’s teaching that it isn’t appropriate.’”

He began to focus more in the class on consent, pornography and media literacy. Subsequently he got in touch with the Dublin Rape Crisis Centre and learned that it was working on the same things. The school now uses its BodyRight programme to teach consent and awareness of sexual violence to third years (within the SPHE hours), and its Let’s Get Real programme to discuss media literacy and pornography with TY students. Parents are supportive, he says. “I send something home at the beginning of every year with a list of the topics that we’re going to cover, so that if parents want to know what their child is discussing in school that week, they can continue the conversation at home.”

He has no strong opinions about porn use for adults. For him, this is about children and teenagers seeing things for which they have no safe context. He feels that most kids have been abandoned to their always-on smartphones and that

adults, largely through ignorance, haven’t been giving them the guidance that they need. He has invited me to Temple Carrig to see what they do, and to talk to some students who’ve previously done these courses.

Firstly, I meet a group of teenage boys from fifth year who’ve taken both the Let’s Get Real and BodyRight courses, and are happy to talk about it.

How did they feel about doing this course at the start? They laugh. “At first I was a bit uncomfortable,” says a boy named Neil.

“I remember you in class... ‘Why do we have to do this?’,” says Eoghan Cleary.

“But hearing other people in the class talk about this stuff made me feel like it’s all right to talk about this stuff,” says Neil.

Did they ever talk about these things with each other?

“We might have joked about it,” says Jordan.

“You didn’t delve into it too much.”

“You get slagged about it if you watch [porn], but you get slagged if you don’t watch it as well,” says Cillian. “But I didn’t

understand that nearly all my friends had watched

porn for pleasure... Before that you thought it was just you.”

When did they first see something inappropriate on the internet?

“I was quite young,” says Neil. “I was seven or eight and it was quite upsetting. I was at a friend’s house and I was shown it. And I remember we got in trouble. It made me think: ‘this is really bad’ and I couldn’t stop thinking of it. It created this fear.”

“The first time I saw it we got given out to too, but I just didn’t understand it,” says Liam. “I was just over at a friend’s house and he showed me this picture. And you saw it and thought that’s weird. I’m not touching that. It seemed so wrong to me. I was about nine.”

Did parents or teachers ever talk to them about this sort of thing before? “Sex education,” says Neil, “was a bit more straightforward. ‘This is sex. This is what happens with sex. Porn is bad’. But in Mr Cleary’s class we actually got to look into it. We actually got to go ‘Oh, this is how porn affects your mind’.”

What was different about this? “It was a conversation,” says Jordan. “And it was about the experience of sharing stuff. So it wasn’t just about getting the information taught.”

Did they feel a sense of relief that it was being discussed?

Everyone nods vigorously. “100 per cent,” says Jordan.

“In the class Mr Cleary made it feel like a safe space,” says Cillian. “He set rules at the start of the class and it really made me feel like what was said in the classroom didn’t leave it. When you’re talking about something so seriously, you start enjoying it.”

“We could trust Mr Cleary,” says Neil. “We feel free to talk about stuff around Mr Cleary and not feel like he’s judging us. It was nice to have that.”

Was it important that it was a mixed group with boys and girls?

“Definitely,” says Jordan. “Having an open discussion with both genders really made it feel more shared.”

“Hearing some of the stories that the girls were telling about being catcalled and stuff,” says Neil. “I’d seen catcalling happening and I didn’t think it was a big deal but hearing how they felt was an eye-opener for me. I didn’t understand that girls felt that uncomfortable in those scenarios... And it really opened up my mind to think about it.”

Do they think the messaging that they were getting from social media and pornography could affect how they saw girls and women?

“Definitely,” says Cillian.

“Pornography could easily reinforce a really unrealistic standard,” says Jordan.

“You wouldn’t really consider how it affects your thinking before,” says Liam. “Some things are obviously very blatant, but most of it is sort of subconscious. You don’t think wait a minute, this could affect me. And that could have an impact on a girl watching this as well.”

What about people who worry that courses like this teach you about the existence of pornography?

“It’s pretty hard to avoid,” says Neil.

“You’re always going to come across it,” says Cillian. “Whoever’s got a smartphone is going to watch it. It’s free and it’s literally everywhere, so figuring out the right from wrong is really helpful.”

“Not being taught about it, you aren’t able to guard yourself from it, you’re letting your brain get damaged,” says Liam. “And then you’re just going to grow up to be someone trying to fulfil that dominant, aggressive, unrealistic role. No one wants that.”

“And if it’s not talked about, you feel alone, thinking it’s just me,” says Cillian.

How do they think pornography affected them?

“Some of the content [I saw] made me question a lot of stuff about sex itself,” says Liam. “How violent it

seemed... It made me not like the idea at all and not want to be in a relationship.”

“It makes you nervous about going into relationships,” says Cillian.

“You’re scared about what people will think if you’ve got something wrong,” says Neil.

“Did that change for you?” asks Eoghan Cleary.

“Definitely,” says Liam. “[Sex can] have meaning when there’s thought and emo-

tion behind it. When you see that content on your phone, it doesn’t tell you this is a loving relationship. It doesn’t seem like an expression of love; it tells you that it’s violence.”

Do you think these courses have had an impact on their relationships or future relationships?

“Before this I was really worried about getting into any sort of relationship, because I knew that there should be boundaries but I wasn’t sure what they were,” says Jordan.

“The sexual boundary thing [on the Bodyright course] that we did with Mr Cleary, that was one of the most helpful things we learned,” says Neil. “I was really scared about all that stuff. I was really worried that when the time came, that I wouldn’t know how to do it, how to get consent and how to be respectful. It was really good to learn there’s a proper way and to hear girls in the classroom say, ‘That’s fine’ was a reassurance.”

“I’ve been able to recognise when I feel uncomfortable,” says Liam. “And I know that I don’t have to do something just because they want to. Recognising that there’s some stuff you don’t have to go along with even though it’s made out that you should. Some stuff just isn’t okay. And you’re able to say that and bring it up.”

“It keeps people safe,” says Cillian. “You can talk to the opposite person much better and it’s safer for everyone.”

Based on a survey which staff of Temple Carrig undertook at the school, more than 50 per cent of the student body regularly used porn. A quarter of the male students accessed it more than once a day. Five years ago, surveys suggested that children were first encountering pornographic images online at about 11 or 12. Newer surveys suggest that that’s dropped to as young as eight. Young people look at porn for pleasure, but also for education. Many

of the girls look at porn to learn what they think is expected of them. Whether

a student has ever actively sought out porn or not,

it will likely have been sent to them on social media,

and it will certainly be affecting the expectations of other young people around them. “It impacts

on their lives as soon as they start having sexual

interactions with people,” says Cleary.

He thinks that many Irish adults are in denial about what this means. Sex and pornography are usually dealt with by a handful of lessons given by teachers or parents spaced out over years. But as soon as children get a smartphone, they can access inappropriate content every single day.

It’s not enough to tell them that what they see in porn “isn’t real”, says Cleary. “They know it’s not real, but they don’t

Whoever's got a smart phone
is going to watch it...
It's free and it's literally
everywhere

The first time that I ever was
exposed to something like that.
I was really, really young.
I was just like ‘What the hell is this?’
I was probably around six or seven.
I was so confused

have an alternative. It's still what they rely on to decide what's expected of them. What kids are taught about sex in school is how to do it.

"But from the end of primary school they know how to do it. We aren't teaching relationships and sexual education at the level that is relevant to the students, [and] children are filling that gap with the porn industry."

Cleary thinks courses like these should be embedded in the curriculum, and not left to the discretion of individual teachers and principals who then need to fight for space on a competitive timetable.

Caitriona Freir from the Dublin Rape Crisis Centre agrees. "Teachers frequently report a desire to do the [BodyRight and Let's Get Real] trainings. However, they have difficulty getting cover for their classes. If [these classes] were recognised by the Department of Education, substitution cover would be provided for the teachers. Furthermore, if BodyRight and Let's Get Real were included in the SPHE/RSE curriculum, we could ensure that all students were receiving relevant, standardised, evidence-based information."

There are consequences to not taking this seriously. Every year, Cleary and his colleagues get disclosures from students about upsetting sexual experiences that sometimes constitute sexual assault. "We get between two and four a year that need external support, whether it be counselling or even Tusla or the guards."

He can sometimes see a student realising, during these classes, that something they experienced wasn't right. "They'll remember something that they haven't ever thought about before or realise that what they're currently experiencing isn't healthy and they'll come and ask for support... I'm

thinking of one girl in particular who was in a relationship that was not healthy. [She] sought our help and ended the relationship. I don't think she would have realised otherwise, because there was just no space for her to reflect on it."

And he wants to stress that boys are also vulnerable. "We've also had examples of guys coming [to us] upset having had sex with somebody over the weekend when they didn't want to, but not feeling like they had the vocabulary to discuss it with the person."

A small group of fifth year girls who've done both the BodyRight and Let's Get Real modules join us in the library. They're smart and funny and eager to talk.

What guidance did they get about pornography before? "Don't watch it!"

says Emma. "It would have been kind of negative. But in this class, we wanted to stay after the bell and keep talking and have discussions. When we came out, everyone had a completely different mindset on porn and everything else than we did when we first went in."

"I think that they probably just thought that if they don't talk about [porn], we wouldn't really know about it," says Anna.

And what sort of sex education did they get? "It was always very biological," says Maya. "It wasn't about relationships or any of that."

Did they talk to each other about pornography? "I don't think girls really talked about it that much," says Emma. "If it was brought up in a conversation with girls in maybe second or third year, everyone would get really awkward and say, 'I don't know what that is'."

"We'd talk about it now," says Anna.

Is it accurate to say their generation gets most of their information about sex from porn?

Everyone says "yeah" together. "Or we've heard rumours from years ahead," says Emma.

Do they remember the first time they saw something pornographic online?

"Pop-up ads," says Emma.

"They're the worst," says Gemma.

"Obviously you shouldn't go on illegal websites but if you're trying to watch episodes of a show that isn't on Netflix, [you'd] see: 'Elena is two kilometres away' That was definitely the first time that I ever

was exposed to something like that. I was really, really young. I was just like 'What the hell is this?' I was probably around six or seven. I was so confused about why anyone would want to see that."

"When I first got an iPad, I think I was nine or 10, even the

legal games you used to get had ads with cartoons of simulated sex," says Iris. "And I had parental controls on my iPad."

How did it affect you? "Mostly I didn't want my parents to see it," says Iris. "Because I didn't want them to delete the app."

"I was obsessed with the Harry Potter movies," says Emma. "So I looked up the cast. I was looking at Daniel Radcliffe. And then something popped up: 'See Daniel Radcliffe naked'. Later that day, my mum and dad were like, we need to have a chat because we found naked pictures of Daniel Radcliffe."

They all laugh. "I had my iPad confiscated for two weeks. I don't think I saw anything [else] weird, apart from ads, until two years ago."

Did they think about how pornography

was affecting their lives before these courses?

"I was always really scared because I thought that because guys are watching it, even though you're on the same level of experience, they're still in a more experienced position," says Iris. "But you don't want to put yourself in a position where you're watching porn that you don't want to watch, just to see what to expect. It's always about sexualising women."

"How did that make you feel about what sex might be like?" asks Eoghan Cleary.

"Terrifying," says Iris.

"It kind of makes you feel like you're only there for the man," says Maya, "like you have to be submissive and you have to take everything. It kind of makes it scary,

because maybe you don't want to be hit or whatever it is. It makes sex quite scary for women. I don't want that. I don't want to be just for a man."

How did the courses help free them from those expectations? "Hearing the boys' voices was the biggest head-turner for me," says Emma. "I was just so surprised. They were actually thinking similarly to how we were thinking. Before the class I thought guys just wanted to use girls for their bodies... And then coming out of the class, it's like, well guys think that they have to do all this stuff because girls want them to."

"Getting information directly from people your age, rather than getting the information from porn," says Gemma. "It was such a big difference."

Would they like more classes like this? "Totally, because we'll be changed by sixth year again," says Emma. "A class where you can all talk about what you feel would be good."

"And I think it should be an ongoing thing throughout the year," says Gemma.

What could parents do better? "Maybe leave it longer before you give children technology," says Anna.

"I think make yourself open enough that your kid feels safe to come to you to tell them things," says Gemma, "instead of Emma getting in trouble for not even meaning to [download something]. You need to be open to listening to what they're saying. 'I saw this. I was scared' or whatever."

"Our parents were also brought up differently," says Emma. "My mum, even a mention of [porn] is like, 'How do you even know what that is?'"

How did they feel about the classes? "It was like a pressure being lifted off bit by bit," says Emma, "With each class you come out feeling better."

"It was very quiet at the start," says

Maya. "But then when you got into your groups, and you're talking about it more, people started opening up."

"I think we all felt more confident in ourselves," says Anna.

Why is that? "In my head, before that course," says Emma, "I'd think guys were expecting girls to do everything in porn and expecting us to look like the girls in porn, whereas afterwards having heard boys' voices, you understand that

that's not how they think."

"I felt like a lot of the guys wanted to have aggressive sex or for you to be submissive," says Maya.

"But then when you talk to them, you realise that they don't want that, they just want to have loving sex. It was really eye opening to see that they actually didn't want to be like the guys in porn."

"It made me feel so much better that they were being taught about what we're scared of," says Gemma. "And that they can empathise and be understanding."

What else did they learn? "We now know how important it is to talk to your partner," says Maya.

"That was one of the biggest points of the class. It's not weird to talk about what you would like to do and then listen to what your partner wants to do."

"If something was happening that I didn't like before that class, I'd probably be like, 'Don't say anything, because that's just going to make the whole thing awkward,'" says Emma. She thinks for a moment. "Now I'd be more inclined to wait to lose my virginity to wait until you find the right person and know that it's going to be a nice experience."

"Some people think classes like this will encourage people to have sex," says Eoghan Cleary.

They laugh. "No one is going to listen to this and go 'Right Mum, I've just learned about sex and now I'm going to go out and have it,'" says Emma.

Is there anything else they'd like to add? "I feel a lot more comfortable around the guys in general," says Iris. "How I perceived them changed. And I think their perception of the girls changed as well. I think they're a lot more mindful of what they say and how they think. And that's made me personally feel a lot more comfortable around them - I think most girls or women will have had bad experiences with guys they know and I feel like personally, I'm a lot more comfortable around [these boys]."

"I think it was the best class that I had last year," says Emma.

"And that's being in TY where you're on trips every single day. You come out in a better mood, and you just come out feeling more confident and reassured about everything that you were so worried about before." ●

Having an open discussion with both genders really made it feel more shared

I'd think guys were expecting girls to do everything in porn and expecting us to look like the girls in porn

How to survive the winter cold

Base layers, lip balm, hot food and a good old jive: we asked people who work and play outdoors to share their top tips for getting through winter

Joanne Hunt

It's that time of year again. Look around, leaves are brown, and the sky is a hazy shade of winter, to quote one polo-necked singing duo. Yes it's winter, well almost. Clothing can help us fight the damp and cold, but the darkness is another story. You might need an emotional flak jacket for that.

It can be hard to get through these months. What to wear, how to stay warm, even how to keep going when brighter days feel far away. We asked people whose outdoor work or passions – from fishing to gardening – make them winter experts for their survival tips.

Fisherman Jackie Bates

'Hot food on a cold day. It tastes better out of doors'

If your winter peeve is getting your Vejas scuffed on the school run, spare a thought for Jackie Bates. Fishing out of Kilmore Quay, Co Wexford, for over half a century, he knows winter. "The only time we take time off is if there are storms or strong winds. Other than that, we have to keep going. The boat has to be paid for, wind or no wind," says the 72-year-old.

"Nearly always during November, the weather starts to break," says Bates. On stints of seven to 10 days at sea, he and his crew fish around the clock. "You're towing your net for three hours, then the gear is hauled in, you see what catch is in it and throw it back out again." He guts his catch by hand with a knife, then it's washed, sorted, iced and boxed for landing. "Your hands are cold all the time, you won't keep your hands warm," he says. Daughter

Alison and stepson Jason sell his catch at markets in Greystones, Arklow, Bagnalstown, Bunclody and Tullamore.

How does he keep warm? "Layers of clothes and plenty of tea drank." His top tip for winter is to eat well. Most trawlers nominate one man to do the cooking. "You have your bacon and cabbage on a Monday, Tuesday chicken stew, Wednesday pork, Friday is always fish, and we have a Sunday roast.

"I'm telling you, you're looking forward to that. Hot food on a cold day. It tastes better out of doors, without a doubt. You wouldn't tell that to the wife though."

Camaraderie helps too. "The five men on the boat, each man looks after the other man as well. You are looking after yourself, but you are also looking after the next man, and that's very important."

Five decades at sea has made it plain to him that our climate is changing, he says. "I think there are more storms, and we seem to have more wind now. The wind blows up and it could come any time. It's unpredictable. The men on the deck are under more pressure. There are big seas coming in on them."

Lollipop lady Fiona Ryan

'I'm like an Eskimo. Sometimes all you can see are my eyes'

Fiona Ryan is lollipop lady at Glencullen National School in the Dublin Mountains. It's one of the highest villages in Ireland. "It's a different world up here in the winter. It's two degrees colder, it's much windier, the rain would absolutely nearly knock you over, but it's all part of the job," she says.

Hail, rain or snow, Ryan has reported for duty twice a day for 23 years. "There are snowy days where you find it difficult to get to work. I know the children and the parents have the same thing, but I have to

be there. If the school is open, I have to be there."

There is no such thing as bad weather, just bad clothing. "They have me geared up to the nines," she says of her employer, Dún Laoghaire Rathdown County Council. That's a full-length waterproof reflective coat, hat, gloves and waterproof trousers. "I'm like an Eskimo. I wear one of those cowls across my face. Sometimes all you can see are my eyes. I'm fairly well covered because I don't want to get the wind damage on my face, I've no intention of ending up with that."

Woolly socks, leather steel-toe boots and lip balm complete the look. "If you are well dressed, you won't get cold," she says.

"Driving rain and wind, that's the worst, because even trying to hold the lollipop, the wind can whip it out of your hand if you don't hold on to it really tight. The wind can actually push you back, you have to brace yourself just to stay still."

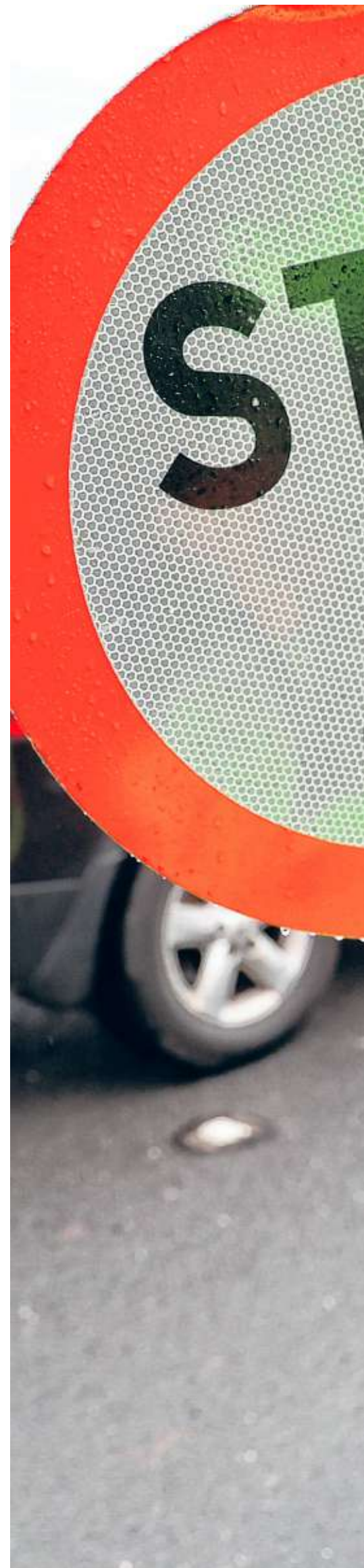
Her charges are a big motivator. "They are a great bunch of kids and they make my job so much easier." Summer can be a more melancholy time for her, in fact. "Sometimes it's very hard to say goodbye to them, because you have gotten to know them through those years. They are moving on to better things, but it's still hard to say goodbye."

Winter in the mountains has its rewards, though. "I love when it's frosty and cold, but nice and bright. I have a view of the Sugarloaf and those are beautiful mornings."

Sea swimmer June Curtin

'We have to work harder in winter time to mind our mental health'

Clare sea swimmer June Curtin doesn't let winter stop her. She is the founder of Snámhaí Sásta, a community of swimmers who swim at Spanish Point beach in





**Lollipop lady Fiona Ryan,
School Warden at Glencullen
National School.**
Photograph Nick Bradshaw

❖ Co Clare seven days a week, 365 days a year.

"I hadn't swam in years until I lost my husband to suicide. I suppose I was suffering very badly myself with my own mental health. I was struggling with stress and anxiety and the aftermath of what happened," she says.

"I had tried all forms of exercise and one morning I said, maybe I'll try sea swimming. The only problem was, I couldn't swim. But at that stage it was sink or swim."

Getting into freezing cold water was like a lightbulb moment. "I had no time to think of anything, only the waves coming at me at that very moment. It was almost like I left my troubles on the shoreline, and I just felt so good," says Curtin.

Three-and-a-half years later, she is still swimming.

The mother of two teens meets her tribe of swimmers at Spanish Point every day, not only to swim, but to maintain mental health and boost morale in her community.

Winter can be hard. "Even the most optimistic and happy-go-lucky among us can feel it a little harder in the winter time, so it's very important to surround yourself with the right people, where you can have a bit of a laugh and a bit of fun," says Curtin.

"We have to work harder in winter time to find more ways to mind our mental health, and I suppose sea swimming is a great way to do that. People come together in the morning and there is so much laughter."

Wear a hat when swimming in winter, she advises. Neoprene gloves and booties help, too. Dress quickly after your dip and use thin base layers, such as long-sleeve thermals, woolly socks and a dryrobe. Followers of her Snámhaí Sásta Instagram account will know that post-swim singalongs and maybe even some jiving help with the warm-up.

In December, Curtin will swim three times a day, at 9.15am, 1.15pm and 4.15pm. That's 63 swims in 21 days. She is raising funds for the Simon Community in the midwest. She raised more than €50,000 for the charity last year.

Some winter swims are easier than others. "A lovely winter morning is the sun on your back. Even though it's very cold, to have the sun on your back when you are in the water, that's beautiful."

ESB technician Dermot Cunningham

'Climbing poles, the wind could be cutting the head off you'

Dermot Cunningham is busiest when the weather is worst. In his 23 years as an ESB network technician, he's seen it all. Storm Ophelia was the last big weather event. "As soon as it was safe, we were on the road. Fallen trees broke poles and pulled down lines. You are anxious trying to get people back on [the network]. Livelihoods are affected as well," says Cunningham.

His work is all overhead. "You are up a ladder, climbing poles, the wind could be cutting the head off you," he says. He works in darkness too, lit by a head torch.

"The ESB kits us out pretty well. We



have Gore-Tex gear for when it's lashing rain. You are covered head to toe." A snood or open-face balaclava helps on the bitter cold days, as does lip balm.

"Usually you are in gangs of three or four lads together, everyone has the same objective. In a storm, everyone does that extra bit. There is a bit of camaraderie there." When doing physical work in harsh conditions in remote areas, sustenance is important for energy and concentration. Trucks are kitted out with gas burners. "I'll often bring in soup with me and put it in a little pot on the stove," he says.

The big snow of 2010 was particularly memorable. "There were five or six of us doing a job over here, not a million miles from our house," says the Roundwood resident. "The snow was falling and it was

the real sticky stuff. Our hands were freezing. We'd been out all day, we were all wet, and it just seemed to really get in on us. We came back to my house here and my wife, in fairness, made up a really big batch of soup and it did the job. I'll never forget it. It was the coldest day I ever spent in my life."

His top tip for cold weather is to keep moving and always keep a woolly hat in the van. "If your car breaks down, it's very important to keep warm."

Gardener Pauline Dowling

'If our feet get wet, that's the worst thing that can happen'

Pauline Dowling has spent a lifetime outdoors. Growing up on a farm in Co

Left: ESB technician's like Dermot Cunningham are busiest when the weather is worst. Below: June Curtin, founder of Snámhaí Sásta, a community of swimmers who swim at Spanish Point beach 365 days a year.

Carlow, she returned to the county after years as head gardener in Dublin's St Stephen's Green. Dowling is now foreman at the 40-acre Altamont Gardens, which welcomes 10,000 visitors a year.

"It's much colder in Carlow, it's probably the coldest county in Ireland in winter and the warmest in summer," says Dowling.

"I don't mind the winter too much, until we get to January. Up to Christmas it's normally wet. I find January is the worst month, because we will probably get a bit of snow and it gets more difficult on the roads," she says.

She and her team are in thermal socks from now until February. "We find that if our feet get wet over the day, that's the worst thing that can happen," says Dowling. OPW-supplied "Jolly" boots are warm and comfortable over rough terrain. Fleeeces and sweatshirts are part of her uniform, but she swears by an Aran knit over them on the really cold days – "it copes with the Irish weather better than anything else".

She rotates pairs of gardening gloves throughout the day as they get wet.

She's not one for make-up. On her face, "it's just Astral cream, sunblock and lip balm," she says.

She sees evidence of climate change. "We see the different storms, the high winds just coming up very quickly, that's very evident. Trees are falling – a tree can be healthy enough, but if there is any kind of moisture, sometimes the whole root plate can turn over. So it is very evident, and it is a challenge for us.

"We have always found autumn to be a calm, quieter time, but now with storms coming up from the Atlantic, it's getting very challenging. It's harder to go on to the land as well – you have to use lighter machinery so as not to do damage, that's definitely a big change."

Food is fuel when you work outdoors and she tries to eat well. "For breakfast, I'll have organic porridge with organic apples stewed through it. I'll make lentil and tomato soup for lunch with pulses and beans. I try to make sure it's organic and local. It helps with the immune system." She takes a Vitamin D supplement in winter.

From the winter solstice on December 21st, there is a shift. "We see the day moving on, even a few minutes more daylight every day is a help to us." And then there is spring to look forward to.

One of the first markers of the season is the snowdrop. Altamont Gardens has the largest snowdrop collection in Ireland, boasting 150 named varieties. St Brigid's Day, on February 1st, marks the beginning of Snowdrop Month at Altamont.

"I think the snowdrop, because it's so small and it survives a very cold winter, a very long winter, I think it's bringing the light out of the darkness," says Dowling. "For me, it is heralding spring." ●

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James McGill: 'The chair is obviously with me for the foreseeable.'
Photograph: Nick Bradshaw

Access all areas

A recent wheelchair user, James McGill has spent the past year rekindling his social life after lymphoma left him unable to walk. Here he lists Ireland's best accessible bars and restaurants

Ciara McQuillan

Choosing where to eat is among the joys of dining out, but what if that choice was taken away or restricted? What if where you wanted to dine was dictated by where you could do so comfortably? Welcome to life as a wheelchair user.

Three years ago, 36-year-old Dubliner James McGill had an active social life. A media strategist with Google, McGill worked hard and played hard. But all that changed when he had a couple of falls that resulted in him being admitted to Beaumont Hospital.

He was diagnosed with CNS (central nervous system) lymphoma, which had caused cancerous growths on the right side of his brain, with another on the frontal lobe, greatly impacting his mobility. He left Beaumont 10 months later, wheelchair in tow.

“

It's mind boggling... I have a very compact wheelchair, but in a lot of places, you still wouldn't be able to go to the bathroom by yourself, you would need someone to hold a door

Five long months at the National Rehabilitation Hospital in Dún Laoghaire followed, where McGill began the process of relearning how to walk.

His personality was not affected, he jokes. “I'm still an ass and it's not the brain injury's fault — much to people's dismay.”

McGill is still working hard on his physio. “I'm a bit like drunk Bambi at 4am. The chair is obviously with me for the foreseeable,” he says.

Last October, he made a return to the social scene he had enjoyed so much in his previous life.

“It was an adjustment, I didn't know how that was going to look or what it was going to be like being in a wheelchair.”

He quickly came to realise that the places he used to frequent were no longer suitable for him as a wheelchair user. “It was eye-opening,” he says, still dismayed at the fact that often, even venues claiming to be “accessible” don't have wheelchair accessible toilets.

“It's mind boggling. They only need to be able to get you in the door. I have a very compact wheelchair, but in a lot of places, you still wouldn't be able to go to the bathroom by yourself; you would need someone to hold a door at some point, and often you will find wheelchair toilets being used as a storage area.”

Another bone of contention is the interior design of some restaurants and bars. “Some places will have done everything right [on paper] but the choices that have been made, like bench seating, means I can't sit there. Accessibility is always an afterthought.”

He recognises that many of the buildings that house restaurants are restricted due to the age or style of the building. If they are protected and listed, for example, it's virtually impossible to add features such as lifts or exterior ramps.

But happily, there are many places that do put accessibility at the forefront of their design plans. For a night on the town that can be enjoyed equally, these places are leading the way. ➡

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Colm Tóibín

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Dublin

Drury Buildings, 52-55 Drury St, Dublin 2; 01-9602095, drurybuildings.com
Drury Buildings is one of McGill's top choices. The menu skews toward Mediterranean influences with good cocktails in a stylish space that's very wheelchair friendly.

Fade Street Social, Fade Street, Dublin 2; 01-6040066, fadestreetssocial.com
The enduringly popular Fade Street Social is also top of the list for McGill. It's a cavernous space with great food and excellent cocktails.

Allta Rooftop, level 5, Trinity Street Car Park, Dublin 2; allta.ie
There are just a few months left to experience the latest Allta incarnation, one of the most talked about pop-up dining ventures in Ireland, which is also accessible for all.

Bunsen, various locations; bunsen.ie
Touted by some as the best burger in Ireland, most Bunsen locations (except Temple Bar) are easily accessible.

Lennan's Yard, 21A Dawson St, Dublin 2; 01-2402555, lennansyard.com
Described by McGill as "brilliant", Lennan's Yard has a disabled entry push button system in the accessible loos.

The Ivy, 13-17 Dawson St, Dublin; 01-6950744, theivydublin.com
Love it or hate it, The Ivy offers easy wheelchair accessibility and accommodating staff.

Balfe's, 2 Balfe Street, Dublin 2; 01-6463353, balfes.ie
The layout is spacious and there are no pesky steps to navigate. Incidentally, The Westbury Hotel next door is also accessible for all.

Lemon & Duke, 1 Royal Hibernian Way, Dublin 2; 01-6796260, lemonandduke.ie
With a natty interior, rugby superstar owners and a prime Dublin location, Lemon & Duke is a popular bar that's really wheelchair friendly.

Anti Social, 101 Francis Street, Dublin 8; 01-4988855, antisocial.ie
Self-proclaimed purveyors of fine drinks and unique events, Anti Social is easy to navigate in a wheelchair, for tacos and brunch courtesy of the El Milagro pop-up taqueria, and cocktails, beer and music.

Tribeca, 65 Ranelagh, Dublin 6; 01-4974174, tribeca.ie
Wings and more wings are what this Ranelagh eatery is most famous for, but the absence of steps and an accessible bathroom make it a winner for wheelchair users.

Press Up venues, Dublin, Cork and Galway (all venues with the exception of The Stella,



Clockwise from left: Cava Bodega in Galway; Lennan's Yard, which has a disabled entry push button system in the accessible loos; and The Ivy Restaurant in Dublin, all get James McGill's seal of approval. Photographs: Nick Bradshaw, Dara Mac Dónaill

The Grayson and The Lucky Duck) pressup.ie
The Press Up group has an impressive track record when it comes to wheelchair accessibility across their venues.

The group works with Mobility Mojo, an Irish company that helps venues (primarily hotels) to evaluate, integrate and display their accessible features for customer's reference.

Also receiving McGill's seal of approval in Dublin are The Shelbourne Hotel, The Market Bar, Tap House, The Bernard Shaw, Mother Reilly's, Peggy Kelly's, 37 Dawson, Cafe en Seine, The Jar, Opium, The Bath, The Bailey, Krewe and The Bridge

Galway

Cava Bodega, Middle Street, Galway; 091-539884, cavarestaurant.ie
As well as dishing up some of the best tapas in Ireland, JP McMahon and Drigin Gaffey's Cava Bodega is also fully accessible.

Aniar, 53 Lower Dominick Street, Galway; 091-535947, aniarrestaurant.ie
A Michelin star and faultless food is not the only reason to visit McMahon and Gaffey's other Galway restaurant Aniar; it's also fully equipped for wheelchair users.

The Dough Bros, 1 Middle St, Galway; 085-2145283, thedoughbros.ie
Ranked the best pizzeria in Ireland by the 50 Top Pizza World 2022 list, The Dough Bros also boast a wheelchair ramp and a wheelchair accessible toilet.

Dela, 51 Lower Dominick Street, Galway; 091-449252, dela.ie
A fully wheelchair accessible cafe and restaurant with their own organic farm just outside the city.

Cork

Market Lane Group, various locations, Cork; (Market Lane, Castle Café, Elbow Lane and Goldie) marketlane.ie
There is a lot to like about the Market Lane

Group of bars and restaurants, including excellent food using ingredients from the English Market, a menu catering well for those with allergies or intolerances, and wheelchair accessibility.

Liberty Grill, 32 Washington Street, Cork; 021-4271049, libertygrill.ie
Save yourself the wait in line by using the virtual queuing app, and enjoy a New England style brunch in a wheelchair friendly space.

The River Club, Western Road, Cork; 021-4937772, theriverclubcork.ie
Located in the River Lee Hotel (also fully accessible), The River Club does brasserie dining in style, and is spacious enough to accommodate a wheelchair of any size.

Fishy Fishy, Kinsale, Co Cork; 021-4700415 fishyfishy.ie
Martin and Marie Shanahan's seafood restaurant in beautiful Kinsale is a real treat; gorgeous food, and a restaurant designed to be easily navigated by wheelchair users. ●

The marvellous wonders hidden in Ireland's bogs

Game Changers
Catherine Cleary



A bog walk a decade ago unlocked the door to another realm for photographer Tina Claffey. Botanist and geologist John Feehan led the walk in her local bog in Killaun, Co Offaly in 2012 and gave everyone a small hand lens. Through this, Claffey got her first glimpse of the intricate beauty under our feet. The world of stuff too small to be seen with the naked eye was transformed, and she had a kind of Alice-like tumble into wonder. "It was a walk that changed the course of my life," she writes.

Claffey bought a macro lens for her camera to capture what she had seen. Her work often involves lying fully flat on the surface of bogs to allow us to see

more deeply. And in her newly-published *Portal: Otherworldly Wonders of Ireland's Bogs, Wetlands and Eskers*, she writes beautifully about how the bog and its inhabitants set the rhythm for the work. She follows the lead of the land and thanks the creatures for letting her take their portraits. The notes to the eerily exquisite photographs capture that personal relationship to the bog as well as plenty of identifying information from a team of experts. It is, she explains, "a gathering of observations, for I am a mere observer".

Divided into seasons, the book opens with the bog builder that is sphagnum moss, the plant that is now believed to provide the compound that preserves bog bodies for millennia. Sphagnum can hold 20 times its weight in water, and Claffey's photograph shows its deep vibrant colours like a coral reef made of jelly flowers.

Along with spending quality armchair time with *Portal*, I've been listening to Annie Proulx's *Fen Bog and Swamp*. The book, which grew from an essay, is an



epic look at wetlands across the globe. We have demonised bogs until recently, mapped them as unproductive places needing to be drained or exploited, milled by industrial machinery into polluting fuel or a moisture-holding growing medium for cultivated plants. The novelist says studies that have counted the microorganisms which live in sphagnum moss show that every square metre of the moss can contain an estimated one billion of them.

Portal has sphagnum moss and so much more. There's a marsh fritillary's wing that becomes a Bayeaux tapestry of overlapping scales. In the winter pages,

Turkey-tail fungus in Abbeyleix Bog.
Photograph: Tina Claffey

the bare flower head remnants of wild angelica which look like "tiny fireworks, each one frosted with ice crystals". The book is a gem, a profound way of seeing and feeding our souls with the richness of the fragments we have left, habitats we have an urgent duty to protect and restore. ●

Portal is on permanent exhibition in the visitor's centre at Lullymore Heritage and Discovery Park in Kildare. The book is available to order here

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Travel

Wildly expensive, utterly magical

Excitement levels are off the charts as the Popes go to the North Pole. But is a trip to Lapland worth the cost?

Conor Pope

Travelling through airports and boarding flights can be a stressfully miserable experience even at the best of times, and a flight that leaves many hours before dawn in the dead of winter as a cold rain falls hard on runways and taxi ranks is most definitely not the best of times.

Add close to 100 very sleepy children – including one of your own – into the mix with a sprinkle of last-minute PCR tests (it's December 2021), Covid certs and a complete absence of clues as to what is actually happening and where you are actually going and you might expect to have a ready-made

disaster on your hands.

But not today. There isn't even a hint of grumpiness among the couple of hundred people who line up alongside three Popes to check in their baggage on a flight bound for the North Pole of all places.

A pair of Santa's little helpers – bleary-eyed and, truth be told, possibly slightly hungover behind their festive face masks – greet the departing passengers with cheery waves, festive songs, Santa hats and selection boxes. It is hard not to smile. Impossible really.

After baggage is checked in by upbeat Aer Lingus staff, we move on to the security gates. But before we get there we see a giant elephant in the departures hall, one we must address before going any further.

The elephant's name is Cost. And it is a big one. A Sunway trip to see Santa Claus in his home place before he sets off on his round-the-world Christmas Eve adventures is not cheap. It is, in fact, wildly expensive.

The so-called Sleighbell Spectacular, which covers two nights in an Arctic Circle chalet plus all the thermal clothes and boots and gloves you need, as well as sleigh rides on huskies and reindeers,

snowball safaris, meetings with elves, all your food, night-time tobogganing and the chance to get a glimpse of the northern lights as well as the most magical meeting the man himself, will cost two adults and two children €5,436.

The cost of a three-night trip tops €6,000. And those prices don't even include a single elf hat, Christmas decoration or outside reindeer bought in one of the gift shops to be found smack in the middle of the Arctic Circle.

But here's the thing. Not once did I hear any of the parents who were on the trip – which took place before the worst of the cost-of-living crisis kicked in, mind you – complain about the money they had spent. Nor did anyone suggest they had got bad value for money, or that they would do it any differently – and believe me when I say the money spent was a topic I brought up more than once on the Lapland buses that ferried us to and from festive activities.

And – in so far as it is possible to tell such things – the aircraft was not exclusively populated by well-heeled folk with money to burn. There were teachers and bank officials and IT workers and me, the freeloaded journalist – the trip was



Meeting Santa in Lapland is a moment so lovely that it will restore the faith of anyone wavering in their belief in the magic of Christmas.

Photograph: Getty Images

are balloon animals.

As we fly to the frozen north, I can't help feeling that the journey will ruin the experience of flying for all the children on board, who will be forever left wondering why the crews on the aircraft bound for the Costa del Sol aren't singing happily and face painting and telling jokes and helping them to colour things in. Or, you know, smiling. Oh well.

Between games, Christmas music plays over the aircraft's speakers. Bruce Springsteen's Santa Claus is Coming to Town has never sounded so tinny. As he belts out his tune the voices around us get louder. The littlest Pope – who is about to turn four – sleeps through it all.

When we land in Rovaniemi and a planeload of Irish children see proper snow – many of them for the first time – the excitement levels are off the charts. We disembark quickly and are funnelled into the arrivals hall and on to buses, which take us to a large warehouse to be kitted out for snow times. It works like an assembly line. You walk through one door, get your snow suit and then your boots and hats and gloves and scarves and then out another door and back on the bus. It couldn't be more efficient. With so much to pack in to the next 48 hours, there is no time to waste dressing.

First up is the tobogganing. It is barely 3pm and already pitch dark, which only adds to the drama of the moment. I take the littlest Pope to the top of a snow mountain with the idea – at least my idea – being that we will go down the hill together, me on the toboggan and her on my lap. It is not her idea and at the top of the mountain she declares that she wants to go down on her own. We have one toboggan and before I can explain the logistical difficulties of her plan she is gone, travelling at terrifying speed down the slope. Left with no choice, I run and then slide and the tumble down the mountain on me arse – there is no more polite way to say it than that.

"Again, again," she shrieks. So we do it again. And again. At least I have a toboggan the second time round.

From the little hill – calling it a mountain may be an exaggeration – we get a go on a snowmobile. Older children travel in pairs but with a soon-to-be-four-year-old in tow we get a larger snowmobile driven by someone who knows what they are doing. It is cool. Actually, it is absolutely freezing but the clothes work wonders and protect us from temperatures which have plummeted to minus 15 degrees.

Once the ride is done, there is hot fruit juice, gingerbread cookies and marshmallows by roaring fires, and snowball fights, after which we are bussed to our hotel for the first time.

The hotel is lovely in a hygge kind of way, all dark woods and cosy throws and log fires. Check-in is as efficient as

covered for three Pops by Sunway, for the avoidance of all doubt. There is no question over the enduring popularity of the Lapland trips; in fact, some of the two-night excursions are already booked out for Christmas 2022, suggesting there are many people who are happy to pay whatever it takes to intensify the magic of Christmas, even in hard times such as these.

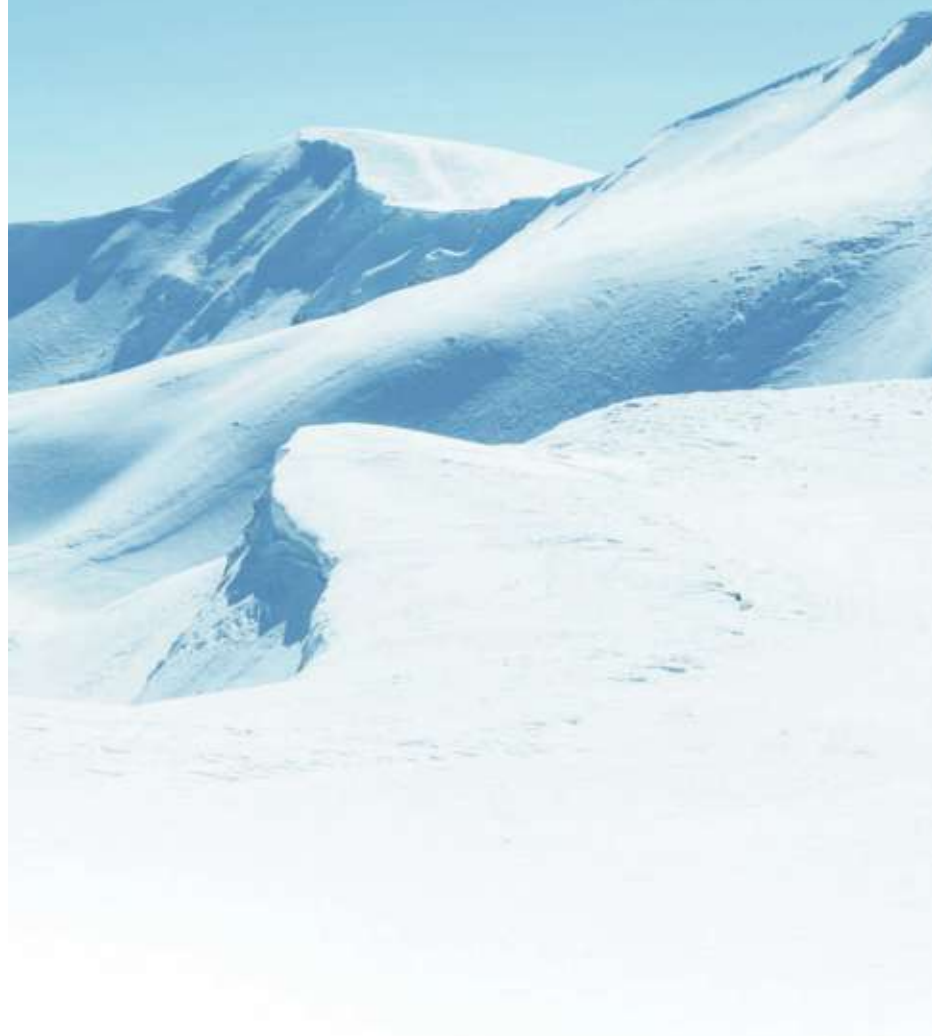
And it is a magical experience.

Now, having addressed the elephant in the departure hall we can board the aircraft. It is absolutely mental. Giddily excited passengers – not only children – wildly applaud the crew announcement and the safety instructions. There are more cheers when the destination is mentioned. And when Santa gets a shout-out, it feels like the roof of the aircraft could lift off.

Once all the usually flighty stuff is complete, the elves from the check-in gates take over the aircraft's public-address system and over the next three hours they invite us to the front of the aircraft to tell jokes. Then they hand out fancy paper so we can write our letters to Santa. There is face painting and there

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the dressing-room in the snow, and minutes after walking through the welcoming doors, 200 tired but happy Irish people are heading to their rooms.

I'm delighted by the sauna in our room and turn it on, and immediately forget that I've done so. It's the Finnish equivalent of leaving the immersion on. We head to the hotel restaurant for dinner, an all-you-can-eat buffet. The food is decent and the buzz in the restaurant is lovely.

We sneak up to the hotel roof to look for the northern lights, and marvel as snow falls white on the mountain, not a footprint to be seen. Frozen we head back inside without a glimpse of the aurora borealis. It's too cloudy.

The big chill of the roof quickly becomes a distant memory. Having left the sauna/immersion on in the room it is now more Balearic than Baltic. Eventually a combination of the hotel room door open and frantic fanning on my part cools the room down to a temperature a human can sleep in.

The following morning we wake to the glorious sight of snow hanging heavy on the forest of pine trees outside our window. We wear the loosest-fitting tracksuit bottoms and T-shirts we have packed – athleisure is the watchword when it comes to packing for this type of adventure – and I look at all the other clothes I have stupidly brought north.

Breakfast is rushed as there is a hard

deadline of 8.30am for departure, and there has been a dire warning from an elf that the last people on the bus will have to sing a Christmas song. We make it to the bus with boots half tied at 8.36am. I clear my throat and get ready to sing Fairytale of New York but then another family arrives at the bus, similarly bedraggled.

We drive for 20 minutes – almost everything on the trip is 20 minutes away by bus – to meet the elves of the secret forest. They play games and tell us stories in smoky tents and we eat gingerbread.

A fierce-looking man dressed like Kristoff tells us about traditions in the North Pole, and then marks our heads with ash from the fire's embers for reasons I don't understand.

We then get to play in the snow, with sleds and toboggans on hand as elves sing happy songs. A giant bear approaches and we all take selfies.

And then something really special happens, something I am reluctant to go into any great detail about because one of the reasons it is so special is that it comes as such a surprise to both adults and children. So, all I will say is that it involves meeting Santa, a moment so lovely that it will restore the faith of anyone wavering in their belief in the magic of Christmas. It's a long way from Santa visits in Moons in Galway in the

1970s.

The littlest Pope is nervous and excited – nervocited, really. In truth, she is perhaps a bit young to really appreciate the moment – the golden age for such an adventure is probably between six and 10.

Lunch is potato wedges and pretty grim chicken nuggets for the kids, and a creamy, salty mess of a lasagne for the adults. It is hot though. Ever attuned to the price of everything, my ears prick up when I hear a row brewing at a nearby table. A woman had ordered three very small bottles of Coke and refused to pay the €15 asked of her. To be fair to her, €5 for a small glass bottle of Coke does seem extreme even by Finnish standards.

After lunch there we meet real-life reindeers who take us on a trip around a frozen lake. Our one is called Lika. We then have a 20-minute drive to the husky track, where we are treated to a long and excruciatingly detailed talk about huskies delivered by a well-meaning owner, after which we have a short but exhilarating spin with a pack of enthusiastic dogs around a track.

That night there is a "gala dinner" in a giant, Christmas-themed emporium. Incredibly skilled acrobats put on quite the show, after which food comes. It is underwhelming. There is soup – a tiny portion minus bread – followed by a Christmas ham for the adults, a couple

"We sneak up to the hotel roof to look for the northern lights, and marvel as snow falls white on the mountain, not a footprint to be seen." Photograph: Getty Images

of small potato wedges and a smear of what was probably a carrot and parsnip mash. Think Michelin-sized portions in a canteen setting. The kids' bolognese is more substantial. After dinner we have to buy a bag of crisps, seldom a great sign.

The after-dinner activities are fun; there is a Santa train and a quick meet and greet with the man himself, and then back to the hotel.

On the third day we rise again and are bussed to the Santa Village, where there are shops, a post office, a line marking the start of the Arctic Circle that you can jump over, some more winter activities and lots of hot chocolate stalls. We are left to our own devices for a bit and then bussed back to the airport, stopping en route to leave back our thermals.

As they board the aircraft, all the adults look as shattered as if they had spend a week in Ibiza. The aircraft – much quieter on the way home than on the way here but equally happy – chases the darkness of the Arctic Circle to the twilight of Dublin as we close our eyes and will the events of the days just past to attach themselves to that part of the brain where long-term memories are stored. It's not a holiday you will never want to forget. ●

Travel

How to travel sustainably

Travel Helpdesk
Conor Pope



Re-consider how you get to where you are going

The most sustainable way to travel is to go short distances either on foot or on a bike, but that advice is entirely unhelpful if you fancy a holiday far from home or a new experience overseas. Flying produces around 13 per cent of all greenhouse gases generated by EU transport, and the cumulative impact of cars is worse again. So, where possible, consider trains – they are the most eco-friendly mechanical mode of transport – and fun too if you approach them in the right spirit. If you must drive at home or rent overseas, do it less and in the most eco-friendly vehicle you can find and afford. Use public transport in your destination and if you

must fly, consider carbon offsets to fund projects that sequester carbon dioxide or develop environmentally friendly projects, but do your research as not all carbon offsetting schemes are equal.

Fewer and longer is better

Planes are at their most polluting when taking off and landing, which means short-haul flights and journeys with connecting flights are worse for the environment per passenger mile than long-haul journeys, so when travelling go as direct as possible. And a three-week holiday in one destination is better than three one-week holidays in different destinations.

Travel out of season

By avoiding the masses in tourist hot-spots at the height of season you will be putting less pressure on your destination's environment while contributing to the local economy when it needs it more.

Book differently

We're all creatures of habit and use well-worn accommodation websites and booking platforms, but there are alternate avenues to explore. There is bookdif-



“Where possible, consider trains – the most eco-friendly mechanical mode of transport – and fun too

ferent.com for example, which has the tagline “feel good, stay green”. It works out the carbon footprint of your accommodation based on how long you're staying, and points to eco-friendly options. The Global Sustainable Tourism

Council has a certification programme for hotels and tour operators, with participating members displaying its logo on their sites. And no matter how you book, look for accommodation that invests money first and foremost into local economies.

Actively seek out the best activities. We don't mean the most popular activities necessarily, but the ones which actively benefit the local community. Do your best to find local guides, family-run shops and restaurants and activities that benefit local people more than they benefit large multinational corporations. Locally sourced bike and walking tours are great options – withlocals.com is as good a place as any to start. And make sure to tip well. A fiver might not make a huge difference to you but it could feed another family for a day – or even longer depending on where you are.

At the risk of stating the obvious, leave no trace

That doesn't just apply when you are wild camping in the middle of nowhere. It applies everywhere, from the busiest street in Rome to the quietest ledge on Mount Kilimanjaro. ●

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I am scared of yoga. Could a retreat change my mind?

I step on the teacher's foot as she helps me with the downward dog, but she's gracious enough never to speak of it again

Jennifer O'Connell

I'm not the most obvious candidate to review a yoga retreat. For one thing, I am scared of yoga. The idea of lying in a room full of strangers, trying to contort my unyielding form into positions I suspect were not designed for bodies over the age of three, fills me with stress. In truth, I have only tried it once, during a pregnancy. I bailed out directly after real birth stories section – somewhere around the words “third degree tear” – and decided I am just not one of those people.

But after a bruising couple of years culminating in an emotionally taxing summer, an invitation to review a two-day Harvest Yoga Retreat at Ballymaloe in Co Cork arrived. Maybe it was the timing, or the word “Ballymaloe”, a place associated with wholesome food, country air and a legendary dessert trolley. Whatever it was, a couple of weeks later,

here I am: sitting cross-legged on a yoga mat in the Ballymaloe Grainstore, surrounded by strangers and humming “om” without a trace of self-consciousness.

Most of our all-female group – not always the case, but it was on this retreat – are experienced at yoga. A couple of us (well, me) would struggle at Twister. But there is no pressure to try to keep up, as our warm, preternaturally kind yoga teacher Dearbhla Glynn constantly stresses that we should take it at our own pace. At some point during that first evening in the Grainstore, as I follow her invitation to stretch and open and twist my joints, I realise that I'm no longer silently compiling to do lists or scrolling through the endless list of worries about my children. It feels like a small miracle.

There's something about the intensive nature of a retreat that makes it difficult not to surrender. “It sounds like a lot of yoga,” I think, when I read the programme that has been left in my beautiful, blessedly quiet room under the eaves. There's yoga before breakfast, preceded by a sea swim at 6am for the brave (I draw the line at surrendering to this). A mindful walk follows midmorning, which proves a struggle for a talker and pathologically nosy person surrounded by potential new friends, but I power through. There is yoga involving breath

work and relaxation before lunch. Afternoons are for rest or a trip to the cookery school with Bree Allen, who is a font of passion and knowledge about the history of Ballymaloe. There is yin and restorative yoga before dinner – all meals during my stay are around a big table in the main house – and yoga nidra before bed.

It is a lot of yoga, but by day two, I'm grateful for the complete immersion. Several poses are challenging, and my body is still uncooperative, but I wasn't expecting to unlock “future yoga instructor” in two days. I step on Glynn's foot as she tries to help me with the downward dog, and she's gracious enough never to speak of it again. But it's what happens in my mind that feels most profound. As I lie there, I feel myself cycling through emotions, sometimes sad, sometimes close to elated.

Every session ends with a 10-minute interval called savasana – or less lyrically, “corpse pose” – during which you lie on your back, palms turned upwards. I discover my gift: lying there, doing nothing. “Your only job now is to relax,” Glynn says soothingly, as she glides around the room and makes sure we are adequately supplied with bolsters and blankets – everything you need on the retreat apart from your own clothes is provided. Afterwards, I feel transformed

Yoga instructor Dearbhla Glynn who, along with chef Niamh Fox, are hosting rejuvenating yoga retreats at Ballymaloe House and Grainstore.

Photograph: Joleen Cronin

and oddly lighter. Both nights I sink into a luxurious, undisturbed sleep.

The bits in between are almost entirely dedicated to food. There is heaps of it, and it is as delicious and nourishing as you'd expect, as is the chance to chat to the other retreat-goers. On Sunday we experience the famous carvery, created during Myrtle Allen's time, so that she could enjoy at least one meal with her family. The dessert trolley does not disappoint. Breakfast comes from both a buffet and a menu – the poached eggs with tomato and red pepper fondue are exceptional – and lunch is light and wholesome, focused on soups, salads and risottos.

It turns out I am the perfect candidate for a yoga retreat, and Ballymaloe is the ideal venue – not as sunny as Marbella or Ibiza, but close enough for a quick getaway. There's something special about the place. You can see why people come to do a cookery course and never leave. I feel a bit like that about yoga. The first thing I do when I get home is go online and book myself in for a block of eight of Glynn's online classes. I am one of those people now. ●

Jennifer O'Connell was a guest of Ballymaloe. The next yoga retreat with Dearbhla Glynn takes place in the Grainstore from November 30th to December 2nd, from €600 pps, see ballymaloe.grainstore.com

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Fashion

Get the boot in

Winter boots are worth investing in. This season the choice of styles is broad but largely clumpy

Deirdre McQuillan

If anything is worth shelling out the euros for when it comes to clothing for the winter season, along with a good coat it must be boots. They should be comfortable, stylish, watertight, work with what's in the wardrobe, and be versatile day or night, with flared or skintight jeans, long or short dresses or skirts, with three-quarter, knee or floor-length coats.

The choice of styles this winter is broad but largely clumpy – high heels, flats, knee highs, Chelsea, buckled, biker, wedge, ankle, sock, combat or cowboy, leopard or snakeskin, kitten or killer. Lug soles with thick indented bases are trendy, the new counterparts to the tractor tyres so popular last year. Simone Rocha's leather tracker pumps set new standards in grounded femininity with lavish pearl embellishment and broderie anglaise detail, while her costly knee highs in polished black leather, designed for mini dresses, have chunky platforms and lace-ups.

At the other end of the spectrum, Carl Scarpa's Emma flat-heeled knee-high is such a successful best seller that a recent customer to its Grafton Street shop bought a pair in all colours. In Russell & Bromley's new Grafton Street shop, the biggest fashion-led items are platform and cowboy boots.

At the luxury end, Louboutin has leopard print ankle boots with an 85mm stiletto heel, ideal with midi lengths, the better to show them off. His Lipbooty in black velvet with a pointed toe has a gold heel that mirrors his lipstick cases for more than €1,200, while Acne's distressed boots in white merino wool and goat leather are not for the fainthearted either – nor is the €990 price tag.

Here's a selection of 20, mostly practical and less extravagant everyday winter warrior boots at a variety of prices, from €19 to €675, to keep you comfortably in shape for the season. ●





Main: **Azure blush high heels in suede €349, Carl Scarpa**

Opposite page, top row, from left: **Jilly green leather heeled boots, €499, Carl Scarpa; Stuart Weitzman ultra lift knee high boots, €895, Brown Thomas.**

Second row: **Carvela comfort knee-high boot, €170, Arnotts; knee-high suede boot, €625, Russell & Bromley.**

Third row: **Rasmus, BlackFace black leather unisex boots, €456 from jacquessoloviere.com; Trickers black leather high ankle boots €675, from Dopl, Wicklow Street, Dublin; Officine Creative leather boots, €520, Dopl; Ganni XL Chelsea boot, €395, Brown Thomas; Proenza Schouler zip detail ankle boots, €750, Brown Thomas; pink stretch boots, €19; pink sole boot, €23; sports sole boot, €23, all from Penneys.**

Fourth row: **Unisex Oli boot in brown suede, €379.25, jacquessoloviere.com; Citrine leopard print ponyskin ankle boots and black suede, both €299, Carl Scarpa; lace-up boot with lug sole, €395, Russell & Bromley; sheepskin-lined ankle boots by Grenson, €435, Dopl; Patsy by Marco Moreo, €219, at Fitzpatrick's, Grafton Street, Dublin; buckled ankle boot, €545, Russell & Bromley; suede statement-heel ankle boots, €90 Marks & Spencer; Emma knee-high boots, €459, Carl Scarpa**



Beauty

Beauty's most influential woman on Ireland and the power of honesty

On Beauty
Laura Kennedy



At 52, Caroline Hiron's career is at its zenith in an industry usually obsessed with youth

Within the beauty industry, there is one name that holds more power than any other. The person whose good opinion guarantees a sell-out product, and in whose advice beauty consumers trust. Before catching up with expert aesthetician and author Caroline Hiron – the most influential woman in skincare – on her recent visit to the newly expanded Beauty Hub at Arnotts in Dublin, I decided to check in on her skincare blog. The one with more than 120 million page views.

There, I found a recent review of Cosmoss, the skincare line launched last month by supermodel Kate Moss. “Who is it for?” Hiron writes, before answering her own question. “People who worship at the altar of Kate Moss, have no problems with their skin, and have money.”

According to Statista, global revenue in the skincare sector will amount to over \$145 billion (€147 billion) in 2022 and is due to continue growing by more than 6 per cent annually. For those with industry power, there is serious money in beauty. This creates incentive to present a politically expedient public persona and carefully manage brand relationships behind closed doors. The extent of Hiron's willingness to subvert that is what separates her from every other voice in beauty.

Despite a 25-year career, it is now, at 52, that she is at her zenith in an industry traditionally obsessed with youth.

“It pisses me off when brands lie to the consumer. If [they] make claims that are too big, if they put it in language that's purposely disguising . . . or trying to embolden what they do,” she says. For example, “brands saying they're sustainable because they ship their product instead of flying it – no one flies it unless they're in trouble and it's late. Everything – everything – goes on a boat, a



Skincare expert
Caroline Hiron
Photograph:
Harper Collins

person writing about it hasn't had time to fully trial it because it hasn't been out that long, or making claims that an ingredient is 'shown to reverse the signs of ageing by 20 years in four weeks' . . . I'm like, 'ah, I call bulls**t.'”

Hiron knows honesty is integral to her reputation. “If you give context to what you're saying and you're coming from a place of authority, you're qualified or you've got a lot of experience, or you've been in the industry a long time, then you're trusted,” she says.

Through her YouTube videos, Instagram content, best-selling book, *Skincare: The New Edit*, and recently launched app, *Skin Rocks*, which provides skincare education and allows people to build a bespoke skincare routine, Hiron has leveraged that consumer trust into a position of unrivalled power.

“I'm never actively trying to say to people 'do not buy this or that brand'. But, for example, when I reviewed the Kim Kardashian skincare range for the *Skin Rocks* app and the suggestion was 'you need this', I said “Well, you need this if you can buy it without checking your bank account and you love Kim Kardashian, but it's a lifestyle purchase, not a skincare purchase. Don't be fooled.”

Hiron's great-grandparents emigrated from Limerick to Liverpool, and her connection to Ireland remains strong. While successful Irish beauty brands like Skingredients and Sculpted by Aimee have been garnering recognition in the UK over the past few years, Hiron was ahead of the pack in championing Irish beauty.

She recognised our voracious appetite for beauty, keen interest and spending power early on. “I see Ireland as a player on the global stage . . . there is a proper obsession with beauty here and people take it seriously, which is lovely because there are places where that still isn't the case,” she says, despite the huge employment and revenue generated by this female-dominated industry.

With her frankness, penchant for swearing and refusal to shy away from discussing politics, Hiron is no stranger to online abuse, but she also has a reputation for robustness. I ask how she manages it. “

Online trolls are like a naughty two-year-old having a tantrum at the supermarket,” she tells me merrily, as she's rushing off to her next appointment. “If you step over them and carry on with your shopping, they eventually get up and just go about their day.” ●

Caroline's skincare picks



train. It's too expensive to fly.”

The review of the Kate Moss line was typical of Hiron's candour. Its launch was uncritically presented in much media coverage – Moss is a superstar, after all.

“It would be easy for me, instead of reviewing it properly,” suggests Hiron, “to say ‘Oh, she's a supermodel. She shouldn't make skincare.’ But that doesn't help the consumer. If they're reading how brilliant a product is but the



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Roe
McDermott



Dear Roe,

I’m a single male in my mid-30s and over the years “gut feelings” have played a key role in my relationships and dating — each time leading me to end things (without regret). I am as certain as can be that these feelings haven’t been because of any fear of intimacy, but because of the opposite: they stem from a healthy desire to have a deeply nourishing connection with someone on a similar wavelength as me. However, I have just encountered a person (a friend I’ve recently made) who “I”, my conscious/thinking self, would like to ask out on a date. But the more I demonstrate interest, the more my gut has been giving me the same feelings that has led me to end previous relationships. I know it’s because my gut feels the much sought after “deep connection” won’t be possible with this person, but in my mind I’m thinking, she’s got some lovely qualities and I won’t fully know unless we both have the opportunity to explore the deeper parts of ourselves through dating and perhaps beyond. I’ve been left exhausted by the internal conflict and I’d really appreciate your view on whether this is a situation where I should or should not trust my gut.

For someone so focused on feelings, you’re wildly overthinking this. Ask her out.

A date is not marriage, nor a lifelong commitment. A date — in this case, a first date — is spending an hour or two together see how you feel around each other. That’s it. Of course you will get to know a bit about the person, and if you’re looking for a particular relationship structure or if you want to ascertain whether a person shares your values, you can ask about these subjects directly. But a lot of going on a first date is simply gauging whether someone makes you feel comfortable and engaged, and whether you want to go on another date.

You are currently viewing dating as very end-goal specific — and sometimes that can be understandable. Maybe you

want to get married in the next few years or have no interest in even causally dating someone that you don’t see a long-term future with. In that case, remain friends with this person, enjoy getting to know them in a platonic way, and keep your romantic attention for someone who feels more closely aligned with what you want long-term.

However (you knew there was going to be a “however”, right?), for someone who values their “gut feelings” so much, there’s an interesting contradiction at play here. You trust your gut instincts so deeply that you have ended relationships because of them — but you also do have an instinct to ask this woman out. I wonder how you’re differentiating between “gut instinct” and your “thinking” self, and if you are underestimating where they overlap — or if actually, maybe you have them reversed? I ask because you have met this woman and like her enough to want to spend time with her, yet you are intellectualising your way out of that feeling by analysing her, holding her up to the (apparently yet-fulfilled) idea you have in your head of a “deep connection”, and convincing yourself — despite an “internal conflict” — not to ask her out. That doesn’t sound like you are following a gut instinct, that sounds like you are intellectualising, over-analysing and ignoring your embodied and emotional desire to ask her out on the basis of an idealised hypothetical. Are you actually listening to your gut? Or are talking yourself out of opportunities to connect with people?

This idea of a gut feeling is important — and often deeply misunderstood. Studies have shown repeatedly that our “gut” is very useful when it comes to things like safety and comfort, as our body can pick up even tiny signals about a situation or a person that feel unsafe. However, our gut can also be misled. For example, people with an experience of trauma or hyper-vigilance may repeatedly feel that safe situations are dangerous, because their “gut” is over-primed to look for danger. Similarly, people often talk about things like “gut instincts”, “spark”, and “chemistry” when they meet someone new or start dating, but often, people who talk of “chemistry” aren’t actually experiencing excitement but anxiety, insecurity and even stress, which can be triggered by people who are inconsistent, hard to read, or don’t make us feel secure, keeping us in a heightened state.

This heightened state of early dating can be intoxicating, and some people can become hyper-focused on this early “honeymoon period” when the excite-



ment and uncertainty keeps every communication with the other person feeling visceral and intense. They can then lose interest when the relationship settles into something more long-term, serious and stable, believing that the feeling of security is the loss of “sparks”. But as anyone in a happy long-term relationship will tell you, what comes after the honeymoon period isn’t a loss of connection or intimacy, but another, deeper layer of it.

So I’m curious about your gut feelings. Are they embodied? Is it a state of comfort, or a heightened state of “sparks”? Which do you value, which do you turn from, and why? It is interesting to me that you have ended all of your relationships, and I’m curious about how long your relationships usually last and what precipitates the break-ups — is it a loss of the “spark” that initially attracted you? Is it when the relationship begins to feel more serious, stable and less exciting? And importantly, how do you balance your “gut” instincts with the effort, work and commitment required in long-term relationships? Relying on your gut could mean relying on what simply feels easy and exciting — but how often have you stayed in a relationship long enough to reach another layer of intimacy, or to work at maintaining intimacy when life becomes routine? How often have you tried forms of intimacy that fall outside of the version you have in your head?

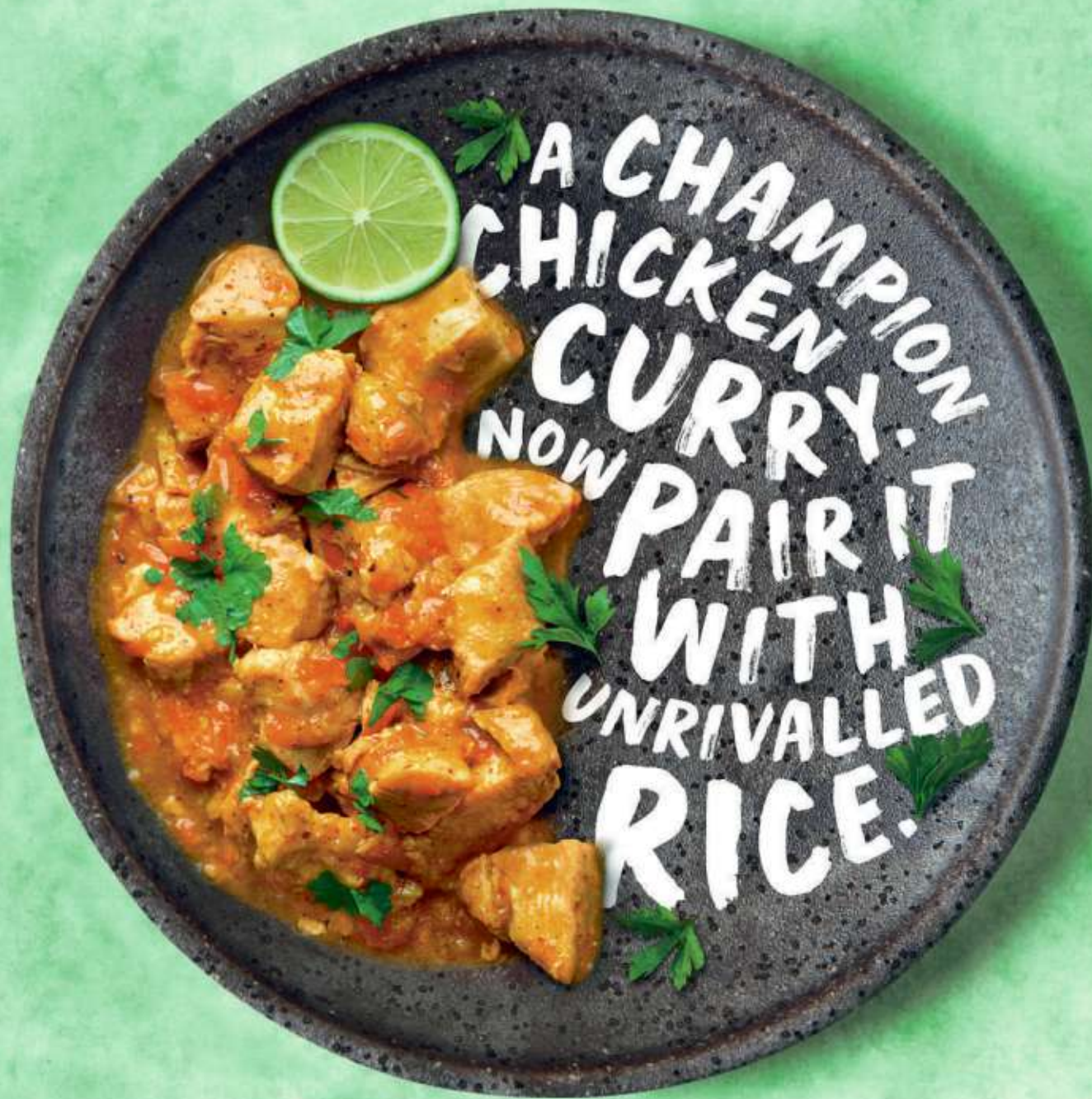
There is something rigid and slightly arrogant about your assumption that you know, even before going on a single date with someone, that it won’t be possible to deeply connect with them. Ironically, you

are shutting down the hopes of a connection before it can even begin. What would it mean to expand your ideas of what intimacy could look like? For example, if you value a lot of emotional intimacy quickly, how are you underestimating the deep connection that comes with respecting boundaries and building up trust over time? If you value intellectual sparring, how could you learn to meet someone on a more embodied or emotional level? And for someone who values having a clear idea of what you want and not even going on one date with someone who might not match up, what could you learn by remaining curious, by being vulnerable, by trying to forge a connection that you aren’t trying to analyse and evaluate from the jump? What could you learn by paying attention to the ways another person views deep connection, and how they choose to build it?

This woman may not turn out to be the love of your life, and that’s fine. But trying something new, choosing not to write someone off, and listening to your desire to go on a date with her will be valuable. Don’t lead her on, take things slowly, and try to stay in the moment. See what you can learn. Pay attention to the times where you would usually disengage, and try to stay present. See what different forms of connection you can forge.

If nothing else, going on a date will end your “internal conflict”, which seems like a pretty good deal. Good luck. ●

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



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Food & Drink

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



Luxurious dining from an Irishman in London

I could eat Patrick Powell's crab toast for starter, main course and dessert

Booking lunch rather than dinner has long been my way of eating affordably in London's finest restaurants. Le Gavroche and the Ledbury were the legendary bargains, (sadly those lunch menus are no more); and Galvin at Windows, where we treated our two daughters to their first Michelin-star meal before they'd even reached double digits. (Not quite the magnanimous act you may think; at the time, there was a £10 children's menu on Sundays.)

Checking out the London "Murphia" (Irish mafia) has always been of interest too – Richard Corrigan, Robin Gill and Anna Haugh – but a name that is less familiar but very highly regarded is Patrick Powell, the Mayo native who worked as head chef at Chiltern Firehouse alongside Nuno Mendes, the much-lauded Portuguese executive chef. Back in the day, it was an A-lister restaurant with carefully guarded gates, not the sort of place that does an affordable lunch for civilians; so I never had the opportunity to taste Powell's cooking.

Which is why, on my first trip back to London since the whole hoo-ha, I've headed out to Stratford for lunch where Powell is the main man in what is being mooted as east London's next hot spot. It's a bit of a trek, I have to say. And the area is most certainly emerging. The Stratford Hotel is set across the first seven floors of the 42-floor Manhattan Loft Gardens, which looms against a background of what looks like Stalin-era brutalist architecture.

But the Allegra restaurant is all international luxury; João Gilberto lounge music, muted tones, and seating areas with enough distance for discreet conversation; although for some unfathomable reason, the banquettes are a shade too high to allow for comfortable leg crossing. If you've got the Goldilocks gene, it might



be wise to go for the chair.

Our very first bite, choux buns (£3.50 each) carpeted in bright green pistachio shrapnel, is quite spectacular. A delicious crunch yields to a rich yet light chicken liver parfait with the slightest hint of sweetness, piqued with a singular dot of black garlic and a sliver of candied clementine.

The same meticulous care and magical way with flavours is put into the three mini Waldorf tarts (£7). Impossibly fragile cases cosset precisely cut cubes of pressed Colston Bassett apple that has the most delicious kick of acidity, dusted with an ethereal cloud of blue cheese. The Domaine Wachau Gruner Veltliner (£44), from a list that might make you feel a bit jittery, pairs nicely.

Although it is not spelled out, all of the produce used here is top drawer. For the beef tartare (£15), it is dairy cow, hand chopped, and tiled with red and yellow smoked, pickled carrots, and nasturtium leaves. Crab on toast with shellfish sauce (£16) sounds reasonably straightforward, but this is a dish that I would return to eat for starters, main course and dessert. The quality of the handpicked Devon crab is outstanding – well-defined individual pieces of sweetness on brioche toast – and the shellfish sauce is exquisite, dotted with peridot-coloured spheres of oil. There are notes of chervil and just a whisper of something floral, which I discover on checking the menu later, is elderflower.

Our shared main course – we've opted for plaice (£42) from seven very good roast options – has a much more rustic approach than the previous dishes. A Skeppshult cast iron pan is brought to the table, with a large tranche of plaice on the bone. It is surrounded by mussels and beads of fregola and trout roe in a buttery



The dining room at Allegra in London and (left) a selection of snacks.



sauce, punched up with pickled fennel. There is so much eating in the dish that we could have skipped our side order of roast carrots with harissa and crispy flaked almonds (£7).

There is, of course, room for dessert, and we finish with a very good mille feuille (£11), three golden pieces of compressed buttery pastry, filled with squiggles of custard cream and served with a quenelle of Epping honey ice-cream. It's central casting Michelin – precise and delicious.

Stratford is unlikely to be top of my destination list in London, and the Westfield Mall beside it ticks each concentric circle of hell. But there's a lot of talk among the Murphia about Powell, how he's cooking his finest food yet, and this would definitely seem to be the case. Lunch is not cheap, but a new £38 set menu has just been introduced which would certainly be worth checking out.

Lunch for two with snacks, a bottle of wine and 12.5 per cent service charge was £168.63 (€193.59). ●

Allegra

The Stratford, 20 International Way, London E20 1FD, United Kingdom

Telephone: +44 20 3973 0545

Website: allegra-restaurant.com

Cuisine: Modern International

Music: João Gilberto, Celso Fonseca, and chilled vibes

Food provenance:

Txuleta beef, Welsh lamb, Bethnal Green fish, Primeur, and Shrub for vegetables

Vegetarian options: Salt-baked celeriac with Vadouvan spices, roasted cep crêpe with baked swede, vegan and vegetarian tasting menu available

Wheelchair access: Accessible, with accessible toilet

8.5/10
VERDICT
PRECISE, DELICIOUS
COOKING

Takeaway Review

Top-notch gyoza from this Takeaway Titans winner

Janet's, Eatyard, The Bernard Shaw, Drumcondra, Dublin 9

Cuisine: Chinese

Website: [instagram.com/janets.dublin](https://www.instagram.com/janets.dublin)

What's on offer?

Jianan Liu will be familiar to viewers of RTÉ's Takeaway Titans, as she scooped the top prize last month for her food truck, Janet's. She is best known for her dumplings, made using her grandmother's recipes, which she sells from her brightly painted stall in Eatyard. The menu is quite broad and also includes baos, rice bowls, and ramen, with a good selection of vegetarian and vegan options.

What did we order?

Mixed gyoza (10 dumplings), a pork bao, and a Sichuan crispy chicken rice bowl.

How was the service?

Unbelievably friendly, with an immediate

offer of tasters of the crispy Sichuan chicken and the pork belly. We were asked if we wanted to eat there or take away; with the option to eat in the Bernard Shaw, and have the food delivered there. A pint in the Bernard Shaw and our food delivered piping hot was just the thing for a Sunday afternoon, with the added bonus of a fabulous drag show.

Was the food nice?

It was incredibly tasty, particularly the gyoza. The fillings in silky, pleated wrappers ranged from chicken, spicy tofu, cheeseburger, and spinach with peanuts, to prawns with chives, which was the favourite. The soy-based dipping sauce had a nice kick of citrus.

The crispy Sichuan chicken rice bowl, laced with kewpie mayo and sriracha sauce, had crunch, sweetness and a touch of heat going on, all very moreish.

Pickled cabbage, crispy onions and peanuts added a nice crunch to the pork belly bao.



Jianan Liu at her food truck Janet's in Eatyard at the Bernard Shaw.

Photograph: Tom Honan

What did it cost?

Dinner for two was €32 – gyoza €11; pork bao €8; and chicken rice bowl €13.

Where does it deliver?

Deliveroo and order online to pick up.

Would I order it again?

Yes, definitely. Janet's is an absolute delight. The gyoza are amazing and there's a good range of options including very tasty vegan dishes. ●

CORINNA HARDGRAVE



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Autumn comfort food: Perfect pumpkin recipes

Make the most of half-price pumpkins this week - just don't use the one from your windowsill

Cook
Gráinne O'Keefe



I love late autumn. For me it's a sensory explosion filled with the smell of mulched leaves, misty fog and bonfires.

As a chef, I look forward to autumn as it is the season of comfort food and vibrant dishes with root vegetables, leafy greens and a hint of Christmas spices - without the full clove and cinnamon flavour.

Pumpkin is synonymous with autumn, as it is the most colourful

vegetable of the season and on display in most households, lit internally with a candle and some ghoulish carvings.

I love cooking with pumpkin and squash, and the best time is right now at the height of their season, just after Halloween when supermarkets and vegetable shops have them on offer for half the price, as they can't be sold for carving for another year.

For condiments such as miso and bonito vinegar, head to your local Asian shop and you will find these

umami rich ingredients which are great cupboard staples to enrich flavour. I have just recently come across tinned pumpkin purée, and it is incredibly useful in desserts.

These are my three favourite ways to eat pumpkin, and there are so many more.

Just make sure not to use the candle filled one from your windowsill. ●



Baked Hokkaido pumpkin, brown butter hazelnuts, bonito vinegar, goats' cheese

SERVES: 2
PREP TIME: 10MINS
COOKING TIME: 30MINS

INGREDIENTS

1 Hokkaido pumpkin
10ml vegetable oil
150g salted butter
1 garlic clove
70g hazelnuts
50ml bonito vinegar (you will find this in Asian stores but if you don't have it use a light white vinegar mixed with a few drops of soy sauce)
150g goats' cheese (I use St Tola)
1 bunch chives, finely chopped
Sea salt and black pepper

METHOD

1. Cut the pumpkin straight down the centre lengthways. Scoop out the seeds and then run seeds under cold water to remove excess pumpkin from them. Dry them on a clean cloth.

2. In a pan, heat the vegetable oil and place the pumpkin halves skin side up in the pan. After three minutes, add the butter and the garlic clove (minced), and transfer to a preheated oven for 20 minutes at 180C. Once removed from the oven, take the pumpkin out of the pan.

3. Add the hazelnuts and pumpkin seeds into the pan (with the butter and garlic) and brown for two minutes on a medium heat. Deglaze the pan with bonito vinegar and then put the pumpkin back in the pan. Spoon the hazelnut butter over the pumpkin and transfer to a serving dish.

4. Add goats' cheese, chives, season and pour any remaining butter from pan over the top.



Photograph: Harry Weir



Vegan pumpkin risotto, crispy sage, pickled pumpkin, gremolata

SERVES: 6
PREP TIME: 20MINS
COOKING TIME: 40MINS

INGREDIENTS:

2ltr vegetable stock
1kg pumpkin peeled, deseeded and diced (you can shave some into thin circles for the pickle, if you wish)
25ml olive oil
100g diced shallot
100g diced leek
5 cloves garlic, minced
500g arborio rice
100ml white wine
1 bunch sage
200g vegan butter
10g miso paste
1 lemon, zest of
1 small bunch parsley
30g walnuts, roasted
30ml white wine vinegar (chardonnay if you have a choice)
30g caster sugar
Sea salt and black pepper
100g vegan cheese (optional)

METHOD

1. Roast 800g of pumpkin on a tray with two cloves of garlic, 10ml olive oil, salt and pepper for 45 minutes at 180C. Heat one litre of the vegetable stock and combine with the roasted pumpkin in a blender. Blitz until smooth. Set aside.
2. In a wide bottomed saucepan, add the remaining olive oil and gently sauté the shallot, leek and two cloves of garlic for 10 minutes. Add the rice and cook for one minute. Add the white wine and stir. Add the pumpkin purée, remaining vegetable stock, miso and 100g of the vegan butter. Cook on a low heat, stirring often, for 25 minutes (check the rice is cooked by tasting, it should be almost soft with a very light bite).
3. For the gremolata, add the remaining vegan butter to a pot and once hot, add the sage. Cook the sage leaves in

the vegan butter until crispy and remove the sage from the pan. Add 100g of the diced pumpkin, the walnuts and one garlic clove into the pan with the butter and cook for two minutes. Add the finely chopped parsley and the zest of one lemon.

4. Heat the sugar and vinegar in a pot and once simmering, add the remaining diced or thinly cut pumpkin. Take off the heat and allow the pumpkin to pickle in the residual heat.

5. To assemble, spoon the risotto into a bowl (adding extra stock if necessary beforehand), and garnish with the pickled pumpkin, the gremolata and the crispy sage. Shave the vegan cheese on top. Of course, you can use dairy butter and Parmesan or another hard cheese of your choice, if you don't want to make this a vegan dish.

Pumpkin pecan cream pie

SERVES: 6
PREP TIME: 30MINS
COOKING TIME: 75MINS

INGREDIENTS:

For the pastry:
155g plain flour (plus a little extra for dusting)
55g icing sugar
80g unsalted butter
1 large egg yolk
For the pie filling:
10g cornflour (1 tbsp)
250g demerara sugar
3 large eggs
450g pumpkin puree (tinned)
280ml double cream, plus 150ml for whipping
1 tsp cinnamon
1/2 tsp ground ginger
1/2 tsp vanilla extract
200g pecans
50g caster sugar
1 orange, zest of

METHOD

1. For the pie crust: In a bowl, mix the room temperature butter and the icing sugar together with a wooden spoon. Once fully mixed, sieve in the flour and mix well. Add

the egg yolk and mix until a soft dough is formed. Move the dough on to a counter top and lightly knead to ensure all ingredients are distributed evenly. Cover the dough in cling film and leave in the refrigerator for at least 25 minutes.

2. Take the dough from the fridge and lightly dust a counter top with a little flour. Using a rolling pin, roll the pastry dough out round until 5mm in depth. Using the rolling pin, roll the pastry up and then unroll into a 10-inch/25mm non stick pie tin. Use your fingers to push the pastry into the tin, ensuring the tin is fully lined.

3. Place a layer of baking parchment over the pastry and fill the inside of the tin with baking beans (you can use any dried beans for this and reuse them). Place the pie crust into a preheated oven at 170C for 20 minutes. Remove the baking beans (be careful as they will be hot) and return

the pie crust to the oven and bake for a further ten minutes. Remove from the oven and allow to cool.

4. For the pie filling: In a bowl, mix the cornflour, demerara sugar and eggs together. Add the pumpkin, cream, spices and vanilla and mix until smooth.

5. Place the pie filling into the pre-baked crust and smooth the top with a spatula. Bake in a preheated oven at 190C for 45 minutes (to check that it is cooked, place the blade of a knife in the centre and if it comes out clean, the filling is cooked). Cool on a wire rack.

6. In a pan, melt the caster sugar and when slightly brown, add the pecans. Coat the pecans in the caramelised sugar for 30 seconds. Allow to cool. Chop roughly with a knife.

7. Whip the remaining cream and spread on top of the cooled pie. Generously sprinkle the pecans on top and finish by grating the orange zest all over the pie

Photograph: Lilly Higgins

**Spend Less,
Eat Well**
**Lilly
Higgins**



An autumn root veg mash up

The perfect seasonal side for lamb, beef or chicken

Lately I've been buying my vegetables online from Green Earth Organics, a family run farm in Galway. I've been prioritising Irish grown in an attempt to support farmers and eat as seasonally as possible.

Mashed root vegetables is the perfect dish to make with all of those carrots, parsnips and turnip. It can be rustic and chunky, or a smoother purée. It's incredible when used to top a shepherds pie. Leftovers, not that there's usually any, make the ideal base for a soup. I usually make a huge batch using a big bunch of carrots, a few parsnips and that peppery turnip. Set half aside for another day, or freeze and label. It's so handy to have.

If you still have a few pumpkins lying around, then add some of the flesh to this mash. Butternut squash is great too. Add a pinch of nutmeg for pure autumn warmth.

This mash is great with roast chicken, or slow cooked beef in a rich gravy. I'm serving it with lamb here. The cooking juices can be used as a sauce that tastes so good with the root mash.

I love lamb steaks, and always resort to the same reliable marinade. A dash of sharp but sweet, sticky balsamic vinegar, lemon zest, crushed garlic and some fresh, bright rosemary. It's such a wonderful mix of flavours. You could also use a little red wine in place of the balsamic. The longer the lamb steaks are left to marinade the better they will taste. I usually pop them into the marinade as soon as I buy them. Sealed in a lunchbox in the fridge, dinner is never too far away. ●

Lilly's kitchen tips

1. Use your carrot and parsnip peels to make stock. You can pop them into a bag in the freezer and just keep adding to it.
2. Make stock in the slow cooker. Low and slow will extract the most flavour, and is more energy efficient.



Balsamic lamb steaks with root vegetable mash

SERVES: 4
PREP TIME: 15 mins
COOKING TIME: 30 mins

INGREDIENTS:
4-8 lamb steaks
2 sprigs rosemary, finely chopped
2 cloves garlic, roughly crushed
1/2 tsp salt
2 tbsp balsamic vinegar
Zest of 1/2 lemon
1 tbsp olive oil
6 medium carrots, peeled
1/2 turnip, peeled
2 x parsnip, peeled
1 tbsp butter
1 tbsp honey or maple syrup
1 tsp wholegrain mustard

Sea salt
White pepper

METHOD:
1. Place the rosemary, crushed garlic, salt, balsamic, lemon zest and olive oil into a container. I usually use a lidded Tupperware. Add the lamb steaks, place the lid on tightly and shake to coat everything. Place in the fridge for a few hours, or leave on the countertop for 15 minutes before cooking.

2. Meanwhile, make the mash. Peel the carrots, turnip and parsnip and chop into equal bite-size pieces. Simmer them

all in a pot with boiling water until tender for about 20 minutes. Drain and add the butter, honey or maple syrup and mustard. Season well with salt and pepper. Use a potato masher or stick blender to create a mash or purée. Taste for seasoning, then place the lid on to keep warm.

3. Heat a griddle or frying pan and cook the steaks over a high heat for 2 minutes on each side until just cooked through. Leave to rest for 2 minutes before serving with the mash and any juices from the pan.



**Shelf
Help**
**Marie-Claire
Digby**



Proof is in the pudding

These smoked puddings are great added to salads or a sausage roll filling

What is it? The Smokin' Butcher Beechwood Smoked Black & White Pudding (€4, 100g x 2).

What's good about it? The black pudding is made with fresh pigs' blood and natural pork casing, with no artificial additives or preservatives. The white one has a good percentage of pork (72 per cent), plus pork liver (13 per cent) and pork rind (7 per cent). Both are smoked over beech wood chips and are made by Hugh Maguire Butcher in Ashbourne, Co Meath. The black pudding was supreme champion at the Great Taste Awards in London in 2017, competing against 12,500 food and drink products.

How do I use it? The puddings are already cooked so just need to be heated by grilling or pan frying. You can take the pudding out of the casing and crumble it before frying. The tasty, crisp nuggets can be added to salads

(apples and blue cheese are great with it), or served with grilled scallops. Crumbled black pudding also makes a great addition to a sausage roll filling, or a coating for Scotch eggs. Food writer Niamh Shields makes it into a pasta sauce with tomatoes, a dish she calls spaghetti Corkese.



Where can I buy it? It is available online for nationwide delivery from hughmaguirebutchers.com, and is also stocked in lots of independent food stores including Fallon & Byrne and Nolans of Clontarf, both in Dublin; Sheridans in Co Meath; Ardkeen Quality Food Store in Waterford and J J O'Driscoll in Cork.

Anything else? Smokin' Butcher has a limited edition chocolate pudding, to celebrate National Black Pudding Day. ●

Send your suggestions to marieclaire.digby@irishtimes.com

**Drink
John
Wilson**



A rich red perfect for winter plates

Expect to pay about €50 for a bottle of good amarone from Italy's Veneto region

A visit to the venerable house of Masi in Valpolicella, which was celebrating its 250th anniversary, provided proof that quality amarone ages very well. We tasted 35 wines, some single vineyard, covering seven decades. The 1958 and the 1990 were just two of many highlights. Sandro Boscaini, the fifth generation of the family, has fought for decades to ensure that the name amarone is not

abused by inferior, inexpensive wines. Our wine shops and supermarkets are full of wines labelled "appassimento". These wines are made using grapes that have been dried to increase sugar levels and therefore alcohol, as well as intensifying flavour. As the grapes dry they lose volume, so producers have an interest in keeping the drying period short.

The original appassimento is recioto della valpolicella, a sweet wine. Amarone is the dry version. It is made only in the Valpolicella zone of northwest Italy, using local grape varieties. Quality producers will dry their grapes on straw mats for an extended period, up to three months, losing 30-40 per cent of their weight, before gently pressing and then fermenting the juice. Cheaper wines, both in Valpolicella and elsewhere, may have only a few weeks' drying.

You can expect to pay about €50 for a bottle of good amarone. Ripasso is a halfway house, made by refermenting a Valpolicella wine on used amarone skins. It has some of the richness of an amarone and the fruit of a Valpolicella.

Traditionally amarone is enjoyed at the end of a meal with some aged Parmesan, possibly some gorgonzola, and crackers. However, it goes perfectly with a wide range of cold-weather dishes, including roast red meats, game, rich pasta dishes and risotto, including risotto all'amarone. ●



Specially Selected Valpolicella Ripasso Superiore 2019
13.5 per cent, €9.99

Smooth lightly spicy red cherry fruits. Tomato-based pasta dishes and pizza.

From: Aldi



Masi Campofiorin 20, Rosso del Veronese
13 per cent, €18.99, €16 on promotion

Smooth elegant red cherry fruits with a spicy, earthy edge.

Widely available in independent wine shops, and O'Briens, Dunnes Stores, SuperValu, Centra, Tesco, Carry Out



Masi Costasera Amarone Classico, 2017 - current vintage
15 per cent, €49.99, €40 on promotion

Rich and smooth with slightly raisined plums and red cherries, and subtle milk chocolate.

Widely available in independent wine shops, and O'Briens, Dunnes Stores, SuperValu, Centra, Tesco, Carry Out



Tedeschi Marne 180 Amarone della Valpolicella 2018
16.5 per cent, €55

Rich, dark, smooth morello cherries and raisins with subtle vanilla. With aged Parmesan or a roast beef.

From: Blackrock Cellar, Deveney's; Jus de Vine, La Touche Wines, Nectar Wines, World Wide Wines Waterford



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2 nights in Jaipur including an authentic homestay, a 3km trek, tuk tuk ride & Bollywood movie
2 nights in Dausa including a yoga session & local village visits
2 nights in Agra including the Taj Mahal, Agra Fort and an 11km cycle
2 nights in Varanasi including an Aarti ceremony, an early morning River Ganga cruise & a visit to Sarnath
All breakfasts & 6 dinners included
10 nights accommodation in India & 2 overnight flights

Holiday Departure Months: 2023

J F M A M J J A S O N D

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Television



Saturday

Arctic Monkeys at Later... with Jools Holland

Saturday, BBC Two, 9.30pm
Not every bog-standard band gets to do a Later... takeover, but Arctic Monkeys are far from bog-standard, and they'll be showcasing songs from new album *The Car*, which continues the space-lounge vein they mined on 2018's *Tranquility Base Hotel & Casino*, and frontman Alex Turner and drummer Matt Helders will take Jools through their process of writing and recording the new album. They'll also play lots of old favourites, so if you don't much like their new direction, there'll be plenty to keep you happy.

The Hacienda: The Club that Shook Britain

BBC Two, 10.15pm
It's 40 years since a former warehouse in Manchester opened up as nightclub and music venue The Hacienda, and this documentary tells the story of the rave revolution that sparked off in the 1980s, with the Hac as the epicentre of acid house. Featuring shaky reminiscences from the likes of Shaun Ryder and Noel Gallagher, and stories from some of the key players in the Hacienda's colourful history, including New Order's Peter Hook and Stephen Morris.

Sunday

Pat Shortt's Entertainment from D'Telly

RTÉ One, 8.30pm
Who's that mad fella digging around in the bowels of Montrose, and bringing up obscure comedy moments from the past 30 years of Irish telly? It is of course Pat Shortt, back again for another series in which he showcases some of the bonkers stuff that RTÉ have served up to viewers in the past, and which we willingly paid our TV licence fee to watch. There'll be no shortage of cringe-inducing classics from the past, with Pat providing a few comedy moments of his own to add to the fun.

I'm a Celebrity... Get Me Out of Here!

UTV & VM1, 9pm
I'm a Celebrity fans are rejoicing as the reality TV show returns to the Australian jungle after two years of "staycationing" in Britain. This year's celebs include comedian Seann Walsh, who scandalised *Strictly* with his amorous antics, so we're expecting more of the same from him. Also appearing is curmudgeonly radio presenter Chris Moyles and former UK health secretary Matt Hancock. But the real star this year is Boy George, although he's made the producers sign a contract that – as he's a vegan – he won't have to eat kangaroo's testicles.

Clockwise from top left: psychologist Malie Coyne, *The Love Experiment*; Elizabeth Debicki, *Imelda Staunton and Dominic West, The Crown*; David Beckham, *Save Our Squad*; Colm O'Driscoll, *Home Grown*; James Corden and Melia Kreiling, *Mammals*. Photographs: RTÉ; Keith Bernstein/Netflix; James Turner/Disney+; Luke Varley/Amazon

Monday

Home Grown

RTÉ One, 8pm
Covid lockdowns saw a surge of interest in gardening, as homeowners got out into the garden with their secateurs and spades. This new series is a celebration of horticulture, presented by Kitty Scully and Colm O'Driscoll, who are passionate about gardening, and hope to pass on their enthusiasm to the viewers at home. In the first episode, O'Driscoll visits the GAA's farm in north Co Dublin where turf is grown for the Croke Park pitch, and Scully goes to Kilmacurragh Gardens in Co Wicklow, famous for its rhododendrons.

Secrets from the Showroom

RTÉ One, 9.35pm
Even the slickest car salesperson had to admit that 2022 hasn't been an easy ride for the second-hand motor trade. Between the pandemic, Brexit, rising prices and the war in Ukraine, car dealers had a tough time shifting stock, and this new series goes behind the showroom window to see how the industry managed to keep the wheels from coming off in what was definitely not a bumper year for selling second-hand cars.

Kevin Courtney



Tuesday

Miriam and Alan: Lost in Scotland and Beyond

Channel 4, 9.15pm

They're the most unlikely entertainment duo since Ian Paisley and Martin McGuinness, and Miriam Margolyes and Alan Cumming are getting back into the camper van for another adventure around Scotland. But the fun doesn't stop there. The odd travel couple jet off to California, where both built up their successful Hollywood careers, and swap the camper van for a big ol' RV, and travel the scenic coast road from LA to San Francisco, stopping off along the way to meet old friends and discover new places.

Mariupol: The People's Story

BBC One, 9pm

Nothing symbolises the evil of Vladimir Putin's war in Ukraine more effectively than the utter destruction of the city of Mariupol. In this documentary, the story of Mariupol's fall is told through the eyes of people who lived there. This was a modern, bustling European city, but within two months it had been reduced to rubble by the Russian onslaught, with an estimated 20,000 citizens killed. The story will document war crimes, but also the resilience of the people as their former lives are bombed out of existence.

Wednesday

The Crown

Netflix

In the year of the queen's death, series five of the royal family saga focuses on a tumultuous decade for the House of Windsor, which sees the collapse of the Soviet Union and the collapse of Charles and Diana's marriage, and culminates in the death of Diana in a car crash in Paris in 1997. Forty years after Elizabeth's accession to the throne, the family face an existential crisis as the public begins to question whether Britain even needs a monarchy at all. Imelda Staunton stars as the queen, with Dominic West as Prince Charles and Elizabeth Debicki as Diana.

Save our Squad with David Beckham

Disney+

David Beckham comes home to his East London roots to coach a team of under-14s who badly need a leg-up if they're to avoid relegation in the Echo Junior Football League. The Westward Boys haven't had a win all season, and this new series follows the team as they try to turn their fortunes around, with the help of one of the game's true greats. Who knows, maybe even Posh might make an appearance in the dressing room and spice up the training.

Thursday

The Love Experiment

RTÉ2, 9.35pm

Here's an odd one – a new dating series based on a social experiment from the 1990s. Apparently, some psychologist named Dr Arthur Aron came up with 36 questions that will promote intimacy and create the right conditions for love. Some of Aron's questions, though, sound a bit too close for comfort. Like "how do you feel about your relationship with your mother?" or "do you have a secret hunch about how you will die?" Ask those on a first date, and she'll be looking frantically for the exit sign. I think I'll stick with the old-fashioned "are ye dancin'?"

Tribute: The Teresa Deevy Story

RTÉ One, 10.15pm

Teresa Deevy was one of Ireland's forgotten playwrights, despite having written six hit plays performed on the Abbey Theatre stage in the 1930s. Performance artist Amanda Coogan sets out to learn more about this deaf playwright whose subject matter – the choices faced by rural Irish women – didn't fit in with De Valera's official "comely maidens" image of Ireland. Coogan also takes on the task of staging one of Deevy's most powerful plays, *Possession*, for the first time.

Friday

Mammals

Prime Video

We know James Corden as the cheeky-chappie chat-show presenter on US TV, and a bit of a stickler for the perfect omelette, but we forget that he's also an accomplished actor, voice of Peter Rabbit and co-creator and star of hit comedy series *Gavin and Stacey*. In his first big acting role since announcing his departure from *The Late Late Show*, Corden stars as chef Jamie, who discovers some shocking truths about his marriage in this dark comedy drama by Jez Butterworth. Sally Hawkins, Melia Kreiling and Colin Morgan co-star.

The Big Narstie Show

Channel 4, 11.05pm

After a cosy Friday evening in the Montrose studio with Ryan and on the couch with Graham, time for something a little edgier, as grime artist Big Narstie returns for another series of his popular chat, music and sketch show, where the normal rules of chat show telly no longer apply. Big will once again be joined by comedian Mo Gilligan for a night of mayhem and anarchy, with tonight's guests including hip-hop star Eve, hard man actor Ross Kemp and the Manchester legend and Gogglebox star Bez.

Saturday November 5

LAST IN SERIES Arctic Monkeys at Later... with Jools Holland BBC Two, 9.30pm The host has saved the best until last – the final episode focuses on the Sheffield band, currently one of the biggest acts in the world. They'll be playing There'd Better Be a Mirrorball and Body Paint from new album The Car, as well as older hits. Plus, frontman Alex Turner and drummer Matt Helder discuss their rise to fame while looking back at their 2005 Later... debut.



NEW DOCUMENTARY The Hacienda: The Club That Shook Britain BBC Two, 10.15pm It may have been situated in the north west of England, but Manchester's Hacienda Club had a massive impact on the music that would wow the world during the 1980s and 1990s. Here, those who went on to find fame after attending the venue, including Shaun Ryder and Noel Gallagher, discuss its importance, as well as that of its founder, the Factory Records label.



RTÉ One

6.00 EuroNews 6.35 Teleshopping **7.45** Ros na Rún S **8.45** Fair City Omnibus S **10.35** Monarch of the Glen R S **11.40** Rick Stein's Secret France R S **12.50** News S **1.00** Beyond the Bullets – Real Life During the Civil War R S **1.30** Saol an Tréidlia R S **2.00** The Zoo R S **2.30** **FILM: Force 10 from Navarone** (1978, Adventure, 15) Dir: Guy Hamilton. S

RTÉ2

6.00 EuroNews **7.35** Children's Programmes **9.35** Home and Away R S **11.05** Celebrity Bainisteoir R S **12.10** Champions League Magazine **12.40** FIFA World Cup 2022 Preview S **1.15** **Racing from Down Royal** Live coverage of the Festival of Racing. S **3.30** **FILM: Junior** (1994, Comedy, PG) With Arnold Schwarzenegger and Danny DeVito. Dir: Ivan Reitman. S

Virgin One

6.40 Keeping Australia Alive R **7.55** Lifecycles R **9.00** Ireland AM S **12.00** John and Lisa's Weekend Kitchen R **1.00** Drive R **2.00** Gino's Italian Escape R S **2.30** Unbeatable R **3.30** The Chase Celebrity Special R S **4.30** Family Fortunes R **5.30** News S

TG4

7.00 Cúla 4 **10.00** GAA R **11.00** Hart to Hart R S **11.55** Survivor R **12.47** Molscéal **1.00** **Steip 2022** Live coverage of the final of the sean-nós dancing competition.

BBC One

6.00 News S **10.00** Saturday Kitchen Live S **11.30** News S **11.45** **Match of the Day Live: The FA Cup** South Shields v Forest Green Rovers (Kick-off Noon:). S **2.05** **Live Men's Rugby League World Cup** Coverage of the second quarter-final (Kick-off 2.30pm). S **4.30** Final Score S **5.10** News S **5.20** Regional News S **5.30** Celebrity Mastermind S

BBC Two

6.45 Go Jetters R S **7.10** Hey Duggee R S **7.30** Shaun the Sheep R S **7.35** Dennis & Gnasher Unleashed! R S **7.50** Ninja Express R S **8.00** The Deep R S **8.25** Odd Squad R S **8.35** One Zoo Three R S **9.00** Newsround S **9.05** Nova Jones R S **9.30** Blue Peter R S **10.00** Deadly Pole to Pole R S **10.30** Women of Steel R S **11.30** **Live Women's Rugby League World Cup S 2.05** **Gymnastics World Championships S 5.45** Flog It! R S

4.45 **IRELAND'S FITTEST FAMILY** The first of the quarter-finals. R S **5.45** **NUAcht** **5.55** **NEWS** S Followed by the Angelus R **6.01** **NEWS** S **6.30** **SINN FEIN ARD FHEIS: THE LEADER'S SPEECH** Live coverage of the address by Mary Lou McDonald TD to her party at the RDS in Dublin. **7.00** **FILM: A DOG'S JOURNEY** (2019, Drama, PG) Beloved dog Bailey finds his new destiny and forms an unbreakable bond that will lead him, and the people he loves, to places they never imagined. Starring Dennis Quaid, Henry Lau and Josh Gad provides the voice of Bailey. Includes Lotto. Dir: Gail Mancuso. S **9.05** **NEWS** S **9.35** **ANGELA SCANLON'S ASK ME ANYTHING** Chat show featuring surprises and unexpected revelations for the celebrity guests, who all agree to be asked absolutely anything. **10.35** **THE TOMMY TIERNAN SHOW** The host is joined by Roger Daltrey of the Who, comedian Des Bishop and authors Sarah Breen and Emer McLysaght. R S **11.50** **THE ROLLING STONES: HAVANA MOON** A 2016 free concert by the band at the Ciudad Deportiva de la Habana in the Cuban capital, attended by around 500,000 people. S **1.00** **FILM: The Mission** (1986, Drama, 12) With Robert De Niro and Jeremy Irons. Dir: Roland Joffe. S **3.20** Death in Paradise R S **4.00** EuroNews

5.35 **THE BIG BANG THEORY** Penny and Leonard organise a paintball game, which results in mayhem when Sheldon becomes jealous of Amy R S **6.00** **HELL ON EARTH: WW II** See Choice. S **7.00** **SATURDAY GAA LIVE** Crossmaglen Rangers v Ballybay Pearse Brothers (Throw-in 7.15pm). Conor McManus presents coverage of the Ulster Senior Club Football Championship preliminary-round match at the Athletic Grounds in Armagh. With analysis from Conor McManus. S **9.00** **FILM: AVENGERS: INFINITY WAR** (2018, Fantasy, 12) Galactic warlord Thanos attempts to obtain six powerful infinity stones, hoping to use them to rule the entire galaxy. This forces Iron Man, Captain America, Thor and their allies to join forces in an effort to stop him. Starring Robert Downey Jr, Chris Evans, Chris Hemsworth, Scarlett Johansson and Josh Brolin. Dir: Anthony Russo, Joe Russo. S **11.35** **DARREN AND JOE'S FREE GAFF** Darren Conway and Joseph McGucken bring their surreal and experimental comedy style to life in this sketch show featuring some of Ireland's most well-known content creators. R S

12.05 **FILM: Poltergeist** (1982, Horror, 15) With JoBeth Williams and Craig T Nelson. Dir: Tobe Hooper. S **2.15** EuroNews

6.00 **TIPPING POINT: LUCKY STARS** Ben Shephard asks the questions as Tom Allen, Melvin Odoom and Patti Clare answer questions to win turns on an arcade-style machine. R S **7.00** **THE CUBE** Father and son Ade and KK, and mother and son Jo and Dan try to complete a series of increasingly difficult tasks, hoping to win a jackpot of £250,000. Phillip Schofield hosts. R S **8.00** **CELEBRITY CATCHPHRASE** Stephen Mulhern hosts a charity edition of the game show, with Brian Conley, Sue Perkins and Colin Salmon trying to guess the familiar phrases. R **9.00** **IT'LL BE ALRIGHT ON THE NIGHT** There's an embarrassing stumble for one of the Real Housewives, a car explodes on the set of Top Gear and a knife causes an injury on the Antiques Roadshow. **10.00** **THE GRAHAM NORTON SHOW** Graham is joined by Paul Mescal, Michaela Coel, Winston Duke, Emma Corrin and Richard Ayoade, and there is music by Loyole Carner, who performs his current single. **11.05** **WHO WANTS TO BE A MILLIONAIRE?** Another line-up of contestants answer questions that could change their lives - with lifelines, including Ask the Audience, Phone a Friend and 50-50. **12.10** The Hotel Inspector R **1.10** Louisiana Lockdown R **2.10** World on Fire R S **3.20** Close **5.55** Our Dream Hotel R

6.01 **AFL AUSSIE RULES NA MBAN** Full deferred coverage of a match from the final round. **6.42** **ABAIR AMHRÁN** The series which celebrates the songs of people's schooldays continues as Baidin Fheilimh meets An Puc ar Buile. R **7.00** **NUAcht TG4** **7.15** **Ó CADHAIN AR AN GCNOCÁN GLAS** A restored documentary by Aindrias Ó Gallchóir following Máirtín Ó Cadhain on a visit home to Cois Fharráige in 1967. Ó Cadhain was one of the most prominent Irish language campaigners and writers of the 20th century, and died three years after making this trip. R **7.45** **DEREK RYAN, LIVE FROM INVERNESS** Derek performs for his loyal Scottish fans in front of a capacity house at Eden Court theatre in Inverness, Scotland. R **9.30** **FILM: IN THE NAME OF THE FATHER** (1993, Drama, 15) The story adapted from the autobiography of Guildford Four member Gerry Conlon, chronicling his tireless efforts to overturn the life sentence imposed on him for involvement with an IRA bombing, an indictment based on a forced confession. Starring Daniel Day-Lewis and Pete Postlethwaite. Dir: Jim Sheridan. S

12.00 Hector: Balkans go Baltics R **1.00** Better Call Saul R S **1.55** France 24

6.00 **MICHAEL MCINTYRE'S THE WHEEL** The comedian hosts the game show, joined by Ed Balls, Clara Amfo, Ally McCoist, Sindhu Vee, Dan Walker, Stacey Dooley and John Whaite. S **7.00** **STRICTLY COME DANCING** The series hits the halfway point, and the couples are back with brand new routines to impress both the judges and the viewers at home. With Tess Daly and Claudia Winkleman. S **8.35** **BLANKETY BLANK** Bradley Walsh presents the revival of the comedy quiz show, joined by panellists Motsi Mabuse, Saffron Barker, Sophie Duker, Jimmy Carr, Matt Baker and Bez. S **9.10** **I CAN SEE YOUR VOICE** Paddy McGuinness hosts the mystery singing game show, in which two brothers from Hertfordshire must spot good singers without hearing them. With guest panellist Lulu. S **10.10** **NEWS** S **10.30** **MATCH OF THE DAY** Gary Lineker presents highlights of the latest Premier League matches, including Manchester City v Fulham at Etihad Stadium. S **11.45** **FILM: THE KEEPER** (2018, Drama, 15) The true story of Bert Trautmann, the German PoW who became a footballing legend for Manchester City. Starring David Kross. Dir: Marcus H Rosenmüller. S

1.40 News S

6.30 **PAULA MCINTYRE'S HAMELY KITCHEN** Paula showcases dollaghan, a fish caught in Lough Neagh and, after treacle-curing the fish, she serves it on wheaten farls with a cucumber relish. She also draws inspiration from a recipe for gnocchi, supplied by a member of the Women's Institute from the Glens of Antrim. R S **7.00** **LIVE MEN'S RUGBY LEAGUE WORLD CUP** Coverage of the third quarter-final (Kick-off 7.30pm), which comes from MKM Stadium in Hull. The corresponding contest of the 2017 tournament in Australia was a tryless affair, with Fiji eventually edging past New Zealand 4-2 to reach their third World Cup semi-final. S **9.30** **ARCTIC MONKEYS AT LATER... WITH JOOLS HOLLAND** See Choice. S **10.15** **THE HACIENDA – THE CLUB THAT SHOOK BRITAIN** See Choice. S **11.15** **RADIO 1 IBIZA PROM: BBC PROMS CLASSICS** A Prom from July 2015 at the Royal Albert Hall, when DJ Pete Tong employed the Heritage Orchestra to play a selection of Ibiza classics. Jules Buckley conducts through dance masterpieces by Fatboy Slim, Eric Prydz, Shapeshifters, Robert Miles, ATB and others. R S

12.50 **FILM: Manchester by the Sea** (2016, Drama, 15) Starring Casey Affleck. Dir: Kenneth Lonergan. S **3.00** This Is BBC Two S

NEW SERIES Hell on Earth: WW II RTÉ2, 6pm
This new eight-part documentary examines the conflict from its origins to its aftermath, using archive footage and eyewitness testimony. The opening episode takes viewers back to the events of Autumn 1939 when Germany invaded Poland and the segregation of Jews began. Other issues include Winston Churchill's appointment as British Prime Minister and Mussolini's decision to join forces with Hitler.



Channel 4

6.10 The King of Queens R S **7.25** Everybody Loves Raymond R S
8.15 The Simpsons R S **10.35** Four in a Bed R S
1.15 FILM: The Karate Kid Part II (1986, Adventure, PG) With Ralph Macchio, Pat Morita and Yuji Okumoto. Dir: John G Avildsen. S
3.25 George Clarke's Amazing Spaces R S **4.30** Huge Homes with Hugh Dennis R S **5.30** News S

6.00 GRAND DESIGNS Kevin McCloud revisits a couple who built a new family home in rural East Sussex almost entirely out of concrete, with construction involving cutting-edge technologies. R S
7.00 TUTANKHAMUN: SECRETS OF THE TOMB Part two of two. Ella Al-Shamahi investigates the strange deaths connected to the tomb, and questions if something inside it have been toxic to those who entered. R S

8.00 CHARLES: OUR NEW KING The second episode of the two-part documentary focuses on the death of Princess Diana, and how the tragedy impacted public attitudes to the future king and queen consort. S
9.00 FILM: KINGSMAN: THE GOLDEN CIRCLE (2017, Comedy, 15) Having saved the world once, secret agents Eggsy and Merlin join forces with their US counterparts to bring down a psychotic femme fatale. Starring Taron Egerton and Colin Firth. Dir: Matthew Vaughn. S

11.50 FILM: MINORITY REPORT (2002, Sci-fi, 12) A cop goes on the run when three supposedly infallible psychics foretell he is about to kill a man he has never heard of. Starring Tom Cruise and Colin Farrell. Dir: Steven Spielberg. S

2.20 Ramsay's Hotel Hell R S **3.10** The Great British Bake Off: An Extra Slice R S **4.05** Jamie's Comfort Food R S **4.20** Hollyoaks Omnibus R S

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Virgin Two

6.30 The Chase Australia **9.30** The Hotel Inspector R S **10.30** WWE SmackDown **11.30** Fool Britannia R S **12.00** Big Star's Little Star R S **2.00** Keeping Britain Alive: The NHS in a Day R S **3.00** The Masked Singer R S **4.30** **Autumn Nations Series – Live** Ireland v South Africa (Kick-off 5.30pm). At Aviva Stadium.

8.00 BEAT THE CHASERS Bradley Walsh hosts as people compete against the most formidable quiz team on TV. R S
9.00 CANNONBALL Water-based obstacle course challenge, hosted by Andrew Flintoff. R S
10.00 THE NFL SHOW Action from Houston Texans v Philadelphia Eagles.

11.00 GOGGLEBOX IRELAND R
12.00 Lucy Investigates R S **1.00** The Real Housewives of Beverly Hills R **2.00** The Weekender: Boat Party R **3.00** WWE SmackDown **3.55** Iain Stirling's CelebAbility R S **4.30** Schitt's Creek R S **4.55** Judge Rinder's Crime Stories R **5.40** The Chase USA R S

Sky Atlantic

6.00 Urban Secrets R S **9.00** The Wire R S **2.30** True Blood R S
6.50 TRUE BLOOD Sookie tells Bill she has decided to stop seeing him and accepts Sam's invitation to go on a date – but things do not go as planned. R S
7.55 TRUE BLOOD Sookie struggles with her emotions when the serial killer strikes close to home. Jason finds the urge for vampire blood hard to bear, and Sam and Tara find comfort in each other. R S

9.00 GANGS OF LONDON Luan faces a desperate race against time that culminates in a violent showdown, and Ed starts to question if he has backed the right side. R
10.05 GAME OF THRONES The fate of Jon Snow is revealed, Ramsay sends his dogs after Theon and Sansa, while Ellaria and the Sand Snakes make their move. R S
11.10 GAME OF THRONES Bran trains with the Three-Eyed Raven, while at Castle Black, the Night's Watch stands behind Alliser Thorne. R S
12.15 Game of Thrones R S **3.30** Fish Town. Documentary. R

6.00 Amazing Animal Friends R S
9.00 Futurama R S
10.30 Soccer AM With John Fendley and Jimmy Bullard.
12.00 The Slow Mo Guys' Big Adventures R **12.30** The Simpsons R **1.00** **FILM: Monster Family 2** (2021, Animation, PG) Dir: Holger Tappe. R S **3.00** **Gillette Labs Soccer Saturday** R **5.00** Legends of the Pharaohs R
6.00 **BRITAIN'S SECRET ISLANDS** R
7.00 **THE OOS: CINEMA'S GREATEST DECADE** R S
8.00 **ROB & ROMESH VS COUNTRY MUSIC** R S
9.00 **FILM: ANCHORMAN: THE LEGEND OF RON BURGUNDY** (2004, Comedy, 12) Dir: Adam McKay. R S
10.45 **JAMIE AND HARRY'S WORLD CUP CHALLENGE: GOT, GOT, NEED** R
11.45 **RESIDENT ALIEN** R
12.45 Fantasy Football League R **1.20** The Russell Howard Hour R **2.05** Road Wars R S **3.00** Nothing to Declare. Documentary. R S

Sky Showcase

6.00 Amazing Animal Friends R S
9.00 Futurama R S
10.30 Soccer AM With John Fendley and Jimmy Bullard.
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UTV

6.00 **Live Women's World Cup Rugby Union** The second semi-final (Kick-off 6.30am). S
9.00 James Martin's American Adventure R S **9.20** News S **9.25** James Martin's Saturday Morning S **11.35** Ainsley's World Cup Flavours S **12.40** James Martin's Great British Adventure R S
1.10 **FILM: Rio 2** (2014, Animation, U) Dir: Carlos Saldanha. S
3.10 **FILM: Spider-Man 2** (2004, Sci-fi, PG) Dir: Sam Raimi. S
5.40 Tipping Point: Best Ever Finals. Quiz show. R S
6.05 **NEWS** S
6.20 **UTV LIVE** S
6.30 **CELEBRITY LINGO** S
7.30 **THE CHASE CELEBRITY SPECIAL** With Cheryl Baker and Laura Tobin. S
8.30 **QUEENS FOR THE NIGHT** Lorraine Kelly presents an entertainment special which sees celebrities being transformed into drag queens. S
10.10 **THE JONATHAN ROSS SHOW** With Rita Ora, Harry and Jamie Redknapp, Luke Evans and Paolo Nutini. S
11.10 **NEWS** S
11.30 **ENGLISH FOOTBALL LEAGUE HIGHLIGHTS** S
12.50 Shop: Ideal World **3.00** Unwind with ITV S **4.15** Love Your Weekend with Alan Titchmarsh. With Anton Du Beke. R S

Cable & Satellite

GENERAL

Virgin Three

6.10am Judge Rinder's Crime Stories. **7.00** The Hotel Inspector. **7.50** Jo Frost Family Matters. **8.50** Inspector Morse. **11.00** In for a Penny. **11.30** The Chase Australia. **12.30** Emmerdale. **3.30** Live Racing. **10.00** Alex Polizzi: The Fixer. Alex travels to Kirklington, North Yorkshire, to meet the Keebles. **11.15** Intruder. Thriller, starring Elaine Cassidy.

Virgin More

12.55pm Sport Stories: Paul McGrath. **1.45** UEFA Champions League Matchnight Highlights. **2.35** Autumn Nations Series. **4.10** Ronaldo: Classic Matches. **4.40** UEFA Champions League Matchnight Highlights. **5.30** UEFA Europa Conference League. **7.15** Classic 6 Nations. England v Scotland from 2019. **8.10** Autumn Nations Series – Highlights. Action from recent rugby union internationals. **9.00** Rectify. Janet tells Daniel they have had an offer on the store. **9.55** Aquarius. Hodiak deals with having his father back in his life. **10.50** Love Island. The sixth week continues with the single people living in the villa. **11.45** Rectify.

BBC Four

7.00pm Expedition Volcano. Part two of two. The team takes a helicopter to an active volcano. **8.00** Treasures of Ancient Egypt. How the decline of the Egyptian Empire ran parallel with a creative revival. Last in the series. **9.00** Wisting. **10.30** Timewatch: The Gunpowder Plot. investigation into the Gunpowder Plot of 1605. **11.20** To the Manor Born. Comedy. **11.50** Ever Decreasing Circles.

ITV2

6.00am Unwind with ITV. **6.20** Coronation Street Omnibus. **9.00** Secret Crush. **10.00** Dress to Impress. **12.05** Ninja Warrior UK: Race for Glory. **1.05** In for a Penny. **1.35** I'm a Celebrity: Legends of the Jungle. **2.40** Celebrity Catchphrase. **3.40** Film: The Addams Family (2019, Animation, PG) **5.25** Film: Hotel Transylvania 2 (2015, Animation, U) **7.10** Film: Evan Almighty (2007, Comedy, PG) Starring Steve Carell. **9.00** Film: Bad Neighbours (2014, Comedy, 15) **11.05** Family Guy. **12.00** American Dad!

ITV3

6.00am Bless This House. **6.35** Foyle's War. **10.50** Midsomer Murders. **6.45** Snooker: Champion of Champions Live. **10.15** Agatha Christie's Poirot. An actress's estranged husband is murdered.

E4

11.05am Ramsay's Kitchen Nightmares USA. **12.05** Ramsay's Hotel Hell. **1.05** The Great British Bake Off. **2.25** The Big Bang Theory. **3.55** Film: Kung Fu Panda (2008, Animation, PG) **5.35** The Big Bang Theory. **8.00** Gogglesprogs. Young TV viewers give their take on This Morning and Doctor Who. **9.00** Celebrity Gogglebox. American Pie, The Graham Norton Show, Love Island and Killing Eve are appraised. **10.00** Gogglebox.

More4

11.25am A Place in the Sun. **12.30** Location, Location, Location. **1.35** Come Dine with Me. **4.15** Four in a Bed. **6.55** Matt Baker: Our Farm in the Dales. **8.00** Secrets of Egypt's Valley of the Kings. The mysteries of one of Egypt's greatest female pharaohs. **9.00** 24 Hours in A&E. Documentary. **11.10** 8 Out of 10 Cats Does Countdown.

Channel 5

11.40am Friends. **12.40** Film: Christmas in London (2020, Drama, PG) **1.40** Entertainment News on 5. **1.45** Film: Christmas in London (2020, Drama, PG) **2.30** Film: Christmas in the Highlands (2019, Drama, PG) **3.30** Entertainment News on 5. **3.35** Film: Christmas in the Highlands (2019, Drama, PG) **4.20** Film: A Nutcracker Christmas (2016, Drama, PG) **5.20** News. **5.25** Film: A Nutcracker Christmas (2016, Drama, PG) **6.05** News. **6.10** Film: Godzilla (2014, Thriller, 12) **7.10** News. The latest reports. **7.15** Film: Godzilla (2014, Thriller, 12) Starring Aaron Taylor-Johnson. **8.35** Morecambe & Wise: 30 Funniest Moments. The comedy duo's most

memorable sketches. **10.35** When TV Stars Go Horribly Wrong. Richard Bacon narrates a compilation of disasters befalling TV presenters.

National Geographic

Noon: Lawless Island. **1.00** First Alaskans. **2.00** Alaska: The Next Generation. **4.00** King Tut In Colour. **5.00** Ultimate Tutankhamun. **7.00** Lost Treasures of Egypt. Documentary. **10.00** Tut's Treasures: Hidden Secrets.

FILMS

TCM Movies

12.45pm The Desperate Hours (1955, Thriller, PG) **3.00** Incident at Phantom Hill (1966, Adventure, U) **4.50** Hellfire (1949, Western, PG) **6.45** The Hanging Tree (1959, Western, PG) **9.00** The Expendables (2010, Adventure, 15) With Sylvester Stallone. **11.10** Halloween 4: The Return of Michael Myers (1988, Horror, 18) **12.55** Cattle Drive (1951, Western, U)

Film4

12.55pm Monster House (2006, Animation, PG) **2.45** WarGames (1983, Thriller, PG) **5.00** Jingle All the Way (1996, Comedy, PG) **6.55** The Greatest Showman (2017, Drama, PG) **9.00** Underwater (2020, Sci-Fi, 15) **10.50** Attack the Block (2011, Sci-Fi, 15) **12.35** Jerry Maguire (1996, Comedy, 15)

Sky Cinema Premiere

12.20pm Morbius (2022, Adventure, 15) **2.20** Out of the Blue (2022, Drama, 15) **4.20** Rabbit Academy (2022, Animation, U) **5.45** Sonic the Hedgehog 2 (2022, Adventure, PG) Starring James Marsden. **8.00** As 12.20pm. **10.00** Wolf (2021, Drama, 15) **11.55** The Accused (2022, Horror, 15)

Sky Cinema Comedy

12.35pm The Paper Tigers (2020, 12) **2.35** Shall We Dance? (2004, 12) **4.30** Road Trip (2000, 15) **6.10** Jersey Girl (2004, 12) **8.00** Click (2006, 12) Starring Adam Sandler. **9.55** Trainwreck (2015, 15) With Amy Schumer. **12.05** Bad Neighbours (2014, 15)

Sky Cinema Family

1.05pm It Takes Two (1996, Comedy, U) **2.55** The Water Horse: Legend of the Deep (2007, Fantasy, PG) **5.00** Nanny McPhee and the Big Bang (2010, Comedy, U) **6.50** Clifford the Big Red Dog (2021, Adventure, PG) **8.40** Ella Enchanted (2004, Fantasy, PG) **10.30** As 1.05pm. **12.20** As 2.55pm.

SPORT

Eurosport 1

10.50am Live Ski Jumping. **12.45** Live Figure Skating: Grand Prix. **1.50** Ski Jumping. **2.45** Live Ski Jumping. **4.45** Live Figure Skating: Grand Prix. The Grand Prix de France. **5.50** The Power of Sport. **6.00** Cycling: Back on Track. **6.45** Live Figure Skating: Grand Prix. The Grand Prix de France. **7.30** Ski Jumping. **9.30** Cyclo-Cross. **10.30** Mountain Bike: Roc d'Azur. **11.00** Live Show Jumping. Coverage of the World Cup meeting from Lexington in Kentucky. **1.00** Cyclo-Cross.

Sky Sports Main Event

7.30am Live ICC Men's T20 World Cup. **12.00** Live EFL. Sheffield United v Burnley (Kick-off 12.30pm). **3.00** Gillette Labs Soccer Saturday. Stay up to speed with the afternoon's football up and down the country. **5.00** Live: SNF. Everton v Leicester City (Kick-off 5.30pm). **8.00** Live MLS. Live coverage of this year's final (Kick-off TBA). **10.10** Live NBA Basketball. Orlando Magic v Sacramento Kings (Tip-off 9.00pm). **11.30** Live ICC Men's T20 World Cup. South Africa v Netherlands.

Sky Sports Premier League

10.30am Soccer AM. **12.00** Gillette Labs Soccer Saturday: Build-Up. Build-up to the Saturday football across the country. **3.00** Gillette Labs Soccer Saturday. Stay up to speed with the afternoon's football up and down the country. **5.00** Live: SNF. Everton v Leicester City (Kick-off 5.30pm). **8.00** PL 30. **8.30** Game of the Day. **10.30** Premier League Highlights. **12.00** SNF. **12.30** Premier League Highlights. **1.00** Premier League Icons. **1.30** Premier League Highlights.

Sunday November 6

MUSICAL JOURNEY Ceolaireacht TG4, 9.30pm Doireann Ní Ghlacáin continues her tour of the country by taking in the sights and, most importantly, the sounds of north Clare. She discovers that although the western part of the county is more famous for its traditional music, there's much to admire here – as musicians Tony Linnane, James Cullinan, Siobhán Peoples, JJ Conway, Damien O'Reilly and others try to prove via rousing performances.



NEW SERIES I'm a Celebrity Get Me Out of Here! Virgin Media One, 9pm For the past few years, Ant and Dec have hosted the series from a Welsh castle. But now, with pandemic restrictions on travel having lifted, the duo are heading back to the Australian jungle. But who will be joining them? Rumours have been flying around for some time, so it will be fascinating to see which turn out to be true when the class of 2022 arrives at the camp tonight.



RTÉ One

6.00 EuroNews **7.20** Teleshopping
8.30 Holby City S **9.20** Casualty R S **10.10** The National Symphony Orchestra in Concert S **11.10** Service on Sunday **12.00** The Week in Politics S **1.00** News S **1.10** Ear to the Ground **1.40** Build Your Own Home R **2.40** How Long Will You Live? R S **3.30** The Ultimate Irish Playlist R S **5.40** Nuacht **5.50** News S Followed by The Angelus R

6.01 NEWS S

6.30 IRELAND'S FITTEST FAMILY It is the second of the two quarter-finals in the Forest and the four teams take on draining four-way relay race All Tyred Out as well as old favourite hanging tough. S
7.30 HOME OF THE YEAR Hugh Wallace, Amanda Bone and Sara Cosgrove visit a bungalow in Co Cork, a country cottage in Co Wicklow and a renovated property in Dublin. R S
8.00 FAIR CITY Joan is horrified when James reveals something about Carol, while Hayley learns about Anto's precarious living situation from a concerned Hughie. S
8.30 PAT SHORTT'S ENTERTAINMENT FROM D'TELLY See Choice. S
9.00 NEWS S
9.30 FILM: THE MULE (2018, Drama, 15) Earl Stone, an award-winning horticulturist and Korean War veteran, is facing financial ruin. The Illinois octogenarian is estranged from his ex-wife Mary and daughter Iris for always putting work before family. Starring Clint Eastwood, Bradley Cooper and Laurence Fishburne. Dir: Clint Eastwood. S
11.35 THE WEEK IN POLITICS Reflections on the political week, including contributions from journalists, senators and TDs. R S

12.40 Angela Scanlon's Ask Me Anything R S **1.40** Unforgotten R S **2.35** The Nest R S **3.35** EuroNews

RTÉ2

6.00 EuroNews **7.45** Children's Programmes
11.30 FILM: Nicky Deuce (2013, Comedy, PG) Dir: Jonathan A Rosenbaum. S
12.55 Home and Away R S **1.55** FIFA World Cup 2022 Preview S
2.30 Sunday SoccerEvoke.ie Women's FAI Cup Final Athlone Town v Shelbourne (Kick-off 3.00pm). S
5.30 The Big Bang Theory R S
5.55 Mediterranean: Life Under Siege S

6.55 THE MATING GAME Series exploring the lengths that animals go to in search of a mate, including ostriches, zebras, kangaroos and nursery web spiders. Plus, male birds that pose as females to get closer to their intended mates unnoticed. Narrated by David Attenborough. R S
7.55 EDEN: UNTAMED PLANET At the far tip of South America lies Patagonia, a region that seems frozen in time and is known as the end of the world. Voyaging from the high Andes to coastal fjords, this programme reveals that to survive here wildlife has to be as extreme as the place itself – either specialising in one habitat or being tough enough to live in them all. S
9.00 FILM PREMIERE: JUST MERCY (2019, Drama, 12) Death row prisoner Walter McMillian, with the help of young civil rights defence attorney Bryan Stevenson, appeals his murder conviction. Starring Michael B Jordan, Jamie Foxx and Brie Larson. Dir: Destin Daniel Cretton. S
11.30 STORYLAND: EVERY FIVE MILES A petrol station attendant is drawn into the harsh world of people trafficking when she meets an immigrant car wash attendant. Starring Danielle Galligan and Sameer Baloch. R S

12.00 Fires R S **1.05** Grey's Anatomy R S **2.00** EuroNews

Virgin One

6.45 Keeping Australia Alive R
8.00 Lifecycles R **9.00** Ireland AM S **12.00** John and Lisa's Weekend Kitchen R **1.00** Drive R **2.00** Tipping Point: Lucky Stars R S
3.00 The Cube R S **4.00** Celebrity Catchphrase R **5.00** Bradley & Barney Walsh: Breaking Dad R
5.30 News S

6.00 CORONATION STREET: SOAPY SLIP-UPS A look at out-takes from the programme's archives, with stars past and present recalling those moments when things did not quite go to plan on the famous cobbles. R S
6.30 CELEBRITY LINGO Quiz hosted by RuPaul in which famous faces use their powers of deduction to work out words that appear in the Lingo grids and Puzzlegames. S
7.30 THE MASKED SINGER: I'M A CELEBRITY SPECIAL Joel Dommett presents as four famous faces who have taken part in I'm a Celebrity Get Me Out of Here compete undercover in elaborate costumes. Koala, Witchetty Grub, Cockroach and Kangaroo perform in front judges Rita Ora, Jonathan Ross, Davina McCall and Mo Gilligan.
9.00 I'M A CELEBRITY GET ME OUT OF HERE! See Choice.
10.45 THE RESTAURANT Comedian and actor Deirdre O'Kane cooks for Marco Pierre White and Rachel Allen, who eat and critique their meal while trying to guess who it could be behind the kitchen doors. R S
11.50 LUCY INVESTIGATES Presenter Lucy Kennedy explores the world of social media influencers. Last in the series. R S

12.50 The Mr Moonlight Murder R **1.50** World on Fire R S **3.00** Close

TG4

7.00 Cúla 4 **9.50** Tímeall na Tíre
10.20 Murder, She Wrote R S **11.15** AFL Aussie Rules na mBan
1.00 GAA Beo The AIB Club Championship Munster Hurling quarter-final.
3.15 GAA Beo The AIB Club Championship Leinster Football quarter-final.
5.20 Laochra Gael R **5.50** Taithi gan Teorainn R

6.50 ABAIR AMHRÁN An insight look at the songs people learned at school, including Cólín Phádraig Shéamais, An Mairín Rua, Fáinne Geal an Lae, and Jimmy Mo Mhíle Stór. R
7.15 NUACHT TG4
7.30 OLLCHLÁR ROS NA RÚN Evan does all he can to stop Andy returning to Berni's apartment. Michelle's huge donation to the Indian orphanage affects the lonad Fóllaine build. Having held Vivienne on a high pedestal, Bobbi Lee, soon realises she was not what she seemed.
8.30 RÉALTA AGUS GAOLTA The search for Ireland's talented family continues. Judging the families are Irial Ó'Ceallaigh, champion sean nós singer and Sinéad Ní Uallacháin, broadcaster and producer, this week joined by a guest judge Gavan Ó Rinn, opera singer extraordinaire.
9.30 CEOLAIREACHT See Choice.
10.30 GEANTRÁÍ From Larkins in Kilkenny, featuring Sandra Joyce, Niall Keegan, Gerry Banjo O'Connor and family and singer Nora Butler. R
11.05 MEANAPÁS: MEON NUA Gráinne Seoige explores the topic of menopause and the way in which it is handled in this country. She examines the challenges associated with the menopause and meets women across Ireland to hear their stories. R

12.05 Classic Albums: Elvis Presley R **1.05** Murder, She Wrote R S **2.00** France 24

BBC One

6.00 News S **7.45** Match of the Day R S **9.00** Sunday with Laura Kuenssberg S **10.00** Walk the Line R S **10.30** Homes Under the Hammer R S **11.30** Bargain Hunt R S **12.10** Points of View S **12.25** Songs of Praise S **1.00** News S
1.15 Gymnastics World Championships Live coverage of the apparatus finals. S
4.35 Blue Planet Revisited R S
5.35 News S **5.50** Regional News S

6.00 COUNTRYFILE RAMBLE FOR BBC CHILDREN IN NEED 2022 The team showcase this year's Big Ramble for Children in Need, and meet some inspirational young people to discover how they have been helped by the charity. Including weather for the week ahead. S
7.15 STRICTLY COME DANCING: THE RESULTS Tess Daly and Claudia Winkleman present as the two lowest-scoring couples compete in the dance-off. Featuring a musical performance from Luke Evans and a Bollywood-themed routine. S
8.00 TOP GEAR Chris Harris, Freddie Flintoff and Paddy McGuinness hit the German autobahn in a trio of shiny new supercars from Ferrari, Pagani and Porsche. S
9.00 SAS ROGUE HEROES Stirling's disastrous parachute jump leaves him unable to walk. While recovering in hospital, he ruminates on Lewes' ideas and hatches a plan to get approval from GHQ. S
10.00 NEWS S
10.25 REGIONAL NEWS S
10.30 MATCH OF THE DAY 2 Mark Chapman presents action from the latest Premier League fixtures, including Chelsea v Arsenal at Stamford Bridge. S
11.55 THE WOMEN'S FOOTBALL SHOW Highlights of the weekend's games in the League. S

12.40 Reported Missing R S **1.45** News S

BBC Two

6.20 Countryfile R S **7.15** Landward S **7.45** Beechgrove Gardens in Winter S **8.15** This Farming Life R S **9.15** Trawlermen: Hunting the Catch R S **10.15** Saturday Kitchen Best Bites S **11.45 Live Wheelchair Rugby League World Cup** (Kick-off Noon). S **2.00 Live Men's Rugby League World Cup** (Kick-off 2.30pm). S **4.35 Gymnastics World Championships S**
5.45 Match of the Day: The FA Cup S

7.15 STANLEY TUCCI: SEARCHING FOR ITALY The American actor visits Sardinia, famous for its rugged landscape and passionately preserved traditions, learning that its food culture varies wildly throughout the island. S
8.00 MOUNTAIN VETS Vet Nigel discovers a worrying growth on much-loved cow Florence, and Gillian must perform surgery on dog Bailey so he can be rehomed. R S
9.00 ULSTER BY THE SEA Catherine and Rick award the best-kept caravan prizes at Cranfield, while their son Miles goes paddle-boarding with his friends. R S
9.30 THE BLAME GAME Tim McGarry, Colin Murphy, Diona Doherty and Neil Delamere are joined by guest Joel Dommett as they put their comedic spin on the week's news. R S
10.00 THE RANGANATHAN Romesh Ranganathan mulls over the week's most entertaining news with guests including Oti Mabuse, as well as his mum. Last in the series. S
10.45 FILM PREMIERE: SWEETHEART (2021, Comedy, 15) A socially awkward, environmentally conscious teenager becomes unexpectedly captivated by a lifeguard. Starring Nell Barlow and Ella-Rae Smith. Dir: Marley Morrison. S

12.30 FILM: Bulldozer (Drama) S **12.45** Sign Zone: Question Time R S **1.45** Road Rage: Cars v Bikes – Panorama R S **2.15** Stanley Tucci: Searching for Italy R S **2.55** Louis Theroux Interviews – Stormzy R S **3.40** This Is BBC Two S

NEW SERIES Pat Shortt's Entertainment from D'Telly RTÉ One, 8.30pm The much-loved comedian and actor returns with the second series of his popular show. As before, each episode provides viewers with an amusing trip down memory lane via clips culled from the RTÉ Archives. Expect music, mischief, fun and madness that should appeal to the entire family, as well as a chance to see an appearance from one of Shortt's own comic creations.



Channel 4

6.25 The King of Queens R S **7.10** Everybody Loves Raymond R S
8.25 Frasier R S **9.30** Sunday Brunch S **12.30** The Simpsons R S
2.30 The Great British Bake Off R S
3.45 **FILM: The Addams Family** (1991, Comedy, PG) Starring Anjelica Huston and Raul Julia. Dir: Barry Sonnenfeld. S
5.45 News S

6.15 **THE ANDREW NEIL SHOW** Political discussion show, featuring extended interviews with decision-takers and news-makers from across the political spectrum. S

7.00 **WORLD'S GREATEST TRAIN JOURNEYS FROM ABOVE** This episode follows the Darjeeling Himalayan Railway, a line connecting the plains of New Jalpaiguri in eastern India to the foothills of the Himalayas in Darjeeling. S

8.00 **ESCAPE TO THE CHATEAU** Dick and Angel are preparing to welcome guests once more, from cleaning and weeding to tidying the 12 acres of land, it's all hands-on deck to get the wedding ready. S

9.00 **THE HANDMAID'S TALE** June and Moira join a rebel outpost, while Serena tries to restore her status as a pregnant widow. Aunt Lydia questions her strict methods of dealing with handmaids. S

10.00 **GOGGLEBOX** The armchair critics share their opinions on what they have been watching on recent TV. R S

10.55 **GOGGLEBOX** The armchair critics share opinions on A Nightmare on Elm Street 3: Dream Warriors, Sex, Love & Goop, Strictly Come Dancing, The Cube and Celebrity Ghost Trip. R S

11.55 **RAMSAY'S HOTEL HELL** Gordon Ramsay checks in at the Monticello Hotel in Longview, Washington. R S

12.45 **FILM: Brightburn** (2019, Fantasy, 15) Starring Elizabeth Banks. Dir: David Yarovesky. S
2.20 Somewhere Boy R S **3.10** Taskmaster R S **4.05** Couples Come Dine with Me R S **4.55** George Clarke's Old House, New Home R S **5.50** Kirstie's Fill Your House for Free R S

Virgin Two

6.30 The Chase Australia **9.30** The Hotel Inspector R **10.30** WWE: Raw **11.30** Fool Britannia R **12.00** Tipping Point R S **1.00** The Masked Singer R S **2.30** Keeping Britain Alive: The NHS in a Day R S **3.30** Back to Mine R S **4.00** Biggest & Baddest R S
6.00 **NINJA WARRIOR UK: RACE FOR GLORY S**
7.00 **DRIVE** The remaining six celebrities tackle all-terrain 4x4 driving. R
8.00 **STORAGE HOARDERS** Aggie MacKenzie helps a model-railway enthusiast. R
9.00 **POSH PAWN** The world of high-end pawnbroking. R
10.00 **CELEBABILITY** With Charlotte Crosby, Chris Hughes, Bobby Norris and Adam Gemili. R
10.45 **THE GRAHAM NORTON SHOW** With Paul Mescal and Michaela Coel. R
11.50 **CELEBABILITY R S**
12.35 Ibiza Weekender S **1.35** WWE: Raw R **2.35** Schitt's Creek R **3.05** Tricked R **3.55** Iain Stirling's CelebAbility R **4.35** Judge Rinder's Crime Stories R S

Sky Atlantic

6.00 Urban Secrets R S **8.00** In Treatment R **8.30** The Wire R
2.30 True Blood R S
7.00 **BABYLON BERLIN** Rath takes part in a risky experiment, brutal gang war breaks out in Berlin, Widow Behnke tries to help Katelbach and Toni finds herself in danger. R
8.00 **BABYLON BERLIN** As Widow Behnke kicks off her high stakes rescue plan, Stennes instigates a hall battle in the 'Moka Efti' and Charlotte makes a secret observation. In German. R
9.00 **THE WHITE LOTUS** Return of the drama following the exploits of various guests and employees at the tropical White Lotus resort, starring Murray Bartlett. R
10.05 **EUPHORIA** Return of the provocative coming-of-age drama. Rue deals with the consequences of her recent relapse in the wake of Jules leaving for New York. Starring Zendaya. R S
11.10 **THIS ENGLAND** Dominic Cummings holds a press conference. Last in the series. R
12.40 The Nevers R S **2.00** The White Lotus **3.10** Babylon Berlin R **5.10** Fish Town. Documentary. R

Sky Showcase

6.00 Madagascar: A Little Wild R S **8.05** The Slow Mo Guys' Big Adventures **8.35** Amazing Animal Friends R S **9.30** David Attenborough's Wild City R S
10.30 Modern Family R S **1.30** The Simpsons R S **4.30** The 00s: Cinema's Greatest Decade R S
5.30 Patrick Aryee's Wild World
6.30 **LIVE WSL** Manchester United v Chelsea (Kick-off 6.45pm). R
9.00 **KINGDOM OF DREAMS** Bernard Arnault's LVMH empire launches a hostile takeover of Gucci.
10.00 **LIBBY, ARE YOU HOME YET?** An investigation of the murder of student Libby Squire. R S
11.00 **NEVER MIND THE BUZZCOCKS** With Ian Broudie and Hannah Waddingham. R
11.45 **SATURDAY NIGHT LIVE** The late-night comedy showcase. R
1.15 Caught on Dashcam R S **2.10** Road Wars R S **3.05** Nothing to Declare. Documentary. R **5.00** The Early Rundown R

UTV

6.00 You've Been Framed! Gold R S **6.25** Tipping Point R S **7.30** The Chase R S **8.25** Love Your Garden R S **9.25** News S **9.30** Love Your Weekend with Alan Titchmarsh S **11.30** News S
11.45 **Live FA Cup Football** Wrexham v Oldham Athletic (Kick-off 12.30pm). S
2.40 **Live FA Cup Football** Torquay United v Derby County (Kick-off 3.00pm). S
5.30 Tipping Point: Best Ever Finals R S
6.00 **NEWS S**
6.15 **UTV LIVE S**
6.30 **MAHON'S WAY S**
7.00 **MAHON'S WAY S**
7.30 **THE MASKED SINGER: I'M A CELEBRITY SPECIAL S**
9.00 **I'M A CELEBRITY GET ME OUT OF HERE!** New series. Ant and Dec head back to Australia. S
10.45 **NEWS S**
11.05 **FILM: SPIDER-MAN 3** (2007, Fantasy, 12) An alien parasite causes the web-slinging crimefighter's dark side to surface as he seeks revenge on his uncle's killer. With Tobey Maguire. Dir: Sam Raimi. S
1.40 Shop: Ideal World **3.00** Motorsport UK R S **3.50** Unwind with ITV S **5.05** Ainsley's World Cup Flavours R S

Cable & Satellite

GENERAL

Virgin Three

6.10am Judge Rinder's Crime Stories. **7.00** The Hotel Inspector. **7.50** Jo Frost Family Matters. **8.50** Inspector Morse. **11.00** May the Best House Win. **12.00** The Chase Australia. **1.00** Coronation Street. **4.00** The Chase USA. **5.00** Keeping Canada Safe. **5.30** Britain's Secret Treasures. **6.00** Endeavour. **8.00** Alex Polizzi: The Fixer. A struggling Essex hair and beauty salon. **9.15** Alex Polizzi: Chefs on Trial. The last three candidates cook fish in a wood-fired oven. **10.30** The Big Interview: An Taoiseach Micheál Martin. **11.30** Cold Feet.

Virgin More

1.00pm Sport Stories: Paul McGrath. **1.50** UEFA Champions League Matchnight Highlights. **2.40** Autumn Nations Series. **4.00** UEFA Champions League Weekly. **4.30** UEFA Europa League. **6.15** Classic 6 Nations. **7.10** Autumn Nations Series – Highlights. Action from recent rugby union internationals. **7.55** Alex Polizzi: The Fixer. A family-run fish and chip shop struggling to make a profit. **9.00** Hatton Garden. The gang are desperate to split up the stolen goods. **9.55** Life on the Outside. Five Australian households take a formerly incarcerated person into their homes. **10.50** Love Island. **11.45** UEFA Europa League.

BBC Four

7.00pm Play School. An October 1976 edition of the children's programme. **7.25** Grange Hill. A 1986 episode of school drama. **7.50** Jackanory. Part one of Alice's Adventures Through the Looking Glass, read by Alan Bennett. **8.00** The Day of the Sardine: The Read. A creative performance reading of The Day of the Sardine by Sid Chaplin. **9.00** Imagine – The Triumphs and Laments of William Kentridge. Alan Yentob talks to South African artist William Kentridge. **10.05** Imagine Shorts: The Handmade Films of William Kentridge – Part One. **10.15** Imagine Shorts: The Handmade Films of William Kentridge – Part Two. **10.25** Screengrabbed Too: BBC Introducing Arts. Huw Stephens presents a selection of short films from emerging artists. **11.25** Inside America's Treasure House: The Met.

ITV2

6.00am Totally Bonkers Guinness World Records. **6.35** Secret Crush. **8.25** Dress to Impress. **11.25** Take Me Out. **12.55** Celebrity Catchphrase. **2.00** I'm a Celebrity Get Me Out of Here! Jungle Fever. **3.05** Film: Tim Burton's Corpse Bride (2005, Animation, PG) **4.50** Film: Hotel Transylvania 3: A Monster Vacation (2018, Animation, U) **6.45** Film: Shanghai Knights (2003, Comedy, 12) Starring Jackie Chan. **9.00** Family Guy. **11.30** American Dad!

ITV3

6.00am Bless This House. **6.40** Emmerdale Omnibus. **9.30** Bless This House. **10.30** Foyle's War. **5.00** Midsomer Murders. **7.00** Lewis. A housewife is found hanged. **9.00** The Savoy. Staff prepare for the re-opening of the hotel's American bar. **10.00** Vera. The detective investigates the murder of a popular social worker. **11.50** Agatha Christie's Poirot.

E4

11.55am The Big Blow Out. **1.00** The Big Bang Theory. **4.00** Lego Masters Australia. **5.45** Film: The Hobbit: An Unexpected Journey (2012, Fantasy, 12) **9.00** Film: Deadpool (2016, Comedy, 15) Starring Ryan Reynolds. **11.05** Naked Attraction.

More4

Noon: Come Dine with Me. **2.40** Four in a Bed. **5.20** Come Dine with Me. **8.00** Emergency Helicopter Medics. A teenager falls from a coastal cliff. **9.00** 999: On the Front Line. Paramedics treat a woman who has hit her head collapsing in a bus shelter. **10.00** 24 Hours in A&E. An 80-year-old patient is admitted suffering from pain in her chest, arm and jaw. **11.05** Emergency Helicopter Medics.

Channel 5

Noon: Friends. **1.30** Film: When Hope Calls Christmas (2021, Drama, PG) **2.30** Entertainment

News on 5. **2.35** Film: When Hope Calls Christmas (2021, Drama, PG) **3.20** Film: Christmas at Castle Hart (2021, Drama, PG) **4.20** Entertainment News on 5. **4.25** Film: Christmas at Castle Hart (2021, Drama, PG) **5.10** I'm a Celebrity: All Time Funniest Moments. **6.55** News. **7.00** UK's Strongest Man. Action from the Group B semi-final. **8.00** Happy Campers: The Caravan Park. Staff try to reunite a lost dog with its owners. **9.00** Wendy Craig: All the Laughs & More. A celebration of the life and career of the actress. **10.30** When TV Double Acts Fall Out. A look at how entertainment partnerships have succumbed to the pressure.

National Geographic

Noon: Lawless Island. **2.00** Alaska: The Next Generation. **4.00** Tut's Treasures: Hidden Secrets. **7.00** The Last Pharaoh. Evidence of incest from Tutankhamun's tomb. **8.00** Lost Treasures of Egypt. Archaeologists investigate Egypt's legendary pharaoh, Alexander the Great. **11.00** Ultimate Tutankhamun. **12.00** King Tut In Colour.

FILMS

TCM Movies

12.10pm Cheyenne. **1.15** Copper Canyon (1950, Western, PG) **3.00** The Train Robbers (1973, Western, U) **4.55** The Outriders (1950, Western, U) **6.50** Will Penny (1967, Western, 12) **9.00** Ransom (1996, Thriller, 15) **11.30** Halloween 5: The Revenge of Michael Myers (1989, Horror, 18)

Film4

12.45pm Kung Fu Panda 2 (2011, Animation, PG) **2.35** The Secret of Kells (2009, Animation, PG) **4.10** Little Man Tate (1991, Drama, PG) **6.10** Ghostbusters (2016, Comedy, 12) **9.00** Jack Reacher: Never Go Back (2016, Thriller, 12) Starring Tom Cruise and Cobie Smulders. **11.20** Book Club (2018, Comedy, 12)

Sky Cinema Premiere

1.55pm Morbius (2022, Adventure, 15) **3.55** Monday (2020, Drama, 15) **6.00** The Lost City (2022, Adventure, 12) **8.00** As 1.55pm. **10.00** As 3.55pm. **12.10** Umma (2022, Horror, 15)

Sky Cinema Comedy

1.35pm View from the Top (2003, PG) **3.10** Airplane! (1980, 12) **4.45** Airplane II: The Sequel (1982, 15) **6.15** Mean Girls (2004, 12) **8.00** The Guilt Trip (2012, 12) **9.40** Reboot Camp (2020, 15) With David Lipper. **11.20** As 3.10pm. **12.55** As 4.45pm.

Sky Cinema Family

1.25pm Fairytale: A True Story (1997, Drama, U) **3.15** Alvin and the Chipmunks (2007, Comedy, U) **5.00** Alvin and the Chipmunks: The Squeakquel (2009, Comedy, U) **6.35** Alvin and the Chipmunks: Chipwrecked (2011, Comedy, U) **8.10** Alvin and the Chipmunks: The Road Chip (2015, Drama, U) **9.50** As 1.25pm. **11.35** Are We There Yet? (2005, Comedy, PG)

SPORT

Eurosport 1

10.50am Live Ski Jumping. **12.45** Ski Jumping. **1.25** Live Ski Jumping. **2.30** Live Ski Jumping. **4.30** Alpine Skiing. **5.30** Ski Jumping. **7.30** Mountain Bike: Roc d'Azur. **8.00** Cycling: Saitama Criterium. **9.00** Cyclo-Cross. **10.00** Ski Jumping. Day two. **12.00** Alpine Skiing. **1.00** Cyclo-Cross.

Sky Sports Main Event

7.30am Live ICC Men's T20 World Cup. **12.00** Live SPFL. 193 St. Johnstone v Rangers (Kick-off Noon:). **2.00** Live Super Sunday. **4.00** Live Super Sunday. Tottenham Hotspur v Liverpool (Kick-off 4.30pm). **7.30** Live WSL. Manchester United v Chelsea (Kick-off 6.45pm). **9.15** Live NFL. Live coverage of a week nine match (Kick-off TBA). **12.30** Live NBC's FNIA. **1.10** Live NFL. (Kick-off 1.20am).

Sky Sports Premier League

10.00am Super Sunday Matchday. **12.00** Sports Sunday. **1.00** Live Super Sunday. **4.00** Live Super Sunday. Tottenham Hotspur v Liverpool (Kick-off 4.30pm). **7.30** Live WSL. Manchester United v Chelsea (Kick-off 6.45pm). **9.30** SNF. Highlights. **10.00** Premier League Highlights.

Monday November 7

ARTS DOCUMENTARY Imagine: Sonia Boyce – Finding Her Voice BBC One, 11.15pm Alan Yentob catches up with the 60-year-old British Afro-Caribbean artist. She's currently a Professor of Black Art and Design at University of the Arts London, and has collaborated with a number of fellow artists during the past 30 years. No doubt she will discuss that as well as how it felt to be the first black woman to represent Britain at the Venice Biennale earlier this year.



NEW SERIES Secrets From the Showroom RTÉ One, 9.35pm

If you enjoyed the hugely popular Secrets from the Middle Aisle programme, which focused on supermarket workers, chances are you'll also love this documentary, which has been made by the same team. This time, they're exploring the second hand car market during a period when the industry is in a state of flux. Both dealers and buyers are on hand to explain their views.



RTÉ One

6.00 EuroNews 6.55 Teleshopping **8.05 Today S 10.05** The Ellen DeGeneres Show R S **11.00 Dr Phil S 11.55** Home of the Year R S **12.25 Doctors S 1.00** News S **1.30 Home and Away S 2.00** Shortland Street S **2.30 Fair City R S 3.30 Today S 5.40** Nuacht **5.55 News S** Followed by The Angelus R

6.01 NEWS S
7.00 NATIONWIDE S
7.30 EASTENDERS Suki decides to stand by Nish. Callum encourages Ben to tell Lexi about Lola's prognosis. Shirley is furious to find out about Janine and Mick's engagement. S
8.00 HOME GROWN See Choice. S
8.30 THE LIFFEY Travel and transport along the river, with Donal Fallon revealing some of the Liffey's most famous bridges - and some of the forgotten ones. Blessington-based Jim Schofield takes the first steps on a solo transatlantic voyage in a boat he built himself, while three generations of female rowers carry on the tradition of skiff rowing in the choppy waters of the Liffey as it ventures out to the sea. R S
9.00 NEWS S
9.35 SECRETS FROM THE SHOWROOM See Choice. S
10.35 MONDAY NIGHT LIVE Four panellists join a presenter to discuss a major issue having an impact on people's lives across the country, with additional contributions from invited guests. S
11.35 STATE OF FLUX Part one of two. A dramatic re-enactment of the Anglo-Irish Treaty Debates of 1921, with this programme following the cast as they research their roles. R S

12.40 The Late Late Show R S
2.40 Nationwide R **3.05** Doctors R S **3.35** Dr Phil R S **4.00** EuroNews

RTÉ2

6.00 EuroNews 7.55 Children's Programmes **10.35** Alva's World R **11.00** Kiva Can Do S **11.15** Bright Sparks R S **11.25** Dizzy Deliveries S **11.55** Hardball **12.20** Wild Kids R S **12.35** The Bagel and Becky Show R **1.05** Taking the Next Step S **1.40** 4 O'Clock Club R S **2.15** Junior MasterChef R S **2.50** Shoebox Zoo R **3.20** This Is Art Club! R S **3.50** Nova Jones R S **4.20** news2day S **4.30** The Simpsons S **5.00** The Goldbergs R S **5.30** The Big Bang Theory R S

6.00 SHORTLAND STREET Long-running hospital drama set in an accident and emergency ward. R S
6.30 HOME AND AWAY Ziggy encourages Tane to be honest with Felicity. R S
7.00 CHANGING PLANET Part two of two. Conservationist Dr M Sanjayan embarks on a seven-year project to explore our changing planet and meets the people working to combat the impact of climate change. S
8.00 BEARS ABOUT THE HOUSE Part one of two. Conservationist Giles Clark embarks on his biggest mission to date - taking on the illegal wildlife trade and helping to build a new bear sanctuary in Laos. R S
9.00 HERE WE GO The Jessops travel to Cardigan to confront Ray, Paul's old archery teammate and Rachel's ex-boyfriend, about cheating Paul out of a place in the 2008 Olympic team. S
9.35 FIRST DATES IRELAND Beautician Katarina from Portlaoise returns to the restaurant for a date with Shane from Meath. R S
10.35 THE 2 JOHNNIES TAKE ON URBAN ART The comedy duo explore the world of urban art. R S
11.35 SHORTSCREEN: SHIP OF SOULS Short film. S
11.55 FRIDAY NIGHT DINNER Adam and Jonny proudly announce they both have girlfriends. S

12.25 Blue Bloods R S **1.20** Prodigal Son R S **2.10** EuroNews

Virgin One

6.15 The Six O'Clock Show R S
7.00 Ireland AM S **10.00** This Morning **12.30** News S **1.00** The Chase R S **3.00** Loose Women **4.00** Gino's Italian Escape R S **4.30** Judge Judy **5.30** News S

6.05 THE SIX O'CLOCK SHOW Chat show, featuring celebrity interviews and food from leading chefs. S
7.00 NEWS S
7.30 EMMERDALE It is an emotional time in the Dales. Moira is heartbroken, and Cain feels helpless. S
8.00 CORONATION STREET Fizz and Tyrone are incensed that Hope has been named in the Stape book. S
8.30 CORONATION STREET Sam asks Roy to accompany him on a prison visit, and Max starts work at Speed Daal. S
9.00 I'M A CELEBRITY GET ME OUT OF HERE! Ant and Dec present the celebrity survival challenge, looking back at the past 24 hours as the famous faces settled into their new home in the Outback, taking on trials and challenges in the hope of winning stars to feed the camp.
10.30 THE TONIGHT SHOW Claire Brock and Ciara Doherty offer their take on the big stories of the day with a panel of guests. There is also a panel discussion covering the key issues in the news. S
11.30 THE THIEF, HIS WIFE AND THE CANOE The truth emerges as Anne and John are interviewed by the police, and the case goes to trial where Anne pleads not guilty on the grounds of marital coercion. Last in the series. R S

12.35 World on Fire R S **1.50** Living with Lucy R S **3.00** Alex Polizzi: The Fixer **4.10** Close **5.25** The Tonight Show R S

TG4

7.00 Cúla 4 **11.10** The Wonder Years R S **11.40** The Golden Girls R S **12.10** River Cottage Australia R S **12.40** Garraí Glas R **1.10** Hart to Hart R S **2.05** Shark Tank R S **3.00** Cúla 4 R **3.02** Daisy & Ollie R S **3.09** Santiago of the Seas R **3.33** An Bhfuil a Fhios Agat R S **3.49** Nuair a Bheidh Mé Mór R S **4.00** Cúla 4 R **4.21** Cruthaím R S **4.23** Miraculous: Tales of Ladybug & Cat Noir R **4.45** SpongeBob SquarePants S **5.00** Eco Laoch **5.30** Irish Paint Magic R

6.00 THE GOLDEN GIRLS The girls reminisce about dieting. R S
6.30 THE WONDER YEARS Kevin starts the ninth grade - but he must learn to cope without Winnie by his side. R S
7.00 NUACHT TG4
7.30 ÁR GCLUB Cameras observe Naomh Anna ladies football manager Tony Lee as he prepares his newly promoted team for a season in the Galway Intermediate championship. R
8.00 GAA Club Championship highlights from around the country.
9.00 GLÓR TÍRE: ROGHA & TOGHA Featuring a performance by Mike Denvir and Sharlene Martin. R
9.30 FILM: THE AMERICAN (2010, Thriller, 15) A hitman's resolve is shaken when he is nearly killed during an assignment, and decides his next mission will be his last. While waiting for details of the target, he lies low in an Italian village and tempts fate by forming a friendship with a priest while pursuing a relationship with a local woman. Starring George Clooney. Dir: Anton Corbijn. S
11.25 IMEALL A glimpse of the creative magic that is the nation's greatest strength. Featuring miliner Margaret O'Connor.

12.00 Borgen R **1.10** Shark Tank R S **2.05** France 24

BBC One

6.00 News S **9.15** Morning Live S **10.00** Critical Incident S **10.45** Dirty Rotten Scammers S **11.15** Homes Under the Hammer R S **12.15** Bargain Hunt S **1.00** News S **1.30** Regional News S **1.45** Doctors S **2.15** Money for Nothing S **3.00** Escape to the Country S **3.45** The Repair Shop S **4.30** The Travelling Auctioneers S **5.15** Pointless R S

6.00 NEWS S
6.30 REGIONAL NEWS S
7.00 HOPE STREET New. Return of the police drama set on the Northern Ireland coast. Marlene sabotages an undercover investigation. S
7.45 NORTHERN IRISH WEDDINGS Celebrating Northern Irish weddings old and new, as couples reminisce about their special day alongside some archive footage. S
8.00 EASTENDERS As RTÉ One, 7.30pm. S
8.30 DRENAGH ESTATE: DEEP ROOTS Part one of two. Conolly McCausland restores 70 acres of gardens and builds a café on his family's Drenagh Estate, and reveals the tragic recent history that motivates his efforts. S
9.00 THE PACT Tensions are sky high at Megan's wedding when Connor turns up uninvited and bringing damning information that Christine is desperate to keep hidden. Beth is adamant that the Rees' father is the key to everything. S
10.00 NEWS S
10.30 REGIONAL NEWS S
10.40 PANORAMA: TRUMP - THE RETURN? Hilary Andersson talks to US voters about Donald Trump running for president again. S
11.15 IMAGINE: SONIA BOYCE - FINDING HER VOICE See Choice. S

12.20 Have I Got a Bit More News for You S **1.10** News S

BBC Two

6.00 Take a Hike R S **6.30** The Repair Shop R S **7.15** The Travelling Auctioneers R S **8.00** Sign Zone: Antiques Roadshow R S **9.00** News S **10.00** News S **12.15** Politics Live S **1.00** Flipping Profit R S **1.45** Eggheads R S **2.15** Wanted: A Simple Life R S **3.00** Armchair Britain R S **3.30** Mountain Vets R S **4.30** Women at War: 100 Years of Service R S **5.15** Flog It! S

6.00 RICHARD OSMAN'S HOUSE OF GAMES Former winners Tim Key, Jamie Laing, Sunetra Sarker and Laura Whitmore their general knowledge skills in a variety of trivia-based games across the week. S
6.30 STRICTLY: IT TAKES TWO Rylan chats to the latest couple to be eliminated from the competition after the dance-off, plus more interviews and backstage gossip. S
7.00 MOTD: FA CUP 2ND ROUND DRAW Coverage of the draw, as the remaining League One, League Two and non-league teams await their fate. S
7.20 LIVE WHEELCHAIR RUGBY LEAGUE WORLD CUP Wales goes head to head with USA (Kick-off 7.30pm). All the action from both teams' second Group B match, held at English Institute of Sport, Sheffield. S
9.30 QI Sandi Toksvig hosts the quiz with a difference, with John Barrowman, Phill Jupitus, Aisling Bea and Alan Davies answering questions on the theme of Rude. R S
10.00 AN FOCAL SCOIR A discussion on the impact of climate change. Last in the series. S
10.30 NEWSNIGHT S
11.15 WHY SHIPS CRASH The inside story of the accident that blocked the Suez Canal. R S

12.15 Mock the Week: The History Of.. R S **12.50** News S **1.15** Sign Zone: Countryfile R S **2.10** Unbreakable R S **3.10** This Is BBC Two S

NEW SERIES Home Grown

RTÉ One, 8pm Kitty Scully and Colm O'Driscoll host this seven-part series which celebrates our horticulture industry. They'll be travelling across the country, hearing from all manner of people who are experts in their field. The run begins at Croke Park, the only stadium in the world to have its own farm. Plus, there's a chance to learn about Irish Green Guys, a firm which provides foliage to top European florists.



Channel 4

6.05 Countdown R S 6.45 Cheers R S 7.40 Everybody Loves Raymond R S 9.00 Frasier R S 10.30 Ramsay's Kitchen Nightmares USA R S 11.25 News S 11.30 Chateau DIY R S 12.30 Steph's Packed Lunch S 2.10 Countdown S 3.00 A Place in the Sun R S 4.00 Sun, Sea and Selling Houses R S 5.00 Four in a Bed R S 5.30 Come Dine with Me S

6.00 **THE SIMPSONS** Bart, Nelson and Milhouse order Moe a mail-order bride. S
6.30 **HOLLYOAKS** Maxine, Theresa, Verity and Zoe head to Liverpool for a night out. R S
7.00 **NEWS S**
8.00 **FOOD UNWRAPPED** Jimmy Doherty, Kate Quilton and Matt Tebbutt revisit their favourite investigations, from tomatoes and pork scratchings, to the difference between risotto and long grain rice. S
8.30 **TRAPPED, DISABLED & ABUSED: DISPATCHES** Sophie Morgan reports on domestic abuse against disabled people, revealing shocking lack of services for survivors and the huge challenges they face with accessing support. S
9.00 **ITALIA 90: WHEN FOOTBALL CHANGED FOREVER** In the wake of the 1988 Euros, the reputation of England players and fans has hit rock bottom. Undercover British police officers are tasked with keeping the peace off the pitch. S
10.00 **MADE IN THE 80S: THE DECADE THAT SHAPED OUR WORLD** Britain's influence on technology in the 1980s. Last in the series. S
11.05 **NINE PERFECT STRANGERS** Masha reveals her unique treatment goals for the Marconi family. S

12.20 Walter Presents: They Were Ten 1.15 Night Coppers R S 2.10 Iris Prize Best British Shorts: Queer Youth S 3.25 Unreported World R S 3.50 Ramsay's Hotel Hell R S 4.35 Handmade: Britain's Best Woodworker R S 5.25 Drawers Off: The Big Naked Painting Challenge R S

Virgin Two

6.35 The Chase Australia R S 7.35 The Chase S 8.30 Peter Andre's 60 Minute Makeover R S 9.30 Tipping Point R S 10.30 Our Dream Hotel R S 11.30 The Chase Australia R 12.30 Back to Mine R 1.00 The Kelly Clarkson Show S 2.00 Who's Doing the Dishes? R S 3.00 Posh Pawn R S 4.00 Tipping Point R S
6.00 **THE CHASE** Hosted by Bradley Walsh. R S
7.00 **THE CHASE R S**
8.00 **BIG STAR'S LITTLE STAR** With James Cracknell, Karen Blick and Vernie Bennett. R
9.00 **THE GRAHAM NORTON SHOW** With guests Carey Mulligan, Neil Patrick Harris and James Norton. R S
10.05 **THE REAL HOUSEWIVES OF BEVERLY HILLS**
11.00 **THE KELLY CLARKSON SHOW R S**
12.00 Ibiza Weekender R 1.00 CelebAbility R S 1.45 Schitt's Creek R 2.15 Tricked R S 3.05 CelebAbility R S 3.45 Judge Rinder's Crime Stories R

Sky Atlantic

6.00 Urban Secrets R S 7.40 The Wire R 10.05 True Blood R S 12.15 Game of Thrones R S 1.20 Ray Donovan R S 3.30 The Wire R S 5.45 True Blood R S
6.50 **TRUE BLOOD** The identity of the serial killer is revealed, Jason is approached by an anti-vampire sect, and Tara meets another temporary resident. R S
7.55 **GAME OF THRONES** An old foe returns to the great game, and Arya faces a difficult choice. Meanwhile, Gilly meets Sam's family, and Jaime faces off with the High Sparrow. R S
9.00 **THE WHITE LOTUS** Black-comedy drama series following the exploits of a group of demanding vacationers at a luxury resort, this time in Sicily. Starring Jennifer Coolidge.
10.10 **GANGS OF LONDON** Luan faces a desperate race against time that culminates in a violent showdown. R
11.15 **EUPHORIA** Return of the provocative coming-of-age drama, with Zendaya. R S
12.20 The Baby R S 1.00 Der Pass R S 2.00 Funeral for a Dog R S 3.00 Lovecraft Country R S 4.00 Urban Secrets R S

Sky Showcase

6.00 The Early Rundown R 7.00 Kay Burley R 8.00 New Kids in the Wild R S 9.00 Nothing to Declare R S 10.00 Supergirl R S 11.00 NCIS: Los Angeles R S 1.00 Hawaii Five-0 R S 2.00 S.W.A.T R S 3.00 Wild Pacific Rescue R S 5.00 The Simpsons R S 5.30 Futurama R S
6.00 **FUTURAMA R S**
6.30 **THE SIMPSONS R S**
7.00 **THE SIMPSONS R S**
7.30 **THE SIMPSONS R S**
8.00 **THE OOS: CINEMA'S GREATEST DECADE** Alex Zane examines the merits of films from the 2000s. R S
9.00 **THE GREAT DEBATE** Trevor Phillips host the weekly live discussion programme.
10.00 **ROYAL MOB**
11.00 **LAST WEEK TONIGHT WITH JOHN OLIVER R**
11.40 **FANTASY FOOTBALL LEAGUE R**
12.15 The Russell Howard Hour R 1.00 Caught on Dashcam R S 2.00 NCIS: Los Angeles R S 3.00 Hawaii Five-0 R S 4.00 S.W.A.T R S 5.00 The Early Rundown R

UTV

6.00 News S 9.00 Lorraine S 10.00 This Morning S 12.30 Loose Women S 1.30 News S 1.55 UTV Live S 2.00 Dickinson's Real Deal S 3.00 Riddicolous S 4.00 Tipping Point S 5.00 The Chase S
6.00 **UTV LIVE S**
6.30 **NEWS S**
7.30 **EMMERDALE** Moira is heartbroken, and Cain feels helpless. S
8.00 **CORONATION STREET** Fiz and Tyrone are incensed that Hope has been named in the Stape book. S
9.00 **I'M A CELEBRITY GET ME OUT OF HERE!** Ant and Dec present the celebrity survival challenge, looking back at the past 24 hours as the famous faces settled into their new home in the Outback. S
10.30 **NEWS S**
11.00 **UTV LIVE S**
11.15 **VIEW FROM STORMONT** Paul Clark and the team have the latest on political developments in Belfast, London and Dublin, as well as analysis from expert commentators. S
12.15 World of Sport R S 12.25 Shop: Ideal World 3.00 On Assignment R S 3.30 Jimmy Akingbola Handle with Care R S 4.20 Unwind with ITV S 5.35 For the Love of Britain R S

Cable & Satellite

GENERAL

Virgin Three

6.50am Yes Chef. 7.40 The Hotel Inspector: The Walkout. 8.30 The Chase Australia. 10.25 Loose Women. 11.25 Judge Judy. 12.25 Feeding the Super Rich. 1.30 The Hotel Inspector. 2.30 Coronation Street. 3.35 Emmerdale. 4.05 The Chase Australia. 5.05 Heartbeat. 6.10 A Touch of Frost. 7.55 Heartbeat. Nick tackles a tidy burglar. 9.00 Cold Feet. Adam and Rachel consider adoption. 10.00 Coronation Street. 11.00 Emmerdale. 11.35 Victoria.

Virgin More

11.00am UEFA Champions League Live Draw 2022/2023. 12.00 UEFA Europa League Live Draw 2022/2023. 1.00 UEFA Europa Conference League Live Draw 2022/2023. 1.35 UEFA Champions League Weekly. 2.05 UEFA Europa Conference League. 3.50 UEFA Europa League. 5.35 Autumn Nations Series – Highlights. 7.15 Classic UEFA Champions League. Juventus v Tottenham Hotspur. 9.00 Alex Polizzi: The Fixer. A family-run garden centre struggling to keep afloat. 10.05 Rectify. 11.10 Love Island.

BBC Four

7.00pm Great American Railroad Journeys. 7.30 Egyptian Journeys with Dan Cruickshank. 8.00 Immortal Egypt with Joann Fletcher. The civil war that fractured Egypt in the wake of the 'Pyramid Age'. 9.00 Egypt's Lost Cities. The potential existence of buildings beneath the sands of Egypt. 10.30 70 Million Animal Mummies: Egypt's Dark Secret. 11.30 Nature and Us: A History Through Art.

ITV2

6.00am Totally Bonkers Guinness World Records. 7.00 The Cabins. 8.00 Secret Crush. 10.00 Dress to Impress. 12.00 I'm a Celebrity Get Me Out of Here! 1.50 Supermarket Sweep. 2.45 One Tree Hill. 3.45 Hart of Dixie. 4.45 I'm a Celebrity Get Me Out of Here! 6.30 In for a Penny. 7.00 Dress to Impress. Connor, Jamie and Tim compete for the affections of Lacey. 8.00 Bob's Burgers. 9.00 Family Guy. 9.30 American Dad! 10.00 Family Guy. 11.30 American Dad! 11.55 Bob's Burgers.

ITV3

6.00am Classic Coronation Street. 7.00 Classic Emmerdale. 8.05 Bless This House. 9.10 Upstairs, Downstairs. 11.35 Agatha Christie's Poirot. 1.40 Classic Emmerdale. 2.50 Classic Coronation Street. 3.55 Midsomer Murders. 6.00 Heartbeat. 8.00 Midsomer Murders. 10.00 Foyle's War.

E4

Noon: Brooklyn Nine-Nine. 1.00 The Big Bang Theory. 3.00 Young Sheldon. 4.00 Modern Family. 4.30 The Big Bang Theory. 7.00 Hollyoaks. 7.30 The Big Bang Theory. 8.00 Modern Family. 9.00 Made in Chelsea. Miles hears a shocking rumour about Reza. 10.00 The Big Blow Out. 11.05 Gogglebox.

More4

11.05am Find It, Fix It, Flog It. 1.10 Heir Hunters. 2.10 Four in a Bed. 4.50 Kirstie and Phil's Love It or List It. 5.55 Escape to the Chateau: DIY. 6.55 Escape to the Chateau. 7.55 Grand Designs. A couple transforming 5,000 square feet of derelict basement. 9.00 Tony Robinson's Museum of Us. The team meet the residents of Calvert Street in Norwich. Last in the series. 10.00 24 Hours in Police Custody. 11.05 24 Hours in A&E.

Channel 5

9.15am Jeremy Vine. 12.45 Shoplifters & Scammers: At War with the Law. 1.40 News. 1.45 Home and Away. 2.15 Film: A Picture Perfect Christmas (2021, Drama, PG) 4.00 Bargain-Loving Brits in the Sun. 5.00 News. 6.00 Parking Hell. 6.30 Eggheads. 6.55 News. 7.00 Police Interceptors. 7.55 News. 8.00 Motorway Cops: Catching Britain's Speeders. PC Ian Cosgrove attends a serious crash on the M6. 8.58 News. 9.00 Casualty 24/7: Every Second Counts. There are no available beds in Barnsley Hospital's A&E department. 10.00 999: Critical Condition. 11.05 Police: Hour of Duty. 12.00 Police Interceptors.

National Geographic

Noon: Ice Road Rescue. 1.00 Alaska: The Next Generation. 2.00 Car S.O.S. 3.00 Air Crash Investigation. 4.00 The Battle for Britain: Drain the Oceans. 5.00 Seconds from Disaster. 6.00 Airport Security: Rome. 7.00 Air Crash Investigation. How passengers escaped from a plane that caught fire. 8.00 Hitler's Last Stand. US soldiers fight through the infamous Siegfried Line to seize the city of Aachen. 9.00 History: The Interesting Bits. An exploration of history's many revolutions. 10.00 Air Crash Investigation. 12.00 Paranatural.

FILMS

TCM Movies

12.25pm Cheyenne. 1.30 The Young Guns (1956, Western, PG) 3.15 Waterloo (1970, Drama, U) 6.00 The Man from Bitter Ridge (1955, Western, U) 7.40 Hired Gun (1957, Western, U) 9.00 The Perfect Storm (2000, Thriller, 12) 11.40 Outbreak (1995, Thriller, 15)

Film4

1.20pm Captain Scarlett (1953, Adventure, U) 2.55 Cowboy (1958, Western, U) 4.45 The Far Country (1954, Western, U) 6.45 Sleepless in Seattle (1993, Drama, PG) 9.00 The Favourite (2018, Comedy, 15) 11.25 Spy (2015, Comedy, 15)

Sky Cinema Premiere

12.40pm Morbius (2022, Adventure, 15) 2.40 The Immaculate Room (2022, Thriller, 15) 4.30 Rabbit Academy (2022, Animation, U) 6.00 The Lost City (2022, Adventure, 12) 8.00 As 12.40pm. 10.00 Monday (2020, Drama, 15) 12.00 Wolf (2021, Drama, 15)

Sky Cinema Comedy

1.00pm Mean Girls (2004, 12) 2.45 A Very Brady Sequel (1996, 12) 4.20 Frankie and Johnny (1991, 15) 6.25 Summer Rental (1985, PG) 8.00 Kingpin (1996, 12) 10.00 Logan Lucky (2017, 12) 12.05 Alfie (2004, 15)

Sky Cinema Family

1.10pm Peter Pan (2003, Fantasy, PG) 3.10 Willy Wonka and the Chocolate Factory (1971, Musical, U) 5.00 The Divergent Series: Allegiant (2016, Sci-Fi, 12) starring Shailene Woodley. 7.10 Stardust (2007, Fantasy, PG) Starring Charlie Cox and Claire Danes. 9.20 As 1.10pm. 11.15 Hero Mode (2021, Comedy, 12) 12.50 C.I.Ape (2021, Drama, PG)

SPORT

Eurosport 1

11.00am Figure Skating: Grand Prix. 12.00 Cyclo-Cross. 1.00 Speed Skating. 3.00 Motorsport: Extreme E. 4.00 Climbing World Cup. 5.00 Triathlon: Super League. 6.00 Snooker: UK Championship Final 2019. 8.00 Cycling: Back on Track. 8.45 Cycling: Gent-Wevelgem. 9.00 Cyclo-Cross. 11.00 Triathlon: Super League. 12.00 World Touring Car Cup. 1.00 FIA World Endurance Championship.

Sky Sports Main Event

11.00am The Football Show. 11.30 Ref Watch. 12.00 The Football Show. 1.00 Sky Sports News. 2.00 Sky Sports News. 3.00 Sky Sports News. Round-up of the sports news. 4.00 Sky Sports News. Round-up of the sports news. 5.00 Sky Sports News. Round-up of the sports news. 6.00 Sky Sports News. Round-up of the sports news. 7.00 Sky Sports News. Round-up of the sports news. 8.00 Sky Sports News. Round-up of the sports news. 9.00 Sky Sports News. Round-up of the sports news. 10.00 Sky Sports News. Round-up of the sports news. 11.00 Sky Sports News. 12.00 Sky Sports News. 1.00 Live NFL.

Sky Sports Premier League

11.00am The Football Show. 1.00 Premier League Highlights. 3.00 PL Greatest Games. 4.00 Premier League Highlights. 6.00 WSL. 6.30 Soccer AM: The Best Bits. 7.00 Premier League Review. 8.00 Gary Neville's Soccerbox. 8.30 WSL. 9.00 Premier League Review. 10.00 WSL. 10.30 PL Retro. 12.30 Premier League Icons. 1.00 Premier League Years.

Tuesday November 8

NEW SERIES Opry le Daniel ar Turas TG4, 9.30pm Daniel O'Donnell is back on our screens for the 12th run of his ever-popular series. Each episode is broadcast from the Theatre Royal in Waterford, with the first edition paying tribute to songwriters who have made their name in the world of country music. Listen out for contributions from the likes of Derek Ryan, Gerry Guthrie, Louise Morrissey, Shunie Crampsey and Nicholas McCarthy.



NEW SERIES Miriam and Alan: Lost in Scotland and Beyond Channel 4, 9.15pm Last year, actors Miriam Margolyes and Alan Cumming explored their Scottish roots during a journey of discovery in a campervan. Now they hit the road again, starting in Scotland once more, where they'll visit some spectacular if remote locations. Future episodes see the duo jet off to California for sun-kissed tours of Los Angeles and San Francisco.



RTÉ One

6.00 EuroNews 6.40 Teleshopping **7.50 Today S 9.50** The Ellen DeGeneres Show R S **10.45 Dr Phil S 11.40 Iarnród Enda R S 12.10 Doctors S 12.45 Telly Bingo S 1.00 News S 1.30 Home and Away S 2.00 Shortland Street S 2.30 Home Rescue R S 3.00 EastEnders R S 3.30 Today S 5.40 Nuacht 5.55 News S Followed by The Angelus R**

RTÉ2

6.00 EuroNews 8.00 Children's Programmes 11.00 Kiva Can Do S 11.15 Bright Sparks R S 11.25 Dizzy Deliveries S 11.55 Hardball R 12.20 Wild Kids R S 12.35 The Bagel and Becky Show R 1.05 Taking the Next Step S 1.40 4 O'Clock Club R S 2.15 Junior MasterChef R S 2.50 Shoebox Zoo R 3.20 This Is Art Club! R S 3.50 Nova Jones R S 4.20 news2day S 4.30 The Simpsons S 5.00 The Goldbergs R S 5.30 The Big Bang Theory R S

Virgin One

6.15 The Six O'Clock Show R S 7.00 Ireland AM S 10.00 This Morning 12.30 News S 1.00 The Chase R S 3.00 Loose Women 4.00 Gino's Italian Escape R S 4.30 Judge Judy 5.30 News S

TG4

7.00 Cúla 4 11.10 The Wonder Years R S 11.40 The Golden Girls R S 12.10 River Cottage Australia R S 12.40 Garraí Glas R 1.10 Hart to Hart R S 2.05 Shark Tank S 3.00 Cúla 4 R 3.02 Daisy & Ollie R S 3.09 Santiago of the Seas R 3.33 An Bhfuil a Fhios Agat R S 3.49 Nuair a Bheidh Mé Mór R S 4.00 Cúla 4 R 4.23 Miraculous: Tales of Ladybug & Cat Noir R 4.45 SpongeBob SquarePants R S 5.00 Mo Shaol Do Shaol R S 5.30 Turas Bóthair R

BBC One

6.00 News S 9.15 Morning Live S 10.00 Critical Incident S 10.45 Dirty Rotten Scammers S 11.15 Homes Under the Hammer S 12.15 Bargain Hunt R S 1.00 News S 1.30 Regional News S 1.45 Doctors S 2.15 Money for Nothing R S 3.00 Escape to the Country S 3.45 The Repair Shop S 4.30 The Travelling Auctioneers S 5.15 Pointless R S

BBC Two

6.00 Take a Hike R S 6.30 The Repair Shop R S 7.15 The Travelling Auctioneers R S 8.00 Sign Zone: The Great Northern Garden Build R S 9.00 News S 10.00 News S 12.15 Politics Live S 1.00 Flipping Profit R S 1.45 Eggheads R S 2.15 Wanted: A Simple Life R S 3.00 Armchair Britain R S 3.30 Mountain Vets R S 4.30 Women at War: 100 Years of Service R S 5.15 Flog It! R S

6.01 NEWS S 7.00 SCANNAL – ANNIE MCCARRICK A look at the case of the 27-year-old American who disappeared under suspicious circumstances in March 1993 after leaving her flat in Dublin headed for Enniskerry. R
7.30 EASTENDERS The Panesars worry as Suki is questioned by the police. Sam is shocked by the arrival of an old flame. S
8.00 FAIR CITY Mairead's suspicions grow as Orla and Lenny's flirtation blossoms, while Anto falls further under Clodagh's spell and a furious Joan is hell-bent on taking Carol down. S
8.30 THE STYLE COUNSELLORS Eileen Smith and Suzanne Jackson create a new look for a critical care nurse. R S
9.00 NEWS S 9.35 PRIME TIME In-depth analysis of current affairs presented by Miriam O'Callaghan and Sarah McInerney. S
10.15 SHERWOOD Kevin Salisbury from the Met arrives to assist in the investigation. Tensions mount as the killer torments the community further. S
11.20 EUROPE REVEALED Documentary examining the issue of migration, with the continent facing the biggest wave since 1945, with millions having fled war-torn Ukraine. S

6.00 SHORTLAND STREET Hospital drama set in a New Zealand accident and emergency ward. R S
6.30 HOME AND AWAY Xander revels in flaunting his tattoos to the world. R S
7.00 FERGAL KEANE: LIVING WITH PTSD The BBC News special correspondent reveals the impact of post-traumatic stress disorder on his life, exploring how it led him to consider withdrawing from reporting on conflicts. S
8.00 TOP GEAR New. Freddie Flintoff, Chris Harris and Paddy McGuinness kick off a new series by saddling up the team bus for an RV road trip across Florida's swampy Everglades. S
9.00 FILM: MEN IN BLACK: INTERNATIONAL (2019, Fantasy, 12) The intergalactic law enforcers have always protected the Earth from the scum of the universe. This time they tackle their biggest threat - a mole in the Men in Black organisation. Starring Chris Hemsworth. Dir: F Gary Gray. S
11.00 DAYS THAT SHOOK THE WORLD Dramatic reconstruction of the events leading up to John F Kennedy's assassination in Dallas in November 1963, including the story of a family who were the closest eyewitnesses. S
11.55 DOLLFACE Jules gives Madison a birthday surprise. 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, with viewers invited to contribute with pictures, comments and gossip. S
7.00 NEWS S 7.30 EMMERDALE Nate makes an admission, Manpreet turns a bad situation into something worse. S
8.00 HEATHROW: BRITAIN'S BUSIEST AIRPORT A technical hitch arises when an A380 lands, and six times the regular number of cleaners are needed to help meet a tight schedule ahead of take-off. Last in the series.
9.15 I'M A CELEBRITY GET ME OUT OF HERE! Ant and Dec look at highlights from the past 24 hours as the campmates continue to adapt to life in the jungle, and take on everything that is thrown at them in the hope to win stars.
10.30 THE TONIGHT SHOW Claire Brock and Ciara Doherty offer their take on the big stories of the day with a panel of guests. There is also a panel discussion covering the key issues in the news. S
11.30 THE HOTEL INSPECTOR Alex Polizzi comes to the aid of John and Ilona, who bought the 10-bedroom Yeoldon House Hotel in Bideford, Devon, despite having no industry experience. R

6.00 THE GOLDEN GIRLS Dorothy finds herself questioning her parentage when some old friends from Sicily arrive. R S
6.30 THE WONDER YEARS Kevin and Paul try to gatecrash a slumber party, but their nocturnal escapade does not quite go according to plan. R S
7.00 NUACHT TG4 7.30 IMEALL A glimpse of the creative magic that is the nation's greatest strength. Featuring miliner Margaret O'Connor and music from Shane Hennessy. R
8.00 7 LÁ Debate on political stories, with an added focus on regional and Gaeltacht affairs.
8.30 ROS NA RÚN Evan is relieved Andy has gone.
9.00 GLÓR TÍRE: ROGHA & TOGHA Singer-songwriter Marc Roberts features on tonight's show along with Ami Glynn from Galway. R
9.30 OPRY LE DANIEL AR TURAS See Choice. S
10.30 BETTER CALL SAUL Jimmy conjures up a bold plan to solicit new clients but has to face the consequences when the scheme strains his relationships with a rival firm. S
11.25 ROS NA RÚN Malachai has to attend a charity lunch with his golf club. R
11.55 FARGO Lou and Hank try to prevent an altercation. Starring Kirsten Dunst and Jesse Plemons. R S

6.00 NEWS S 6.30 REGIONAL NEWS S 7.00 THE ONE SHOW Alex Jones co-presents another mix of nationwide reports and studio-based chat. S
7.30 EASTENDERS S 8.00 TRAWLMEN: HUNTING THE CATCH Storm Arwen hits the UK and the skippers have tough decisions to make. Boats start to roll in the North Sea, putting Victory Rose and Our Lass at risk of collision. Skipper Darren has just three days of crabbing time before the storm pushes the boat back to the harbour and George Jack considers venturing in to the storm in search of a new species of prawn. Last in the series. S
9.00 MARIUPOL: THE PEOPLE'S STORY See Choice. S
10.00 NEWS S 10.30 REGIONAL NEWS S 10.40 BELFAST HARBOUR: CRUISES, CRANES & CARGO New. Engineer John McClory gives a 100-year-old crane a new lease of life. Everyone has to pull their weight when a shipping accident 4,000 miles away creates a backlog. S
11.10 INDUSTRY Harper, Eric and Rishi form a cabal in a plan to jump banks. Yasmin questions how her own actions mirror her father's and wonders if she can finally be honest with Celeste. S

6.00 RICHARD OSMAN'S HOUSE OF GAMES Sunetra Sarker, Laura Whitmore, Tim Key and Jamie Laing compete. S
6.30 STRICTLY: IT TAKES TWO With the winners of Sunday night's dance-off. S
7.00 BETWEEN THE COVERS New. With Graham Norton, Alex Jones and Amanda Abbington. S
7.30 MASTERMIND Specialist subjects include Arnold Schwarzenegger and The Falklands Conflict. S
8.00 ONLY CONNECT Jugadores take on Seagulls. S
8.30 UNIVERSITY CHALLENGE Balliol College, Oxford takes on the University of Southampton. S
9.00 LOUIS THEROUX INTERVIEWS – YUNGBLUD Louis spends time with Dominic Harrison - aka singer and musician Yungblud - as he joins him during his whirlwind tour. S
9.45 FRANKIE BOYLE'S NEW WORLD ORDER The comedian tries to make sense of the modern world, using a combination of stand-up, discussion and audience interaction to dissect the week's news. S
10.15 MANDY Mandy is chosen to research her family tree on TV. Comedy short. R S
10.30 NEWSNIGHT S 11.15 US ELECTIONS 2022 The results of America's 2022 mid-term elections as they happen. S

12.30 Holby City R S 1.40 Prime Time R S 2.20 Telly Bingo R 2.35 Doctors R S 3.05 Dr Phil R 3.50 EuroNews

12.30 The All-Stars at 50 R S 1.30 Ireland's Fittest Family – Hall of Fame R S 2.30 Home Advantage R S 3.10 The Way We Were R S 4.05 The Style Counsellors R S 4.30 Big Life Fix R S 5.20 High Road, Low Road R S

12.30 The War of the Worlds R 1.40 The Restaurant R 3.00 Alex Polizzi: The Fixer R 4.10 Close 5.25 The Tonight Show R S

12.50 Fíorscéal R 1.55 France 24

12.10 Weather Watchers with Barra Best R S 12.35 Mood R S 2.15 News S

2.20 Sign Zone: TS Eliot: Into 'The Waste Land' R S 3.40 This Is BBC Two S

NEW DOCUMENTARY Mariupol: The People's Story BBC One, 9pm Earlier this year, Russian troops besieged the Ukrainian city. Although many of its residents had already fled, it's believed that around 20,000 of those left behind were killed before it fell to its invaders. In this moving programme, those who survived tell their horrifying stories against the backdrop of archive footage showing the devastation and terror they face every day.



Channel 4

6.05 Countdown R S **6.45** Cheers R S **7.40** Everybody Loves Raymond R S **8.55** Frasier R S **10.30** Ramsay's Kitchen Nightmares USA R S **11.25** News S **11.30** Chateau DIY R S **12.30** Steph's Packed Lunch S **2.10** Countdown S **3.00** A Place in the Sun R S **4.00** Sun, Sea and Selling Houses R S **5.00** Four in a Bed R S **5.30** Come Dine with Me S

6.00 THE SIMPSONS Marge stumbles into a new job as a food-storage container-selling drag queen when hairdresser Julio gives her a makeover. With the guest voice of RuPaul. S

6.30 HOLLYOAKS Maxine is involved in a terrifying incident as she walks home alone after a night out, and afterwards she reflects on the decisions she made that evening. S

7.00 NEWS S

8.00 THE GREAT BRITISH BAKE OFF Noel Fielding and Matt Lucas present the semi-final in which the amateurs face a trio of patisserie challenges, comprising mini charlottes, a vertical challenge in the technical and a Swedish stowstopper. S

9.15 MIRIAM AND ALAN: LOST IN SCOTLAND AND BEYOND See Choice. S

10.15 GOGGLEBOX The armchair critics share their opinions on what they have been watching during the week, with cameras capturing their instant reactions and the lively discussions that are prompted by the week's biggest and best shows. R S

11.20 INSIDE THE SHEIN MACHINE: UNTOLD New. Current affairs strand aimed at viewers between 16 and 34. Iman Amrani investigates the secretive business, as hidden cameras go inside factories for the first time. S

12.25 The Killer Nanny: Did She Do It? R S

1.15 FILM: Iris Prize Best British Short: Lonely Hearts (Drama) S **2.20** I Hate You R S **3.15** How to Survive a Dictator with Munya Chawawa R S **4.10** Trapped, Disabled & Abused: Dispatches R S

Virgin Two

6.35 The Chase USA R **7.35** The Chase S **8.30** Peter Andre's 60 Minute Makeover R S **9.30** Tipping Point R S **10.30** Our Dream Hotel R **11.30** The Chase Australia R S **12.30** Back to Mine R S **1.00** The Kelly Clarkson Show S **2.00** Who's Doing the Dishes? R S **3.00** Posh Pawn R S **4.00** Tipping Point R S

6.00 THE CHASE Quiz. R S

7.00 THE CHASE Norman, Tom, Elaine and Nancy take on the Chaser. R S

8.00 THE CHASE CELEBRITY SPECIAL Bradley Walsh hosts a Coronation Street edition of the quiz. R S

9.00 THE JONATHAN ROSS SHOW With Rita Ora, Harry and Jamie Redknapp, Luke Evans and Paolo Nutini.

10.05 THE REAL HOUSEWIVES OF BEVERLY HILLS

11.00 THE KELLY CLARKSON SHOW R S **12.00** Posh Pawn R **1.00** CelebAbility R **1.45** Cannonball R S **2.45** Schitt's Creek R **3.10** Tricked R S **4.00** Ibiza Weekender R **4.50** Judge Rinder's Crime Stories R **5.45** Close

Sky Atlantic

6.00 Fish Town R S **7.45** The Wire R S **10.00** True Blood R S **12.15** Game of Thrones R S **1.20** Ray Donovan R S **3.30** The Wire R S **5.45** True Blood R

6.50 TRUE BLOOD Sookie empathises with Jessica, despite Bill's warnings that the teenager is dangerous, while Jason makes a good impression at the Light of Day conference. R S

7.55 GAME OF THRONES The High Sparrow eyes another target, Jaime confronts a hero, and Olenna Tyrell plans to leave King's Landing. R S

9.00 THIS ENGLAND Dominic Cummings holds a press conference to address his breach of lockdown regulations, Carrie gives birth, and the country continues to live with Covid-19. Last in series. R

10.30 THE WHITE LOTUS Following the exploits of a group of demanding vacationers at a luxury resort, this time in Sicily. R

11.35 SUCCESSION Kendall and Logan arrange a secret meeting with PGM CEO Rhea Jarrell. R S

12.40 Winning Time: The Rise of the Lakers Dynasty R S **1.45** Ray Donovan R **4.00** Fish Town R S

Sky Showcase

6.00 The Early Rundown R **7.00** Kay Burley R **8.00** New Kids in the Wild R S **9.00** Nothing to Declare R S **10.00** Supergirl R S **11.00** NCIS: Los Angeles R S **1.00** Hawaii Five-O R S **2.00** S.W.A.T R S **3.00** Age of the Big Cats R S **5.00** The Simpsons R S **5.30** Futurama R S

6.00 FUTURAMA R S

6.30 THE SIMPSONS R S

7.00 THE SIMPSONS R S

7.30 THE SIMPSONS R S

8.00 JAMIE AND HARRY'S WORLD CUP CHALLENGE: GOT, GOT, NEED A challenge to meet as many World Cup stars as possible. R

9.00 FILM: THE DRY (2020, Drama, 15) A Federal Agent returns to his home town to attend a funeral, but his arrival opens up a decades-old wound. Starring Eric Bana. Dir: Robert Connolly.

11.15 RESIDENT ALIEN R **12.15** Sex and the City R S **1.15** The Force: North East R S **2.10** Hawaii Five-O R S **4.00** S.W.A.T R S **5.00** The Early Rundown R

UTV

6.00 News S **9.00** Lorraine S **10.00** This Morning S **12.30** Loose Women S **1.30** News S **1.55** UTV Live S **2.00** Dickinson's Real Deal S **3.00** Riddiculous S **4.00** Tipping Point S **5.00** The Chase S

6.00 UTV LIVE S

6.30 NEWS S

7.30 EMMERDALE Nate makes an admission. S

8.00 THE MARTIN LEWIS MONEY SHOW: LIVE The cash expert answers the financial questions that matter most, and offers tips and tricks for making finances go further. S

9.15 I'M A CELEBRITY GET ME OUT OF HERE! Ant and Dec look at highlights from the past 24 hours as the campmates continue to adapt to life in the jungle. S

10.30 NEWS S

11.00 UTV LIVE S

11.15 FILM: THE AMAZING SPIDER-MAN (2012, Sci-fi, 12) A gifted teenager gains superhuman powers while investigating his dead parents' past. Starring Andrew Garfield and Emma Stone. Dir: Marc Webb. S

1.30 Shop: Ideal World S **3.00** The Jonathan Ross Show R S **3.55** Unwind with ITV S **4.55** DNA Journey R S

Cable & Satellite

GENERAL

Virgin Three

6.40am Judge Rinder's Crime Stories. **7.30** The Hotel Inspector. **8.25** The Chase Australia. **10.25** Loose Women. **11.25** Judge Judy. **12.25** Yes Chef. **1.25** The Hotel Inspector. **2.20** Coronation Street. **3.25** Emmerdale. **3.55** Gibraltar: Britain in the Sun. **4.55** Heartbeat. **6.00** Lewis. **7.55** Heartbeat. A CND rally causes a rift. **9.00** The Midwives. Three student midwives at different stages of their training. **10.15** Emmerdale. **10.45** The Drowning. Thriller, starring Jill Halfpenny. **11.45** Victoria.

Virgin More

1.10pm UEFA Europa Conference League. **5.00** UEFA Champions League Weekly. **5.30** UEFA Europa League Update. **6.20** Classic UEFA Champions League. **9.00** Aquarius. Manson searches for Emma. **9.50** Somewhere Between. The vast conspiracy leading to Danny's planned execution is exposed. Last in the series. **10.40** Love Island. **11.30** Aquarius.

BBC Four

7.00pm Great American Railroad Journeys. Michael Portillo visits Boston, Salem and Concord. **7.30** Egyptian Journeys with Dan Cruickshank. The life of British archaeologist Howard Carter. **8.00** To the Manor Born. Audrey receives a visitor. First shown in 1980. **8.30** Ever Decreasing Circles. **9.00** The Young Ones. **9.30** A House Made of Splinters: Storyville. A child's experience in a Ukrainian orphanage. **11.00** This Green and Pleasant Land: The Story of British Landscape Painting. Documentary.

ITV2

6.00am Totally Bonkers Guinness World Records. **7.00** The Cabins. **8.00** Secret Crush. **10.00** Dress to Impress. **12.00** I'm a Celebrity Get Me Out of Here! **1.30** In for a Penny. **2.00** Supermarket Sweep. **3.05** One Tree Hill. **4.00** Hart of Dixie. **5.00** I'm a Celebrity Get Me Out of Here! **6.30** In for a Penny. **7.00** Dress to Impress. Grace, Ella and Hope pick outfits for Seb. **8.00** Bob's Burgers. **9.00** Family Guy. **11.30** American Dad!

ITV3

6.00am Classic Coronation Street. **7.00** Classic Emmerdale. **8.05** Bless This House. **9.10** Upstairs, Downstairs. **10.25** Agatha Christie's Poirot. **11.35** Heartbeat. **1.40** Classic Emmerdale. **2.50** Classic Coronation Street. **3.55** Midsomer Murders. **6.00** Heartbeat. **8.00** Midsomer Murders. An apparent suicide shocks the village of Morton Fendle. **10.00** Foyle's War. A crime racket is investigated.

E4

Noon: Brooklyn Nine-Nine. **1.00** The Big Bang Theory. **3.00** Young Sheldon. **4.00** Modern Family. **5.00** The Big Bang Theory. **7.00** Hollyoaks. **7.30** The Big Bang Theory. **8.00** Modern Family. **9.00** Gogglebox. Freeze the Fear with Wim Hof is appraised. **10.00** Naked Attraction. A 24-year-old student seeks his perfect partner. **11.05** First Dates.

More4

11.05am Find It, Fix It, Flog It. **1.10** Heir Hunters. **2.10** Four in a Bed. **4.50** Kirstie and Phil's Love It or List It. **5.55** Escape to the Chateau: DIY. **6.55** Escape to the Chateau. **7.55** Grand Designs. The conversion of a Grade II-listed barn in Essex. **9.00** 24 Hours in A&E. A 70-year-old man is rushed to St George's after he is found struggling to breathe. **10.00** 24 Hour Baby Hospital. **11.05** 24 Hours in A&E.

Channel 5

9.15am Jeremy Vine. **12.45** Shoplifters & Scammers: At War with the Law. **1.40** News. **1.45** Home and Away. **2.15** Film: A Sugar and Spice Christmas (2020, Drama, PG) **4.00** Bargain-Loving Brits in the Sun. **5.00** News. **6.00** Parking Hell. **6.30** Eggheads. **6.55** News. **7.00** Dogs Behaving (Very) Badly. Graeme Hall helps dogs that go overboard protecting the family home. **7.55** News. **8.00** The Yorkshire Vet. A lamb is rushed to the Huddersfield hospital with a ruptured eye. **8.58** News. **9.00** Alexander Armstrong in South Korea. Alexander continues his exploration of the bustling capital

Seoul. **10.00** Lost Worlds with Ben Fogle. **11.30** Shoplifters & Scammers: At War with the Law.

National Geographic

Noon: Ice Road Rescue. **1.00** Alaska: The Next Generation. **2.00** Car S.O.S. **3.00** Air Crash Investigation. **4.00** America's Last Slave Ship: Drain the Oceans. **5.00** Seconds from Disaster. **6.00** Airport Security: Rome. **7.00** Air Crash Investigation. The TAM Airlines Flight 3054 crash at Sao Paulo's Congonhas airport in 2007. **8.00** To Catch a Smuggler: JFK Airport. The officers investigate suspicious packages. **9.00** Banged Up Abroad. A gangster who went undercover for the FBI. **10.00** Air Crash Investigation. A plane jeopardised by a fire on board. **12.00** Paranatural.

FILMS

TCM Movies

12.25pm Cheyenne. **1.30** Whispering Smith (1948, Western, U) **3.20** A Thunder of Drums (1961, Western, PG) **5.20** The Gun That Won the West (1955, Western, U) **6.50** Funeral in Berlin (1966, Thriller, PG) With Michael Caine. **9.00** US Marshals (1998, Thriller, 15) **11.40** Ransom (1996, Thriller, 15)

Film4

1.10pm Samson and Delilah (1949, Drama, U) **3.45** The Man Who Would Be King (1975, Adventure, PG) **6.20** X-Men: Apocalypse (2016, Sci-Fi, 12) **9.00** Them That Follow (2019, Thriller, 15) **10.55** Crawl (2019, Horror, 15) **12.35** 47 Metres Down (2017, Horror, 15)

Sky Cinema Premiere

Noon: Morbius (2022, Adventure, 15) **2.00** Monday (2020, Drama, 15) **4.05** Wolf (2021, Drama, 15) **6.00** The Lost City (2022, Adventure, 12) **8.00** As 12noon. **10.00** Red Rocket (2021, Comedy, 18) Starring Simon Rex. **12.25** The Accursed (2022, Horror, 15)

Sky Cinema Comedy

12.55pm The Stand In (2020, 15) **2.45** Away We Go (2009, 15) **4.30** Clueless (1995, 12) **6.15** The Boss (2016, 15) **8.00** The Accidental Spy (2001, 12) **9.35** French Exit (2020, 15) **11.35** As 12.55pm.

Sky Cinema Family

1.05pm The Cat in the Hat (2003, Comedy, PG) **2.35** Hook (1991, Fantasy, U) **5.00** The Adventures of Sharkboy and Lavagirl in 3-D (2005, Fantasy, U) **6.40** Woody Woodpecker (2017, Animation, U) **8.20** Robo-Dog (2015, Drama, PG) With Michael Campion. **10.00** Tom & Jerry (2021, Animation, PG) **11.50** As 2.35pm.

SPORT

Eurosport 1

11.00am Ski Jumping. **12.00** Cyclo-Cross. **1.00** Snooker: UK Championship Final 2014. **3.00** World Touring Car Cup. **4.00** Climbing World Cup. **5.00** Triathlon: Super League. **6.00** Snooker: UK Championship Final 2017. **8.00** Cycling: Back on Track. **8.45** Cycling: Gent-Wevelgem. **9.00** Cyclo-Cross. **11.00** Triathlon: Super League. Round two. **12.00** World Touring Car Cup. **1.00** FIA World Endurance Championship.

Sky Sports Main Event

11.00am The Football Show. **12.00** Sky Sports News. **1.00** Sky Sports News. **2.00** Sky Sports News. **3.00** Sky Sports News. Round-up of the sports news. **4.00** Sky Sports News. Round-up of the sports news. **5.00** Sky Sports News. **5.30** Live Bundesliga. VfL Wolfsburg v Borussia Dortmund (Kick-off 5.30pm). **7.30** Live EFL. Watford v Reading (Kick-off 8.00pm). **10.30** Soccer Special Post-Match. **11.00** Sky Sports News. **12.00** Live: Total Access. **1.00** Sky Sports News.

Sky Sports Premier League

11.00am The Football Show. **12.00** Gary Neville's Soccerbox. **1.00** Premier League Years. **3.00** PL Greatest Games. **4.00** Premier League Best Goals. **5.00** Premier League 100 Club. **6.00** Premier League Review. **7.00** Gillette Labs Soccer Special. News of all the goals as they go in and a classified results round-up. **10.00** Gillette Labs Soccer Special. **11.00** Premier League Review. **12.00** Premier League Icons. **1.00** Premier League Years.

Wednesday November 9

NEW SERIES Cois Móire TG4, 9.30pm In 1964, civil servant and writer Annraoi Ó Liathain published a book about his experiences of walking the length of the Blackwater, a length of almost 60 miles. Now, in a four-part travelogue, Diarmuid Ó Drisceoil follows in his footsteps. He begins at the river's source in the north eastern Kerry mountains, where he learns about the Sliabh Luachra area's heritage before taking to the water itself.



PROPERTY ADVICE Build Your Own Home RTÉ One, 9.35pm The idea of leaving home and joining a circus is certainly a romantic one, but the harsh reality is that, like many other self-employed folk, securing a mortgage is far from easy for performers. That's something young couple Aoife and Tony have discovered, forcing them to use their savings to buy a 'doer-upper' in Co Westmeath. Now they're hoping Harrison Gardner can give them some tips and advice.



RTÉ One

6.00 EuroNews 7.05 Teleshopping 8.15 Today S 10.20 The Ellen DeGeneres Show R S 11.10 Doctors S 11.50 Leaders' Questions S 1.00 News S 1.30 Home and Away S 2.00 Shortland Street S 2.30 Fair City R S 3.00 EastEnders R S 3.30 Today S 5.40 Nuacht 5.55 News Followed by The Angelus R

RTÉ2

6.00 EuroNews 8.00 Children's Programmes 10.35 Alva's World S 11.00 Kiva Can Do S 11.15 Bright Sparks R S 11.25 Dizzy Deliveries S 11.55 Hardball R 12.20 Wild Kids R S 12.35 The Bagel and Becky Show R 1.05 Taking the Next Step S 1.40 4 O'Clock Club R S 2.15 Junior MasterChef R S 2.50 Shoebox Zoo R 3.20 This Is Art Club! R S 3.50 Nova Jones R S 4.20 news2day S 4.30 The Simpsons S 5.00 The Goldbergs R S 5.30 The Big Bang Theory R S

Virgin One

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

TG4

7.00 Cúla 4 11.10 The Wonder Years R S 11.40 The Golden Girls R S 12.10 River Cottage Australia R S 12.40 Garraí Glas R 1.10 Hart to Hart R S 2.05 Shark Tank S 3.00 Cúla 4 R 3.49 Nuair a Bheidh Mé Mór R S 4.00 Cúla 4 R 4.02 That's Joey R 4.14 Taffy R 4.21 Cruthaim R S 4.23 Miraculous: Tales of Ladybug & Cat Noir R 4.45 SpongeBob SquarePants R S 5.00 Dodo 5.13 Animal Fanpedia R S 5.30 Random Acts As Gaeilge R

BBC One

6.00 News S 9.15 Morning Live S 10.00 Critical Incident S 10.45 Dirty Rotten Scammers S 11.15 Homes Under the Hammer R S 12.15 Bargain Hunt S 1.00 News S 1.30 Regional News S 1.45 Doctors S 2.15 Money for Nothing S 3.00 Escape to the Country R S 3.45 The Repair Shop S 4.30 The Travelling Auctioneers S 5.15 Pointless R S

BBC Two

6.00 Take a Hike R S 6.30 The Repair Shop R S 7.15 The Travelling Auctioneers R S 8.00 Sign Zone: Villages by the Sea R S 9.00 News S 10.00 News S 11.15 Politics Live S 1.00 Live Wheelchair Rugby League World Cup England v Ireland (Kick-off 1.30pm). S 3.30 Mountain Vets R S 4.30 Women at War: 100 Years of Service R S 5.15 Flog It! R S

6.01 NEWS S
7.00 NATIONWIDE S
7.30 EASTENDERS Kheerat goes to drastic lengths to save his mother. Sam is left feeling hopeless when Zack refuses to help her. S
8.00 SUPER GARDEN Self-employed Belfast artist, Mary Anne Farenden designs a garden for the Devines, who want a space that their children will be excited to spend time in, as well as be dog-friendly and offer something for the adults. R S
8.30 MARK MORIARTY: OFF DUTY CHEF More techniques and tips to master three more basic recipes as Mark prepares lamb kofte, slow-cooked meatballs, and caramel cups for dessert. R S
9.00 NEWS S
9.35 BUILD YOUR OWN HOME See Choice. S
10.35 OUR DNA JOURNEY Britain's Got Talent judge Amanda Holden and comedian Alan Carr embark on journeys across the country as they delve into their family histories, unlocking secrets of the past and meeting close family they never knew existed. S
11.45 CALL THE MIDWIFE Demolition works in Poplar reveal a long-buried secret at Easter 1967, which leads to a testing and emotional experience for the team. Sister Julianne takes on a sensitive delivery. S

6.00 SHORTLAND STREET Hospital drama set in a New Zealand accident and emergency ward. R S
6.30 HOME AND AWAY Bree and Xander kick off their newfound friendship with a prank on Rose. Following her spontaneous confession, Marilyn causes quite a stir. R S
7.00 THE BIG BANG THEORY Stuart and Raj fight over which one of them should take Bernadette's new colleague out on a date. R S
7.25 FAOI BHLÁTH Aedín Ní Thiarnaigh is on the lookout for old ruins. R S
7.55 DROICHD NA HÉIREANN explores the history, architecture, landscape and above all the people behind key Irish bridges. R S
8.25 DIY SOS: THE BIG BUILD Nick Knowles and the team are in North Shields to help Evelyn and her parents. Evelyn has Charge Syndrome and requires full time care and upgraded home. S
9.35 THE GOOD FIGHT Legal drama, starring Christine Baranski. S
10.35 THE HANDMAID'S TALE June considers a tempting but risky offer from a surprise visitor. S
11.40 LIFE AFTER LIFE Drama based on the novel by Kate Atkinson, following the journey of a young woman who dies and is reborn time and time again. Starring Thomasin McKenzie. 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 S
7.30 EMMERDALE The trial begins, Naomi is filled with dread, and April confides in Cathy. S
8.00 CORONATION STREET Fiz and Tyrone concede defeat in their efforts to protect Hope, and Bernie comes face to face with Fern's husband during her quest to clear her name. S
8.30 CORONATION STREET Fiz and Tyrone concede defeat in their efforts to protect Hope, and Bernie comes face to face with Fern's husband during her quest to clear her name. S
9.00 I'M A CELEBRITY GET ME OUT OF HERE! Ant and Dec look at highlights from the past 24 hours as the campmates continue to adapt to life in the jungle, and take on everything that is thrown at them in the hope to win stars to feed the camp.
10.20 THE TONIGHT SHOW Claire Brock and Ciara Doherty offer their unique take on the big stories of the day with a guests. There is also a panel discussion covering the key issues in the news. S
11.20 GOGGLEBOX IRELAND Telly addicts review the week's viewing from their living rooms. R S

6.00 THE GOLDEN GIRLS Part one of two. The house is put up for sale by a practical joker, but the price the girls are offered is no laughing matter – prompting them to seriously consider selling up. R S
6.30 THE WONDER YEARS Kevin takes a job as a golf caddy – but soon lives to regret it. R S
7.00 NUACHT TG4
7.30 RÉALTA AGUS GAOLTA The search for Ireland's talented family continues. Judging the families are Irial Ó'Ceallaigh, champion sean nós singer and Sinéad Ní Uallacháin, broadcaster and producer, this week joined by a guest judge Gavan Ó Rinn, opera singer extraordinaire. R
8.30 AN FÓD DEIREANACH Manchán Magan digs deep into the bogs of Mayo as he visits the Céide Fields, the most extensive Stone Age monument in the world. R
9.00 GLÓR TÍRE: ROGHA & TOGHA With country singer Shawn Cuddy, and competition runner-up Regina McDermott. R
9.30 COIS MÓIRE See Choice.
10.30 THE SINNER See Choice. S
11.35 THE SINNER A new suspect leads the investigation into an ongoing feud between the Lams and the Muldoons. Crime drama, starring Bill Pullman. S

6.00 NEWS S
6.30 REGIONAL NEWS S
7.00 THE ONE SHOW Alex Jones and Jermaine Jenas host the show, with stories of interest from around the UK, plus celebrity guests in the studio. S
7.30 EASTENDERS Kheerat goes to drastic lengths to save his mother. S
8.00 COUNTRYFILE RAMBLE FOR BBC CHILDREN IN NEED 2022 Matt Baker and the team showcase this year's Big Ramble for Children in Need, and meet some inspirational young people to discover how they have been helped by the charity. S
8.30 THE REPAIR SHOP Jay Blades and the team restore a dilapidated old go-kart, a handmade leather gun slip and a charming cat figurine that sparked a collectibles movement. R S
9.00 MASTERCHEF: THE PROFESSIONALS Four new chefs compete for a place in the quarter-final, showing off their skills in pasta-making and fish-filleting, and serving up their signature dishes. S
10.00 NEWS S
10.30 REGIONAL NEWS S
10.40 NURSES New. Following the work of nurses across Northern Ireland. S
11.10 BBC NEW COMEDY AWARDS Six finalists take to the stage at the National Concert Hall of Wales. Last in the series. S

6.00 RICHARD OSMAN'S HOUSE OF GAMES Tim Key, Jamie Laing, Sunetra Sarker and Laura Whitmore test their skills in a variety of trivia-based games. S
6.30 STRICTLY: IT TAKES TWO A look at how the celebrity contestants are shaping up for Saturday at the midweek point. S
7.00 LIVE WOMEN'S RUGBY LEAGUE WORLD CUP England v Papua New Guinea (Kick-off 7.30pm). Live coverage of both teams' third and final Group A fixture, held at Headingley Stadium in Leeds, England. The last time the two teams met was in 2019, when a two-match series between them ended level. S
9.30 MOTHERLAND As an outbreak of headlice sweeps the school, Julia finds herself accused of triggering a second wave. Comedy, starring Anna Maxwell Martin. R S
10.00 THE IRISH LEAGUE SHOW Joel Taggart and Nicola McCarthy present action from recent IFA Premiership fixtures. S
10.30 NEWSNIGHT S
11.15 TWO DOORS DOWN New. Colin turns to his neighbours for support when he is unceremoniously dumped by Cathy. S
11.45 UNSPUN WORLD WITH JOHN SIMPSON The week's major global news stories. S

12.50 The Island R S 1.50 Takeaway Titans R S 2.45 Sinn Féin Ard Fheis: The Leader's Speech R S 3.15 Cheap Irish Homes R 3.40 Keys to My Life R S 4.00 Creedon's Atlas of Ireland S 5.00 The All-Stars at 50 R 5.50 EuroNews

12.35 Stath Lets Flats R S 1.05 Finding Alice R S 2.00 EuroNews

12.20 The War of the Worlds R 1.30 The Restaurant R 3.00 Alex Polizzi: The Fixer 4.10 Close 5.25 The Tonight Show R S

12.30 Survivor 1.25 Dáil Éireann 1.50 France 24

12.05 Industry S 1.05 Gardening Together with Diarmuid Gavin R S 1.15 Unbreakable R S 2.20 News S

12.15 Sign Zone: Sensationalists: The Bad Girls and Boys of British Art R S 1.10 The Elon Musk Show R S 2.10 Best Bakes Ever R S 2.55 This Is BBC Two S

NEW SERIES **The Sinner** TG4, 10.30pm The good news is the American police procedural drama, inspired by Petra Hammersfahr's 1999 novel, is back for its fourth run. The bad news is that this will be its final season. Once again Bill Pullman takes the lead role of detective Harry Ambrose who, despite supposedly being retired, takes on another case when a tragedy occurs while he's holidaying in Maine. Frances Fisher and Michael Mosley co-star.



Channel 4

6.05 Countdown R S **6.45** Cheers R S **7.40** Everybody Loves Raymond R S **8.55** Frasier R S **10.30** Ramsay's Kitchen Nightmares USA R S **11.25** News S **11.30** Chateau DIY R S **12.30** Steph's Packed Lunch S **2.10** Countdown S **3.00** A Place in the Sun R S **4.00** Sun, Sea and Selling Houses R S **5.00** Four in a Bed R S **5.30** Come Dine with Me S

6.00 THE SIMPSONS Krusty nearly kills Homer after a bad TV review and hides out in a circus, but soon finds himself the centre of attention. S
6.30 HOLLYOAKS Maxine faces uncertainty on what to tell Minnie about her injuries, and later, Tony comes up with an idea to deliver an important message from the men of Hollyoaks. S
7.00 NEWS S
8.00 HANDMADE: BRITAIN'S BEST WOODWORKER – THE FINAL In the final challenge the remaining woodworkers make a home bar, dramatic, sophisticated and at least one-metre tall. In the skills test the competitors make a sign to go along with it. One will be celebrating, while the others drown their sorrows as Britain's Best Woodworker is crowned. Last in series. S
9.00 GRAND DESIGNS Kevin McCloud visits Sue and Martin who began their build in 1999 with an original deadline of Christmas 2000. Over two decades later, Kevin returns to see if it's finally complete. S
10.00 SUE PERKINS' BIG AMERICAN ROAD TRIP Part two of two. Sue drives through Colorado into the Rocky Mountains. R S
11.05 UNAPOLOGETIC Presenter Yinka Bokinni and Social media star Zeze Millz discuss Kanye West. S

12.10 The Killer Nanny: Did She Do It? R S **1.05** Iris Prize Best British Short: Finding Joy S
2.25 FILM: Professor Marston and the Wonder Women (2017, Drama, 15) S
4.15 Couples Come Dine with Me R S **5.10** Best of Britain by the Sea R S

Virgin Two

6.35 The Chase USA R **7.35** The Chase R **8.30** Peter Andre's 60 Minute Makeover R S **9.30** Tipping Point R S **10.30** The Hotel Inspector R S **11.30** The Chase Australia R **12.30** Back to Mine R S **1.00** The Kelly Clarkson Show S **2.00** Who's Doing the Dishes? R S **3.00** Posh Pawn R S **4.00** Tipping Point. Quiz show. R
6.00 THE CHASE R S
7.00 THE CHASE R S
8.00 BIG STAR'S BIGGER STAR Parents spill the beans about their famous children. R S
9.00 CELEBABILITY The return of the game show, hosted by Iain Stirling. R S
9.45 LOVE IN THE FLESH Exploring what happens when online couples meet face to face. S
10.45 THE GROUP CHAT S
11.45 THE KELLY CLARKSON SHOW R S
12.45 Rich Kids of Beverly Hills R S **1.15** Schitt's Creek R S **1.45** Ibiza Weekender **2.30** Tricked R S **3.30** Judge Rinder's Crime Stories R **4.15** CelebAbility R S

Sky Atlantic

6.00 Richard E Grant's Hotel Secrets R S **7.45** The Wire R S **10.00** True Blood R S **12.15** Game of Thrones R S **1.15** The Leftovers R S **3.30** The Wire. Crime drama. R S **5.45** True Blood R S
6.50 TRUE BLOOD Sookie and Bill try to find the leader of a vampire community in Dallas. R S
7.55 GAME OF THRONES As Jaime weighs up his options, Cersei answers a request, and Tyrion's plans bear fruit. Starring Lena Headey, Peter Dinklage and Emilia Clarke. R S
9.00 PERRY MASON Origin story of the famed criminal defence lawyer, starring Matthew Rhys. In 1931 Los Angeles, Perry investigates a child kidnapping gone wrong. R S
10.10 GANGS OF LONDON Luan faces a desperate race against time that culminates in a violent showdown. R
11.20 DOMINA A year after Marcellus' death, cracks begin to show in the regime at Rome. R S
12.25 Domina R S **1.30** In Treatment R **2.00** Gangs of London **3.05** Ray Donovan R S **4.10** Richard E Grant's Hotel Secrets R S

Sky Showcase

6.00 The Early Rundown R **7.00** Kay Burley R **8.00** New Kids in the Wild R S **9.00** Nothing to Declare R S **10.00** Supergirl R S **11.00** NCIS: Los Angeles R S **1.00** Hawaii Five-0 R S **2.00** S.W.A.T R S **3.00** Age of the Big Cats R S **4.00** Patrick Aryee's Wild World R S **5.00** The Simpsons R S **5.30** Futurama R S
6.00 FUTURAMA R S
6.30 THE SIMPSONS R S
7.00 THE SIMPSONS R S
7.30 THE SIMPSONS R S
8.00 PORTRAIT ARTIST OF THE YEAR 2022
9.00 ROB & ROMESH VS ANTHONY JOSHUA REVISITED Rob Beckett and Romesh Ranganathan meet the boxer. R S
10.00 DATING DEATH R
11.00 FANTASY FOOTBALL LEAGUE R
11.35 THE RUSSELL HOWARD HOUR R
12.20 Wellington Paranormal R S
1.20 Road Wars R S **2.15** The Force: North East R S **3.10** Hawaii Five-0 R S **4.05** S.W.A.T R S **5.00** The Early Rundown R

UTV

6.00 News S **9.00** Lorraine S
10.00 This Morning S **12.30** Loose Women S **1.30** News S **1.55** UTV Live S **2.00** Dickinson's Real Deal S **3.00** Riddiculous S **4.00** Tipping Point S **5.00** The Chase S
6.00 UTV LIVE S
6.30 NEWS S
7.30 EMMERDALE The trial begins, while Naomi is filled with dread, and April confides in Cathy. S
8.00 CORONATION STREET Fiz and Tyrone concede defeat in their efforts to protect Hope. S
9.00 I'M A CELEBRITY GET ME OUT OF HERE! Ant and Dec look at highlights from the past 24 hours as the campmates continue to adapt to life in the jungle. S
10.20 NEWS S
10.50 UTV LIVE S
11.05 UNBELIEVABLE MOMENTS CAUGHT ON CAMERA A couple caught on camera as one of them suffered a heart attack. R S
12.00 EFL Carabao Cup Highlights Action from the third-round ties. R S **1.10** Shop: Ideal World **3.00** Mortgage Crisis: What Does It Mean For You? Tonight R S **3.25** Qatar: State of Fear? R S **4.20** Unwind with ITV S **5.35** James Martin's Great British Adventure R S

Cable & Satellite

GENERAL

Virgin Three

6.40am Judge Rinder's Crime Stories. **7.30** Hotel Inspector: You're Fired. **8.20** The Chase Australia. **10.20** Loose Women. **11.20** Judge Judy. **12.15** Yes Chef. **1.10** The Hotel Inspector. **2.20** Emmerdale. **2.40** Cornwall and Devon Walks with Julia Bradbury. **3.40** Bargain Brits in the Sun. **4.40** Heartbeat. **5.45** Inspector Morse. **7.55** Heartbeat. Village life is disrupted by a circus family. **9.00** The Midwives. The contrasting experiences of community midwives near Liverpool. **10.20** Coronation Street. **11.20** Emmerdale. **11.50** Victoria.

Virgin More

1.10pm UEFA Champions League Weekly. **1.40** UEFA Man In The Middle. **5.00** UEFA Europa Conference League. **6.45** Guinness Six Nations. **8.30** Classic 6 Nations. Wales v Ireland from 2009. **9.00** Vigil. Kirsten believes the murders were part of a coordinated attack. **10.05** The War of the Worlds. **11.05** Love Island: Unseen Bits. **11.55** Vigil.

BBC Four

7.00pm Great American Railroad Journeys. This time, presenter Michael Portillo travels from Plymouth to the island of Nantucket. **7.30** Egyptian Journeys with Dan Cruickshank. The truth about Akhenaten. **8.00** The Man Who Discovered Egypt. The life and work of Victorian adventurer Flinders Petrie. **9.00** Secrets and Deals: How Britain Left the Middle East. How Bahrain, Qatar and the UAE ceased to be part of Britain's Middle East empire in 1971. **10.00** How Green Was My Valley.

ITV2

6.00am Totally Bonkers Guinness World Records. **7.00** The Cabins. **8.00** Secret Crush. **10.00** Dress to Impress. **12.00** I'm a Celebrity Get Me Out of Here! **1.15** Catchphrase. **2.00** Supermarket Sweep. **3.05** One Tree Hill. **4.00** Hart of Dixie. **5.00** I'm a Celebrity Get Me Out of Here! **6.15** Catchphrase. **7.00** Dress to Impress. Chloe from Portsmouth is hoping to find her dream. **8.00** Bob's Burgers. **9.00** Family Guy. **10.00** Don't Hate the Playaz. **10.45** Family Guy. **11.15** American Dad!

ITV3

6.00am Classic Coronation Street. **7.00** Classic Emmerdale. **8.05** Bless This House. **9.15** Agatha Christie's Marple. **11.30** Heartbeat. **1.40** Classic Emmerdale. **2.50** Classic Coronation Street. **3.55** Midsomer Murders. **6.00** Heartbeat. **8.00** Midsomer Murders. Barnaby is implicated in the murder of a photographer. **10.00** Foyle's War.

E4

Noon: Brooklyn Nine-Nine. **1.00** The Big Bang Theory. **3.00** Young Sheldon. **4.00** Modern Family. **5.00** The Big Bang Theory. **7.00** Hollyoaks. Eric may have another sinister plan up his sleeve. **7.30** The Big Bang Theory. **8.00** Modern Family. **9.00** Gogglebox 2021. Highlights of the past year's episodes. **11.00** Naked Attraction.

More4

11.05am Find It, Fix It, Flog It. **1.10** Heir Hunters. **2.10** Four in a Bed. **4.50** Kirstie and Phil's Love It or List It. **5.55** Escape to the Chateau: DIY. **6.55** Escape to the Chateau. **7.55** Grand Designs. Restoring a Grade II-listed engine house in Cornwall. **9.00** Matt Baker: Our Farm in the Dales. The family work on the farmhouse. Last in the series. **10.00** Matt Baker: Our Christmas in the Dales. **11.05** 24 Hours in A&E.

Channel 5

9.15am Jeremy Vine. **12.45** Shoplifters & Scammers: At War with the Law. **1.40** News. **1.45** Home and Away. **2.15** Film: Christmas for Keeps (2021, Drama, PG) **4.00** Bargain-Loving Brits in the Sun. **5.00** News. **6.00** Parking Hell. **6.30** Eggheads. **6.55** News. **7.00** The Gadget Show: Better Tech, Better Life. Ortis and Georgie help a family upgrade their home security. **7.55** News. **8.00** Shoplifters: At War with the Law. Documentary following shopping centre security teams. **8.58** News. **9.00** Cause of Death. A young man is seriously injured on a

Lancashire road. Last in the series. **10.00** A&E After Dark. **11.05** Ambulance: Code Red. **12.00** Motorway Cops: Catching Britain's Speeders.

National Geographic

Noon: Ice Road Rescue. **1.00** Alaska: The Next Generation. **2.00** Car S.O.S. **3.00** Air Crash Investigation. **4.00** Viking Seas: Drain the Oceans. **5.00** Seconds from Disaster. **6.00** Airport Security: Rome. **7.00** Air Crash Investigation. The accident that befell West Caribbean Airways Flight 708 in 2005. **8.00** Gordon Ramsay: Uncharted UK. New. The chef leaps off cliffs for seaweed along England's Jurassic Coast. **9.00** Ice Road Rescue. A head-on collision between two trucks blocks an ambulance on an emergency call-out. **10.00** Air Crash Investigation. **12.00** Paranatural.

FILMS

TCM Movies

12.25pm Cheyenne. **1.30** The Mississippi Gambler (1953, Adventure, U) **3.40** Massacre Canyon (1954, Western, PG) **5.10** Hellfire (1949, Western, PG) **7.00** The Train Robbers (1973, Western, U) **9.00** The Expendables (2010, Adventure, 15) **11.10** 2001: A Space Odyssey (1968, Sci-Fi, U)

Film4

1.05pm Timberjack (1954, Western, U) **2.55** Arabian Nights (1942, Fantasy, PG) **4.40** Crack in the World (1965, Sci-Fi, U) **6.35** We Bought a Zoo (2011, Comedy, PG) **9.00** Le Mans '66 (2019, Drama, 12) **12.05** Wild Indian (2021, Thriller, 18)

Sky Cinema Premiere

12.30pm The Lost City (2022, Adventure, 12) **2.35** Wolf (2021, Drama, 15) **4.30** Rabbit Academy (2022, Animation, U) **6.00** Monday (2020, Drama, 15) **8.00** As 12.30pm. **10.05** Wickensburg (2022, Adventure, PG) **11.50** Out of the Blue (2022, Drama, 15)

Sky Cinema Comedy

12.45pm Ferris Bueller's Day Off (1986, 12) **2.40** Liar Liar (1997, 12) **4.20** Central Intelligence (2016, 12) **6.20** The Accidental Spy (2001, 12) **8.00** Flashback (1990, 15) **9.55** Masterminds (2016, 12) With Zach Galifianakis. **11.35** Vampire in Brooklyn (1995, 15)

Sky Cinema Family

1.40pm Scooby-Doo 2: Monsters Unleashed (2004, Comedy, PG) **3.20** Clifford the Big Red Dog (2021, Adventure, PG) **5.00** Garfield (2004, Comedy, U) **6.30** Mr Magorium's Wonder Emporium (2007, Fantasy, U) **8.10** The Prince and Me (2004, Comedy, PG) Starring Julia Stiles and Luke Mably. **10.10** Pups Alone (2021, Drama, PG) **12.05** Nancy Drew and the Hidden Staircase (2019, Drama, PG)

SPORT

Eurosport 1

11.00am Ski Jumping. **12.00** Cycling: Singapore Criterium. **1.00** Snooker: UK Championship Final 2018. **3.00** World Touring Car Cup. **4.00** Golden Trail World Series. **5.00** Triathlon: Super League. **6.00** Ronnie O'Sullivan: Seventh Heaven. **7.00** Show Jumping. **8.00** Cycling: Back on Track. **8.45** Cycling: Strade Bianche. **9.00** Cyclo-Cross. **11.00** Triathlon: Super League. **12.00** World Touring Car Cup. **1.00** FIA World Endurance Championship.

Sky Sports Main Event

7.30am Live ICC Men's T20 World Cup. **12.00** Sky Sports News. **1.00** Sky Sports News. **7.00** Live EFL Cup. Manchester City v Chelsea (Kick-off 8.00pm). **10.45** Soccer Special Post-Match. **11.00** Sky Sports News. **12.00** Live: Total Access. Inside access to all 32 teams. **1.00** Sky Sports News.

Sky Sports Premier League

11.00am The Football Show. **12.00** Gary Neville's Soccerbox. **1.00** Premier League Years. **3.00** PL Greatest Games. **4.00** Premier League Best Goals. **5.00** Premier League 100 Club. **6.00** Premier League Legends. **6.30** Premier League Stories. **7.00** Gillette Labs Soccer Special. **10.00** Soccer Special Post-Match. **11.00** Premier League Review. **12.00** Premier League Stories. **12.30** Premier League Icons. **1.00** Premier League Years.

Thursday November 10

TRAVELOGUE Hector: Balkans go Baltics TG4, 9.30pm According to composer Johan Strauss II, the Danube should be blue. However, the river, which runs for 1,770 miles across Europe, is more of a dirty brown colour – it's been named as the most contaminated waterway of its kind on the continent. Hector Ó hEochagáin tries to help turn that around when he joins those involved in a clean-up operation. He also plays tennis and tastes donkey cheese.



NEW SERIES The English BBC Two, 9pm Stephen Rea and Ciarán Hinds are among the impressive cast of this historical drama, the latest project from acclaimed writer Hugo Blick, whose previous works include *Sensitive Skin*, *The Honourable Woman* and *Black Earth Rising*. But it's Emily Blunt who heads the cast as Cornelia Locke, and Englishwoman who arrives in America in 1890 to take revenge on the man she blames for her son's death.



RTÉ One

6.00 EuroNews 7.05 Teleshopping **8.15 Today** **10.20** The Ellen DeGeneres Show R S **11.10** Doctors S **11.50** Leaders' Questions S **12.45** Telly Bingo S **1.00** News S **1.30** Home and Away S **2.00** Shortland Street S **2.30** Home Rescue R **3.00** EastEnders R S **3.30** Today R S **5.40** Nuacht **5.55** News S Followed by The Angelus R

6.01 NEWS S
7.00 EAR TO THE GROUND Magazine show for farmers and rural residents, exploring the ever-changing nature of country life and landscape. Featuring topics including food safety, rural development, planning and environmental issues. S
7.30 EASTENDERS Zack is in deep thought after a proposition from Sam, so Whitney offers him a shoulder to lean on. S
8.00 THE PRICE OF EVERYTHING Conor Pope and Santis O'Garra look at the cost of entertainment and people treating themselves, discovering ways to have fun cheaply and get value for money when eating out or ordering in. Last in the series. R S
8.30 FAIR CITY Paul is in for a shock when he plans a surprise for Orla. Meanwhile, Anto swears to Sharon he will confess all at work, but Clodagh has other ideas. Rafferty gives in to Joan's demands. S
9.00 NEWS S
9.35 PRIME TIME S
10.15 TRIBUTE: THE TERESA DEEVY STORY See Choice. S
11.15 BLOODLANDS Tom and Niamh launch a manhunt for Adam Corry. As pressure builds on the police, Tom must face the possibility that the assassin Goliath may be one of his officers. R S

12.25 Time R S **1.30** Prime Time R S **2.10** Telly Bingo R S **2.25** Doctors R S **2.55** Dr Phil **3.40** EuroNews

RTÉ2

10.05 Peppa Pig **10.20** Mya Go R S **10.35** Alva's World S **11.00** Kiva Can Do S **11.15** Bright Sparks R S **11.25** Dizzy Deliveries S **11.55** Hardball R **12.20** Wild Kids R S **12.35** The Bagel and Becky Show R **1.05** Taking the Next Step S **1.40** 4 O'Clock Club R S **2.15** Junior MasterChef R S **2.50** Shoebox Zoo R **3.20** This Is Art Club! R S **3.50** Nova Jones R S **4.20** news2day S **4.30** The Simpsons S **5.00** The Goldbergs R S **5.30** The Big Bang Theory R S

6.00 SHORTLAND STREET Long-running hospital drama set in an accident and emergency ward. R S
6.30 HOME AND AWAY Nikau bridges the gap between Heather and Marilyn. R S
7.00 WORLD'S MOST LUXURIOUS Looking into the world of luxury cars, from bespoke interiors and rare handmade models to exclusive owner experiences. R S
8.00 AMAZING HOTELS: LIFE BEYOND THE LOBBY Monica Galetti and Giles Coren visit the Yorkshire Dales to work at Swinton Estate, the ancestral home of Lord and Lady Masham. R S
9.00 THE YOUNG OFFENDERS Conor and Jock are hoping to make the school debs a special night for girls. R S
9.35 THE LOVE EXPERIMENT New series. A brand-new dating show based in which strangers are paired together to ask each other a series of questions that scientific studies suggest can lead to falling in love. S
10.05 DARREN AND JOE'S FREE GAFF Surreal comedy with Darren Conway and Joseph McGucken. S
10.35 DERRY GIRLS The Quinns cause uproar at a family wedding. R S
11.05 LINE OF DUTY AC-12 try to unmask the fourth individual commanding the network of corrupt officers. R S

12.15 The Outlaws R S **1.25** Our Miracle Years R S **2.20** EuroNews

Virgin One

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

6.05 THE SIX O'CLOCK SHOW Chat show. S
7.00 NEWS S
7.30 EMMERDALE The trial comes to an end. Nicola is fed up and April is hurt. S
8.00 EMMERDALE S
8.30 BRADLEY & BARNEY WALSH: BREAKING DAD The actor and his son head to Sweden, where they go head-to-head in a curling competition alongside the country's women's team in Stockholm.
9.00 I'M A CELEBRITY GET ME OUT OF HERE! Ant and Dec look at highlights from the past 24 hours, and the surprises keep on coming as the celebrities take to life in the Australian jungle. Naturally the Bushtucker Trials continue to push the famous faces to their limits, and with stars to win for food, they continue to take on the challenges in an attempt to feed camp. Will the latest task prove too much?
10.20 THE TONIGHT SHOW Claire Brock and Ciara Doherty offer their unique take on the big stories of the day with the guests. There is also a panel discussion covering the key issues in the news. S
11.20 TOO CLOSE A forensic psychiatrist is assigned to assess the sanity of a woman accused of a despicable crime. Psychological thriller, starring Emily Watson and Denise Gough. R

12.20 The War of the Worlds R **1.30 FILM: Without a Clue** (1988, Comedy, PG) Dr Watson conceals his abilities by inventing an imaginary sleuth called Sherlock Holmes. Comedy, with Michael Caine. Dir: Thom Eberhardt. **3.35** Close **5.25** The Tonight Show R S

TG4

7.00 Cúla 4 **11.10** The Wonder Years R S **11.40** The Golden Girls R S **12.10** River Cottage Australia R S **12.40** Garraí Glas R **1.10** Hart to Hart R S **2.05** Shark Tank S **3.00** Cúla 4 R **3.02** Daisy & Ollie R S **3.09** Santiago of the Seas R **3.38** Gailearai Scú Scú S **4.00** Cúla 4 R **4.02** That's Joey R **4.14** Taffy R **4.23** Miraculous: Tales of Ladybug & Cat Noir R **4.45** SpongeBob SquarePants R S **5.00** C.L.U.B S **5.30** An Fód Deireanach R

6.00 THE GOLDEN GIRLS Part two of two. With the house up for sale, the girls reminisce over old times and try to decide whether they have made the right decision. R S
6.30 THE WONDER YEARS Kevin cancels a date with Winnie to complete a school cookery assignment with Madeline, the class femme fatale. R S
7.00 NUACHT TG4
7.30 SEAL LE DÁITHÍ Ukraine refugee Nadia Dobrianska is Dáithí Ó Sé's latest guest.
8.00 TURAS BÓTHAIR Bríd and Caoimhe in Waterford are unsure of what exactly a 'catfish' is. Drag Queen Kitty in Dublin talks about how much she loves Michael D Higgins.
8.30 ROS NA RÚN Berni is grateful that Vera is by her side when Nuala pays an unexpected visit. Sorcha, feeling guilty for duping Michelle, is incensed to discover Greg has also double-crossed her.
9.00 GLÓR TÍRE: ROGHA & TOGHA Shawn Cuddy gives a captivating performance featuring a mix of old favourites. R
9.30 HECTOR: BALKANS GO BALTICS See Choice.
10.30 FÍORSCEÁL Cox's Bazar refugee camp in Bangladesh.
11.35 ROS NA RÚN Berni is grateful that Vera is by her side when Nuala pays an unexpected visit. R

12.05 Shark Tank R S **1.00** Dáil Éireann **1.25** France 24

BBC One

6.00 News S **9.15** Morning Live S **10.00** Critical Incident S **10.45** Dirty Rotten Scammers S **11.15** Homes Under the Hammer S **12.15** Bargain Hunt S **1.00** News S **1.30** Regional News S **1.45** Doctors S **2.15** Money for Nothing R S **3.00** Escape to the Country R S **3.45** The Repair Shop S **4.30** The Travelling Auctioneers S **5.15** Pointless R S

6.00 NEWS S
6.30 REGIONAL NEWS S
7.00 THE ONE SHOW Alex Jones and Roman Kemp host the magazine show featuring a mixture of celebrity chat and stories of interest. S
7.30 EASTENDERS S
8.00 UNBREAKABLE The final sees the three remaining couples face electric shocks, a walk on broken glass and a tattoo parlour in the ultimate bid to prove their relationship deserves the crown. Rob Beckett, Anjula Mutanda and Maria McLane reflect with the couples on each of their journeys, before emotions reach an all-time high in the last vow ceremony of the series. Last in series. S
9.00 MASTERCHEF: THE PROFESSIONALS Four new chefs compete for a place in the quarter-final, using their skills in butchery and crab-cooking to put them ahead of the competition. S
10.00 NEWS S
10.30 REGIONAL NEWS S
10.40 THE VIEW Mark Carruthers presents a review of the week's political news, including reports on the latest events at Stormont and Westminster. S
11.20 QUESTION TIME Fiona Bruce presents the topical debate from Wells, Somerset, inviting a panel of politicians and other guests to answer questions from an invited audience. S

12.20 Ros Atkins on the Week S **12.50** Louis Theroux Interviews – Yungblud R S **1.35** News S

BBC Two

6.00 Take a Hike R S **6.30** The Repair Shop R S **7.15** The Travelling Auctioneers R S **8.00** Sign Zone: Iolo: A Wild Life R S **8.30** Villages by the Sea R S **9.00** News S **10.00** News S **12.15** Politics Live S **1.00 Live Wheelchair Rugby League World Cup** Wales v Scotland (Kick-off 1.30pm). S **3.30** Tasmania: Weird and Wonderful R S **4.30** Women at War: 100 Years of Service R S **5.15** Flog It! R S

6.00 RICHARD OSMAN'S HOUSE OF GAMES Jamie Laing, Sunetra Sarker, Tim Key and Laura Whitmore take part. S
6.30 STRICTLY: IT TAKES TWO Janette Manrara dishes up more gossip and behind-the-scenes action. S
7.00 SAVING LIVES AT SEA In Baltimore, south west Ireland, the crew are called out to a solo sailor clinging onto his upturned catamaran over 70 miles out to sea. Last in the series. S
8.00 THE SECRET GENIUS OF MODERN LIFE New. Hannah Fry uncovers secrets behind the technologies of the modern world, beginning with the bank card. S
9.00 THE ENGLISH See Choice. S
9.50 DRENAGH ESTATE: DEEP ROOTS Part one of two. Conolly McCausland restores 70 acres of gardens. R S
10.20 GARDENING TOGETHER WITH DIARMUID GAVIN The horticultural designer helps transform a garden in Howth, Co Dublin, into an ideal family space. R S
10.30 NEWSNIGHT S
11.15 THE HACIENDA: THE CLUB THAT SHOOK BRITAIN The history and cultural legacy of the Manchester nightclub and music venue, which was at the forefront of the acid house and rave scenes of the 1980s and '90s. R S

12.15 Sign Zone: Sensationalists: The Bad Girls and Boys of British Art R S **1.15** Strictly Come Dancing R S **2.55** Strictly Come Dancing: The Results R S **3.35** This Is BBC Two S

DOCUMENTARY Tribute: The Teresa Deevy Story RTÉ One, 10.15pm Performance artist Amanda Coogan believes that the subject of this programme should be a household name, rather than being a largely forgotten figure. Perhaps her profile of Deevy will go some way to redress the balance. It offers insights into the deaf playwright's life and work, which inspire Coogan to produce her own piece in tribute to an extraordinary woman.



Channel 4

6.05 Countdown R S **6.45** Cheers R S **7.40** Everybody Loves Raymond R S **8.55** Frasier R S **10.30** Ramsay's Kitchen Nightmares USA R S **11.25** News S **11.30** Chateau DIY R S **12.30** Steph's Packed Lunch S **2.10** Countdown S **3.00** A Place in the Sun R S **4.00** Sun, Sea and Selling Houses R S **5.00** Four in a Bed R S **5.30** Come Dine with Me S

6.00 THE SIMPSONS Bart feels neglected when Homer and Lisa bond over To Kill a Mockingbird and start spending quality time together, so Marge tries to help her husband divide his attentions equally. S

6.30 HOLLYOAKS Eric may have another sinister plan up his sleeve. Meanwhile, Tony and Grace form a surprising alliance, and James takes a shining to his latest client. R S

7.00 NEWS S

8.00 ALDI'S NEXT BIG THING Small-scale fresh and deli specialist producers get the rare opportunity to pitch their products to bosses of the major supermarket. Presented by Anita Rani. S

9.00 TASKMASTER Sarah Millican flails about with a frying pan, Fern Brady enjoys the power of a spiky plant and Munya Chawawa pulls off a spectacular billiards shot. S

10.00 GREG DAVIES: THE BACK OF MY MUM'S HEAD Stand-up comedy with the Man Down star, from the Lowry in Salford. Greg embarks on a petty quest to find out whether anyone is normal, after his mother remarked that he is not. R S

11.05 8 OUT OF 10 CATS DOES COUNTDOWN Jimmy Carr hosts, as Roisin Conaty and Asim Chaudhry take on Jon Richardson and Josh Widdicombe. Bill Bailey is in Dictionary Corner. R S

12.05 I Literally Just Told You R S **1.05** The Killer Nanny: Did She Do It? R S **2.00** 24 Hours in A&E R S **2.55** Nine Perfect Strangers R S **3.45** Ramsay's Hotel Hell R S **4.35** Couples Come Dine with Me R S **5.25** Drawers Off: The Big Naked Painting Challenge R S **5.50** Kirstie's House of Craft R S

Virgin Two

6.35 The Chase USA R **7.35** The Chase R S **8.30** Peter Andre's 60 Minute Makeover R **9.30** Tipping Point R **10.30** The Hotel Inspector R S **11.30** The Chase Australia R S **12.30** Back to Mine R S **1.00** The Kelly Clarkson Show S **2.00** Who's Doing the Dishes? R **3.00** Posh Pawn S **4.00** Tipping Point R S

6.00 TRICKED CANADA Magician Eric Leclerc plays elaborate tricks on random people on the street. R

6.30 AUTUMN NATIONS SERIES – LIVE Munster v South Africa Select XV (Kick-off 7.30pm) At Páirc Uí Chaoimh in Cork. S

10.00 RICH KIDS OF BEVERLY HILLS EJ prepares for Gay Pride.

10.30 THE JONATHAN ROSS COMPILATION SHOW Celebrity interviews. R S

11.00 THE KELLY CLARKSON SHOW R S **12.00** The Weekender: Boat Party R **1.00** Tricked Canada R **2.30** Schitt's Creek R **3.00** Judge Rinder's Crime Stories R **3.55** Ibiza Weekender R S **4.45** CelebAbility R S

Sky Atlantic

6.00 Richard E Grant's Hotel Secrets R S **7.45** The Wire R S **10.00** True Blood R S **12.15** Game of Thrones R S **1.20** The Leftovers R S **3.30** The Wire R S **5.45** True Blood R S

6.50 TRUE BLOOD Sookie embarks on a dangerous mission to locate Godric and Bill is shocked when a vampire from his past resurfaces in Dallas. R S

7.55 GAME OF THRONES As the Starks prepare to fight, Davos loses something dear, while Ramsay plays a game and Daenerys faces a choice. R S

9.00 GANGS OF LONDON Elliot tries to free himself of the Investors once and for all.

10.05 THE WHITE LOTUS Black-comedy drama series following the exploits of a group of demanding vacationers at a luxury resort, this time in Sicily. With Jennifer Coolidge. R

11.15 THE BABY Natasha finds herself willing to do anything in exchange for Mrs Eaves' help. R S

11.50 BABYLON BERLIN Rath takes part in a risky experiment. R

12.55 Babylon Berlin R **4.00** Richard E Grant's Hotel Secrets R S

Sky Showcase

6.00 The Early Rundown R **7.00** Kay Burley R **8.00** New Kids in the Wild R S **9.00** Nothing to Declare R S **10.00** Supergirl R S **11.00** NCIS: Los Angeles R S **1.00** Hawaii Five-0 R S **2.00** S.W.A.T R S **3.00** Patrick Aryee's Wild World R S **5.00** The Simpsons R S **5.30** Futurama R S

6.00 FUTURAMA R S **6.30 THE SIMPSONS** R S **7.00 THE SIMPSONS** R S **7.30 THE SIMPSONS** Marge takes up lumberjacking. R S

8.00 THE SIMPSONS R S **8.30 THE SIMPSONS** R S **9.00 JAMIE AND HARRY'S WORLD CUP CHALLENGE: GOT, GOT, NEED**

10.00 FANTASY FOOTBALL LEAGUE

10.35 THE RUSSELL HOWARD HOUR

11.20 SEX AND THE CITY R S **11.50 SEX AND THE CITY** R S **12.20** The Force: North East R S **1.25** Road Wars R S **2.00** NCIS: Los Angeles R S **3.00** Hawaii Five-0 R S **4.00** S.W.A.T R S **5.00** The Early Rundown R

UTV

6.00 News S **9.00** Lorraine S **10.00** This Morning S **12.30** Loose Women S **1.30** News S **1.55** UTV Live S **2.00** Dickinson's Real Deal S **3.00** Riddiculous S **4.00** Tipping Point S **5.00** The Chase S

6.00 UTV LIVE S **6.30 NEWS S** **7.30 EMMERDALE** The trial comes to an end. S

8.30 BUILDING NIGHTMARES: THE TRUE COST? TONIGHT With thousands of homeowners left in financial ruin because of cowboy builders, Michelle Ackerley finds out whether more can be done to stop these rogue traders. S

9.00 I'M A CELEBRITY GET ME OUT OF HERE! Ant and Dec look at highlights from the past 24 hours as the campmates continue to adapt to life in the jungle. S

10.20 NEWS S **10.50 UTV LIVE S** **11.05 SECRETS OF THE COMEDY CIRCUIT S**

11.35 FAMILY FORTUNES The Mohammeds go up against the Hayes family. R S

12.25 Tipping Point R S **1.20** World of Sport R S **1.25** Shop: Ideal World **3.00** Britain's Poppies: The First World War Remembered R S **3.50** Unwind with ITV S **5.05** Dickinson's Real Deal R S

Cable & Satellite

GENERAL

Virgin Three

6.45am Judge Rinder's Crime Stories. **7.35** The Hotel Inspector. **8.25** The Chase Australia. **10.25** Loose Women. **11.25** Judge Judy. **12.25** Yes Chef. **1.25** The Hotel Inspector. **2.20** Coronation Street. **3.20** Emmerdale. **3.50** Bargain Brits in the Sun. **4.50** Heartbeat. **5.55** Inspector Morse. **8.05** Heartbeat. Nick risks his career. **9.10** Prime Suspect 3. Part two of two. Tension's investigations reach a conclusion. Final part. **11.20** Emmerdale.

Virgin More

1.10pm UEFA Europa League Update. **2.00** Sport Stories: Paul McGrath. **3.40** UCL Defining Moments. **6.25** Guinness Six Nations. **8.10** Karen Pirie. Crime drama, starring Lauren Lyle. **9.50** Yorkshire Ripper: The Secret Murders. Part one of two. Examining the police investigation into the crimes of Peter Sutcliffe. **10.50** Love Island. **11.45** Karen Pirie.

BBC Four

7.00pm Great American Railroad Journeys. Michael Portillo travels from Rhode Island to Connecticut. **7.30** Egyptian Journeys with Dan Cruickshank. The ancient people's belief in the afterlife. **8.00** Wild China. An examination of the country's heartland. **9.00** Film: The Lady in the Van (2015, Drama, 12) **10.40** Film: My Old Lady (2014, Drama, 12)

ITV2

6.00am Totally Bonkers Guinness World Records. **7.00** The Cabins. **8.00** Secret Crush. **10.00** Dress to Impress. **12.00** I'm a Celebrity Get Me Out of Here! **1.15** Catchphrase. **2.00** Supermarket Sweep. **3.05** One Tree Hill. **4.00** Hart of Dixie. **5.00** I'm a Celebrity Get Me Out of Here! **6.15** Catchphrase. **7.00** Dress to Impress. Wolf, Em and Michael hope to win the heart of Kieren. **8.00** Bob's Burgers. **9.00** Family Guy. **10.00** Plebs. **11.00** Family Guy. Stewie's future life could not be going any better, living as a wealthy, old Mr Burns-type man, until his retirement is interrupted by Brian who brings word that Peter is dying. **11.30** American Dad!

ITV3

6.00am Classic Coronation Street. **7.00** Classic Emmerdale. **8.05** Bless This House. **9.10** Agatha Christie's Poirot. **11.30** Heartbeat. **1.40** Classic Emmerdale. **2.50** Classic Coronation Street. **3.55** Midsomer Murders. **6.00** Heartbeat. **8.00** Midsomer Murders. A DJ judging a classic-car show is crushed to death. **10.00** Foyle's War. A biological warfare experiment goes wrong.

E4

Noon: Brooklyn Nine-Nine. **1.00** The Big Bang Theory. **3.00** Young Sheldon. **4.00** Modern Family. **5.00** The Big Bang Theory. **7.00** Hollyoaks. The McQueen's struggle to adjust to the divide between them. **7.30** The Big Bang Theory. Amy and Sheldon start a gossip experiment. **8.00** Modern Family. **9.00** Gogglebox. Opinions on Britain's Got Talent and The Thief, His Wife and the Canoe. **10.00** First Dates Australia. **11.05** First Dates.

More4

11.05am Find It, Fix It, Flog It. **1.10** Heir Hunters. **2.10** Four in a Bed. **4.50** Kirstie and Phil's Love It or List It. **5.55** Escape to the Chateau: DIY. **6.55** Escape to the Chateau. **7.55** Grand Designs. Revisiting a timber eco-house in the Kent countryside. **9.00** Warplane Workshop. The restoration of a battered Cessna Bird Dog. **10.00** The Plane That Saved Britain. **11.05** 24 Hours in A&E.

Channel 5

9.15am Jeremy Vine. **12.45** Shoplifters & Scammers: At War with the Law. **1.40** News. **1.45** Home and Away. **2.15** Film: Love at the Christmas Contest (2022, Drama, PG) **4.00** Bargain-Loving Brits in the Sun. **5.00** News. **6.00** Parking Hell. **6.30** Eggheads. **6.55** News. **7.00** The Highland Vet. A New Zealand breed of pig needs to have its large tusks made less dangerous. **7.55** News. **8.00** Inside the Tower of London. Cameras follow the moat's transformation into a floral installation.

8.58 News. **9.00** Lost Worlds with Ben Fogle. The host explores Scotland's abandoned islands. **10.30** Madeleine McCann: The Case Against Christian B. **12.00** Crimes That Shook Britain.

National Geographic

Noon: Ice Road Rescue. **1.00** Alaska: The Next Generation. **2.00** Car S.O.S. **3.00** Air Crash Investigation. **4.00** Atomic Ghost Fleet: Drain the Oceans. **5.00** Seconds from Disaster. **6.00** Airport Security: Rome. **7.00** Air Crash Investigation. The crash of Arrow Air Flight 1285 in Canada in 1985. **8.00** Ice Road Rescue. Jo Roger's rookies are put to the test with a triple rescue. **9.00** Edge of the Unknown with Jimmy Chin. **10.00** Air Crash Investigation. **12.00** Paranatural.

FILMS

TCM Movies

12.25pm Cheyenne. **1.30** The Fighting Kentuckian (1949, Western, U) **3.35** Sherlock Holmes and the Spider Woman (1944, Mystery, U) **4.55** Three Violent People (1956, Western, PG) **7.05** Code Name: Emerald (1985, Adventure, PG) **9.00** Lethal Weapon 2 (1989, Thriller, 18) **11.20** Ransom (1996, Thriller, 15)

Film4

12.40pm The Far Country (1954, Western, U) **2.40** The Blue Dahlia (1946, Thriller, PG) **4.45** The Riddle of the Sands (1979, Thriller, U) **6.50** Made in America (1993, Comedy, 12) **9.00** The Predator (2018, Sci-Fi, 15) **11.10** The Kid (2019, Western, 15)

Sky Cinema Premiere

12.25pm Morbius (2022, Adventure, 15) **2.10** The Accused (2022, Horror, 15) **4.00** The Lost City (2022, Adventure, 12) **6.00** Monday (2020, Drama, 15) **8.00** As 12.25pm. **10.00** The Immaculate Room (2022, Thriller, 15) **11.50** Wolf (2021, Drama, 15)

Sky Cinema Comedy

1.10pm The Dictator (2012, 15) **2.40** Critters Attack! (2019, 15) **4.15** Elizabethtown (2005, 12) **6.25** My Boss's Daughter (2003, 12) **8.00** Team America: World Police (2004, 15) **9.40** Rare Beasts (2019, 15) **11.15** As 2.40pm. **12.50** Snatchers (2019, 15)

Sky Cinema Family

Noon: Clifford the Big Red Dog (2021, Adventure, PG) **1.40** The Spy Next Door (2010, Comedy, PG) **3.25** The Borrowers (1997, Fantasy, U) **5.00** Call of the Wild (2009, Adventure, PG) **6.35** Tooth Fairy (2010, Comedy, PG) **8.20** The Mortal Instruments: City of Bones (2013, Fantasy, 12) **10.35** As 1.40pm. **12.15** Mousehunt (1997, Comedy, PG)

SPORT

Eurosport 1

11.00am Figure Skating: Grand Prix. **12.00** Cycling: Saitama Criterium. **1.00** Snooker: UK Championship 2015. **3.00** World Touring Car Cup. **4.00** Show Jumping. **5.00** Triathlon: Super League. **6.00** Snooker: UK Championship Final 2020. **8.00** Cycling: Back on Track. **8.45** Cycling: Strade Bianche. **9.00** Cyclo-Cross. **11.00** Triathlon: Super League. **12.00** World Superbikes. **1.00** FIA World Endurance Championship.

Sky Sports Main Event

7.30am Live ICC Men's T20 World Cup. **12.00** Live DP World Tour Golf. **2.00** Live Ladies European Tour Golf. **3.00** Live LPGA Tour Golf. The Pelican Woman's Championship. **6.00** Live PGA Tour Golf. The Cadence Bank Houston Open. **7.00** Live EFL Cup. Manchester United v Aston Villa (Kick-off 8.00pm). **11.00** Sky Sports News. **12.00** Live NFL.

Sky Sports Premier League

11.00am The Football Show. **12.00** Gary Neville's Soccerbox. **1.00** Premier League Years. **3.00** PL Greatest Games. **4.00** Premier League Best Goals. **5.00** Premier League 100 Club. **6.00** Premier League Legends. **7.00** Premier League – The Big Interview. **7.30** Premier League Stories. **8.00** Gary Neville's Soccerbox. **9.00** Premier League – The Big Interview. **9.30** Premier League Stories. **10.00** Premier League Icons. **10.30** PL Retro. **12.30** Premier League Icons. **1.00** Premier League Years.

Friday November 11

DOCUMENTARY SERIES Saol an Tréidlia

RTÉ One, 8.30pm West coast veterinary surgeons Emma, John and Liam continue their dedication to the animals in their care – from the largest, including bulls and horses, to the tiniest critters, like kittens and rodents. This time, Emma meets Oscar the goldendoodle with a mysterious skin complaint. Meanwhile, as Liam checks out some new equine friends, John visits his island-based patients.



CELEBRITY CHAT The Graham Norton Show

BBC One, 11.10pm Bruce Springsteen isn't a chat show regular, so make sure you catch him when he drops by to talk to Norton about his latest album, Only the Strong Survive. Lucky to be sharing the sofa with The Boss are comedian Mo Gilligan and Anya Taylor-Joy, whose movie The Menu is about to be released. Plus, music comes from Florence + The Machine, and there are more tales from the Big Red Chair.



RTÉ One

6.00 EuroNews 6.40 Teleshopping 7.50 Today S 9.50 The Ellen DeGeneres Show R S 10.45 Dr Phil S 11.40 Iarnród Enda R S 12.10 Doctors S 12.45 Telly Bingo S 1.00 News 1.30 Home and Away S 2.00 Shortland Street S 2.30 Fair City R S 3.00 EastEnders R S 3.30 Today R S 5.40 Nuacht 5.55 News S Followed by The Angelus

RTÉ2

10.05 Peppa Pig 10.20 Mya Go S 10.35 Alva's World S 11.00 Kiva Can Do S 11.15 Bright Sparks R S 11.25 Dizzy Deliveries S 11.55 Hardball R 12.20 Wild Kids R S 12.35 The Bagel and Becky Show R 1.05 Taking the Next Step S 1.40 4 O'Clock Club R S 2.15 Junior MasterChef R S 2.50 Shoebox Zoo R 3.20 This Is Art Club! R S 3.50 Nova Jones R S 4.20 news2day S 4.30 The Simpsons S 5.00 The Goldbergs R S 5.30 The Big Bang Theory R S

Virgin One

6.15 The Six O'Clock Show R S 7.00 Ireland AM S 10.00 This Morning 12.30 News S 1.00 Coronation Street: Soapy Slip-Ups R S 1.30 Racing: Cheltenham November Meeting 4.00 Heathrow: Britain's Busiest Airport R 4.30 Judge Judy 5.30 News S

TG4

12.10 River Cottage Australia R S 12.40 Garraí Glas R 1.10 Hart to Hart R S 2.05 Shark Tank S 3.00 Cúla 4 R 3.02 Daisy & Ollie R S 3.09 Santiago of the Seas R 3.38 Gailearaí Scú Scú S 4.00 Cúla 4 R 4.02 That's Joey R 4.14 Taffy R 4.21 Cruthaim R S 4.23 Miraculous: Tales of Ladybug & Cat Noir R 4.45 SpongeBob SquarePants S 5.00 Dodo 5.11 Animal Fanpedia R S 5.25 Aifric R 5.55 Domhan an Dúlra – Fiántas Nua na hEorp

BBC One

6.00 News S 9.15 Morning Live S 10.10 Critical Incident S 10.55 Two Minutes Silence S 11.05 Dirty Rotten Scammers S 11.35 Homes Under the Hammer R S 12.05 Bargain Hunt S 1.00 News S 1.30 Regional News S 1.45 Doctors S 2.15 Money for Nothing S 3.00 Escape to the Country R S 3.45 The Repair Shop S 4.30 The Travelling Auctioneers S 5.15 Pointless R S

BBC Two

6.00 Take a Hike R S 6.30 The Repair Shop R S 7.15 The Travelling Auctioneers R S 8.00 Sign Zone: Trawlermen: Hunting the Catch R S 9.00 News S 10.00 News S 12.15 Politics UK S 1.00 Flipping Profit R S 1.45 Eggheads R S 2.15 Wanted: A Simple Life R S 3.00 War Walks R S 3.30 Super Cute Animals R S 4.30 Women at War: 100 Years of Service R S 5.15 Flog It! R S

6.01 NEWS S
7.00 NATIONWIDE
7.30 FAIR CITY Damien gets more than he bargained for when he pops round to see Orla, while Zak sees an opportunity when Charlotte arrives on a mission of her own. S
8.00 BEYOND THE BULLETS – REAL LIFE DURING THE CIVIL WAR Documentary using a blend of text, archive, data, dramatic reconstruction and music of the period to paint a picture of life in Ireland during the Civil War. S
8.30 SAOL AN TRÉIDLIA See Choice. S
9.00 NEWS
9.35 THE LATE LATE SHOW Ryan Tubridy hosts the light entertainment show, featuring a mix of celebrity guests, music, in-depth interviews and discussions on the stories that have the nation talking. S
11.40 FILM: LEAP YEAR (2010, Comedy, PG) A woman plans to take advantage of an Irish tradition to propose to her boyfriend while on holiday in Dublin. When they become separated, she faces a disastrous journey across the country in the company of a charming local innkeeper, and is tempted to leave her boyfriend for her travelling companion. Romantic comedy, starring Amy Adams and Matthew Goode. Dir: Anand Tucker. S

6.00 SHORTLAND STREET 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 When Eden accidentally lets slip that Cash is working tonight, Felicity notices and later storms into Eden's bedroom unannounced. Justin and Mackenzie land on a band agreement. R S
7.00 YOUNG SHELDON Meemaw gains an unwanted business partner, while Sheldon gets a dorm room all to himself. R S
7.25 THE WONDERFUL WORLD OF BABY ANIMALS A look at the life of a sambar deer calf, seeing her first visit to the vet and taking her first steps outside. R S
8.25 SAVING LIVES AT SEA A crew races to the rescue of a diver found unconscious 30 metres underwater, a yacht starts to sink in the Dover Strait and a windsurfer is caught in a storm. R S
9.35 FILM: COUNTDOWN (2019, Horror) S
11.10 THE LOVE EXPERIMENT A brand-new dating show. R S
11.40 LIVE AT THE APOLLO: CHRISTMAS SPECIAL Sara Pascoe introduces performances by Chris McCausland and Flo & Joan. S

6.05 THE SIX O'CLOCK SHOW Chat show. S
7.00 NEWS S
7.30 EMMERDALE Chas makes an announcement. Meanwhile, Vinny feels lost and depressed. Naomi receives the verdict. S
8.00 CORONATION STREET Summer panics when Billy calls round unexpectedly, Hope makes a startling discovery in the back yard, and the outcome of Stu's appeal hearing raises over his future. S
8.30 CORONATION STREET S
9.00 I'M A CELEBRITY GET ME OUT OF HERE! Ant and Dec look at highlights from the past 24 hours. As the stars face their first weekend living in the jungle, tempers may be starting to fray as some miss family and home comforts. Will any of them decide enough is enough and opt for an early exit?
10.15 FILM: THE AMAZING SPIDER-MAN 2 (2014, Sci-fi, 12) The webslinging hero battles a powerful new enemy when a downtrodden engineer develops lethal electrical powers. As if that wasn't enough to keep him busy, he faces an even greater threat when he is reunited with an unstable old friend who has been charged with a sinister mission by his dying father. Starring Andrew Garfield, Emma Stone and Jamie Foxx. Dir: Marc Webb.

7.00 NUACHT TG4
7.30 THE GEANSAÍ The increasing popularity of baseball in Ireland, exploring how developing domestic leagues have created the possibility of the country sending a team to the Olympics. R
8.00 LAOCHRA THAR LEAR A celebration of Ireland's Olympic heroes, telling the stories of Irish Olympic champions during the first sixty years of the modern games, from John Pious Boland's two gold medals in Athens in 1896, to Ronnie Delaney's record-breaking win in Melbourne in 1956. R
9.05 FILM: THE GREAT NORTHFIELD MINNESOTA RAID (1972, Western, PG) Members of the notorious Cole Younger-Jesse James gang plan and execute a daring bank robbery but, to ensure they snare maximum profits, they must first convince locals to entrust their savings to the financial establishment. Western, starring Robert Duvall and Cliff Robertson. Dir: Philip Kaufman. S
10.50 CEOLAIREACHT Doireann's musical journey continues in north Clare, as she explores the area's regional style. With music from Tony Linnane, James Cullinan and others. R
11.50 THE SINNER Ambrose finds himself at the centre of a tragedy. R S

6.00 NEWS S
6.30 REGIONAL NEWS S
6.55 PARTY POLITICAL BROADCAST S
7.00 THE ONE SHOW Alex Jones, Roman Kemp and Ronan Keating present the usual mix of celebrity guests and stories about people in extraordinary circumstances. S
7.30 PAULA MCINTYRE'S HAMELY KITCHEN Paula makes her version of Steak Diane. Last in the series. S
8.00 MASTERCHEF: THE PROFESSIONALS The quarter-final sees the chefs creating a plate of contrasting textures and trying to impress a trio of food critics with two courses of their own creation. S
9.00 HAVE I GOT NEWS FOR YOU Regulars Paul Merton and Ian Hislop are joined by a variety of guest hosts and panellists in this compilation edition revisiting the big news stories of 2022. Last in the series. S
9.30 PETER KAY'S STAND-UP COMEDY SHUFFLE The stand-up comedian relives his finest career moments from the last 25 years. R S
10.00 NEWS S
10.30 REGIONAL NEWS S
10.40 THE BLAME GAME Topical comedy panel show, with special guest Paddy McDonnell. S
11.10 THE GRAHAM NORTON SHOW See Choice. S

6.00 RICHARD OSMAN'S HOUSE OF GAMES Previous winners Tim Key, Jamie Laing, Sunetra Sarker and Laura Whitmore compete in the final round of questions before the day's winner, and week's victor, is announced. S
6.30 STRICTLY: IT TAKES TWO Analysis of the couples' progress as they prepare for tomorrow show. S
7.00 BARRA'S WILD DAYS OUT Barra Best goes in search of wild species and meets local characters. R S
7.15 FRIDAY NIGHT FOOTBALL Coleraine v Glentoran (Kick-off 7.45pm). All the action from The Showgrounds. S
9.45 THE CHRONICLES OF MOURNE Landscape photographer Leslie Hanthorne captures dawn and sunset shots. R S
10.00 QI New series. Sandi Toksvig shares her top tips and tools with Joe Lycett, Holly Walsh, Bill Bailey and Alan Davies. S
10.30 NEWSNIGHT S
11.05 FRANKIE BOYLE'S NEW WORLD ORDER The comedian tries to make sense of the modern world, using a combination of stand-up, review, discussion and audience interaction to dissect the week's news. R S
11.35 THE SECRET GENIUS OF MODERN LIFE Hannah Fry uncovers secrets behind the technologies of the modern world. R S

1.20 Nationwide R 1.50 Telly Bingo R S 2.05 Doctors R S 2.40 Dr Phil R S 3.25 EuroNews

12.35 Other Voices: Courage R S 1.35 No Activity R S 2.05 EuroNews

12.55 Gogglebox Ireland R S 2.00 FILM: True Betrayal (1990, Drama, 15) The story of a real-life detective, who was assigned to work undercover to find the murderers of an elderly couple. Drama, starring Mare Winningham. Dir: Roger Young. 4.00 Close

12.55 The Sinner R S 1.50 Fargo R S 2.45 France 24

12.00 RuPaul's Drag Race UK R S 1.10 Blankety Blank R S 1.45 News S

12.35 Sign Zone: Trump: The Return? R S 1.05 Our Dementia Choir Sings Again with Vicky McClure R S 2.05 Between the Covers R S 2.35 This Is BBC Two S

NEW SERIES **The Big Narstie Show** Channel 4, 11.05pm Tyrone Mark Lindo, aka British grime music star Big Narstie, is back on the box as the fifth series of his entertaining show makes its debut. Once again he'll be joined by regular cohort Mo Gilligan, and they'll be welcoming hip-hop superstar Eve, actor and investigative reporter Ross Kemp, and Happy Mondays dancer/Celebrity Gogglebox regular Bez to the studio for some fun and games tonight.



Channel 4

6.05 Countdown R S **6.45** Cheers R S **7.40** Everybody Loves Raymond R S **8.55** Frasier R S **10.30** Ramsay's Kitchen Nightmares USA R S **11.25** News S **11.30** Chateau DIY R S **12.30** Steph's Packed Lunch S **2.10** Countdown S **3.00** A Place in the Sun R S **4.00** Sun, Sea and Selling Houses R S **5.00** Four in a Bed R S **5.30** Come Dine with Me S

6.00 THE SIMPSONS After a failed Black Friday shopping spree, Marge is determined to fix Christmas, but Homer and the kids surprise Marge with a holiday at a Florida resort. S
6.30 HOLLYOAKS The McQueen's struggle to adjust to the divide between them. Elsewhere, Felix and Mercedes cross paths, and Warren receives some shocking news. R S

7.00 NEWS S
7.30 UNREPORTED WORLD A silent crisis of abuse and child pregnancies in rural Guatemala. S

8.00 THE GREAT BRITISH BAKE OFF: AN EXTRA SLICE Jo Brand is joined by AJ Odudu, Joel Dommett and Lorraine Kelly to discuss Patisserie Week. Tom Allen judges the bakes brought along by the brave studio audience. S

9.00 GOGGLEBOX The regular gaggle of family and friends gather in front of the TV once more to share their thoughts on a selection of shows from the past week. S

10.00 I LITERALLY JUST TOLD YOU Jimmy Carr hosts the quiz in which contestants are given every answer as the questions are written during the course of the show. S
11.05 THE BIG NARSTIE SHOW See Choice. S
11.55 THE IT CROWD Jen goes on a date. R S

12.30 The IT Crowd R S **1.45** MMA: Professional Fighters League Highlights S **2.40** Ramsay's Hotel Hell R S **3.30** Come Dine with Me R S **5.40** Drawers Off: The Big Naked Painting Challenge R S **5.45** Drawers Off R S

Virgin Two

6.00 Close **6.35** The Chase USA R **7.35** The Chase S **8.30** Peter Andre's 60 Minute Makeover R S **9.30** Tipping Point R S **10.30** The Hotel Inspector R S **11.30** The Chase Australia R S **12.30** Back to Mine R S **1.00** The Kelly Clarkson Show S **2.00** Who's Doing the Dishes? R S **3.00** Loose Women R S **4.00** Tipping Point R S

6.00 THE CHASE Contestants Kathryn, Richard, Sophie and Larry pit their wits against the Chaser. R
7.00 THE CHASE R
8.00 THE VOICE USA The competition continues, hosted by Carson Daly. S

10.00 PETER KAY'S STAND-UP COMEDY SHUFFLE New. The comedian relives his finest career moments. S
11.15 IBIZA WEEKENDER Deano puts his massage skills to use, and new arrivals form firm friendships. R

12.15 The Kelly Clarkson Show R S **1.15** The Real Housewives of Beverly Hills R **2.15** Schitt's Creek R **2.45** Tricked R S **3.40** Close R **5.40** The Chase USA R S

Sky Atlantic

6.00 Storm City R S **7.45** The Wire R S **10.00** True Blood R S **12.10** Game of Thrones R S **1.10** The Leftovers R S **3.05** The Wire R S **5.50** True Blood R S
6.50 TRUE BLOOD Eric arrives to do his maker's bidding on the eve of the Fellowship's lockdown, which surprises Sookie, and Sam finds himself in trouble after making a gruesome discovery. R S

7.50 GAME OF THRONES As Cersei awaits judgement, Walder Frey and Jaime celebrate at Riverrun. Meanwhile, winter finally arrives. Lena Headey, Peter Dinklage and Emilia Clarke star. R S

9.00 BABYLON BERLIN White Malu Seegers and Dr Völcker pursue a deadly plan, Charlotte makes a terrible discovery and Helga tries to escape from her kidnappers. In German. S

10.05 BABYLON BERLIN Despite Gennat's doubts, Rath organises a meeting with all of the wrestling club bosses. S

11.10 I KNOW THIS MUCH IS TRUE Drama, starring Mark Ruffalo. R S
12.15 The Wire R S **3.30** In Treatment R **4.00** Storm City R S

Sky Showcase

6.00 The Early Rundown R **7.00** Sky News Breakfast R **8.00** Beth Rigby Interviews **8.30** Road Wars R S **9.00** Nothing to Declare R S **10.00** Supergirl R S **11.00** NCIS: Los Angeles R S **1.00** Hawaii Five-0 R S **2.00** S.W.A.T R S **3.00** Patrick Arveye's Wild World R **4.00** Patagonia R S **5.00** The Simpsons R S **5.30** Futurama R S

6.00 FUTURAMA R S
6.30 THE SIMPSONS R S
7.00 THE SIMPSONS R S
7.30 YOUNG ROCK
8.00 JAMIE AND HARRY'S WORLD CUP CHALLENGE: GOT, GOT, NEED The Redknapps fly to Madrid for a meeting with Luka Modric. R

9.00 RESIDENT ALIEN
10.00 FANTASY FOOTBALL LEAGUE R
10.35 LATE LATE SHOW BEST OF THE WEEK
11.35 FORMULA 1 R
1.20 The Russell Howard Hour. Comedy and entertainment show. R **2.10** Road Wars. R S **3.05** Hawaii Five-0 R S **4.00** S.W.A.T R S **5.00** Motorway Patrol R

UTV

6.00 News S **9.00** Lorraine S
10.00 This Morning S **12.30** Loose Women S **1.30** News S **1.55** UTV Live S **2.00** Dickinson's Real Deal S **3.00** Riddulous S **4.00** Tipping Point S **5.00** The Chase S

6.00 UTV LIVE S
6.25 PARTY POLITICAL BROADCAST S

6.30 NEWS S
7.00 UTV LIFE Eclectic mix of stories and studio guests. Presented by Pamela Ballantine. S

7.30 EMMERDALE S
8.00 CORONATION STREET Summer panics when Billy calls round unexpectedly and Hope makes a startling discovery in the back yard. S

9.00 I'M A CELEBRITY GET ME OUT OF HERE! Ant and Dec look at highlights from the past 24 hours, while the stars face their first weekend living in the jungle. S

10.15 NEWS S
10.45 UTV LIVE S
11.00 THE NFL SHOW Action from Houston Texans v Philadelphia Eagles. S
12.00 The Motorbike Show R S
12.50 Shop: Ideal World **3.00** Dickinson's Real Deal R S **3.50** Unwind with ITV S **5.10** Grand Slam Years: Wales 2019 R S

Cable & Satellite

GENERAL

Virgin Three

6.45am Judge Rinder's Crime Stories. **7.35** The Hotel Inspector. **8.30** The Chase Australia. **10.25** Loose Women. **11.25** Judge Judy. **12.20** The Hotel Inspector. **1.15** Yes Chef. **2.20** Zoo Days. **2.50** Emmerdale. **3.50** Gibraltar: Britain in the Sun. **4.50** Heartbeat. **5.55** Film: Freshman Father (2010, Drama, PG) Staring Drew Seeley and Britt Irvin. **7.55** Heartbeat. Nick is offered a promotion. **9.00** Broadmoor. Part two of two. Patients preparing to move into medium secure units. **10.00** Coronation Street. **11.00** Emmerdale. **11.30** The Midwives.

Virgin More

12.45pm UEFA Champions League Weekly. **1.15** UEFA Europa League Update. **2.05** Guinness Six Nations. **5.35** Classic UEFA Champions League. **7.20** UEFA Champions League Weekly. A review of the latest matches. **7.55** Unbeatable. Kamran, Abi, Livi and Nigel compete in the quiz, hosted by Jason Manford. **9.00** Wentworth Prison. Judy enlists the help of Allie, Boomer and Ruby to contact her father. **9.55** The Runaway. Eamonn is forced to leave the country. **10.45** Love Island. The latest events from the villa. **11.40** Wentworth Prison.

BBC Four

7.00pm Top of the Pops. **9.00** Petula Clark at the BBC. A look at the singer's extraordinary career that's stretched across eight decades. **10.00** Petula Clark in Concert. **11.30** The Sound of Petula. **12.00** Singer-Songwriters at the BBC.

ITV2

6.00am Totally Bonkers Guinness World Records. **7.00** The Cabins. **8.00** Secret Crush. **10.00** Dress to Impress. **12.00** I'm a Celebrity Get Me Out of Here! **1.15** Celebrity Catchphrase. **2.00** Supermarket Sweep. **3.05** One Tree Hill. **4.00** Hart of Dixie. **5.00** I'm a Celebrity Get Me Out of Here! **6.15** Catchphrase. **7.00** Dress to Impress. Sophie, Shannon and Amelia pick outfits for Neeki. **8.00** Bob's Burgers. **9.00** Film: Bad Neighbours 2 (2016, Comedy, 15) **10.50** Family Guy. **11.45** American Dad!

ITV3

6.00am Classic Coronation Street. **7.00** Classic Emmerdale. **8.05** Bless This House. **9.10** Agatha Christie's Poirot. **11.30** Heartbeat. **1.40** Classic Emmerdale. **2.50** Classic Coronation Street. **3.55** Midsomer Murders. **6.00** Heartbeat. **8.00** Midsomer Murders. A killer uses ancient torture methods to punish modern-day 'sinners'. **10.00** Foyle's War. A woman is killed in an explosion.

E4

Noon: Brooklyn Nine-Nine. **1.00** The Big Bang Theory. **3.00** Young Sheldon. **4.00** Modern Family. **5.00** The Big Bang Theory. **7.00** Hollyoaks. Things heat up between Mercedes and Felix. **7.30** The Big Bang Theory. Priya finds a loophole in the roommate agreement. **8.00** Modern Family. **9.00** Film: Deadpool (2016, Comedy, 15) Starring Ryan Reynolds. **11.05** Naked Attraction.

More4

11.05am Find It, Fix It, Flog It. **1.10** Heir Hunters. **2.10** Four in a Bed. **4.50** Kirstie and Phil's Love It or List It. **5.55** Escape to the Chateau: DIY. **6.55** Escape to the Chateau. **7.55** Grand Designs. An update on a prefabricated home project in west Cumbria. **9.00** Astrid: Murder in Paris. The body of a best-selling novelist is found in his apartment. In French. **10.05** 24 Hours in A&E.

Channel 5

9.15am Jeremy Vine. **12.45** Shoplifters & Scammers: At War with the Law. **1.40** News. **1.45** Home and Away. **2.15** Film: Random Acts of Christmas (2019, Drama, PG) **4.00** Bargain-Loving Brits in the Sun. **5.00** News. **6.00** Parking Hell. **6.30** Eggheads. **6.55** News. **7.00** IKEA: How Do They Really Do It? The secrets of the world's biggest furniture seller. **7.55** News. The latest reports. **8.00** Susan Calman's Grand Day Out. Susan and her campervan head for the Shropshire Hills.

8.58 News. The latest reports. **9.00** Building the Impossible. Rob Bell discovers how the Hoover Dam was built. **10.00** Deep-Sea Super Predator. Documentary about a mysterious marine creature. **11.15** Film: Godzilla (2014, Thriller, 12)

National Geographic

Noon: Apocalypse: The Rise of Hitler. **2.00** World War I Apocalypse. **7.00** World War II: The Apocalypse. The story of the Second World War.

FILMS

TCM Movies

12.25pm Cheyenne. **1.30** Saddle the Wind (1958, Western, PG) **3.15** Rio Bravo (1959, Western, PG) **6.10** Law of the Panhandle (1950, Western, PG) **7.20** The Man from Bitter Ridge (1955, Western, U) **9.00** The Expendables (2010, Adventure, 15) **11.10** US Marshals (1998, Thriller, 15)

Film4

12.45pm Cowboy (1958, Western, U) **2.35** The Tin Star (1957, Western, U) **4.25** Ten Wanted Men (1955, Western, U) **6.10** Master and Commander: The Far Side of the World (2003, Drama, 12) **9.00** Zombieland: Double Tap (2019, Comedy, 15) Starring Woody Harrelson. **11.00** Eagle vs Shark (2006, Comedy, 15) **12.45** Watchmen (2009, Sci-Fi, 18)

Sky Cinema Premiere

12.15pm Ambulance (2022, Drama, 15) **2.45** Wickensburg (2022, Adventure, PG) **4.30** Rabbit Academy (2022, Animation, U) **6.00** Morbius (2022, Adventure, 15) **8.00** As 12.15pm. **10.20** Wolf (2021, Drama, 15) **12.05** Monday (2020, Drama, 15)

Sky Cinema Comedy

1.00pm The Outside Story (2020, 12) **2.30** 50 First Dates (2004, 12) **4.15** My Boss's Daughter (2003, 12) **5.45** The Terminal (2004, 12) **8.00** Road Trip (2000, 15) **9.45** Baby Done (2020, 15) **11.25** The Very Excellent Mr Dundee (2020, 12)

Sky Cinema Family

1.35pm Daphne & Velma (2018, Drama, U) **3.00** Ender's Game (2013, Sci-Fi, 12) **5.00** Paulie (1998, Adventure, U) **6.40** It Takes Two (1996, Comedy, U) **8.25** The Amazing Mr Blunden (1972, Fantasy, U) **10.10** Earth to Echo (2014, Sci-Fi, PG) **11.50** Max Winslow and the House of Secrets (2019, Drama, 12)

SPORT

Eurosport 1

10.45am Cycling: Back on Track. **11.30** Cyclo-Cross. **12.30** Live Cyclo-Cross. The women's Superprestige race from Niel, Belgium. **1.30** Cyclo-Cross. **2.00** Live Cyclo-Cross. The men's race in the Superprestige from Niel, Belgium. **3.15** Cyclo-Cross. **4.00** Live FIA World Touring Car Cup. Race one from Bahrain. **5.10** Cycling: Back on Track. **6.00** Snooker: UK Championship Final 2016. **8.00** Cycling: Back on Track. **9.05** Cyclo-Cross. **11.00** Triathlon: Super League. **12.00** World Superbikes Extra. **1.00** FIA World Endurance Championship.

Sky Sports Main Event

8.30am Live DP World Tour Golf. **2.00** Live Ladies European Tour Golf. **3.00** Live PGA Tour Golf. The Pelican Woman's Championship. **6.00** Live Formula 1. The Sao Paulo Grand Prix Sprint Race Qualifying session (Start-time 7.00pm). **8.00** Live EFL. Birmingham City v Sunderland (Kick-off 8.00pm). **10.30** Sky Sports News. **11.00** My Icon: Michael Holding. **11.10** Live Women's Big Bash League. Melbourne Renegades v Perth Scorchers.

Sky Sports Premier League

11.00am The Football Show. **12.00** Gary Neville's Soccerbox. **1.00** Premier League Years. **3.00** PL Greatest Games. **4.00** PL Best Goals 10/11. **5.00** Premier League 100 Club. **6.00** Premier League Legends. **6.30** Premier League Preview. **7.00** Premier League – The Big Interview. **7.30** Premier League Stories. **8.00** Gary Neville's Soccerbox. **9.00** Premier League – The Big Interview. **9.30** Premier League Stories. **10.00** Premier League Preview. **10.30** PL Retro. **12.30** Premier League Icons. **1.00** Premier League Years.



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