

**INSIDE:** YOUR FULL 7-DAY TV LISTINGS

IRISH DAILY  
**STAR**

SATURDAY,  
AUGUST 31,  
2024

# Chic

## WEEKEND

**Baz**



**Ashmawy**

**'I'M AN ENTERTAINER  
MORE THAN AN ACTOR  
OR TV PRESENTER'**

**DERMOT BANNON**  
**'WE'RE NOW AT A BIT  
OF A CRISIS POINT  
WITH OUR CITIES'**

**CHEAP IRISH HOMES**  
**'AUDIENCES CAN SEE  
THEMSELVES IN THE  
PEOPLE ON THE SHOW'**

PROUD  
*to be*  
IRISH

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IRISH DAILY  
**STAR**

# Chic

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Chic  
HERO

## MOLLY-MAE HAGUE

Hearts all over Ireland and the UK shattered last week when the news broke of Molly-Mae Hague and Tommy Fury's split.

The couple, who found love five years ago on *Love Island*, were one of the most successful and loved couples to come out of the reality TV series and after they got engaged last year, we all had very high hopes that they would be another couple that would make it.

But the pair, who share one-year-old daughter Bambi, have gone their separate ways but both Molly and Tommy sharing a statement on Instagram asking for privacy as they work through their respective heartache.

While we're devastated for the both of them, we here at *Chic* are really rooting for Molly-Mae who has carved a real name out for herself since exiting the Majorcan villa.

She has teamed up with many brands over the last five years and even launched her own tanning range.

She was also named the creative director for *Pretty Little Thing* before later stepping down after becoming pregnant with her daughter Bambi.

Still, she has proven to be a very successful businesswoman as well as a loving mother.

We're here for what lies ahead for Molly-Mae.

## BOOK OF LOVE...

Jackson Brodie is back for his sixth outing in Kate Atkinson's latest offering, *Death At The Sign Of The Rook* by Kate Atkinson (published by Doubleday).

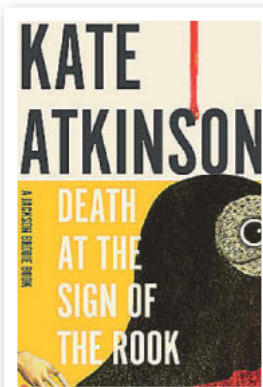
Hired to investigate the theft of a painting, Brodie finds himself caught up in an intricate web which (in true Atkinson style) comes together at the end in a satisfying denouement.

Based in and around a stately home, the set-up is a delight, paying homage to traditional Agatha Christie-style murder mysteries — with a cast including a major, a vicar and an elderly matriarch, as well as the return of DC Reggie Chase.

Long-term fans of the erstwhile detective will not be disappointed — the characters are well-drawn, their stories unfolding alongside each other until gradually the strands unite, keeping the reader guessing how they will ultimately tie together. Those new to the Brodie novels will find enough here to enjoy the story without knowing much about Brodie's past. A great read.

★★★★★

Review by Alison Kershaw



## WHAT'S HOT

★ **Heinz meanz help:** Heinz and Barnardos have teamed up for the third consecutive year to support vulnerable families in Ireland with the launch of limited-edition 'Heinz Meanz Mealz' Beanz three-packs. The iconic Beanz packaging has been given a special makeover, and fans of this mealtime staple can pick up a pack from stores nationwide from today.

★ **Have a 'ball:** This Thursday, September 5, the Cannonball crew will roll into Johnstown Estate in Enfield to get set for another adrenalin fuelled supercar spectacle. Cannonball drivers are due to start arriving from 6pm providing an opportunity for spectators to view their cars and be captivated by this enviable fusion of engineering excellence and breathtaking design.



## WHAT'S NOT

★ **No stream come true:** We here at *Chic Towers* love Netflix but we're not loving how they've decided to drop our favourite series over the last couple of years. From *Love Is Blind* to *Emily in Paris*, splitting the best series on the streaming platform into two — or even three — parts is extremely frustrating when you just want to binge the entire show in one night!



## Who said? "It's like watered down beef!"

Answer: This Morning host Rochelle Humes gives her description of what Bovril tastes like after guest LeAnn Rimes was challenged to taste some British delicacies live on air. The singer was not a fan of the Scotch egg while Rochelle told her she could barely stomach Bovril.

Alzheimer's Memory Walk, a nationwide event, will take place in 40 locations on Sunday, September 22 — giving families, friends and those living with dementia the opportunity to come together to share old memories and to make new ones.

And this year the Alzheimer Society of Ireland is urging people across Ireland to show their support for Memory Walk and to make and share memories at a location near you.

Memory Walk honours, remembers and celebrates the 64,000 people in Ireland living with dementia, along with their families and carers. It also cherishes the memory of those who are no longer with us.

In 2023, 3,500 walkers participated in Memory Walk and raised over €120,000 which helped fund vital services for people with dementia, including Daycare, Daycare at Home, Family Carer Training, Social Clubs, Cafés, and a National Helpline.

Register online at [www.memorywalk.ie](http://www.memorywalk.ie) before 12pm on Wednesday, September 18 to receive your participant pack and to help make the 2024 Alzheimer's Memory Walk the biggest year yet.

You will receive a t-shirt and a special pack

of Forget Me Not flower seeds to sow at home to help create an annual memory each time the flowers bloom. Adult registration costs €20 and a child's pack is €5. See [www.memorywalk.ie](http://www.memorywalk.ie).



WHAT'S ON

Baz Ashmawy on scriptwriting,  
theatre and the new season of  
*Best Place To Be...* By  
**Keeley Ryan**

# 'I THINK IT JUST DEPENDS ON WHAT YOU

## *like and want out of life'*

**B**az Ashmawy has told how he feels *Best Place To Be* is “catching that zeitgeist of where people are at in their heads” — and how “great” it is to be back with the travel show.

The series returns to RTE One at 7pm on Tuesday, September 3 — and will see the presenter travel across Europe to meet Irish people who have uprooted their lives in Ireland and set up home elsewhere in the world.

This season’s journey will see him visit Portugal, Sweden, France, Switzerland, Cyprus, and Belgium — and in each episode, he will get the lowdown from expats on their new country, when it comes to how they live, work and play.

Baz told *Chic* how it’s been a “crazy, crazy busy” year so far — but the fast-paced year “suits me”

He said, “Doing something like *Best Place To Be*, it’s a really enjoyable show to do as well.

“You get to meet new people and see new places, and I mean, I think it’s the vibe at the moment — a lot of people daydream and wonder what life would be like if they, you know, picked up their sticks and headed off to Lisbon, or somewhere.”

Baz added that he reckons since Covid, more people are looking at their work-life balance — and that’s part of “what the hook was for a lot of people”

He continued, “Dublin, and Ireland, has become an expensive place to live, and I think that ever since Covid, people started asking themselves about their work-life balance and what’s the best way to live your life.

“A lot of people are searching for that — and I think that’s what the hook was for a lot of people, you know.”

Baz also shared some of his favourite moments — and cities — that they visited throughout the season.

He said, “I loved Portugal. I like the climate there, I love Lisbon as a city — it’s a beautiful city, and has got a very, very laid back kind of feel to it.

“You’ve also got like, down at the Algarve as well, it’s interesting meeting people who worked as a lawyer here and then decided to pack all that in and head off and become a yoga instructor.

“Now, their life is consisting of doing morning yoga rituals with her class on the beach.

“Things like that, it’s such a



**BEST OF THE BUNCH:**  
Baz visits Portugal,  
Sweden, France, Belgium  
and more this season

## COVER STORY

big life change and I found that inspiring. “Sometimes, I think people get scared to make a big change. In a way, it’s realising that maybe you’ve made a mistake.”

“I think that’s how some people think of it: ‘this is what I do, this is who I am; I work in this job’ and they can’t see past that. You’re a million different people in your life, so at any time, you can just change it if you want, you know? I found Sarah quite inspiring.”

Paris was another stand-out stop, as Baz recalled how he had been there “years ago” — and found it to be a “completely different place” this time around.

He continued, “I just found it a beautiful city, as well. I could understand why someone would want to just live there and hang out.”

**“I always have an itch to travel and see other places...”**

“It’s funny, even compared to Dublin, I always remember everyone saying, ‘oh, Paris is so expensive’. I didn’t really see a huge difference. It didn’t seem any more expensive than, say, Dublin would be, you know?”

Baz told how when it comes to finding your own best place to be, it’s about exploring “what do you want from your life?”

He said, “I’m a homebird, so my ideal situation would be to be based here — I love West Cork in Ireland, I love anywhere down in the West or up to Mayo.”

“I love that, and I like the sun, as well. If I could do my winter months somewhere sunny and my summers in Ireland, that would be a good combo for me.”

“But I always have an itch to travel and see places.”

“I don’t think there’s any one place in particular. I like Alexandria in Egypt, and I’m very fond of Asia — I love Chiang Mai in Thailand, and I love Laos.”

“I like New York, I like Hong Kong, I like Tokyo — it’s a big world with lots of cool places. I don’t have one best place to be.”

“I think it just depends on what you like and what you want out of life.”

“My mum lives out in the Canaries for six months of the year, and our family go out there quite a lot. For her, she’s out there with other retirees, all Irish and they all live in the one building — it’s like The Golden Girls.”

“It’s so cute, it’s so lovely. And that’s their best place to be.”

“It’s just, what do you want from your life. For me, I’m pretty simple — I like beaches, I like nice food. I’m simple enough like that, you know? I enjoy that. Probably some beach somewhere would suit me best.”

Baz told how when it comes to the projects that he takes on, he looks for variety and tries to “mix it up” when he can.

He said, “I suppose if I feel like I’ve worked something out — if I’m doing a show, I’ve been doing it for ages and I have the gist of the show and I know how it’s done, after a while it can become stale for me. I like to mix it up.”

“Sometimes, I really enjoy things like hosting the IFTAs. And then I’ll want to do a travel show, and be on the road and do that. And then all of a sudden, I’ll be like, ‘oh, you know, there’s a rise in — I don’t know anxiety in children, maybe I’ll do a documentary on that’.”

“And I love writing. I didn’t know this, because I only wrote Faithless to act, but I actually enjoyed the writing process of that. And then I love acting, as well.”

“I suppose, in my brain, I’ve just kind of convinced myself I’m an entertainer rather than a TV presenter or an actor.”

“I dip into all these different things

because they feed what I want at the time. Sometimes, making TV is very similar to watching TV — it just depends on what mood you’re in.”

“Sometimes, you want to watch something funny, you want to watch a drama or sometimes you want to watch a documentary — sometimes, you know, you don’t want something heavy and you just want to watch a comedy or a game show.”

“Part of making TV, for me, is very much like that. I just do the things that I want to do. That way, I don’t worry about my passion or interest in it, or anything like that, because I’m always choosing projects that I want to make.”

And when it comes to scriptwriting, Baz told how he “didn’t realise what a cool thing” it was to see ideas brought to life on set.

He said, “Writing, it’s a different medium. The first time around, it’s very hard and you’re learning and everything else. And then you kind of find your groove with it and it’s just enjoyable.”

“I work with my sister a lot, and the two of us — you come up with an idea, you imagine this and then it comes alive. And all of these things that you’ve made in your imagination come to life. That’s pretty cool — I didn’t realise what a cool thing that is.”

“That was exciting for me. I got a real kick out of that. I can only imagine what it must be like to create all of these little worlds, and then walk onto a set and see them come to life. It’s pretty awesome.”

As for whether he could see himself moving into a different kind of writing one day and penning a book, Baz said that while it’s not something “that’s piquing my interest” at the moment — but he wouldn’t rule it out at some stage.

He continued, “At the moment, I enjoy scriptwriting. I suppose they’re kind of different skills, to a certain degree — writing a script is very different to writing

**AIN’T NO MOUNTAIN HIGH ENOUGH:** Baz Ashmawy in Belgium; and (above) Switzerland



a book.

“But yeah, that would be cool.”

“I think I’d need to be at a different stage. Someone was telling me that if you write a couple of pages a day, and before you know it, after a year or two, your book is written. But I don’t know, I’m struggling managing my time as it is. I don’t know when I’d fit a book in.”

Baz told how when it comes to picking a favourite moment from his career, there are “so many” to pick from — and all for different reasons.

He continued, “Like, pushing your mum out of an airplane is pretty awesome. Traveling the world with my mum was pretty awesome. I do shows like DIY SOS, and I love that series — that’s a completely different vibe.”

“You’re with amazing families and then you’re with amazing volunteers. It feels like you’re part of a movement, nearly — it’s nearly an out of body experience. It’s very addictive, it’s rewarding and it’s worthy in the real heartfelt sense.”

“You come home so tired, wrecked but you feel like, all these people have done something amazing for someone — and you’ve been a part of that, and it feels brilliant.”

The broadcaster added that it’s “those little winning moments” where “you’ve worked so hard, and then you get this beautiful moment.”

And as for whether there’s a kind of project he would like the chance to do one day, Baz told how he would like to get back to his theatre roots.

He said, “I started out doing theatre — so I’d probably like to go back and do theatre, do some stage stuff.”

“There was stuff that came by recently and I’d love to have done it, but it’s just the time and if you can fit it in to an already very busy diary.”

“But probably a bit of theatre, I’d love to get back and do.” ■

*Best Place To Be season two begins at 7pm on Tuesday, September 3 on RTE One.*



**EYE ON DESIGN:**  
Dermot Bannon's  
new series *Super Spaces*  
hits our screens this week

# 'I think we're now at a bit OF A CRISIS POINT WITH OUR CITIES'

**D**ermot Bannon has told how he reckons "we're at a crossroads with our towns and our cities" — and shared what audiences can expect from his new series. The two-part programme, Dermot Bannon's *Super Spaces*, begins at 9.35pm on Wednesday, September 4 on RTE One.

And this time around, Dermot will be taking a look at a range of spaces from Ireland — from renovations to small container homes to coffee huts to converted out houses — and exploring the spaces where people live, work and socialise.

The first episode takes the architect from Basalt House in Portrush to the Vaulted House in Sandymount; Limehouse Cottage, which is set in the hills near Glenbeigh, to the new

International Rugby experience in Limerick.

And Dermot told *Chic* how the series is about the impact that design — and the way things are placed — can have.

He said, "I really, really wanted the series to be about little, small things, and just showing that how you position stuff in your garden — or how a vault in a room might make a massive difference — and that the little design tricks that we employ as architects can have a massive impact.

"I didn't want this to be about money, or having to spend loads of money, because people don't have money to spend on design now; they kind of feel then, 'we have to make due with what we have'.

"And I'm just, 'no no' — design is everything, it's a thought process, it's not a cash flow. It's how you do things."

The Dubliner added that with showcasing a wide variety of kinds of spaces, the hope is that people will be able to take some of the design tips and

tricks "back to their own home".

He said, "Instead of this being about expensive design, or just all houses, it's every little project, whether it's big or small, that has a really clever design idea behind it.

"We're trying to explain that — see it, experience it and explain it — and hopefully people can take that back to their own home."

Dermot told how while there were many special projects throughout the series, the International Rugby Experience in Limerick was "probably the one I was most looking forward to visiting."

He said, "I love city dwelling, I think that our cities are in trouble in Ireland. I think that we need to give them a bit of love over the next couple of decades.

"When I was growing up, Dublin was

**Dermot Bannon on the power  
of design and the Super  
Spaces around Ireland...  
By Keeley Ryan**

## TELLY FOCUS

a no-go area. People lived in the suburbs and when it came to the 1990s, Dublin exploded — there were nightclubs, there were restaurants, and people moved back in.

“People lived in apartments — apartment living in Dublin City for the masses, it’s generally a new thing.

“I think we’re now at a bit of a crisis point with our cities, where we need to decide what are we doing our cities for.

“Retail is moving more and more online, and people don’t need to go into town to go to the shops.

“So, what are cities for? Everyone who goes in and has a coffee or has a lunch out loves the city, so we need to protect and preserve what we want the cities for.

“We still need our cities to gather. If

### “PEOPLE DON’T NEED TO GO INTO TOWN TO THE SHOPS...”

we want to be sustainable, we can’t have everybody living in suburbs and then driving everywhere — that’s kind of creating an LA out of Dublin.

“I think our cities are at a crossroads. I really loved the idea behind the rugby experience — bringing something that everybody wants and putting it right back into the city, to draw people back into the city to make our cities alive again.

“Again, it was designed by Níall McLaughlin, who is a bit of a hero of mine. The detailing in it — how it was executed, the light shaft coming down — it’s just a beautifully constructed building, really clever.

“I just thought, this is important. This is important, as we’re at a crossroads with our towns and our cities.

“That’s probably the one I was most looking forward to visiting.”

Dermot told how part of the idea behind the project was to “create new public landmarks and buildings that are important for people”, something which towns and cities are “struggling to create”.

He said, “Traditionally, that would have been done by churches. Now, people aren’t going to church in the numbers that they did — so how are we going to attract people in and create new landmarks in town?”

“It can’t be just willy nilly stuff.

“This was, ‘well, rugby is huge in Ireland — it’s huge in Munster, it’s huge in Limerick’. The easy thing to do would’ve been to build it in a big warehouse out of town, and then people would have driven up, gone in and done the rugby experience.

“But they said, ‘can we put it right in the middle of town?’ And it’s created like a tower. It’s a really, really tall building and you can see it from everywhere in the same way you could see a church spire from everywhere.

“Church spires were always the tallest thing in a town, and that’s what identified it. If we’re going to create new public landmarks and buildings that are important for people.”

Dermot added that the hope is “everyone will go to the rugby experience, young and old” and it has “got a huge public appeal” — and told how he reckons “those kinds of buildings should be our new public landmarks”.

He said, “The idea behind it was creating a new landmark in a town and being real about this. There’s no point in putting a big spire into a middle of town that doesn’t really have a purpose or is connected to something that people don’t really care about or use.



**STARS OF THE SHOW:**  
One of the designs;  
and (below) Dermot with  
rugby ace Paul O’Connell



“So, let’s see what do people want in the towns — and then they’re going to become our new public landmarks.

“If we’re reinventing cities and thinking about our cities and our towns, it’s a bigger process. And that’s what the architects did in this.

“Their brief was to create a rugby experience building and they could’ve done it anywhere.

“But to do it in the middle of Limerick City and to create a tower out of it, I think is really clever.”

Dermot told he would “love” to bring his new series Super Spaces abroad — and he reckons “there’s so much to learn from other countries”.

He said, “With Super Spaces, I really loved doing it. When we’re doing Incredible Homes, it was like having

blinkers on and we were put into a box and like, ‘this is what you need to film’.

“When we did Super Spaces, it kind of threw the doors open and meant that anything at all that is a really clever design could be involved in the show.

“I think there’s so much to learn from other countries, whether it’s about housing, whether it’s about renting, whether it’s about public squares.

“Last year, myself and my wife took a little trip to Paris. I was astounded by every public park had all these chairs.

“They weren’t tied to anything, there were no chains. Every public park in Paris has got these — and they’re all the exact same chairs; these green chairs.

“What it meant was that if you arrive into a park with people, you can pull

your chairs around and you can have a conversation. You can also just sit there by yourself.

“I thought, ‘this is kind of real design, when you’re facilitating public spaces and gatherings’.

“I’m always obsessed with how they kind of preserved the old quarters.

“I think we have a huge amount to learn from abroad. I would love to bring Super Spaces, maybe with the kind of edge of, ‘what’s going wrong in Ireland and what lessons can we learn from abroad’.

“We’re talking about space and tiny spaces — Japan is the best of that. Urban spaces, Paris is really good at it. Or Berlin. They’ve all got their attributes.

“I’d love to do that and take Super Spaces abroad, if I could.”

Dermot also shared what he reckons it is that makes a space super.

He said, “For me, it’s having a really clever design idea and sticking to your guns the whole way through.

“When everyone else tells you, ‘ah, that’s too much trouble to do that’, ‘I wouldn’t do that’ or ‘you’re going to be waiting for ages for that concrete to cure’ — just sticking to your guns and following it the whole way through.

“Every project, I feel, has that.”

And Dermot told how he’ll be watching the show back when it airs — and following along with the comments on social media — as he loves getting to see what people are saying.

He said, “Whenever the shows are on air, I kind of tend to sit there and I love seeing what people are saying on social media.

“With these kinds of shows, it’s amazing the reactions that people get from it. I love when they love it. But it’s really funny when people — sometimes, with some of the buildings, especially when we did Incredible Homes and people are like, ‘oh my god; oh geez, I don’t know if I could live in that’.

“It’s funny to watch that.” ■

*Dermot Bannon’s Super Spaces begins on 9.35pm on Wednesday, September 4 on RTE One.*

The cast of *The Boy That Never Was* on bringing the drama to the screen...

By Keeley Ryan

# 'IT'S ALSO ABOUT FAMILY, LOVE AND

*what you'll do to protect your family'*

**T**oni O'Rourke has told how "nothing is binary or black and white" in new thriller *The Boy That Never Was*. The series begins on RTE One on Sunday, September 1 at 9.30pm.

*The Boy That Never Was* — an adaptation of Karen Perry's book of the same name — follows an Irish couple, Harry and Robin, who live in Morocco with their three-year-old boy, Dillon.

Their lives are turned upside down when an earthquake hits and Dillon disappears.

Three years on, Harry spots a boy in Dublin and becomes convinced that he's his son. The subsequent events threaten to tear apart his marriage to Robin and expose secrets about the night their child went missing.

The four-part series was filmed on location in Morocco and Ireland, and was co-written by Jo Spain and David Logan and directed by Hannah Quinn.

And Toni, who plays Robin, told *Chic* how the series is about "telling human stories, and how complex humans can be, and how we don't know how we'll react in certain circumstances."

She continued, "There is no one person that you can go down a journey with and go, 'they're a good guy or a bad guy'. As a performer, it's one of the most interesting things to play — what is each character trying to say or achieve."

"I think the audience, as well, will be kind of — they won't know who they're rooting for, if anyone, I guess. It's telling human stories, and how complex humans can be, and how we don't know how we'll react in certain circumstances."

"It's also about family, love, and what you'll do to protect your family — and what lengths you'll go to to keep a family unit together."

The *God's Creatures* actress told how it was the "well-formed characters" that drew her to the show — and how it's "such a gift,

as an actor, when there's "so many different mediums that you can pull from"

She said, "For me, what drew me to the role was having someone spanning more than four or five years of their lives. We meet Robin when she's at a cusp in her adult life.

"She's gone from her 20s into her 30s, she's recently become a mother. And that growth, as a woman, that you go through at that stage.

"I was really drawn to playing someone spanning through a large portion and a very important and visceral time in their lives. That's kind of what drew me."

Colin Morgan shared where audiences meet Harry when the series begins — and embracing "all of the challenges" that come with the character.

He said, "When we met him, they're living the life in Morocco and having a great time.

Natural disaster circumstances change all that and ruins what was supposed to be an ideal life and an ideal family.

"We do meet them in quite an idyllic place, and then very, very quickly meet them in reality of how things are today."

The *Killing Kind* actor told how one of his favourite parts about playing Harry has been "the difficulty, the challenge, and the uneasiness of it"

He said, "It's all of the challenges, which actually doesn't feel good, emotionally, doing it. But it's great to finish a day exhausted and know that you've kind of wrung the towel mostly dry."

Colin told how when it comes to the roles that he takes on, the main thing he looks for is "variety"

He said, "I look for the things that are the hardest to do and the most intimidating things; the things that I don't really know how to do. Then, when I'm there, with the energy of being on set, you actually have to

**IT'S GREAT TO FINISH A DAY EXHAUSTED..."**



**TURMOIL:** Colin Morgan plays Harry (also inset left) alongside Toni O'Rourke (above) as Robin



that I think it's this very usual concept between these characters, they're kind of modern day Dublin but then they live this kind of mad bohemian lifestyle.

"And the show is very much made up of two parts — it's these characters when they lived in Morocco versus who they are now, in modern Dublin."

The *Game of Thrones* actor added that getting to play the character "within these two different landscapes, in these two different worlds" was something that was "very, very interesting."

He continued, "It quite genuinely did something very different to you, when you're in 30 degree heat in Morocco, wearing different clothes and interacting with different people.

"And then suddenly, we landed and got off the plane here, and you're greeted by the usual Irish winter — absolutely

baltic temperatures — and then our costumes change, the way you hold yourself changes. It's kind of amazing to go through that process with the same character.

"Usually, you get on one show, it would be set in a certain place and you would do that whole thing — but you get to explore those two different sides of the character. It was interesting."

The actor also shared what he reckons it is about psychological thrillers and dramas that continue to be a draw to audiences.

He said, "I think watching the drama is a safe way of dipping your toe into watching other characters going through something, and its demonstrated to you in a way of even beginning to accept what that would feel like.

"I think that's why drama, it's a very important way of telling stories to people in a safe environment." ■

*The Boy That Never Was* begins on September 1 at 9.30pm on RTE One.

find the answers.

"That's the best stuff. The stuff where you turn up and maybe feel like you've done it before, you know how to do it, it doesn't quite give you the same buzz."

And Colin shared that there's "a kind of grief of some kind" when it comes to leaving a project — and a character — behind.

He said, "I think you do, on any project — certainly when you finish, you hear a lot of people talking about getting sick and having a bit of a come-down.

"And it's only then that you realise your body and you mind has had a relation with, as far as its concerned, someone who suddenly isn't there.

"And actors kind of get this funny feeling — I suppose it's a kind of grief of some kind, it recognises being with someone for a while and that person isn't there anymore."

Kerr Logan, who plays Oliver, told how it was the chance to explore many sides of the character in "these two different worlds" that drew him in.

He said, "What drew me to the role is



**INTERIORS**



Regal Lion Reversible Throw, €85, JOE BROWNS



Carolyn Donnelly Eclectic Ombre Tumbler, €5, DUNNES



Diamond Ice Tray, €10.50, UBERSTAR



Blue Glass Cocktail Shaker, €55, NEXT



Dame Floral Banquette Footstool, €325, DFS

**Jewel**

**STAR**

For a touch of brilliance, jewel tones lend drama to decor – here's nine way to channel gemstone glam in your home...

By **Rachel Beresford**...



Forbidden Fruit Wallpaper in Antique Gold, €58 per roll, LUST HOME



Amalfi Mural, €115, I LOVE WALLPAPER



Gilded Candlestick Collection, €175, WEBB & GRAY



XXXX



Floral Harmony Ditsy Rug, €210, CATH KIDSTON



KNUD Vase, €30 each, JYSK

Abdurrahman 5-Light Cluster Pendant, €240, WAYFAIR



LSA Gems Collection, from €32, LSA INTERNATIONAL



VAGN Tealight Holder, €1.50 each, JYSK



1. Dusk red floral print stretch culottes, €47, ROMAN ORIGINALS. 2. Green camo wide leg joggers, €40, RIVER ISLAND. 3. Dusk black floral wide leg trousers, €49, ROMAN ORIGINALS. 4. Bias cut stripe trousers, €2.95, ZARA. 5. Ibiza Days printed tiered pants, €53, JOE BROWNS.

# PARTY PANTS

If you feel your style is becoming a bit predictable and you're keen to give something new a go, a printed trouser is a chic alternative for summer dressing. It might seem like a bold wardrobe choice, but they can look feminine and elegant when paired with an oversized shirt or pretty top. And they will even see you through autumn too as they look great teamed with a chunky knit. So **Niamh McEaney** has legged it all around the high street to find you these fabulously funky finds...



6. Pink abstract print plisse high-waisted wide-leg trousers, €44, PRETTY LITTLE THING. 7. Paisley printed moleskin trousers, JOE BROWNS. 8. Fern print trousers, €43, COTTON TRADERS. 9. Purple and white printed trousers, €72, MONSOON. 10. Black swirl print plisse high-waisted wide-leg trousers, €42, PRETTY LITTLE THING. 11. Printed trousers, €18, PENNEYS.

# FASHION



12.



13.

12. Satin tropical print trousers, €39.95, ZARA. 13. Blue printed trousers, €72, MONSOON. 14. Animal print wide leg satin twill trousers, €34.99, ASOS. 15. Linen blend print trousers, €39.95, ZARA. 16. The Edit printed trouser, €22, PENNEYS.



14.



15.



19.



18.



17.



16.



20.



21.



22.



23.

17. Patterned satin-effect trousers, €235, MAJE. 18. Green printed trousers, €72, MONSOON. 19. Orange aztec printed drawstring waist wide-leg floaty trousers, €28, PRETTY LITTLE THING. 20. Pink palm tree wide-leg beach trousers, €48, RIVER ISLAND. 21. All over print mid-rise wide-leg trousers, €32, CIDER. 22. Tie-dye print trousers, €39.95, ZARA. 23. Printed satin trousers, €89, & OTHER STORIES.

# LABELS OF NO LOVE

AS #underconsumptioncore trends across social media, we find out why this could mean problems for luxury labels...



TikTok's 'For You' page is usually comprised of clothing hauls, shopping trips and gift guides. But a new trend has recently taken over: #underconsumptioncore.

In response to the hyper consumerism that has dominated newsfeeds over the past year, underconsumption-core romanticises buying just what you need.

It shows people repurposing what they already have - from reusable Gü-pudding pots to second-hand clothes.

As the next generation of fashion buyers swap tips on sourcing vintage and how to dress while spending less - this spells trouble for the luxury fashion industry.

Last month it was announced that shares in LVMH, which owns Louis Vuitton, Dior and Tiffany & Co, dropped 5% as sales in the key Asian market were down 14%.

It was also revealed shares in Kering - owner of Gucci, Balenciaga and Yves Saint Laurent - were down more than 4% as group revenues fell 11%, led by an 18% slump at Gucci.

As consumers tighten their belts amidst a persistent cost-of-living crisis, there are concerns that people are losing interest in luxury goods.

Unlike usual trends, underconsumption-core is less of an aesthetic and more of a lifestyle.

Creators are showing off how they fix and repurpose items, with the aesthetic lying in the worn and nonchalant nature of the clothing, as opposed to the polished and 'box-fresh' look.

This idea of timeworn and relaxed style is nothing new - the grunge trends of the late Nineties popularised by Kurt Cobain and Courtney Love perpetuated this aesthetic but through messages of rebellion as opposed to sustainability.

It appears that taste for luxury goods are depleting among Gen Z, with vintage designer bags now cultivating more interest than new releases.

However, despite suppressing appetite, there's still a window of hope for luxury labels.

This minimalist lifestyle has sprung from the waves of 'old-money chic' and simple fashion trail-blazed by the likes of Hailey Bieber, Rosie Huntington-Whiteley and Sofia Richie.

This aesthetic encouraged purchasing timeless items that would be invested in, worn forever and passed down through generations.

This is a trend that luxury labels seem to be cottoning on to.

In the wake of post-Covid price hikes, several brands are now offering steep discounts on their small leather goods to lure buyers back and manage surplus inventory.

It appears therefore that there is still a place for luxury brands - just not in the excess of the 2010s that we'd previously thought. With sustainability and thoughtful purchasing now at the core of consumer mentality, it seems that fashion is going through a golden-age of understatement.

As fashion month kicks off in New York on September 6th, it will be interesting to observe how designers have adapted to this consumer palate, and what messages lie behind their shows.

**W**ith Irish heatwaves few and far between, it can be easy to get carried away by the sight of the sun, leaving many of us more tomato than golden.

The sensitivity can wear off after five days, but the effects of sunburn on the skin are lifelong, causing collagen breakdown, hyperpigmentation and in some cases, skin cancer.

So, if you've neglected your SPF or fallen asleep in the warm evening sun, here are some top tips from dermatologists and skin experts for soothing summer burn.

**What causes sunburn?**

Sunburn occurs when our skin receives too many ultraviolet rays.

Some skin types can absorb these rays, by increasing melanin production in an attempt to protect the skin from further damage – which is what can cause a tan.

However, when skin is exposed to too many UV rays, it triggers the body to have an inflammatory response, resulting in painful red burn.

There are two types of UV rays that affect our skin: UVA and UVB.

UVA rays penetrate far into the skin and damage collagen and elastin, said to be the main cause of premature ageing.

UVB rays damage the DNA cells in the top layer of our skin and are primarily responsible for the painful burn and pigmentation.

**Cause of action**

Once you spot yourself burning it's important to act as fast as possible.

"While the first sign of sunburn is reddened skin, this then develops over the next 24 hours," says Grace Ferns, beauty expert and senior buyer at Beauty Bay.

"Stay out of the sun, and as with any kind of burn, the first thing you'll want to do is apply a cool compress (or a bag of ice wrapped in a towel) to draw out the heat and reduce the pain and swelling."

Fern advises not to apply ice directly to the skin at this point as it can make the burn worse.

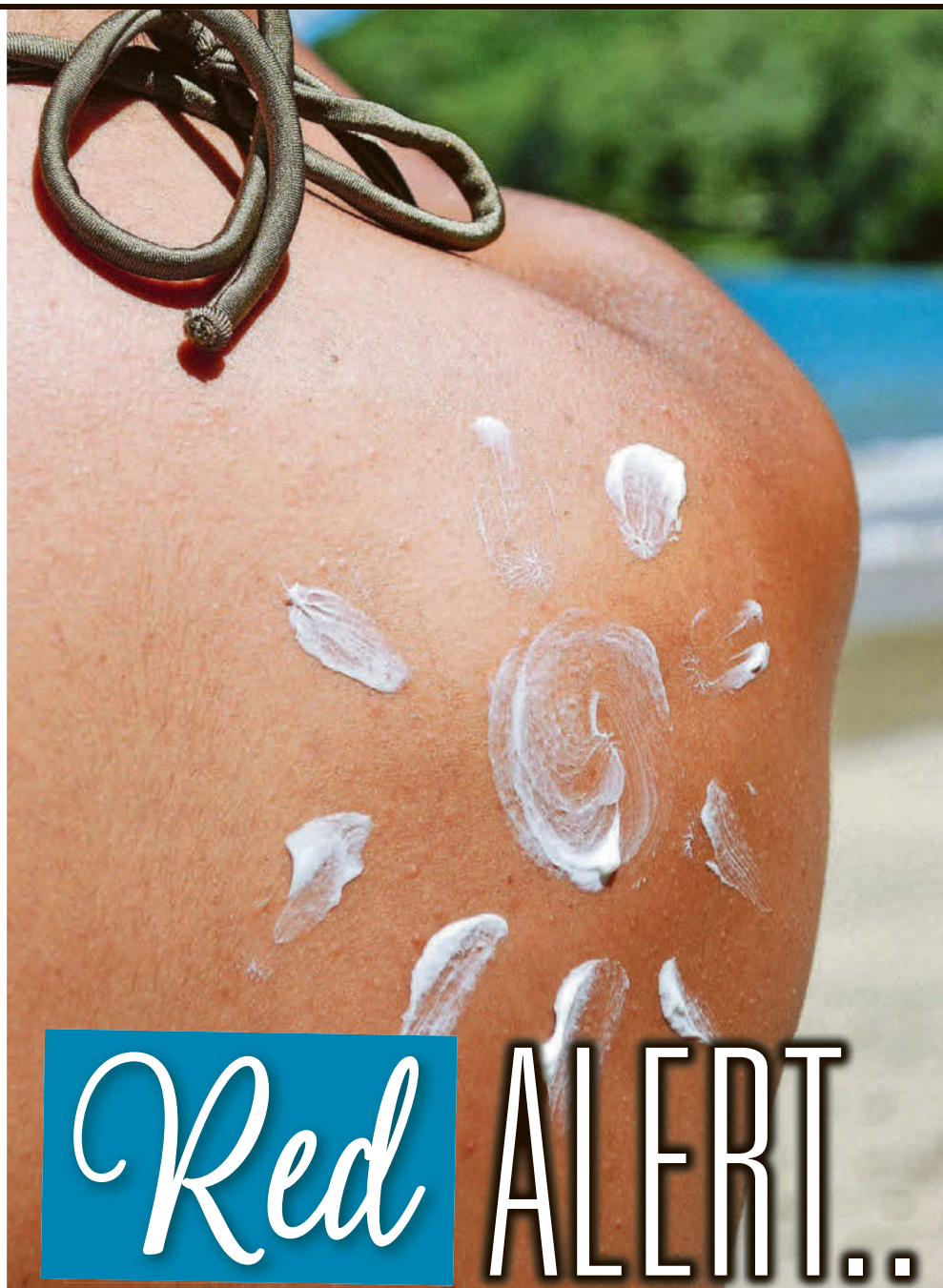
If you are badly burned or blistering, and have signs of sunstroke (dizziness, nausea, high temperature) then you should see a doctor.

Of course, moisturising is many people's first port of call.

"Moisturiser is key but it is only a barrier to try and trap moisture, it won't replenish cellular water," notes expert in skin cancer screening and prevention, Dr Ross Perry of Cosmetics, "You must remember to drink plenty of water to hydrate the skin cells from within."

"It's best to avoid too much alcohol, tea or coffee or caffeinated drinks when sunburnt."

If your sunburn is particularly painful, as the reaction is inflammatory, taking ibuprofen will help ease inflamed burn and relieve your symptoms.



# Red ALERT..

If a rare sunny day catches you off guard, **Niamh McEaney** chats to the experts about how to soothe painful sunburn for immediate relief...

**What to avoid**

It is natural to want to get straight back to your usual routine, but active skincare, warm showers and any scrubs will further irritate and damage burnt skin.

"Avoid benzocaine and lidocaine. These topical anaesthetics are sometimes used to relieve pain, but they can cause allergic reactions and further irritation in some people," says Dr Dev Patel clinical aesthetician and founder of CellDerma.

"Petroleum-based products should be avoided too. This is a little contentious. Whilst these can create a barrier, they can also trap heat in the skin and worsen the sunburn."

"Finally, avoid exfoliants and retinoids. Any products containing exfoliating acids (like glycolic acid) or retinoids (like retinol) can further irritate and damage already sensitive skin."

Whilst you may think the best thing to do is to rehydrate the skin, this can be counteractive.

"Avoid occlusive moisturisers in the first instance as they can prevent heat from leaving the skin," says Abi Cleeve, managing director of Ultrasun UK and the founder of SkinSense.

"Be consistent in hydration in and out. Drink lots of water and prioritise the right

## FOCUS ON LIGHT LAYERS OF HYDRATION AND HEALING MOISTURISERS."

ingredients in your chosen after-sun to calm and cool the skin whilst giving it non-irritating ingredients to re-hydrate."

**What to do if you're peeling**

Some most severe burn can lead to peeling. In these instances, opt for all-natural lotions to avoid any chance of reaction or heightened sensitivity. "Natural products such as aloe vera are going to be the most effective," suggests Perry.

If you're peeling, cut out retinoids and acids for the week, advises Ferns.

"Focus on light layers of hydration and healing moisturisers. Oat is a great ingredient to look out for in a facial moisturiser as it's both healing and anti-inflammatory. Avoid itching burned skin, and instead use a cryo tool or refrigerate a hydrating sheet mask to soothe and cool sensitivity." ■



## Soothe operators

Ease your burns and heal your skin with these...



ESPA Cryotherapy Globes, €38



Aloe Pura Aloe Vera Gel 200ml, €8.39, HOLLAND & BARRETT

Ultrasun After Sun 150ml, €25.95



Vichy Capital Soleil Soothing After Sun Milk 300ml, €21

Eucerin Aquaphor Soothing Skin Balm 45ml, €13.99



Dermadoctor Calm, Cool and Corrected 1% Colloidal Oatmeal Skin Replenishing Balm, €34.50

# Beauty NEWS

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

## Geske job..

THIS year has seen a proactive approach to skincare and aesthetic treatments with microneedling, light laser and skin regenerative therapy reflecting a shift to preventative beauty care.

If you're spending your hard-earned cash to transform your skin at the aesthetician, investing in at-home LED, microcurrent and microneedling devices for optimal upkeep is the smart and logical next step.

The challenge up to now has been to find the best of dermatological and AI technology, at price points that everyone can get on board with.

GESKE, a German Beauty tech company, hit Irish shores this summer with the first affordable range of skincare devices (and an award-winning beauty app) for a completely customised experience. Most LED products already on the market come in mask form, while GESKE's Sonic Warm & Cool Mask 9 in 1 (€59.95)



is neat and handbag friendly, and perfect for weekends away or carry-on luggage. Using this device for a quick Super-charged Facial has three super benefits;

1. The Deep Warming facial opens pores and helps your skincare products work deeper and better. You can even add your own sheet mask for better effects.
2. The Cryo Deep Cooling technology shrinks pores and reduces puffiness under eyes for a brilliant energised look, especially in the morning.
3. The Full-Spectrum LED Light technology fights signs of ageing, while rejuvenating your skin.

Each colour stimulates various skincare benefits; Red targets fine lines and wrinkles, yellow brightens and reduces redness, while blue is antibacterial.

With an unmatched 15-year guarantee, it's no wonder GESKE was given ELLE's Number 1 Beauty Innovation Award.

Available now at Chemist Warehouse, McCabes, McCauley, Hickeys, Allcare, LIFE pharmacy and Shaws as well as online at Millies, EskeBeauty.com and BeautyFeatures.ie.

## STRAIGHT TALKING FOR AFRO HAIR

A FIRST-of-its-kind hair straightener has launched which puts Afro, curly, coily, and textured hair types at the forefront of product innovation.

The Silk Tress Hair Straightener from Noma Sana has been created specifically to better care for the most voluminous hair types - typically classed as type 3 or type 4 hair - that are often overlooked by manufacturers.

The majority of hot hair tools on the market take a one-size-fits-all approach to their products, despite there being a number of different hair types.

Noma Sana aims to become the go-to brand for Afro and curly hair, helping those with textured hair types to get a polished finish without damaging their locks.

The Silk Tress Hair Straightener's flexible titanium plates deliver a sleek and smooth finish, and the innovative added removable comb helps minimise breakage for a faster, and more enjoyable, solution to hair straightening. The



straightener also features negative ion technology which closes the hair's cuticle and protective layer to give a silky, glass-like, surface and seal in the hair's natural moisture.

Its adjustable temperature setting adds the element of control and prevents excess heat exposure, maximising gloss and minimising frizz for a polished and healthy appearance.

The brand was created by Lily Odogwu, who was determined to create products that put her hair type first and ease her own hair struggles.

She said: "There is no one-size-fits-all product when it comes to looking after different hair types, and there are few options for people with curly and coily hair. After years of trying to find a product that worked for me and my hair type, and was easy to use, I created my own."

Noma Sana's Silk Tress Hair Straightener is available for the introductory price of €210 and is now available at [www.nomasana.com](http://www.nomasana.com) and Amazon.

## BEAUTY STEPS

INTERNATIONAL make-up artist Paddy McGurgan shares his top tips with a step-by-step tutorial for the ultimate post-holiday glowy glam with Bellamianta...



TIPS TOP: Paddy McGurgan

From the dazzling runways of London and Paris Fashion Week to the glamorous red carpet at the Cannes Film Festival, renowned International Makeup Artist Paddy McGurgan has transformed some of the world's most illustrious faces working alongside some of the biggest beauty brands across the globe.

His journey began with his passion for art, where his creativity seamlessly transitioned into high fashion and editorial, paving the way for his illustrious career in makeup artistry.

Here, Paddy talks us through how he transforms the face from a blank canvas to a super glowy holiday glam, using the products from Bellamianta.

### Step 1:

After creating a blank canvas by mixing *Bellamianta Glow Base* (€21) and *Dreamy Creamy Concealer* (€16.99), I then take the *Bellamianta All In One Palette* (€32), which makes creating ANY look so simple as you have everything in the one place.

### Step 2:

Using the cream bronzer from this palette, I sculpt the cheeks and forehead, and also use this on the lower part of the eyelid as a base. Even this with some mascara is a super natural option!

### Step 3

Next, take the peach blusher and build this up on the apples of the cheeks. As the powder is so fine, it is perfect to place on top of the cream bronzer.

### Step 4

To add some highlights, I use a small dome brush and concentrate the highlight from the palette in the arch of the brow in a "C" shape, around the top of where we have just placed the blush.

TOP TIP: Highlighter demands attention and light, so only place it where you want people to attract the eye. Avoid highlighter on top of fine lines or any blemishes.

### Step 5

Using a small flat eye-shadow brush, I use the highlighter again across the entire lower eyelid, on top of the cream bronzer.

### Step 6

Using a fluffy eye blending brush I use the

first matte brown shade and build this up from the outside corner gently through the socket line.

TOP TIP: Don't put too much pressure on the brush, remember your brush is going out of shape, then you are too heavy handed, and keep your eyes open so you can see exactly where you are placing colour.

### Step 7

Using the *Bellamianta Deuxline Double Ended Liner* (€18) in chocolate and creme, I trace the brown through the top lash line and very finely through the root of the bottom lashes. I then use a pointed precision brush to smudge. The smudge liner technique is great for creating definition especially if you are not confident with liner. To create a wider eye, I also use the creme shade in the waterline.

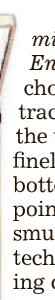
### Step 8

To finish this summer glam, I use a couple of layers of the *Bellamianta Lady Lash Mascara* (€16.99), which really does create that false lash effect.

### Step 9

I want to create a soft natural lip, so I use *Bellamianta Speakeasy "Excited" Lip Liner* (€13) I gently line the lip and fill in the entire lip with the liner to give more grip and longevity to the "*Beneath The Sheets*" Lipstick (€18) I applied over the top from the same collection. To allow it to look more natural, I take my finger and rub around the lip line.

Available from [www.bellamianta.com](http://www.bellamianta.com)





**The Lord of The Rings: The Rings of Power's Daniel Weyman on The Stranger's journey in season two...  
By Keeley Ryan**

# 'THE STRANGER IS IN A PLACE where he's not sure he can trust his mind'

**L**ord of The Rings: The Rings of Power's Daniel Weyman has told how The Stranger finds himself "largely walking this tightrope" in the new season — and opened up about the character's journey ahead.

The fantasy epic returned for a new season earlier this week, with new episodes set to land on Prime Video every Thursday.

The second season sees Sauron's return — and, cast out by Galadriel without an army or any allies, he must now rely on his own cunning nature to rebuild his strength.

The rising Dark Lord also must try to oversee the creation of the Rings of Power, which will allow him to bind all of those who live in Middle-earth to his sinister will.

Elsewhere in Middle-earth, the most beloved and vulnerable characters find themselves plunged into a rising tide of darkness. Each of them are challenged to find their place in a world that is teetering more and more on the bring of

calamity.

From elves and dwarves to orcs and men to wizards and Harfoots; this season will find friendships strained and kingdoms begin to fracture, as the forces of good struggle to valiantly hold on to what matters most: each other.

And Daniel told *Chic* how it was "lovely to come back first of all and see everybody's faces" at the premiere — and opened up about where The Stranger's journey begins this time around.

He said, "I feel like when he got to the end of season one and he's sort of heading off on this adventure, he's got a sort of best friend with him — I think he really feels he's going out there with somebody his equal. I love the way that they complement each other — what one lacks, the other seems to have.

"They get on very well. I think he thinks the future is bright.

"The grass is waving, the hills are rolling and the horizon is beautiful. He's just done this amazing bit of

magic, if we want to call it that, where he's been a conduit for this energy and it's gotten rid of the mystics who are threatening him and the Harfoots. He sort of thinks that he's cracked it.

"He thinks, 'I'm going to follow the stars', these things that are imprinted on his heart. He's going to find his purpose. All feels good."

However, the actor added that things quickly "start chipping away, chipping away and chipping away."

He continued, "Visually, I feel that as he walks along with Nori, it's like this cloak, this big cloak, is sort of wrapping itself around Middle-earth.

"He and Nori maybe — I don't want to speak for Nori, but he doesn't realise how close it is to them until it's too late. It almost closes around them.

"By then, they have no food, they have no water and they're lost. It's arid, it's hot and they come into contact with some groups that we've never met before; some communities we've never met before.



## INTERVIEW

“Each of those is going to present its own issues and quite terrifying scenarios for him and the Harfoots to get out of.”

“I suppose his journey is largely walking this tightrope between holding dear the Harfoot community and what has really given him his core belief and sets of values, and this wider idea of Middle-earth and what might be about to happen to it under the guise of Sauron, who’s name is beginning to sort of rise up.”

Daniel told how he reckons The Stranger is “in a place where he’s becoming unsure about whether he can trust his mind” — and the impact that his dreams may have.

He said, “The dreams, they’re very ominous. I’m sure we all know this from dreams, that — when you have a bad dream, I feel anyways, they can stay with you for quite a long time.”

“Things can sort of trigger you during the day, or the next days, and you sometimes think that you don’t know whether that really happened or whether it was a dream.”

“I think The Stranger is in a place where he’s becoming unsure about whether he can trust his mind. He felt that a bit in season one, with some of the times that he used power and where it ended up being bad — like where he killed the fireflies.”

“I think in the moment, he was quite excited by the power and the energy — ‘what does this mean for me? I’m able to have this power of life and death.’

“And I think that he tips into that place of not being able to trust his own instincts in season two, and that’s a dangerous place.”

And there are plenty of new faces joining *The Lord of The Rings: The Rings of Power* this time around — including Ciarán Hinds as the Dark Wizard; Tanya Moodie; and Rory Kinnear as Tom Bombadil.

Daniel told how there are a “few encounters” along the journey that The Stranger goes on — and “one of the funnest ones is meeting Tom Bombadil, when The Stranger comes into contact with him.”

He continued, “I think largely because through season one, The Stranger has created quite a lot of mayhem with his own sort of emotional energy outburst and the poor Harfoot community have had to deal with that and rein it in, teach him and educate him and maybe support him.”

“But now in season two, he comes into contact with somebody who is able to create mayhem with their energy and their power — and The Stranger is having to respond to that, trying to catch up with that and understand that. What does that mean for him? How does he support this? How does he interpret this?”

“It’s a place he’s not in any way remotely been in before. And I think that’s going to be hugely destabilising — and should be quite fun for an audience as well, I think.”

Daniel also shared some of his favourite scenes to film in the season.

He said, “There are some scenes that are really still and slow where I feel you can, as an actor, you can really sit into it. And the thing that the camera’s going to catch is the internal journey.”

“The camera is really sort of burrowing into your soul, and they can be quite fun — especially when you’re so lucky to get to work with people that I’ve

already got a relationship with from season one.

“There’s already a huge amount of trust that allows me to be more vulnerable.”

Daniel added that there’s a “real joy of working with somebody that you trust, and that you’ve done a season with” — but “there are other scenes where *The Stranger* was channeling extraordinary energy that he hadn’t channelled even in season one.”

He continued, “And those things were quite — it’s very easy to, and I think *The Stranger* did, get caught up with those and feel a sense of excitement and joy at one’s own extraordinary nature.”

“And whilst that might be a great feeling for him in the moment, it’s not necessarily great for the surrounding groups and maybe not for Middle-earth as a whole.”

“But they were fun to film because you could give over to that — always

having a monitor to know that you’re filming, but you could give over to it much more.”

“In society, and in real life, you never get the chance to really — who gets the chance to create a sandstorm in real life, you know? It’s extraordinary.”

The first season sparked a lot of debate amongst fans about *The Stranger*’s identity — and Daniel recalled how his “spine was tingling” when he first read the script for the finale of season one.

The actor added that there was a “beautiful pay off” to the moment when he watched the episode once it landed on Prime Video.

He said, “When I read that script, which was actually only just before we filmed episode eight, I was reading it with Markella [Kavenagh, who plays Nori] and my spine was tingling.”

“I was looking at her, and we were



turning the pages in our scripts going, ‘oh my gosh!’ And then a few pages later going, ‘oh my gosh!’ When it turned out that he wasn’t.

“When it came to watching the episodes we hadn’t seen the final episodes before they aired on Prime.”

“So we were watching it with our friends and families. I think I watched the last episode probably with about 10

people — and the response when the mystics said, ‘for you, our lord Sauron’ — the room was wild.”

“People were going, ‘I can’t believe it’ or ‘I can’t talk to you ever again’ or ‘how did you never tell me?!’ And I was like, ‘well, I had to keep a secret.’

“It was a beautiful pay off. There is a cost to not being able to share stuff.”

“Like, it’d be lovely to share it in the moment — but seeing the audience reaction in the room made it all worthwhile, especially 50 minutes later when it was, ‘he’s the Istar — he is *The Other!*’ And everybody was going, ‘what?!’

“In was really cool, I enjoyed it.” Daniel also shared his favourite fan theories about *The Stranger*’s identity.

He said, “I mean, I loved people who would argue very strongly that he was going to be Sauron in season one.”

“I think now, what I love most of all is the people who have seen the show and who also love Tolkien — and who are new to Tolkien — they find things that have touched them about the stories, and they’re able to use those as platforms for why they are going to present that *The Stranger* is such and such or such and such; that people are reasoned and they enjoy discussing.”

“And I can see what I’m at Comic-Con, when you hear people with fan theories — people have really good reasons for why they’ve come to their own decisions. And I love that.”

“It’s very humbling when you see a group of people who have such an understanding of a story and have such a personal relationship with it, that they can present such strong supporting evidence for why their possible future version is the right one.” ■

*The Lord of the Rings: The Rings of Power* launched on Prime Video on August 29. New episodes are available weekly.



**PRIME VIEWING:**  
Scenes from season two of the Prime Video series (also above)

**Cheap Irish Homes presenter Maggie Molloy on scouring the country for charming country cottages and timeless terraced townhouses... By Keeley Ryan**

# 'THESE ARE HOUSES normal people live in every day'

**C**heap Irish Homes presenter Maggie Molloy has told how it's "fantastic" to be back for another season — and what she reckons it is about the show that audiences are connecting with.

The new season, which begins on September 5 at 7pm on RTE One, sees Maggie take a new group of house hunters on a journey to find some of the country's most reasonably priced properties.

From charming country cottages to timeless terraced townhouses, Maggie and co-presenter, building engineer Kieran McCarthy, travel across the country in search of hidden gems with tremendous potential for budget-conscious buyers.

And Maggie told *Chic* how one of the things that she thinks audiences are connecting with when it comes to the show is the fact that "they can relate to the types of houses that they see"

She said, "They can relate to the circumstances of the buyers. They feel like maybe they can see themselves in the

people on the show. I think a lot of times when you watch television, it can be a bit of an escape and it can be stuff that you just never in your wildest dreams could relate to.

"And I think this is very much a show that tells people around Ireland, we see you; we know that this is a situation everybody is in. These are houses that normal people look at every day and live in every day."

Maggie added that when it comes to this season, there was one thing that was "a little bit different than the others"

She said, "One of the things I loved about this season that's a little bit different than the others is the house hunters have been maybe a little bit braver than normal.

"So we've had a couple of house hunters who have really wanted to embrace fully renovating a house.

"They want us to bring them to houses in the middle of fields that don't really have windows, doors or rooms.

"It's kind of fun to go along the journey with them. I think probably they're more similar to the journey I took. I think renovators and young people are just kind of getting a little bit braver when it comes to what they're taking on, which is really cool."

Maggie added that while renovating is "definitely one of those things that is immensely gratifying" — but that "if you don't know how to do any of the work yourself, it can be very expensive"

She said, "You can come into it and get overwhelmed very quickly. You can have all the enthusiasm in the world to do a renovation, but if you don't have any of the skillset, you can get taken advantage of.

"It can be very daunting and it can be a situation where you're very vulnerable. We had both sides of that on the house hunters this year.

"We had house hunters



SEARCH: Maggie Molloy and co-presenter Kieran McCarthy

who wanted to take on full renovations who were very confident and had a great skillset and were great craftsmen in their own right.

"And then we had people come in who genuinely just wanted to save an old house and live in an old house, but were overwhelmed by it all — but were overwhelmed by it all, but still had the enthusiasm.

"You almost want to nurture those people just as much. Probably more so, because it's by getting those kinds of people interested in old houses, that's how we get people to save them.

"There aren't enough craftspeople in Ireland to save all the old houses.

"We need regular people to feel confident and feel like there is a network out there of tradespeople and all that can help and can guide them. I suppose, on how to renovate a house like that."

Maggie also opened up about the renovation journey that she went on "nearly 20 years" ago — and recalled going into the bank when she was 23 years old to "have a little chat" and see if she could get a mortgage.

She said, "I was working in tech at the time, and I'd been working in it for about four years. I had a steady job and I had a steady income, and I thought, 'look, the worst they can say is no'.

"They gave me mortgage approval for €110,000 and I was living in Wexford."

But, Maggie explained, "in order for me to get a house, I had to move out of Wexford and push out, county by county, until I could find something I could afford"

She continued, "I ended up finding a farmhouse in Tipperary that was on the market for €100,000 but I got it for €80,000.

"To a lot of people looking at it on the surface, it looked fully derelict. But there were things in it that were quite good — it had a good roof; the structure of the walls were very, very good.

"It was a big house. It had ten out buildings, a big hay barn, it had a stream and a forest. It had a lot of stuff that ticked the boxes on my list. Even though it had no windows, I knew it wasn't going to put windows in; they weren't the most expensive thing.

"The biggest thing for me was that the house itself was big. I felt like I could grow into it, and I would never have to extend it.

"I moved to Tipperary, myself and my family, and we just kind of gradually renovated it. I mean, the house didn't need a massive amount done. I very much love old houses and I didn't really want to be turning it into a home in a year."

Maggie told how she's been living in the home now "for nearly 20 years" — and that sharing a peek into the home on her @CheapIrishHouses Instagram page "changed how I ran the feed"

She said, "When I started out originally, it was my Instagram feed — @CheapIrishHouses — that was the start of everything. I would put up listings estate agents had of houses, but I was very much hidden in the background. I wouldn't even show my face.

"It was very much a little hobby that I had, it was kind of one of those anonymous feeds that anybody could've ran.

"I remember the first day I put up a picture of my house. I remember putting up a post and saying, 'would you like to see my cheap Irish house?' And the whole feed just went crazy, because nobody knew that I'd done it myself.

"For all they knew, I was an estate agent trying to sell houses. And I kind of realised after that showing that I'd done it and the experiences I'd had, it was valuable information to people — and it just changed how I ran the feed then, from then on." ■

*Cheap Irish Homes starts Thursday, September 5 at 7pm on RTE One.*



FOR SALE: Some of the houses audiences see on Cheap Irish Homes





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

IRISH DAILY  
**STAR**

SATURDAY,  
AUGUST 31,  
2024

# Chic

## PUZZLES



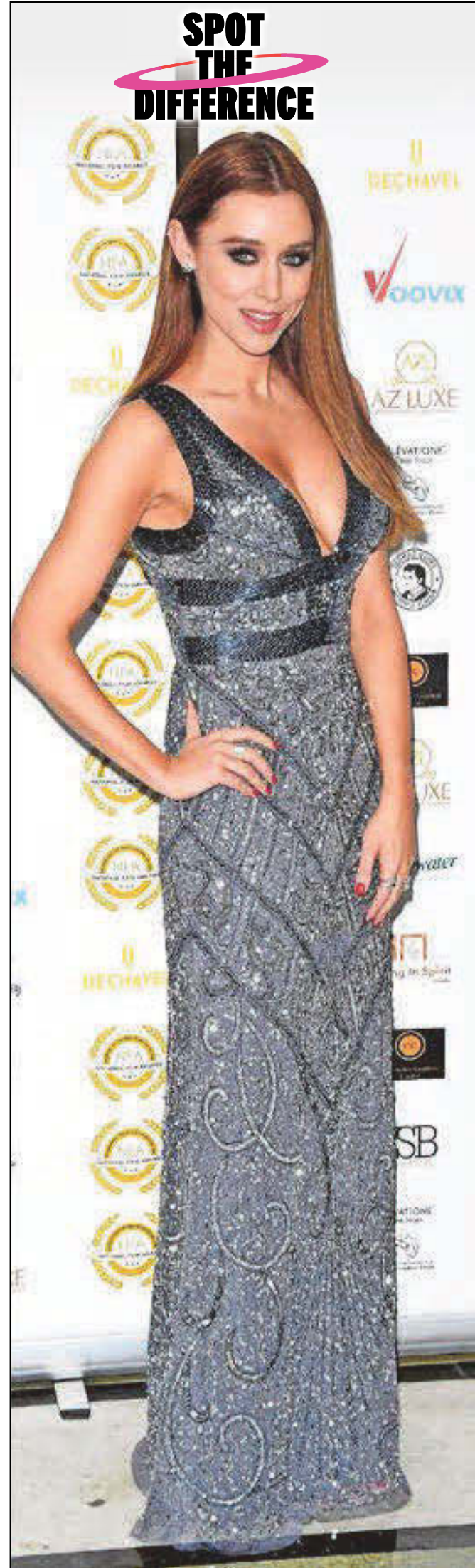
**8-PAGE**  
**puzzles**  
**PULLOUT**



WHAT HAPPENS NEXT?

What happened next in this picture? A sports reporter is conducting an interview. Choose one of the four options. **Solution next week**

1. She drops the mic, both her and the man bend down to pick it up and they clash heads.
2. A fan runs onto the pitch and plants a kiss on her cheek.
3. Two players running after the same ball collide with the stand in front of the reporter.
4. A ball hits her in the face.



SPOT THE DIFFERENCE

**A**  
8:34am  
**OUR**

**B**  
**E** GO GO

**C**  
**OUT LEG**

**D**  
**STANDS**  
\_23456

**E**  
PO **FISH** ND

**F**  
**DO DO LIST**

**G**  
**DEAD DEAD DEAD DEAD**

**H**  
**&SUGAR**

**I**  
**ME -IT**

PICTURE QUIZ

Can you guess these famous phrases? Write down your answers on the right. **Solution next week**

A	D	G
B	E	H
C	F	I

Spot six differences between the picture of Una Healy on the left and right  
**Solution next week**

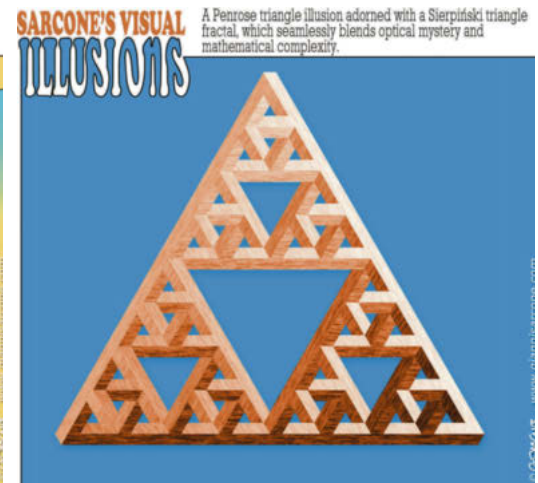
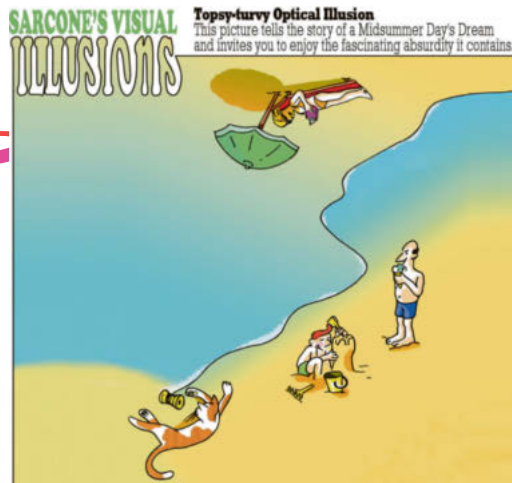


## OPTICAL ILLUSION

Look carefully at these two optical illusions.

Can you work out the answer to each one?

**Solution next week**



## MAGIC EYE

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

The image will start to form a fuzzy 3D shape. Stop here, focusing beyond the image and the 3D shape should appear.

**Clue:** Show me the money  
**Solution next week**



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

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

## SUDOKU

**EASY**

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

**MEDIUM**

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

## DIFFICULT

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

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

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

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

## MEGA ALPHA PUZZLE

Alphapuzzle® tests your logic and word power. Each grid number represents a letter. Each letter of the alphabet is used. Use the given letter or letters – below the main grid – to start. Can you beat the Target Time?  
DIFFICULTY: 10/10  
TARGET TIME: 30 minutes

Thinking Space

## SMALL X-WORD

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

### ACROSS

- Not applied or practical (8)
- Formal discussion (6)
- Drinking vessels (4)
- Large bread roll (3)
- Introduce gradually (6)
- Timetables (9)
- Stops (6)
- Invoice (abbr.) (3)
- Destiny (4)
- Compel, force (6)
- Blood vessels (8)

### DOWN

- Truce (9)
- Springiness (6)
- Droops (4)
- Abode or home (9)
- Biblical murder victim (4)
- Conspiracy (5)
- Take back (9)
- Cut a tooth (6)
- Hang in the air (5)
- Horse-drawn vehicle (4)
- Indian dress (4)

Solution next week

Thinking Space



- What is gastronomy?
- In rugby union, Sale Sharks' Manu Tuilagi has signed a two-year deal with which French side?
- Which British band reached No.2 on the UK Singles Chart in 1972 with the song Donna?
- Which alcoholic cocktail is made up of ruby port and Blue Wkd?
- What is the title of Jade Thirlwall's, left, debut solo single?
- What is the nickname of the Coldstream Guards?
- What is the name of the branch of biology concerned with the microscopic structure of tissues?

## PUB QUIZ

Solution next week

- What is the meaning of the word gizmo?
- Ming the Merciless is the main villain of which comic strip, TV and film series dating from the 1930s?
- Suranne Jones recently looked at which historical events in a Channel 4 two-part documentary?
- What name is given to a word, number, or letter placed before another?
- Which group had a UK No.1 single in 1980 with the

- song Use It Up And Wear It Out?
- In which county can Eton College be found?
- In technology, what does the E in JPEG stand for?
- Sabrina Carpenter recently had singles at No.1 and No.2 in the charts, but who was the last female singer to achieve this?
- Written by Herman Hupfeld, the song As Time Goes By is featured in which 1940s Warner Bros film?
- For what number is threescore a literary word?
- In Roman numerals, which



- date is written MLXVI?
- Who was the president of the US at the time of their entry into World War Two?
- Steve Coogan, left, is joining the cast of which Netflix fantasy drama for its second series?
- Where in the human body is the vitreous humour found?
- In which borough of New York City is the neighbourhood of Jackson Heights?
- What term is a product sold at a cheap price in order to entice customers into buying other items?
- In cookery, chervil is a type

- of what?
- Hugh Bonneville recently starred in which ITV drama as a news anchor who makes an inappropriate comment in private?
- For which metallic element is Zn the chemical symbol?
- A tetragram is any word containing how many letters?
- In which century did American inventor Samuel Morse create the Morse code?
- In medicine, which childhood viral disease may resurface in later life to cause shingles?
- What nationality is the singer-songwriter Joni Mitchell, born in 1943?

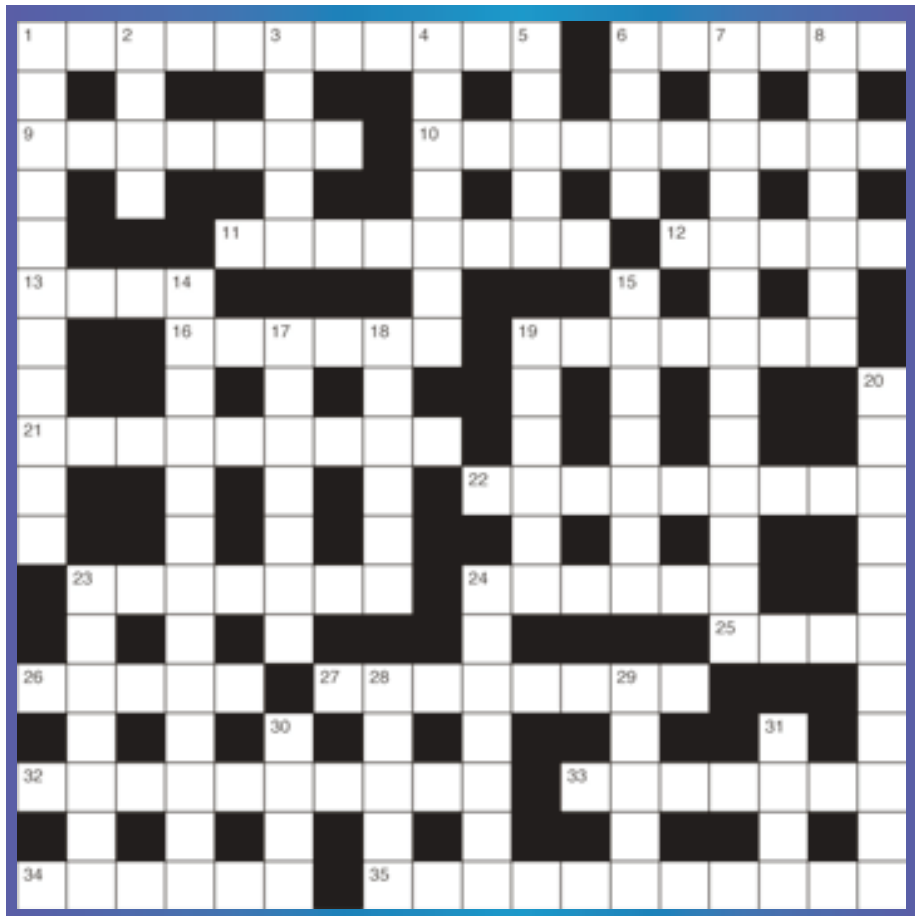
# BIG X-WORD

## ACROSS

- 1 Section of a population sharing a common characteristic, e.g. age, race, gender etc. (11)
- 6 Feline mammal of North America named for its short 'bobbed' tail; *Lynx rufus* (6)
- 9 Nontechnical name for the tympanic membrane (7)
- 10 Sea goddess in Greek mythology; wife of Poseidon and mother of Triton (10)
- 11 Tall cap of black fur worn ceremonially by certain regiments in the British Army (8)
- 12 Postures adopted in yoga; Sanskrit, 'manner of sitting' (5)
- 13 'O Cassius! You are yoked with a \_\_\_\_' (Shakespeare, *Julius Caesar*, 1599) (4)
- 16 Sir William \_\_\_\_, Scottish chemist who discovered the noble gases; Nobel Prize in Chemistry (1904) (6)
- 19 Member of a North American Indian people now living chiefly in Oklahoma and Wyoming (7)
- 21 Tessa \_\_\_\_, British javelin-thrower who won gold at the 1984 Olympics (9)
- 22 1978 horror film or its 2018 sequel, both starring Jamie Lee Curtis (9)
- 23 White crystalline pyrimidine nucleobase paired with adenine in double-stranded DNA (7)
- 24 Fruit whose distilled juice is used to make the brandy kirsch and the liqueur maraschino (6)

- 25 Alternative name for the blackthorn (*Prunus spinosa*) or its small bluish-black fruit (4)
  - 26 2018 superhero film starring Tom Hardy and Michelle Williams (5)
  - 27 Tranquillizing drug of the benzodiazepine group used especially to relieve anxiety and tension and as a muscle relaxant (8)
  - 32 Sudden successful surprise attack, especially in war; French, 'blow with the hand' (4,2,4)
  - 33 See 8 Down
  - 34 British two-shilling coin issued between 1849 and 1967; equivalent to 10 new pence (6)
  - 35 Gambling card game, a version of baccarat; French, 'railway' (6,2,3)
- ## DOWN
- 1 1999 science fiction horror film starring Saffron Burrows and Samuel L. Jackson (4,4,3)
  - 2 God in roman mythology who fathered the twins Romulus and Remus (4)
  - 3 Cosmetic used to colour the cheeks, originally produced in ancient Egypt from fat mixed with red ochre (5)
  - 4 Report of another person's words by a witness, usually disallowed as evidence in trials (7)
  - 5 Italian island at the entrance of the Bay of Naples; part of the region of Campania (5)

- 6 Soft creamy cows'-milk cheese similar to but milder than Camembert, originating in northern France (4)
- 7 Protagonist of the 1908 H. G. Wells novel *The War In The Air* (4,9)
- 8 & 33 Down Italian composer and violinist whose works include the 1725 concerto *The Four Seasons* (7,7)
- 14 Director and star of the 2018 musical drama film *A Star Is Born* (7,6)
- 15 Austrian folk dance in triple time involving spinning and clapping; a precursor of the waltz (7)
- 17 Region of the Czech Republic around the Morava River (7)
- 18 Lack of social or moral standards in an individual or society, leading to dislocation and alienation (6)
- 19 Seat of the archbishops of the Roman Catholic and Protestant churches of Ireland, originally called Ard Mhacha (6)
- 20 Capital of the Hérault department in southern France, near the Mediterranean coast (11)
- 23 Any of various leguminous plants of the genus *Trifolium* having three-lobed leaves, commonly called clover (7)
- 24 Paul \_\_\_\_ (1839-1906), French Post-Impressionist painter whose work heavily influenced the development of Cubism (7)



- 28 Old Testament patriarch; son of Abraham and Sarah and father of Jacob and Esau (5)
- 29 1979 Ridley Scott horror film set on the spaceship *Nostromo* (5)
- 30 Second-largest city in Nicaragua, located along the Chiquito River roughly 90km (56 miles) northwest of Managua (4)
- 31 Talking snowman voiced by Josh Gad in the 2013 animated film *Frozen* (4)

# ARROW WORD

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

Court panel member	Fitting Knocks over	Stylish Choral piece	Avoiding the issue	Giant's Causeway location	German white wine	Seize Furore	
Bravery							
Natalie pictured Satisfy a debt					Health farm		
			Guides				
Fishing item			Knight's title Relate		Sever Island opposite Mull		
Fall			Stringed instrument Legend			Design details, informally	
Poorly lit	Recalls Overseas					Ado (3-2)	
	Spacious		Meadow	Glowing cinder	Cereal grains	Dog, informally Tired	
	Type of dolphin Legendary ship					Spanish cry	
	A clearing of the throat Draw			Booze Operatic solo			
Spoil Indian flatbread			Subsides			Trouble Bit of land	
			Jerk	Gaelic Inspect		Long fish	
Once more Love poem			Hatcher, actress Sides on a hexagon		Former Spanish currency	Rigby, Beatles song	
				Waltz, e.g.	Shouted		
	Scoundrel			Bargain	Arranges	Looks at in a nasty way Before	
	Frank, pictured	Hordes Gear				Ovum	
	Provoke Brews					Blyton, author	
						Gruesome	
					Concur		

# WORD SEARCH

Find all the Elton John singles listed below in the grid. **Solution next week**

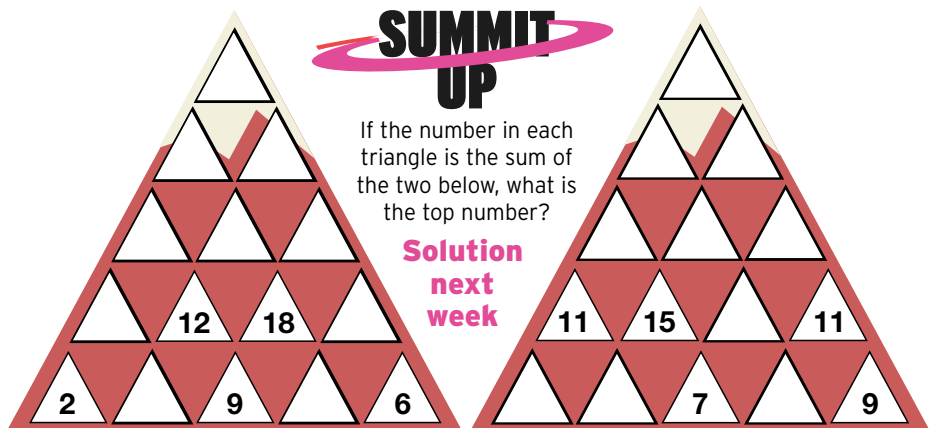


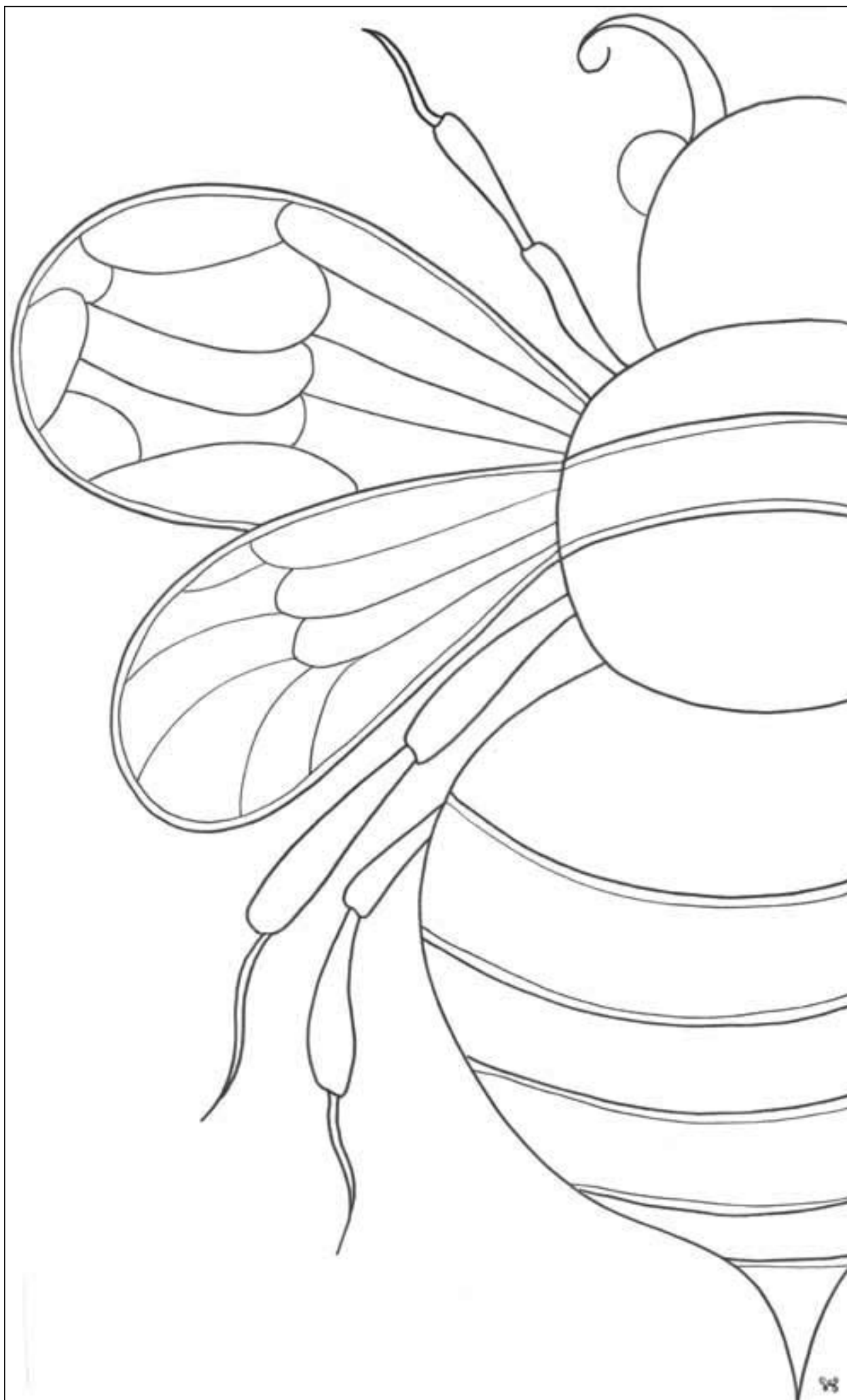
- BELIEVE
- BLUE EYES
- CANDLE IN THE WIND
- COLD HEART
- DANIEL
- ELECTRICITY
- HONKY CAT
- I WANT LOVE
- NIKITA
- PASSENGERS
- PINBALL WIZARD
- ROCKET MAN
- SACRIFICE
- SONG FOR GUY
- THE ONE
- TINY DANCER
- TRUE LOVE
- YOUR SONG

# SUMMIT UP

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

**Solution next week**





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

**COLOUR ME IN**

**KELJO**

		2	
2			
	2	4	



**STAR SKETCH**

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

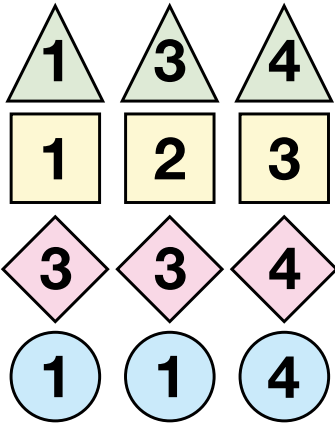
**1** Salvador received some unusual birthday gifts. One male friend bought him a diving suit, and his sister got him a lobster phone. His girlfriend gave him a jewel-encrusted heart. The elephant statue was either from Vincent or Frida, and neither Georgia nor Pablo gave him the lobster phone. Who gave him what?

**2** Which two words meaning 'limb' and 'conclude' combine into one meaning 'myth'?

**3** Find the words for nonsense in these anagrams:  
**a)** Beg Good Bloke,  
**b)** Herb Is Big,  
**c)** Hard Blades.

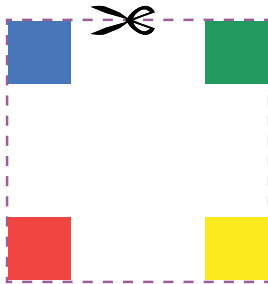
**4** Elphaba sent her winged monkey to fetch some bats' tongues for her potion. The monkey flew at a steady 42mph to the cave, where he stayed for 10 minutes. Tired after battling bats, he flew back at a steady 28mph. The trip took exactly 60 minutes, so how far is it to the bat cave?

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



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

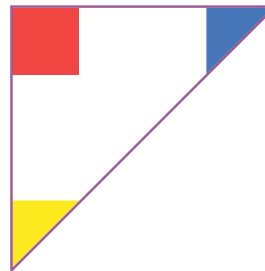
**1. Cut out the square at the below right**



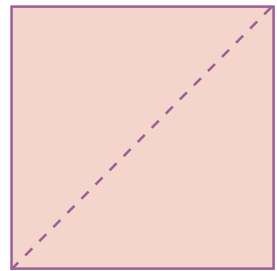
**2. Turn over so the colour squares are on the back**



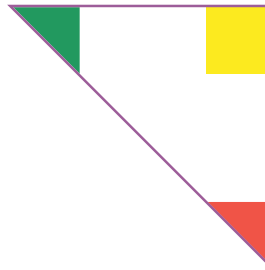
**3. Fold in half corner to corner**



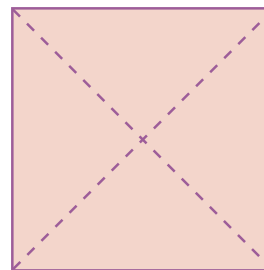
**4. Unfold back to a square**



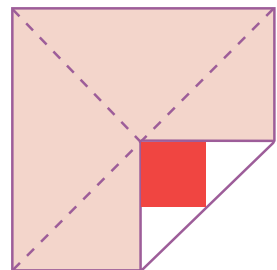
**5. Fold the opposite way corner to corner**



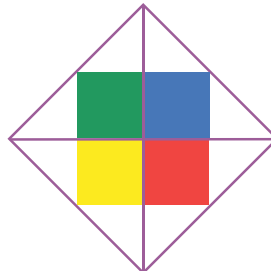
**6. Unfold back to a square**



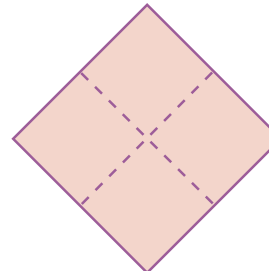
**7. Fold a corner to the centre**



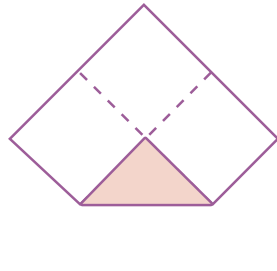
**8. Fold the rest of the corners in**



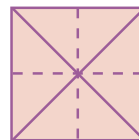
**9. Turn over**



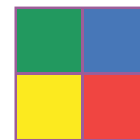
**10. Fold a corner to the centre**



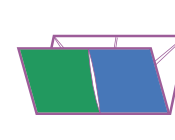
**11. Fold the rest of the corners in**



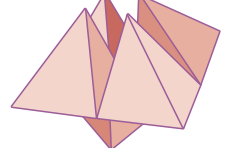
**12. Turn over**



**13. Fold in half**



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



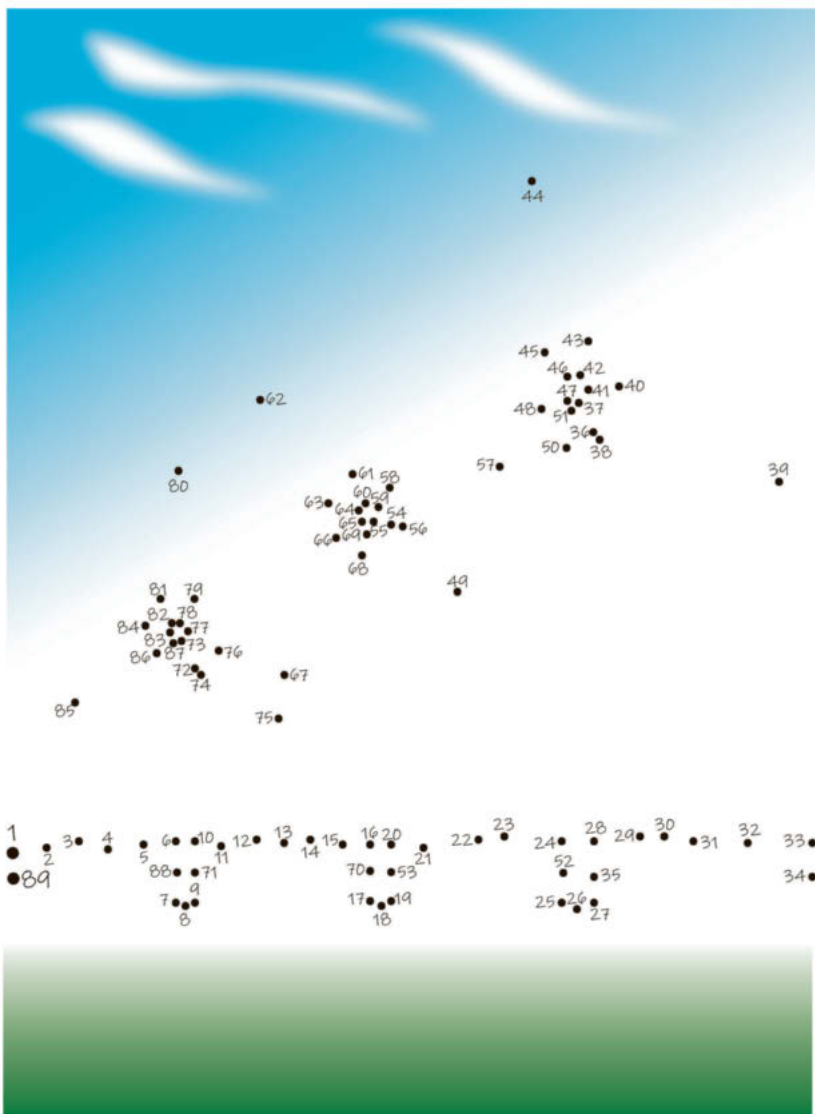
## BARMI ORIGAMI

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

## DOT-TO-DOT CHALLENGE

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

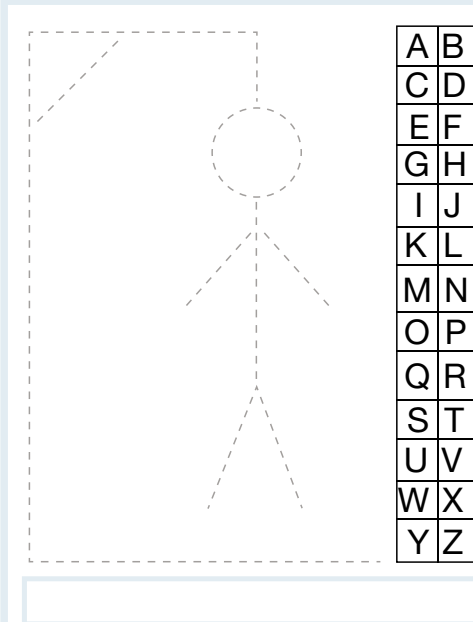
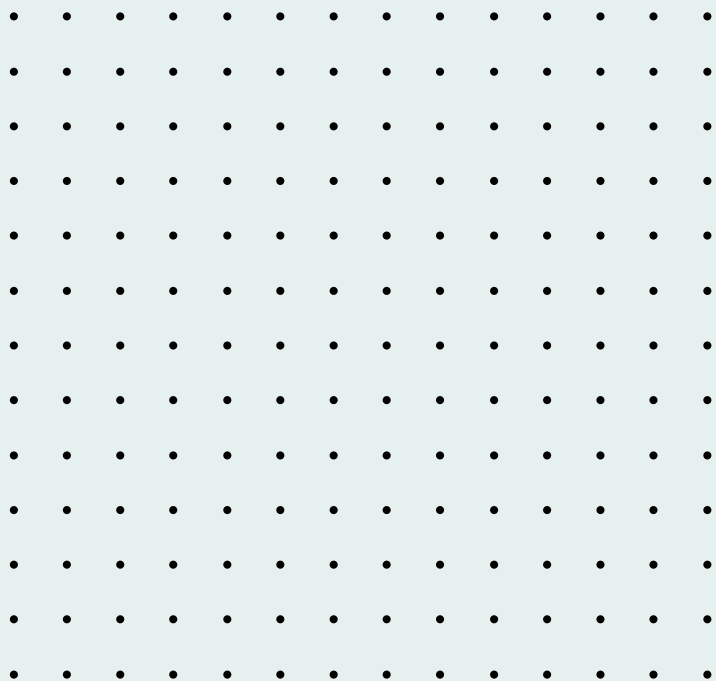
Join the dots to reveal something spinning!



	<b>5</b> Whisper the name of your favourite computer game to a friendly dog	
<b>4</b> Turn your left sock into a hand puppet who likes to sing reggae		<b>7</b> Name as many Brazilian cities as you can
<b>3</b> If you wrote a murder mystery, what would it be called?		<b>8</b> Say your next sentence as if you are Fred Flintstone
	<b>2</b> Draw a dragonfly doing the tango with a woodlouse	
	<b>1</b> Sing your favourite pop song with your favourite pop star, but replace each word with a different animal	
	<b>6</b> Close your eyes and listen to the sounds around you for 2 minutes	

## SQUARES

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

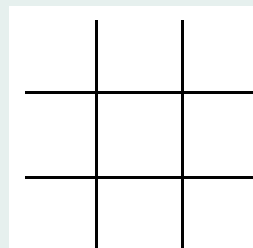
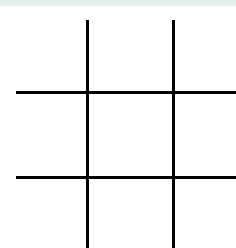
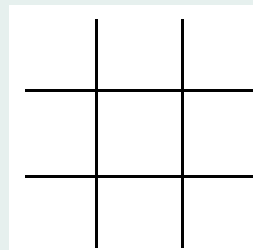
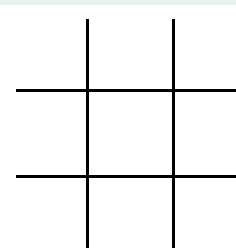
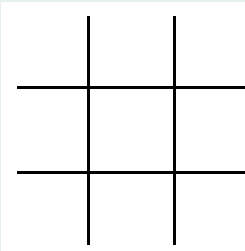


## HANGMAN

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

## NOUGHTS & CROSSES

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



# LAST WEEK'S SOLUTIONS

### WHAT HAPPENS NEXT

**3.** He gets to the top of the stepladder, climbs onto the wall and falls over it backwards.

### PICTURE QUIZ

**A.** Milad Tower (Iran), **B.** Eiffel Tower (France), **C.** Sky Tower (New Zealand), **D.** Macau Tower (China), **E.** Blackpool Tower (UK), **F.** CN Tower (Canada), **G.** Tokyo Skytree (Japan), **H.** Oriental Pearl Tower (China), **I.** Petronas Towers (Malaysia).

### SPOT THE DIFFERENCE



### MAGIC EYE PICTURE

A wishing well.

### SPOT THE BALL

The ball was in square H-6.

### SUDOKU

Easy

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

Medium

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

Difficult

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

### MEGA ALPHA PUZZLE

**Across:** Adoptive, Idol, Thing, Plateau, Clap, Quavered, Climax, Osprey, Diplomat, Calf, Chimera, Sting, Lake, Browbeat.  
**Down:** Attic, Codicil, Origami, Prick, Tag, Cajoled, Vapour, Bazaar, Harvest, Sew, Drear, Realise, Laundry, Fight.

### SMALL X-WORD

**Across:** 2 Blackout, 9 In a row, 10 Tone, 11 Veil, 13 Rinse, 14 Hesitates, 16 Haste, 19 Icon, 20 Oral, 21 Pursue, 22 Enlisted.  
**Down:** 1 Hitchhike, 3 Lands, 4 Area, 5 Courteous, 6 Omen, 7 Unisex, 8 Telesales, 12 Beacon, 15 Terse, 17 Soil, 18 Port.

### PUB QUIZ

**1** London, **2** Sikhism, **3** Cricket, **4** Canada, **5** Deadpool & Wolverine, **6** Kent, **7** Anne of Cleves, **8** A snake, **9** Electric current, **10** Tears, **11** The Canary Islands, **12** Leonard Bernstein, **13** 1690, **14** Labour, **15** Presumed Innocent, **16** Reptile, **17** Texas, **18** World War One, **19** Language, **20** 2014, **21** Edward Elgar,

**22** South America, **23** François Mitterrand, **24** 50, **25** Complicated, **26** Zinc, **27** Franc, **28** Mick Jagger, **29** Jane Fonda, **30** Rudolf Nureyev.

### BIG X-WORD

**Across:** 1 Gallon, 4 Myrmecology, 9 Garbanzo, 10 Rami Malek, 11 Farah, 12 Redoubt, 14 Alto, 17 Capra, 18 Kelp, 19 Philomena, 21 Steroid, 22 Primula, 25 Ectoplasm, 27 Pele, 28 Creon, 29 Cars, 31 Bradawl, 33 Virgo, 36 Billy Liar, 37 Rhapsody, 38 The Two Jakes, 39 Danube.  
**Down:** 1 Gigaflop, 2 Libya, 3 Nena, 4 Moore, 5 Mea culpa, 6 Clint Eastwood, 7 Lhasa, 8 Great Plains, 13 Ducat, 15 Camila Cabello, 16 Flambé, 18 Kerala, 20 Horseradish, 23 Genoa, 24 Metadata, 26 Monocyte, 30 Split, 32 Words, 34 Ibsen, 35 Rand.

### OPTICAL ILLUSIONS

**Visual test:** This image of a crow is intriguing because it's a cat! This viral web photo has confounded users worldwide. It tricks the eye, making it hard to notice the darker area where you can see another eye and a cat's ear tip (see picture). Only keen observers will spot it—a cat in an amusing, unnatural pose.



### ARROW WORD

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

### WORD SEARCH

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

**SUMMIT UP**  
96, 85

**DOT TO DOT**  
A birthday cake.

### STAR SKETCH

The star is Emma Stone.

### KEIJO

4	3	1	2
2	1	3	4
3	4	2	1
1	2	4	3

### BRAIN TEASERS

**1** She should wear the jumpsuit to the photo shoot, the black dress to the nightclub, the green dress on her date and the red dress to her friend's party. **2** But-ton. **3a)** Los Angeles, **b)** San Diego, **c)** Nashville. **4** One in twenty-seven.



## WINE & DINE

email [rachel.beresford@reachplc.com](mailto:rachel.beresford@reachplc.com)

RECIPE



### JANE DUNN'S APPLE CRUMBLE

This cake is easy to make, and the end result looks remarkably impressive.

"This light, delicious and easy cake merges a lot of my favourite flavours into one. A homemade crumble is so easy to make, it's only three ingredients and it's so worth it," says baking whizz Jane Dunn, who you might know better as the brains behind Jane's Patisserie.

"I always use cooking apples for this because by the time the sponges have baked, the apple has a wonderful texture and marrying that with the light spice of cinnamon and brown sugar is a dream.

"A spiced but sweet buttercream frosting sandwiching the two layers together finishes off this crowd-pleasing cake perfectly."

#### INGREDIENTS (SERVES 15)

*For the crumble:*  
120g plain flour  
60g caster sugar  
60g chilled unsalted butter, cubed

*For the cake:*  
500g cooking apples (peeled/  
chopped weight)  
350g soft light brown sugar  
300g unsalted butter, at room  
temperature  
300g self-raising flour  
6 eggs  
1tsp ground cinnamon

*For the buttercream:*  
250g unsalted butter, at room  
temperature  
500g icing sugar  
1tsp ground cinnamon

#### METHOD

1. Preheat the oven to 180°C/160°C fan and line two deep 20-centimetre cake tins with parchment paper.
2. Add the flour, caster sugar and butter to a bowl and rub together with your fingertips until the mixture resembles breadcrumbs. Set aside.
3. Cube the apples into two centimetre pieces and pour into a new bowl. Cover with 50 grams of the soft light brown sugar and mix.
4. In a new bowl, beat the butter and remaining light brown sugar together until combined. Add the flour, eggs and cinnamon and mix until smooth. Fold through the apples. Divide evenly between the two lined tins, then sprinkle a layer of crumble onto each cake (about half a centimetre deep). Bake in the oven for 40-45 minutes. Leave to cool fully in the tins.
5. Sprinkle any spare crumble mixture onto a lined tray and bake in the oven for 15 minutes. Leave to cool.
6. Beat the butter on its own for a few minutes, then add the icing sugar and cinnamon and mix until fluffy. Transfer to a piping bag with the piping nozzle of your choice fitted and pipe half onto the first sponge. Top with the second sponge. Pipe on the rest of the buttercream and sprinkle with the baked crumble.

### 'Moor deliciousness

Who doesn't love a lunch in the city? Catch up with some friends, grab your other half for a lunch date or take a breather from a busy day in the office to enjoy a delicious lunch in one of Dublin's most beautiful dining rooms.

And now up until September 18, for just €23 you can enjoy one of four new mains and a choice of summery sides from Hawksmoor Dublin.

First up, their 55-day dry-aged rump steak and umami-bomb Gentleman's Relish flavoured with anchovy and spice.

For something lighter, try their Goatsbridge trout with remoulade



butter. It's hard to get a dish more summery than the charcoal chicken Ana Mari, with roasted garlic, olive oil and lemon.

Done in the Basque style, it's charred over glowing coals. The veggie option is a book-thick slice of charcoal roasted Romanesco, topped with piquant pickles and St. Toal cheese.

Once you've chosen your main, choose your side salad to go with it. They have four vibrant, fresh, summery

salads to choose from – Heritage tomatoes, Bitter leaf salad, Caesar or Butterhead lettuce and herb.

And starters, cocktails and desserts are available, too, of course. Yum.

In a double celebration, multi-award-winning brunch spot, Arán Bistro in Kilkenny city, has marked five years in business by unveiling a fresh new restaurant fit-out and expanded into retail with the product launch of their much-loved signature Magic Sauce.

Arán's owners, husband-and-wife duo Nicole Server-Pawlucojic and Bart Pawlucojic, have certainly put their own stamp on the new look dining space, the design of which has been heavily influenced by the years the couple spent working in top restaurants in Copenhagen.

An improved floor layout has also allowed Arán to considerably increase its seating capacity from 32 to 50 covers. Arán Bistro is open six days a week (closed on Tuesdays), serving all-day brunch dishes from 9.30am-3.30pm.



### Spicy Sundays

Get ready to spice up your Sundays as NYX Hotel Dublin Portobello has announced the launch of its Bottomless Brunch Menu.

Whether it's a party with friends, a birthday or a fun date, this lively bottomless brunch offering promises to deliver an unforgettable brunch experience!

Running now and continuing on selected Sundays from 12pm to 3pm, kick off brunch with an array of favourite dishes to choose from including the NYX Eggs Benedict, Shakshuka, French Toasted Brioche and more.



Guests have the option to upgrade their brunch sitting with a 90 minutes bottomless drinks package for just €29.95, featuring a delicious selection of Mimosas, Bloody Marys, Porn Star Martinis, along with bottled beer and cider options.

Enjoy live DJ performances creating the perfect atmosphere to unwind and celebrate. The NYX Hotel Dublin Portobello brunch menu is inclusive, catering to vegans and vegetarians, ensuring everyone can enjoy a delicious meal with a special NYX twist.

Reservations are recommended as seating is limited. To book, call (01) 9135405 or email [nyx\\_brunch@leonardohotels.com](mailto:nyx_brunch@leonardohotels.com)

### TOP Tipples

Mount Juliet Estate will host a very special whiskey tasting event at the stylish 1757 Bar in the Manor House next month.

Located in what were the old cellars of the Manor House, find the secret staircase that leads to the stylish 1757 Bar. Here, under bespoke wood panelling, leather banquettes and private booths, you'll find the perfect location to experience the Mount Juliet Estate premium whiskey collection.

The latest addition to the prestige whiskey offering, is the Curraghmore

Single Estate Pot Still Whiskey.

The inaugural release of this triple cask matured whiskey offers a true taste of the east of Ireland terroir, made with oats and barley from the Curraghmore Estate in Waterford, less than an hour from Mount Juliet Estate.

The 1757 Bar at Mount Juliet Estate will reserve bottles from the first distilled batch of this rare and delicious whiskey in the 1757 Bar for guests to enjoy and collectors to purchase.

To celebrate the addition of the Curraghmore Single Estate Pot Still whiskey to the 1757 Bar's prestige whiskey offering, Mount Juliet Estate is hosting an exclusive Curraghmore Whiskey tasting event with special

guest, the creator of the Curraghmore Whiskey, the Earl of Tyrone, Mr. Richard de la Poer Beresford.

The 1757 mixologists will demonstrate the perfect pour and create a selection of Curraghmore Whiskey drinks and cocktails to enjoy on the evening.

Guests will be treated to a menu of Lady Helen 'Bites' specially created by Chef John Kelly and his team, carefully paired with the flavour and aroma notes of the Curraghmore Whiskey. Collectors and aficionados will benefit from expert recommendations on the night.

The event takes place on September 19, with tickets priced at €35 per person. See [www.eventbrite.com](http://www.eventbrite.com).



Denise van Outen on  
how she has changed  
over the years...

# 'I wanted something

## NEW



It's often said we have a habit of donning rose-tinted glasses when looking back. But, could indulging in a bit of nostalgia be good for us sometimes?

Denise van Outen loves blasting out Nineties classics in her DJ sets — and it makes sense.

"I think a lot of music from then has really stood the test of time, and I guess a lot of people that were out partying in the Nineties, we are at an age now where perhaps we've had kids and started families — and you reminisce about the time when you were young, free and single and just having a really good time.

"There was also a lot of really fun TV then. It was a real decade of just a lot of fun,"

says the English-born actress, singer and *Celebrity Gogglebox* star, who also got her TV big break in the Nineties presenting Channel 4's seminal morning entertainment show, *The Big Breakfast*.

But it wasn't just the entertainment of the time that was different. This was also the tail-end of the pre-smartphones era, so being 'in the moment' came a lot more easily.

"We never had access to everything on our smartphone. So, you'd go out and you'd just be in the moment and really enjoy it," says van Outen, who turned 50 in May and shares 14-year-old daughter, Betsy, with her ex-husband Lee Mead.

"I remember going to the big festivals like Glastonbury and Reading and you wouldn't have your phone with you, you wouldn't be videoing anything. You'd just be enjoying it. I think that's why people have a lot of fond memories of that time."

She accepts social media is part and parcel of her job, but is conscious of how she engages with it.

"Obviously the industry I'm in, there is a requirement for it, and I enjoy it, but I use it in a positive way. I don't actually read a lot of the comments — you know, if you get trolled and things like that, I just never take any notice of it.

"I think because I had the luxury of growing up without it, I'm not that bothered by it. It doesn't mean anything

to me if I've got a certain amount of likes, or if I haven't, I don't care. But I can see how it affects younger people.

"And I think we're gradually getting to a stage where a lot of people, (for example) if you're going to a party, they're putting on invites that it's a 'no phone policy'. I think people are starting to see now that they (smartphones) can be a hindrance and stop people actually enjoying themselves," she adds.

In her early teens when she started landing TV and theatre roles, van Outen, who attended the Sylvia Young Theatre School, has always cherished music — whether starring in the likes of musical theatre hits *Chicago* and *Legally Blonde*, hosting radio shows, or now DJing.

Those fun, nostalgic vibes are still a big influence. Earlier this summer, she released a dance single called *Discoliscious* — van Outen also co-runs a DJ and events agency of the same name with fellow presenter/DJ/actress Jemma Bolt.

With stress and burnout rates higher than ever, she believes we shouldn't underestimate the power of letting loose to music.

"We've all got memories attached to a lot of songs too," she reflects. "I had this conversation the other day with a friend, about *The Shapeshifters'* song, *Lola's Theme*. My friend was like, 'Oh, that always reminds me of such a special time in my life, it was when I met my husband!'"

"I think that's also why music feels special to me, because it reminds me of all these

times... it just gives people a little bit of escapism."

She is happy her nights out aren't really on the wild side anymore, though.

"I love the fact that I go out now and when I DJ, I don't party, I'm watching everybody else partying. I get a buzz from playing the music, but I'm not out having a wild time like maybe I did when I was younger."

As for self-care in midlife, she says, "The main thing for me is just finding a balance and making sure that you enjoy time away from work, as well as enjoying your work. I think that's really important."

"Taking time out and finding hobbies and doing things that are perhaps a little bit different."

For van Outen, this has turned out to be golf, which she took up after turning 40. "That's something

I was

never, ever expecting to come into my life," she admits.

"But I really enjoy it and I've made lots of great friends from playing golf."

It all started after a friend invited her along to watch a charity tournament.

"And I'd been thinking about taking up a new hobby — I thought, I want something new that challenges me a little bit," van Outen recalls.

"And she was like, 'We'll all club together and get you a set of golf clubs if you promise to have lessons'. And they did get me the golf clubs, and I thought, well if I don't take up lessons now I'll feel really bad!"

So, she booked a couple of sessions thinking that would be it. But she was instantly hooked.

"I ended up having 10 lessons in the first week!" van Outen laughs.

"I can't play as much as I'd like to, because it is a time-consuming game to play a full round and also I'm a mum. But if I've got a Sunday on my own and my daughter's at her dad's, I'll go then."

"I love it. I switch off, I don't have to think about work or anything else, the pressures of life, and it's good because it keeps you outdoors. So, a game that I thought was really boring when I was younger, I can now see the appeal!"

Another recent change for the former radio host is her daughter becoming a teenager. When it comes to the advice she hopes to pass on to Betsy however, or any girls and young women thinking about navigating their own path in life, van Outen is clear, "I keep saying to my daughter, it's just so important to love what you do."

"I think they feel a lot of pressure, teenagers. You start having this panic about what you're going to do and leaving school. And I'm like, as long as you do something you're passionate about and you enjoy, that's 100% the main thing. Because you want to get up and go to a job that you love. Not give yourself a load of stress and anxiety because you hate your job."

"I've had friends that have done something for years and then said, 'I never really liked it'. Then they've switched and tried something new, and they've flourished in it, because they were enjoying it more." ■

“I ENDED UP HAVING 10 LESSONS IN THE FIRST WEEK...”



**BLISS:** TV presenter, actress and DJ Denise van Outen (also above) took up golf in her forties and parties less now

# New TO A THRILL

**Lauren Taylor** spends a summer break in the east coast Canadian province, discovering the highest tides – and freshest lobster – in Canada's New Brunswick

**A** fin and the dark grey curve emerge from the water, ducking back down just as quickly. The pelting rain has given way to a misty sky, the light peaking through parting clouds, just in time for our small eight-seater boat to spot a minke whale.

We're sailing through Passamaquoddy Bay, an inlet of the famous Bay of Fundy, straddling the border between Canada and the USA.

Part of the Maritime Provinces, New Brunswick – Canada's only official bilingual province – is famous for its nautical culture, delicious North Atlantic seafood and its unusual oceanography. Yet surprisingly, compared to so many other natural wonders, it's yet to receive many crowds and feels somewhat undiscovered by British tourists.

Only a six-hour flight via Halifax and blessed with increasingly balmy summers, that's certainly set to change in the future.

During a VIP Zodiac boat tour (\$99/£65) with Jolly Breeze Whale Adventures, setting off from the charming and pristine resort town of St Andrews by-the-sea, we watch whales, a huge colony of seals basking and swimming in the sun, and an eagle perched on a red spruce tree top long enough to get a good stare at its magnificence.

But this body of water is special for more than just wildlife.

Due to an unusual combination of the water's natural rocking motion or resonance (known as a seiche) and the length and shape of the bay, the twice-daily high tide can rise 16 metres at the head – the height of a four-storey building – making these the highest tides in the world.

Hopewell Provincial Park (entry \$15.85/£10.50) provides an ideal spot to witness the effect of this unique occurrence. At low tide the bay empties out as far as the eye can see leaving a huge mud flat, with a fascinating ecosystem. During mud shrimp mating season in the first two weeks of August, up to 50,000 sandpiper birds descend, explains our guide Joe. "It's quite spectacular."

But head down to the seabed after the water has swept out (at 9-10am it's quiet) to walk the 1.2 mile stretch alongside the



XXXX: New Brunswick; and (below) Hopewell Provincial Park; (below right) seals in the Passamaquoddy Bay and the Bay of Fundy

spectacular cliff face and coves. What's known as 'flower pot rocks' – slim at the bottom and bulging out upwards, with trees growing on top – rise out of the sand and a natural 'lover's arch' has formed as part of the natural sandstone creations shaped by tides and time.

"Some of the rocks have been here for thousands of years, others have been here ten minutes," says Joe, referring to the small, colourful pebbles under our feet.

Several more national parks with excellent walking trails, swimmable rivers and beaches can be found along New Brunswick's coastline, including Fundy National Park. Later that day, an accessible 30-minute hike takes me to a viewing deck to see the 500-million-year-old canyon, Walton Glen Gorge.

While the 92-square mile Kouchibouguac National Park (an indigenous word meaning river of long tides) has everything from forest, lagoons, salt marshes, beaches, dunes and barrier islands, as well as the warmest ocean waters (by Canadian standards) to swim in. On another afternoon, we hop into kayaks to paddle through the clear waters of Kouchibouguac River – seeing no other boats or people along the way.

Dotted in and around the vast nature are some worthwhile towns and cities to use as bases.

Saint John, on the Bay of Fundy, may have an industrial edge (it's an important shipping dock) but it's a safe, walkable town with a trendy edge and a growing food and drink scene. A devastating fire in 1877 burned down huge portions of the city, but residents worked hard to save the Saint John City Market (the oldest market in Canada) which today is packed with street food and craft stalls.

You might not think of wine-making

when you think of Canada but New Brunswick wine is up and coming. Magnetic Hill Winery in Moncton is leading the way, and being an overall cooler climate, dropping to minus-30 degrees Celsius in the winter (but easily up to 30 degrees Celsius in the summer), blends work best as the grapes are typically high in acid.

I'm surprised to enjoy wild blueberry wine (not nearly as sweet as you'd imagine) during a tasting with Uncorked Tours in Saint John – a brilliant bar crawl and history lesson rolled into one. In August, the fruit comes into season until around mid-September and the community fully embraces it, making pies, sauces and jams.

"Blueberries are really important in New Brunswick," says Gilliane who takes the tours, traditionally a key ingredient for the indigenous population and wild blueberries are the largest by GDP agricultural product exported from the province. "But it took a long time for hotels to get on board with blueberry wine," she admits.

Lobster is just as key. In fact, the town of Shediac on the north-side of the Northumberland Strait (where the tidal difference is only two to three metres) has made an entire identity out of it, touted as 'the lobster capital of the world'. I've timed my visit with the 75th anniversary of the Shediac Lobster Festival, a 10-day event-packed celebration with live music, community events and (a lot of) lobster cooked by local chefs.

One night, at the Corks and Claws event, I dig into eight tasting dishes of lobster, each cooked up by a local restaurant or supplier – from a smoked barbecue brisket and lobster dip to lobster seafood chowder – each paired with a glass of wine. Another event sees locals compete to take apart and eat two whole lobsters the quickest in front of a cheering crowd – without tools. It's quite the spectacle.

"It's very community based and we want to keep that," says president of the festival, Pascal Hache. When it started back in 1949, the crustacean wasn't considered a luxury like it is now. "Kids would go to school with lobster sandwiches and hide to eat them

*"Blueberries are really important in New Brunswick..."*



because they'd get picked on. Lobster was sprayed on fields to help the agriculture," he says. "Fortunately for us in the region the resource became very popular."

The festival ends with the closing down of the main street and a long table set up down the middle of it. For La Grande Table (\$45/£27pp), 700 people sit down to tuck into a dinner together of a perfect deep red lobster each, served whole and cold – around here that's considered the most flavoursome way.

Part of the culture and abundant on these shores, everyone around me at the table seems to know what they're doing when it comes to "taking their one's apart". A woman opposite, Sheila, takes pity on my pathetic attempts to break into the shell and spends most of her meal giving me advice for where to angle my cracker, while the man next to me continually passes me extra napkins.

As Pascal says, "It's like a big cookout, a big family."

For people whose daily lives are shaped by the ocean, it's become the event of the year. ■

## ARIES

21 MARCH - 20 APRIL



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

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

## TAURUS

21 APRIL - 21 MAY



**LOVE AND LIFE:** Perhaps the one that got away was actually one who pushed you away, afraid of happy ever after.

**WORK AND MONEY:** Pay the piper. Clear debts and get ahead. You will feel much relieved when you have a clean slate.

## GEMINI

22 MAY - 21 JUNE



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

**WORK AND MONEY:** You have your eye on a prize but like much in life, it costs. Doing without this and that will be worth it.

## CANCER

22 JUNE - 22 JULY



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

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

## LEO

23 JULY - 23 AUGUST



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

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

## VIRGO

24 AUGUST - 22 SEPTEMBER



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

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



# Horoscopes

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

For more information follow Ali on X @sugg\_ali

## LIBRA

23 SEPTEMBER - 23 OCTOBER



**LOVE AND LIFE:** You are an excellent friend and a generous lover. You deserve to be happy yet sometimes others disappoint by giving little.

**WORK AND MONEY:** When others need help, you run to the rescue. Financially though, be sure to protect your own security.

## SCORPIO

24 OCTOBER - 21 NOVEMBER



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

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

## SAGITTARIUS

22 NOVEMBER - 20 DECEMBER



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

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

## CAPRICORN

21 DECEMBER - 20 JANUARY



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

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

## AQUARIUS

21 JANUARY - 19 FEBRUARY



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

**WORK AND MONEY:** Money has never mattered so much but increasingly you recognise it's importance. Time to save.

## PISCES

20 FEBRUARY - 20 MARCH



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

**WORK AND MONEY:** You are getting ahead and enjoying measurable results. Emphasise saving over spending,

## Celeb birthday

# ZENDAYA 01/09/1996



**Z**endaya is sweet and sensuous. Passionately practical, she has the capacity to dream and this combination ensures her success. For her, hard work is easy, provided she sees the purpose and is confident of the end result. Others know they can rely on her to fulfil promises.

### PHILOSOPHY

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

### PREDICTION

Zendaya has often been the strong and silent type but not any longer. Politics have become personal for her and she is ready to make strong statements. In work, she enjoys options even more than opportunities while at home, she enjoys serenity as much as security. Home is where her heart is.

### BE WARNED

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

### MINDFUL MEDITATION

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





# Dear Jennifer

**Our agony aunt Jennifer is here to help.  
You can email Jennifer at dearjennifer@thestar.ie.  
Unfortunately, Jennifer cannot enter into any personal  
correspondence.**

## ALOPECIA IS GETTING ME REALLY DOWN

**DEAR JENNIFER:** When I turned 17, my hair started falling out. Now a year later, virtually all my hair has gone except a few patches towards the back, that I let grow so that I can fold them over.

I hate the way I look and if I see myself in a mirror, it's all I can do not to cry.

I left school right after my Leaving Cert and refused to go to college, though I have been doing a distance learning computer course.

I rarely go out these days and have pretty much lost contact with all my old friends. My boyfriend stuck by me for a while, but even he drifted away because he couldn't cope with me.

My GP said it's alopecia but couldn't say whether my hair would ever grow back. When I said how upset and miserable I was, she prescribed antidepressants, which I have now been on for about six months.

I don't feel any different, so I don't know why I am still taking them.

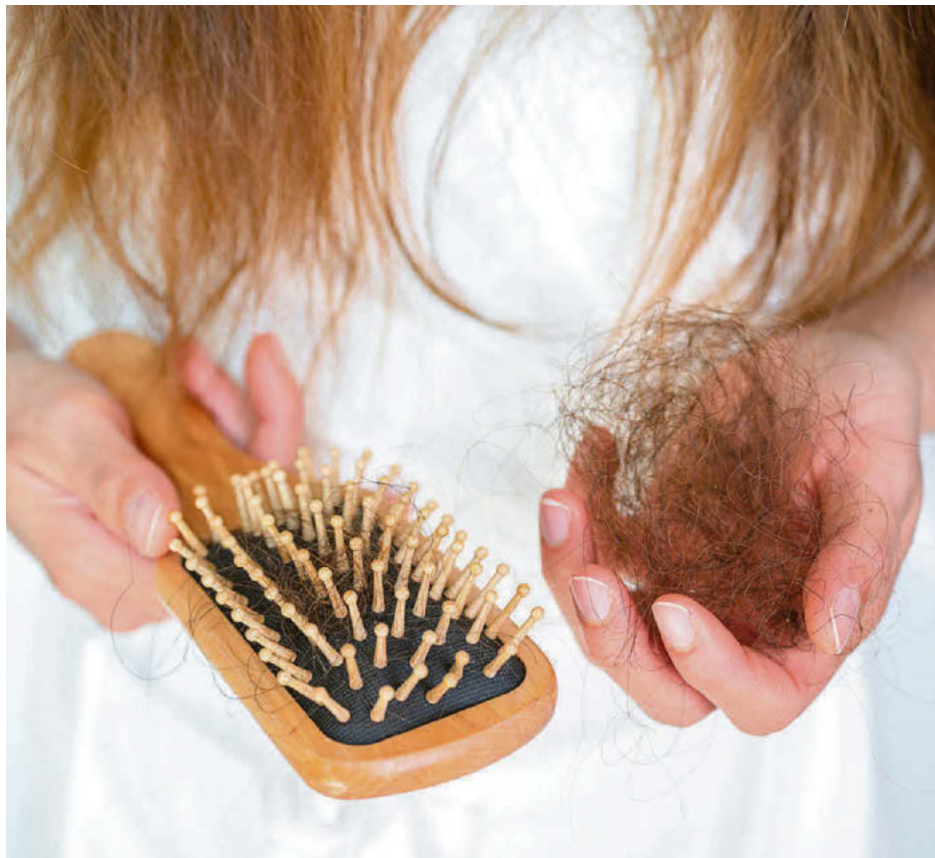
My family do what they can to support and encourage me, but it's not getting any easier and I feel down all the time.

I want to do all the things other girls do like, have a career, perhaps get married and have a family, but I have no idea how I can do that.

**JENNIFER SAYS:** Losing hair at any age is challenging, and for a teenager also coping with all the usual pressures of adolescence, it must have been doubly so.

You've been through a lot, and I can understand why you might feel down a lot of the time. However, you still have the drive to study and have some big life ambitions, so please don't give up.

If the antidepressants aren't working, go back for another chat with your GP, as it's possible you need a different dose



or perhaps a different medication.

While you're there, ask your doctor for referral to a dermatologist, who should be able to identify the type of alopecia you have (several types have been identified so far).

The causes of alopecia are largely unknown, and there is likely to have been more than one trigger. There is also increasing evidence that it might be an autoimmune condition, however, a specialist will be able to advise you properly and suggest possible treatments.

Some women prefer to shave their

head on a regular basis, which can look stunning. Others opt for a combination of hats, scarves or other head covering. There are many options, and you could play a round with these until you find the look that suits you and gives you the confidence to start going out again.

In the meantime, you might find it useful to contact Alopecia Ireland ([www alopeciaireland.ie/](http://www alopeciaireland.ie/)) for more information about the condition and support.

There is also an annual €500 grant for those with alopecia for wig services.

## TODDLER IS AGGRESSIVE

**DEAR JENNIFER:** My son has just turned two and has become a real monster. He kicks, bites and screams at anyone and everyone for no apparent reason.

If I go to playgroup with him, he invariably hurts other children, usually by pulling their hair. He really hurt another child last month when he hit her with a toy car.

I've tried everything to stop him, including shouting and smacking him. I am not proud of this, but I am really frightened that he is going to hurt either himself or some other child seriously one day.

The point is, nothing is working, and I just don't know what I am supposed to do.

Please help.

**JENNIFER SAYS:** x It's usually frustration or anger that makes young children lash out like this. It is often driven by a desire to do things that they simply aren't ready for or lack the skills to do.



Frustration mounts further when they start to learn that they can't always get what they want, and they lack the verbal skills to express this. This period is often referred to as the 'terrible twos', though it can start in children as young as 12 months old and, if you're really unlucky, last until a child is three.

Shouting and smacking them won't help, as you've found. In fact, it may simply be reinforcing his behaviour. It's showing him that aggression or violence is an acceptable way to deal with frustration.

Work at ways to help calm him down, perhaps using distraction. Avoid overtaking or overstimulating him too, as tiredness can often be a trigger.

He will increasingly want to assert himself, so give him choices. For example, he'll do his best to wriggle out of the top you're trying to put on him, but may well slip willingly into one he's picked out from a selection of two or three.

## HE DITCHED ME AS SOON AS WE HAD SEX

**DEAR JENNIFER:** My last boyfriend really wanted to sleep with me as soon as we started going out.

I put him off for a couple of days, but the pressure eventually got to me and I agreed. I was really attracted to him and he implied he would simply dump me if I continued to say no.

Anyway, as you've probably guessed, he soon dumped me anyway and I feel like an idiot.

I found out that he started seeing someone else days after leaving me.

Why are men like this, and is it possible to tell if someone is worth sleeping with?

**JENNIFER SAYS:** I am sorry you've

had to go through this. Unfortunately, there are no fool-proof ways to tell if someone is going to treat you properly in a relationship.

It's a safe bet, though, that anyone who stoops to pressure and blackmail to push you into having sex before you feel ready is probably not likely to be a faithful long-term partner.

I would suggest that you do actually build a relationship with someone before sleeping with them.

It takes time to get to know someone, before you know whether they are right for you, and before either of you commit to an on-going relationship with one another.



By Rachel Beresford

*Jack in the box***...LITERALLY****RAISING SUSPICIONS:** Abi, Jack and Kevin; and (right) Leanne and Rowan**CORONATION ST.****Pick  
of the  
WEEK**

**J**ack readies himself for his day in court in this week's Coronation Street. And with the plea hearing over, Kevin chats to Jack while Abi watches Stefan and a woman, Coral, having a heated argument in the corridor.

Later, Coral approaches the garage and introduces herself to Abi, explaining that she's Stefan's wife and Corey's mum.

How will Abi react?

Later, Abi pulls Kevin and Jack in for a hug as they prepare to leave for Jack's sentencing.

Back on the Street, Paul's delighted as Gemma calls at the flower shop flat with Joseph and the quads ready for their first day at school.

To mark the occasion, Billy takes some pictures of all of them together.

Meanwhile, Paul is recording a manifesto of all the things he'd like Billy to do after he's gone but when he attempts to play it to Billy and Summer, the

synthesiser has run out of power.

Summer takes charge and orders Billy to get some fresh air while Paul rests.

With Billy being out, will Summer be able to help Paul?

Later, at Kit's request, David calls at the flower shop flat and gives Paul a haircut. When David suggests to a reluctant Billy that they go for a drink, Paul insists he should have some fun.

Back at the flat, Paul and Kit agree that they should spend as much time as they can together to make up for all of the lost years.

Over at the Bistro, after offering Amy her job back, Leanne urges her to drop her plans to sue The Institute, but will Amy agree?

Later in the salon, Amy receives a voice message from an unknown number, and listens in horror before dashing out.

Leanne, meanwhile, meets up with Rowan and while he's called to reception, she looks through his laptop and comes

across a file named 'Leanne' and one named 'Nick & Toyah'.

She has definitely stumbled across something because later she summons Nick to the Bistro.

What does she know?

Elsewhere this week, Betsy tells a gutted Dylan that she's not ready for another boyfriend and suggests they're better off as mates.

During Betsy's attempt to open up to her mum about Mason's latest threats, Lisa is pre-occupied when her phone rings leading to a frustrated Betsy walking out.

In the factory, Carla assures Betsy that her mum loves her and she needs to cut her a bit of slack, will Betsy make amends with Lisa?

Later at the station, Lisa quizzes Kit about the evidence planted on Nathan, how will Kit react?

And having shared her frustrations about Betsy with Carla, it's clear Lisa and Carla are growing closer.

How will Betsy feel about their friendship?

Carla meets up with a potential supplier at the Chariot Square Hotel and clocks Joel's arrival. With her meeting over, Carla approaches Joel's table and announces to the room that he's the woman-beater who tried to murder Lauren Bolton.

How will Joel react?

Finally, while visiting Lauren in hospital and discovering Dee-Dee there too, Joel threatens Lauren.

Reporting Joel's latest threat to Lisa, Dee-Dee learns that Joel used to work for a firm, Walcotts, who specialise in helping vulnerable young people. Will Dee-Dee's digging turn up dirt on Joel?

And Ken admits that although physically he no longer needs Cassie's help, he enjoys her company and would like her to stay on.

Tracy accuses Cassie of trying to get her claws into Steve but Cassie denies this, will Tracy believe her?

**CAROL WEARS HERSELF OUT...**

**H**ayley is taken aback when Emma unexpectedly returns to Carrigstown this week, with Paul's interest piqued when Emma offers her consultation services to help reinvigorate Vinos.

While there's intrigue for Paul, Emma and Tommy clash in line at Brewzers as Rafferty warns Emma to be wary of investing in Vinos.

And Emma plays down her interest in Tommy to Rafferty when she tells him about their run-in.

When Paul questions the cost of Vinos's potential refurb, a shrewd Emma appeals to his ego to get him onside.

Hayley is also intrigued when Emma makes a playful apology to Tommy in Brewzers. She asks Tommy to work on Vinos' refurb with her and floats a 'plant cafe' idea.

She also tactfully turns down Paul's

offer of to join him for a drink (is there anyone this man won't come on to?).

Later, Emma enjoys playfully flirting with Tommy in front of Rafferty when he accepts her job offer – and she later teases the idea of a date with Tommy.

Noticing her interest in him, Paul asks Tommy to persuade Emma to downscale her plans for Vinos but he tells him that his meeting with Emma is not a date.

But when Tommy and Emma meet to discuss the refurb, Emma makes it clear that she is interested in him romantically.

Unaware that they're on a date, Paul gatecrashes Tommy and Emma's lunch and Tommy is embarrassed when Emma sets Paul straight.

When he acts surprised, Emma calls Tommy out for not realising their meeting was a date.

Elsewhere, Carol is annoyed when

Jack's dad invites him for a visit in Florida as Nora worries that a visibly tired Carol is burning the candle at both ends.

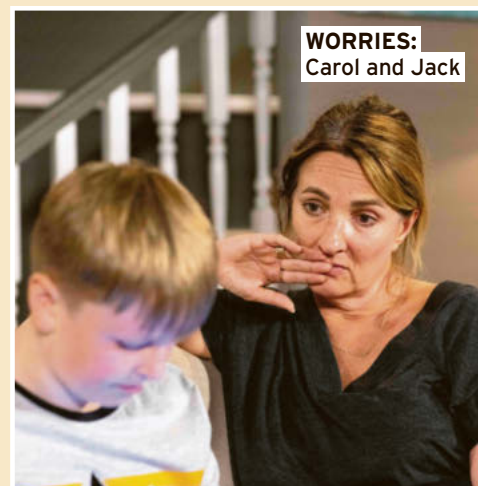
Nora later raises her concerns about Carol's wellbeing, but Sean insists nothing is amiss. Nora, however, is convinced Carol is heartbroken over Liam.

Later, Sean defends Carol when Nora speculates that she's seeing someone new while an exhausted and emotional Carol promises Jack that she'll take him to America next year.

But after a nap Carol is horrified when she wakes up and discovers she forgot to collect Jack from school.

Nora confronts her for neglecting Jack and labels her a bad parent, with Carol sacrificing her relationship with Nora to preserve her secret.

Later, Sean is taken aback by Carol and Nora's coldness towards each other, especially after an innocent comment from Nora sees them fall out again.

**WORRIES:** Carol and Jack**FAIR CITY**



## TOM BASQUES IN 'GLORY'

Belle's devastated to open her laptop and learn by email there will be no disclosure following her Clare's Law Application in this week's Emmerdale.

Watching from his cameras, delighted, Tom is vindicated and enjoying her distress.

Later Tom delivers a coded comment to Belle which alerts her to his knowledge of the results of her private email.

And reminds her of some exposing photos he could release, Belle freezes under the threat.

Belle's soon distraught to realise the password to access her photos has been changed and forms a plan to play Tom at his own game by stealing his tablet.

Before long the tables have turned and Tom is confronted by Belle in the Woolpack. But will anyone believe her accusations?

Meanwhile, Amelia unwittingly reveals her and Tom are now in a relationship, mentioning it's early days, just a couple of weeks.

But Belle and Lydia are both incredulous.

Belle is terrified for Amelia's safety and when Tom lets himself into Belle's house with his own key, she tells him to leave Amelia alone.

The next day after her run in with Tom, Belle in a trance-like state leaves her house and wanders down Main Street – before long we see she is haunted by her imagined futures... in a special episode focusing on Belle's choices will she find the courage to open up about her abuse...

Elsewhere, soon satisfied his tormentor can only be Rose, a determined Will decides to call the mystery number.

Jimmy's aghast at Will's brazen approach as he seethes down the phone to 'Rose' and tells her to give it up.

Will sees a video of Rose in Ibiza and realises the phone didn't ring with an international dial tone. He and Jimmy are baffled by who it could be, and Will is worried sick as to how his life could be ruined.



**BETSY ATTEMPTS TO OPEN UP TO HER MUM ABOUT MASON'S LATEST THREATS..."**

### HOLLYOAKS

Mercedes is in good spirits this week due to Joel's false alibi, and with Warren coming home.

But not everyone is as pleased as she is by the shock news.

Later in the week, though, But while Vicky was distracted by Ethan mind-ing Mercedes' twins, they are snatched.

Vicky calls Donny for help as Mercedes receives a message from Blue that he has 'the Maria's'.

Donny tells Ethan he is suspicious that he was distracting Vicky when the twins went missing.

the search is on for Mercedes' missing twins but Donny stops her talking to the police and tells her to do what he says or say goodbye to the girls.

She follows his instructions and tells the police it was a false alarm.

Donny also tells Mercedes they need to wait to find out what Blue wants.

He promises to get the girls back and put Blue away for good.

As she becomes increasingly desperate she goes to the prison and tells

Warren – he has to comply with Blue's instructions. By that evening, Warren must confess to his mother's murder and spend the rest of his life in jail.

Mercedes pleads with him to put their love aside to save their twins.

Cindy, Grace and Tom, meanwhile, join the search for Mercedes' twins but worse for wear Cindy is taken home by Dave.

Ethan comforts Vicky but him and Donny assure her she's not to blame.

Elsewhere, Ste demands to know why James lied to him. But James is conflicted and continues to confide in Jez rather than tell Ste the truth.

Later, the hospital call James in for an MRI scan that day.

Meanwhile, Dilly gives her blessing to Vicky and Ethan, crediting herself as matchmaker for locking them in the Loft office together, sparking their night of passion.

Ethan decides to ask Vicky out and she is delighted when he propositions her in the park agreeing a date. But someone is watching them.

Later in the week, Tom is still trying to convince Cindy that he has solved the mystery of who Blue is – Dave. And Cindy says she knows him too well. Tom has a plan as to who can help them and takes Cindy with him. Cindy and Tom head to Casa McQueen to see Mercedes. But she can't help so Tom snatches Mercedes' phone.

At home, when Dave comes home she confronts him over stealing Mercedes twins. But she begs for the truth and asks him about the burner phone.

However, Dave lies and tells Cindy he is still the man she fell in love with. Meanwhile, Frankie receives a letter that her dance place has been deferred. She is gutted as it means back to school with JJ.

Darren, meanwhile, tries to comfort a distraught Frankie but it's a big setback.

AND it's emotional as Frankie admits that having Darren take care of her is a dream come true.

At the Dog JJ is airing his frustrations to Suzanne – Frankie tells them she won't hide from him and will be at school tomorrow.

JJ gets into the Osbornes and challenges Frankie but Darren gets home and takes his keys. He warns JJ that he has to tell Suzanne that he is quitting Hollyoaks High.

And Leah is disappointed that Vicky is too busy with Ethan to hang out with her. Leah warns Vicky that Donny will be furious at their relationship.

## VILLAIN OF THE WEEK

Once again Tom is this week's Villain of the Week for his continued torment of Belle, who, despite trying to break free of him and his controlling ways, is still being manipulated and tormented by the narcissistic pig.



PARTY TIME: Kat living it up



## COURTING FUN

In this week's EastEnders, it's the day of Dean's trial so tensions are flaring all around the Square.

When Sharon is accosted by Bernie, Linda arrives at No.43 to support her anxious friend, but the pair are interrupted by Phil and Albie who has his first day at school.

Sharon is upset to be missing the day and starts to worry about the trial which unsettles Linda, but Phil reassures them both.

Later, Sharon asks Suki and Kathy to check in on Linda and show their support before she testifies.

But at the courtroom, it's Sharon baulks under the pressure of her cross-examination from Dean's brief when he starts bringing up information from her past, and a situation quickly escalates that could have huge repercussions for The Six.

Having witnessed the chaos, Linda runs from the court before giving a witness statement, much to Sharon's horror.

Back at No.31, Mo gives Stacey some pearls of wisdom before testifying in court but Stacey is consumed with guilt after a disagreement with Lily when Mo reminds her that Stacey had forgotten to help Lily plan Charli's first birthday party as promised.

Later, Stacey heads to court to give her witness statement. How will she get on?

The Six anxiously await an update following previous events as Johnny and Phil join forces to track down Linda's whereabouts...

Stacey, meanwhile, tries to make an effort for Charli's first birthday party, but things go from bad to worse when she burns the cake.

Suki later finds herself in the firing line when Eve riles at her for bailing on Charli's party, but The Six have bigger issues at play.



BANGED UP: Warren in prison

## TV & MOVIE PICKS

# Top of the Box By Rachel Beresford

### SATURDAY

**The Hit List, BBC One, 6.20pm**

Marvin and Rochelle Humes are back for another episode in the new series of the hit music show.

### SUNDAY

**Mission To Burnley, Sky Documentaries & NOW, 9pm**

It's the 2023/24 season. Burnley are back in the Premier League and their ambition is to stay there. Real optimism and hope abound as 'the next big thing' manager Vincent Kompany looks to build on his incredible season of success in the Championship with an array of new signings.

### MONDAY

**Dead & Buried, Virgin Media One, 9pm**

A new four-part thriller, with elements of dark comedy, follows Cathy on a path of revenge and psychological warfare fuelled by the unaddressed trauma of the death of her brother.

### TUESDAY

**Best Place To Be, RTE One, 7pm**

In the second instalment of this popular series for RTE One, Baz Ashmawy returns, bag packed and passport in hand, to hit the road to meet Irish people who have left Ireland behind to set up home somewhere else in the world.

**Long Lost Family, Virgin Media One, 8pm**

Davina McCall and Nicky Campbell present the heartwarming series which aims to reunite people desperate to find their long lost relatives after years of separation.

**Alec Guinness: A Class Act, Sky Arts & NOW, 8pm**

Recounted through family, friends and peers, this explores the brilliant career of late Oscar winner Alec Guinness.

### WEDNESDAY

**Nico's Cook In, Cook Out, RTE One, 8.30pm**

Following the ratings-winning successes of All Fired Up series 1 & 2, Chef Nico Reynolds is back for a brand new series.

**Gogglebox Ireland, Virgin Media One, 9pm**

Back for a 10th series, join Irish telly fanatics from around the country as they watch, dissect and offer plenty of opinions about the best telly moments from the past week.

**Caomhnóirí na Talún, TG4, 8.30pm**

Across the countryside we've seen catastrophic declines of birds, wild bees and native plants.

Caomhnóirí na Talún follows five farmers as they farm with nature, as they create or



**TUESDAY:**  
Best Place  
To Be, RTE  
One, 7pm

conserve habitats on their farms, pioneer new ideas and try to protect wildlife and their living.

**Aisling Trí Néallaibh-Doireann Ní Ghríofa, TG4, 9.30pm**

This film is an intimate exploration of poet and essayist Doireann Ní Ghríofa's world and creative process.

**No Más, TG4, 10.50pm**

During boxing's contemporary golden age, the 1980s, two fighters established a captivating rivalry, Sugar Ray Leonard and Roberto Durán. This documentary focuses on the second of their two fights which ended in bizarre fashion.

**Slow Horses, Apple TV+**

An adaptation of Mick Herron's CWA Gold Dagger award-winning British espionage books starring Gary Oldman.

### THURSDAY

**Cheap Irish Homes, RTE One, 7pm**

Maggie helps 28-year-old, health care worker, Claire Hasset search for an affordable home, with a maximum budget of €170,000.

**Bailte, TG4, 8pm**

This week Síle visits Clochán Breánainn on north side of the Dingle Peninsula where poet Micheál Ó Ruairc shows her some local

points of interest, including the Church where Crom Dubh's statue once was.

**For The Love of Dogs with Alison Hammond, Virgin Media One, 8.30pm**

Alison Hammond is preparing to dish out the dog treats and set tails wagging as she is announced as the new presenter of the award-winning ITV series, For The Love of Dogs.

**The Tower, Virgin Media One, 9pm**

As a brutal stabbing leads DS Sarah Collins into the path of an undercover unit led by Kieran Shaw, Lizzie Adama is back at Farlow balancing her new role as DC with family life.

**Apollo 13: Survival, Netflix**

Just nine months after Neil Armstrong landed on the moon, NASA faced its greatest crisis — three astronauts stranded halfway to the moon on a spacecraft that had suffered a catastrophic explosion.

### FRIDAY

**Funny Woman, Sky Max & NOW, 9pm**

Funny Woman is back and the second series finds Sophie (Gemma Arterton) on a high. She is the nation's favourite TV comedy star; she's got a group of good friends and her romance with Dennis is full of promise. But trouble is just round the corner...

### FRIDAY

**The Three Musketeers: Milady, Sky Cinema Premiere & NOW**

The second part of director Martin Bourboulon's adaptation of Alexandre Dumas' swashbuckling classic.

In a kingdom divided by religious wars and under threat of British invasion, a handful of men and women will battle and tie their fate to that of France.

Starring François Civil, Vincent Cassel, and Eva Green.



Film  
of the  
WEEK



**WEDNESDAY:**  
Nico's Cook In,  
Cook Out, RTE  
One, 8.30pm

## Movie PICKS

### SUNDAY

**Spencer, Film4, 9pm**

Kristen Stewart dons the famous pixie cut to play an embattled Princess Diana in director Pablo Larraín (Jackie) and writer Stephen Knight's (Locke, Dirty Pretty Things) deeply-styled dramatisation of three stifling Christmas nights at Sandringham. Scandalously, Diana arrives at Sandringham late — after the Queen (Stella Gonet) even: a real no-no.

But she has driven herself and got lost.

When she eventually gets there, she is — like everyone else — required to weigh in: a tradition enforced by Major Alistar Gregory (Timothy Spall), who haunts Diana like a ghost throughout.

Apparently, the Queen herself has said that no one is above tradition. Obviously, this tradition is deeply

problematic for the bulimic Diana.

And food is an oppressive presence, constantly emitting from the stark white kitchen that head chef Darren (Sean Harris) runs with military flair. Diana finds comfort in seeing her sons William (Jack Nielen) and Harry (Freddie Spry) and her dresser Maggie (Sally Hawkins), but is constantly suffocated in a web of protocol, as represented by the idea that Diana is breathing the dead skin of Queen Victoria by staying in her old room. Nice.

And it's not too alarmist to ask: can Diana cling on to her precarious sense of self in a situation apparently designed to alienate her?

Jonny Greenwood of Radiohead's soundtrack is a symbolic struggle between traditional instruments — such as strings and organs — and the jazz horns of the new world.

Also starring Jack Farthing as Prince Charles.

### FRIDAY

**Sleepy Hollow, Film4, 11.05pm**

Gothic horror: Tim Burton's adaptation of Washington Irving's supernatural tale stars Johnny Depp as constable Ichabod Crane, who in 1799 is sent to the tiny village of Sleepy Hollow, New York, where a headless horseman has been leaving a trail of decapitated bodies.

The sceptical Crane believes in the newfangled science of detection and thinks he can use it to reveal the true killer. Will his skills solve the mystery, or is there really an unearthly explanation for the murders?

Stunningly realised and shot, the film also stars Christina Ricci, Miranda Richardson and Michael Gambon.

**Wedding Crashers, BBC One, 10.40pm**

John and Jeremy, friends and womanisers, go to weddings to seek out women to have flings with. They enjoy this experience till Jeremy finds out that John has fallen in love with Claire.







# MONDAY

Chic pick



**ON THE BEAT, RTE ONE, 9.35PM** This series goes behind the front desks, inside the patrol cars and on the beat with frontline Gardaí across Dundalk, Longford and Waterford. Filmed over three months, we witness the challenges and issues being faced by the Gardaí policing urban and rural Ireland.

● **ALSO RECOMMENDED: SEE TV PICKS ON PAGE 32**

## RTE ONE

**6.00 EURONEWS 7.25** Teleshopping (R) **8.00** Monarch of the Glen (R, S) **9.00** MasterChef: The Professionals (R, S) **10.10** The Kelly Clarkson Show (S) **11.00** The Drew Barrymore Show (S) **11.55** Shortland Street (S) **12.25** Doctors (S) **1.00** RTÉ News (S)

**1.30** HOME AND AWAY (S)  
**2.00** NEIGHBOURS (S)  
**2.30** FAIR CITY (R, S)  
**3.00** SHOULDERS OF GIANTS (R, S)  
**3.40** THE REPAIR SHOP (S)  
**4.35** CREEDON'S EPIC EAST (S)  
**4.45** FRANKIE DRAKE MYSTERIES (S)  
**5.40** NUACHT  
**5.55** RTÉ NEWS WITH SIGNING  
**6.00** THE ANGELUS  
**6.01** RTÉ NEWS (S)  
**7.00** NATIONWIDE A mix of reports, features and events from around the country. (S)  
**7.30** EASTENDERS Events at Dean's trial could have huge repercussions for The Six. (S)  
**8.00** SAOL AN TRÉIDLIA Emma treats a little dog called Roxy. In Irish. (R, S)  
**8.30** MY UNI LIFE The journeys of students from UCC, Maynooth University, TCD and DCU. (R, S)  
**9.00** RTÉ NEWS (S)  
**9.35** NEW: ON THE BEAT A look at the daily duties of the Gardaí across Dundalk, Longford and Waterford. (S)  
**10.35** THE GREAT HOUSE REVIVAL (R, S)  
**11.40** WHO DO YOU THINK YOU ARE? Sue Perkins traces her ancestry. (R, S)  
**12.50** KENNEDY, SINATRA AND THE MAFIA (R, S) **1.45** Riptide (R, S) **2.40** Nationwide (R, S) **3.05** Doctors. Drama series. (R, S) **3.35** EuroNews

## BBC ONE

**6.00** BREAKFAST (S) **9.30** Morning Live (S) **10.45** Maximum Security (S) **11.15** Homes Under the Hammer (R, S) **12.15** Bargain Hunt (S)

**1.00** BBC NEWS AT ONE (S)  
**1.35** BBC NEWSLINE (S)  
**1.45** BBC NEWS AT ONE (S)  
**2.00** DOCTORS (S)  
**2.30** MAKE IT AT MARKET (R, S)  
**3.00** ESCAPE TO THE COUNTRY (S)  
**3.45** ANTIQUES ROAD TRIP (S)  
**4.30** THE ANSWER RUN (S)  
**5.15** POINTLESS Alexander Armstrong is joined by co-host Desiree Burch. (S)  
**6.00** BBC NEWS AT SIX (S)  
**6.30** BBC NEWSLINE (S)  
**7.00** THE ONE SHOW Live magazine show featuring a mixture of celebrity chat and stories of interest. (S)  
**7.30** EASTENDERS Events at Dean's trial could have huge repercussions for The Six. (S)  
**8.00** CAN WE LIVE WITHOUT OUR PHONES? - PANORAMA Two families experience life without smartphones for a week. (S)  
**8.30** SCAM INTERCEPTORS Jim Browning looks into who is behind scam call centres. (R, S)  
**9.00** SHERWOOD The police and the Sparrows must work together. (S)  
**10.00** BBC NEWS AT TEN (S)  
**10.30** BBC NEWSLINE (S)  
**10.40** NEW: DEAD AND BURIED Thriller about a woman reunited with her brother's killer. (S)  
**11.30** IN MY OWN WORDS: BILLY CONNOLLY The comedian looks back on his life. (S)  
**12.15** HAVE I GOT NEWS FOR YOU (R, S) **12.45** Our Lives: The Seal Whisperer (R, S) **1.20** BBC News (S)

## RTE TWO

**6.00 EURONEWS 8.05 TRTÉ 9.00** Paris Paralympics 2024. The best of the morning's action on day five, including boccia, athletics, triathlon and swimming. **11.05** TRTÉ

**4.00** PARIS PARALYMPICS 2024 Further coverage of day five of the Games from the French capital, including swimming and table tennis finals. (S)  
**6.30** HOME AND AWAY Kirby wants the scoop on Remi's new fling, Perri admits to Tane that the job his dad wanted him to do was illegal and Harper takes a pregnancy test. (R, S)  
**7.00** PARIS PARALYMPICS 2024 Evanne Ni Chuilinn is joined by Ailbhe Kelly, Catherine Walsh and Jason Smyth for more live action from day five of the Games. (S)  
**10.00** THE 2 JOHNNIES LATE NIGHT LOCK IN Conor Moore, Catherine Bohart and John Colleary join the Tipperary duo for more comedy and entertainment, with music by house band The Young Wans and special guest Declan Nerney. Last in series. (R, S)  
**11.00** HOME RESCUE: THE BIG FIX Designer Dee Coleman and the team help a Co Carlow family whose three-bedroom house is stuck in the past, with cluttered living spaces and not enough storage. (R, S)  
**12.05** SHORTSCREEN (S) **12.15** Devil's Peak. Having discovered the identity of the assegai killer, Benny uses Bonnie to lure him out. Starring Hilton Pelsner. Last in series. (S) **1.20** The Office. David Brent shares his management philosophy. Last in series. (R, S) **2.00** EuroNews

## BBC TWO

**6.30** BARGAIN HUNT (R, S) **7.15** Antiques Road Trip (R, S) **8.00** Sign Zone: The Repair Shop (R, S) **9.00** BBC News (S) **12.15** Politics Live (S)

**1.00** HEAD HUNTERS (R, S)  
**1.45** BRIDGE OF LIES (R, S)  
**2.30** MY UNIQUE B&B (R, S)  
**3.00** MASTERCHEF: THE PROFESSIONALS (R, S)  
**4.00** HOME AWAY FROM HOME (R, S)  
**4.45** MORE CREATURES GREAT AND SMALL (R, S)  
**5.15** FLOG IT! (R, S)  
**6.00** RICHARD OSMAN'S HOUSE OF GAMES Kirsten O'Brien, Christine Ohuruogu, Mike Bubbins and Kai Widdington take part. (R, S)  
**6.30** GREAT BRITISH RAILWAY JOURNEYS Michael Portillo visits the Walkers factory in Leicester. (R, S)  
**7.00** TODAY AT THE TEST England v Sri Lanka. (S)  
**8.00** ONLY CONNECT (S)  
**8.30** UNIVERSITY CHALLENGE (S)  
**9.00** FORENSICS: THE REAL CSI Investigators examine the home of a man who claims to have murdered his wife. (R, S)  
**10.00** KAYAK Ó THUAIDH (R, S)  
**10.30** NEWSNIGHT (S)  
**11.00** WEATHER (S)  
**11.05** WE MIGHT REGRET THIS (S)  
**11.35** THE MIGHTY BOOSH (R, S)  
**12.05** THE CHRONICLES OF BELFAST (R, S) **12.15** Sign Zone: Freddie Flintoff: Field of Dreams on Tour. Documentary. (R, S) **1.15** Sign Zone: Countryfile (R, S) **2.10** Sign Zone: Celebrity MasterChef (R, S) **3.10** Sign Zone: Clean It, Fix It (R, S) **3.55** This Is BBC Two (S)

## VIRGIN ONE

**6.15** THE SIX O'CLOCK SHOW (R, S) **7.00** Ireland AM (S) **10.00** This Morning. Celebrity chat and lifestyle features. **12.30** News at 12:30 (S)

**1.00** THE CHASE Quiz show.  
**2.00** THE CHASE Michael, Ryan, Jill and Olivia take on one of the Chasers.  
**3.00** LOOSE WOMEN Celebrity interviews and studio discussion.  
**4.00** EAT, SHOP, SAVE The team helps a Dudley duo get fitter as the lifestyle series returns. (R)  
**4.30** JUDGE JUDY Double bill.  
**5.30** NEWS AT 5.30 (S)  
**6.05** THE SIX O'CLOCK SHOW A lively mix of celebrity chat with national and international guests, fabulous food from the country's top chefs and expert advice. (S)  
**7.00** NEWS AT 7 (S)  
**7.30** EMMERDALE Will and Jimmy are baffled. (S)  
**8.00** CORONATION STREET Dee-Dee digs for dirt on Joel with his former employer. (S)  
**8.30** CORONATION STREET Dee-Dee digs for dirt on Joel with his former employer. (S)  
**9.00** ● NEW: DEAD AND BURIED Thriller about a woman reunited with her brother's killer.  
**10.00** THE TONIGHT SHOW Claire Brock and Ciara Doherty co-host from studio and live on location, offering comment and analysis on the big stories of the day with a panel of guests covering the key issues. (S)  
**11.00** WHO WANTS TO BE A MILLIONAIRE? Big-prize quiz hosted by Jeremy Clarkson.  
**12.00** TRIGGER POINT (R) **1.00** The Restaurant (R, S) **5.25** The Tonight Show. Topical debate. (R, S)

## CHANNEL 4

**6.10** EVERYBODY LOVES RAYMOND (R, S) **7.00** Paralympics Paris Breakfast. Live coverage of day five, including the start of the day's para triathlon. (S) **10.55** Channel 4 News Summary (S) **11.00** Paralympics Paris 2024. Further coverage of day five, including boccia, wheelchair rugby and wheelchair tennis. (S)

**1.00** PARALYMPICS PARIS 2024 JJ Chalmers presents further live coverage from Paris. (S)  
**3.00** PARALYMPICS PARIS 2024 More coverage of day five of the Games. (S)  
**6.00** CHANNEL 4 NEWS (S)  
**6.30** PARALYMPICS PARIS 2024 Ade Adepitan is joined by Clare Balding for more live action from day five of the Games. (S)  
**9.30** THE LAST LEG IN PARIS Adam Hills, Josh Widdicombe and Alex Brooker present a comic review of Paralympic Games highlights from Paris. Guests on day five include Matt Lucas and Gabby Logan. (S)  
**10.30** PARALYMPICS PARIS HIGHLIGHTS Action from day five. (S)  
**11.35** 8 OUT OF 10 CATS DOES COUNTDOWN Jon Richardson and Harriet Kemsley take on Lee Mack and Munya Chawawa. (R, S)  
**12.30** 24 HOURS IN A&E (R, S) **1.25** Ramsay's Kitchen Nightmares USA (R, S) **2.15** The Secret Life of the Zoo (R, S) **3.10** The Dog House (R, S) **4.05** Kirstie and Phil's Love It or List It: Brilliant Builds (R, S) **4.30** Food Unwrapped (R, S) **4.55** Frasier (R, S) **5.45** Everybody Loves Raymond. Ray thinks he is at death's door. (R, S)

## VIRGIN TWO

**7.30** EGGHEADS (R) **8.05** Tipping Point (R, S) **9.00** The Chase (R, S) **11.00** Bad Chefs (R, S) **12.00** The Real Story Of (R)

**1.00** PETER ANDRE'S 60 MINUTE MAKEOVER (R, S)  
**2.00** HOW TO LOSE WEIGHT WELL (R)  
**3.00** DRESS TO IMPRESS (R, S)  
**4.00** TIPPING POINT (R, S)  
**5.00** TIPPING POINT (R, S)  
**6.00** THE CHASE Contestants Nathan, Victoria, Rich and Pam take part. (R, S)  
**7.00** THE CHASE Quiz show. (R, S)  
**8.00** THE CHASE CELEBRITY SPECIAL Celebrity version of the quiz show, hosted by Bradley Walsh. (R, S)  
**9.00** SKIN A&E The specialist clinic opens its doors to patients with acne.  
**10.00** HELL'S KITCHEN  
**11.00** THE REAL HOUSEWIVES OF NEW JERSEY (R)  
**11.55** MILLION DOLLAR LISTING: LA (R)  
**12.50** THE JONATHAN ROSS SHOW Chat show. (R)

## VIRGIN MORE

**1.20** BEST OF GUINNESS SIX NATIONS 2024  
**2.10** BEST OF GUINNESS SIX NATIONS 2024  
**3.00** CLASSIC 6 NATIONS  
**3.55** SIX NATIONS UNDER-20S  
**4.45** UEFA MAN IN THE MIDDLE  
**5.35** UEFA CHAMPIONS LEAGUE  
**7.30** CLASSIC 6 NATIONS.  
**8.00** GOLF'S GREATEST HOLES Including a visit to Vale do Lobo in Portugal.  
**8.30** GOLF'S GREATEST HOLES Paul McGinley and Chris Hollins visit Quinta do Lago Laranjal.  
**9.00** MUM It's raining and Cathy and her family are stuck indoors.  
**9.30** MUM It is Derek's birthday and the family prepare the house for the party. Last in series.  
**10.00** INSIDE THE HOSPICE  
**10.50** THE GUARDS  
**11.40** BEST OF WOMEN'S SIX NATIONS  
**12.30** WOMEN'S SIX NATIONS  
**1.20** Sport Stories: Gary Messett

## UTV

**6.00** GOOD MORNING BRITAIN (S) **9.00** Lorraine (S) **10.00** This Morning (S) **12.30** Loose Women (S)

**1.30** ITV LUNCHTIME NEWS (S)  
**1.55** UTV LIVE (S)  
**2.00** DICKINSON'S REAL DEAL (R, S)  
**3.00** LINGO (S)  
**3.59** UTV WEATHER (S)  
**4.00** TIPPING POINT Quiz, hosted by Ben Shephard. (S)  
**5.00** THE CHASE: 15TH ANNIVERSARY SPECIAL (S)  
**6.00** UTV LIVE (S)  
**6.30** ITV EVENING NEWS (S)  
**7.30** EMMERDALE (S)  
**8.00** CORONATION STREET Dee-Dee digs for dirt on Joel with his former employer. (S)  
**9.00** NEW: THE TOWER (S)  
**10.00** ITV NEWS AT TEN (S)  
**10.30** UTV LIVE (S)  
**10.45** VIEW FROM STORMONT (S)  
**11.45** HEATHROW: BRITAIN'S BUSIEST AIRPORT (R, S)  
**12.05** SHOP ON TV **3.00** The Best of Saint & Greavsie (R, S) **3.50** Unwind with ITV (S) **5.05** Lingo (R, S)

## VIRGIN THREE

**7.40** HEARTBEAT **8.35** The Adventures of Sherlock Holmes  
**9.40** Animal SOS **10.35** Judge Judy  
**11.35** Holiday Home Sweet Home  
**12.40** Good Witch **1.35** The Royal  
**2.35** Emmerdale **3.05** Coronation Street **4.05** The Hotel Inspector  
**5.05** Heartbeat **6.10** Kavanagh QC  
**7.55** Heartbeat **9.00** Poldark **10.15** Coronation Street **10.50** Coronation Street **11.20** Emmerdale **11.50** The War of the Worlds **1.00** Born to Kill?

## TG4

**6.00** CÚLA 4 **10.40** Airmhithe Craiceáilte **11.10** The Wonder Years **11.40** The Golden Girls **12.10** A Chef's Life **12.40** Bailte **1.10** Hart to Hart **2.05** Shark Tank **3.00** Cúla 4 **5.27** An Aimsir Láithreach **5.30** Irish Paint Magic **6.00** The Golden Girls **6.30** The Wonder Years **7.00** Nuacht TG4 **7.30** Tithe Cois Uisce **8.00** GAA **9.00** Glór Tíre: Rogha & Togha **9.30** FILM Blood Father (2016) ★★★★★ **11.08** An Aimsir Láithreach **11.10** Misneach **12.10** Cogadh Faoi Cheilt: Scéal an IRB

## SKY SHOWCASE

**6.00** SKY NEWS BREAKFAST **7.00** Breakfast with Anna Jones **8.00** Border Patrol **9.00** Stargate SG-1 **11.00** Gangs of Baboon Falls **12.00** Supergirl **1.00** Magnum PI **3.00** Hawaii Five-0 **4.00** S.W.A.T **5.00** The Simpsons **6.00** The Office (US) **7.00** The Simpsons **8.00** Shark with Steve Backshall **9.00** FILM Forrest Gump (1994) ★★★★★ **11.30** Veep **12.10** Veep **12.50** The Force: North East **1.45** Road Wars **3.10** Hawaii Five-0 **4.05** S.W.A.T **5.00** Motorway Patrol

## SKY ATLANTIC

**6.00** FISH TOWN **8.00** Boardwalk Empire **10.05** Westworld **12.40** Game of Thrones **1.45** The Sopranos **3.45** Boardwalk Empire **5.50** Westworld **8.00** Game of Thrones **9.00** Mare of Easttown. An anonymous call gives Dawn hope that Katie might still be alive. **10.10** The Last of Us. Post-apocalyptic drama. **11.15** Succession **12.30** Euphoria **1.40** The Outsider **2.45** Game of Thrones **3.55** Fish Town

## MAIN EVENT

**6.00** SKY SPORTS NEWS **7.00** Good Morning Sports Fans. Today's early stories. **10.00** Test Cricket Bitesize **10.15** LIVE Test Cricket. England v Sri Lanka. **7.00** LIVE US Open Tennis. Coverage of day eight of the Grand Slam in New York. **12.00** LIVE US Open Tennis. Coverage of day eight of the Grand Slam in New York. **2.00** LIVE US Open Tennis. Coverage of day eight of the Grand Slam in New York. **5.00** Sky Sports News

## TNT SPORTS 1

**2.00** CPL **3.00** Max 60 Cricket **3.30** The WRC Magazine **4.00** European Rally Championship Highlights **4.30** Premier League Review **5.30** Fight Night **6.00** MLB Highlights **7.00** LIVE MLB **10.15** Fight Night **10.45** The Pioneers **11.00** WWE Raw Highlights. Wrestling action. **12.00** WWE SmackDown Highlights **1.00** LIVE WWE Monday Night Raw **4.15** WNBAA **5.15** Ariel Helwani Meets **5.30** Andrew Mensah's Stand Up Kickabout

# TUESDAY



**UNTOLD: HOPE SOLO VS U.S. SOCCER** Resilient. Defiant. Triumphant. After two tumultuous decades in the public eye, two-time Olympic gold medallist and World Cup champion goalkeeper Hope Solo (pictured) is ready to tell her story.  
**● ALSO RECOMMENDED: SEE TV PICKS ON PAGE 32**

## RTE ONE

**6.00 EURONEWS 6.35** Teleshopping (R) **7.45** Monarch of the Glen (R, S) **8.45** MasterChef: The Professionals (R, S) **9.55** The Kelly Clarkson Show (S) **10.45** The Drew Barrymore Show (S) **11.40** Shortland Street (S) **12.10** Doctors (S) **12.45** Telly Bingo (S)

**1.00 RTÉ NEWS (S)**  
**1.30 HOME AND AWAY (S)**  
**2.00 NEIGHBOURS (S)**  
**2.30 SHOULDERS OF GIANTS (R, S)**  
**3.00 EASTENDERS (R, S)**  
**3.40 THE REPAIR SHOP (S)**  
**4.35 CREEDON'S EPIC EAST (S)**  
**4.45 FRANKIE DRAKE MYSTERIES (S)**

**5.40 NUACHT**  
**5.55 RTÉ NEWS WITH SIGNING**  
**6.00 THE ANGELUS**  
**6.01 RTÉ NEWS (S)**  
**7.00 ● NEW: BEST PLACE TO BE** Baz Ashmawy packs his bags for multicultural Belgium. (S)  
**7.30 EASTENDERS** The Six anxiously await an update following the previous day's events. (S)  
**8.00 FAIR CITY** Ruby fears Mondo will reveal Victor's affair. (S)  
**8.30 HIGH ROAD, LOW ROAD** Best mates and actors from Mrs Brown's Boys, Danny O'Carroll and Paddy Houlihan, travel to Amsterdam, with one staying in five-star luxury, and the other making do on a budget. (R, S)

**9.00 RTÉ NEWS (S)**  
**9.35 PRIME TIME**  
**10.15 BELGRAVIA** Emily confronts Clara about the painting. (S)  
**11.15 NEW: THE GOLD** Crime drama inspired by the 1983 Brink's-Mat gold robbery. (S)  
**12.25 THE OUTLAWS (R, S) 1.40** Prime Time (R, S) **2.20** Telly Bingo (R, S) **2.35** Doctors (R, S) **3.05** EuroNews

## BBC ONE

**6.00 BREAKFAST (S) 9.30** Morning Live (S) **10.45** Maximum Security (S) **11.15** Homes Under the Hammer (S) **12.15** Bargain Hunt (R, S)

**1.00 BBC NEWS AT ONE (S)**  
**1.35 BBC NEWSLINE (S)**  
**1.45 BBC NEWS AT ONE (S)**  
**2.00 DOCTORS (S)**  
**2.30 MAKE IT AT MARKET (R, S)**  
**3.00 ESCAPE TO THE COUNTRY** In Suffolk. (R, S)  
**3.45 ANTIQUES ROAD TRIP (S)**  
**4.30 THE ANSWER RUN (S)**  
**5.15 POINTLESS (S)**  
**6.00 BBC NEWS AT SIX (S)**  
**6.30 BBC NEWSLINE (S)**  
**7.00 THE ONE SHOW** Live magazine show. (S)  
**7.30 EASTENDERS** The Six anxiously await an update following the previous day's events. (S)  
**8.00 CELEBRITY MASTERCHEF** Mutya Buena, Vito Coppola, Diane Carson, OJ Borg and Dominic Skinner compete. (S)  
**9.00 FREDDIE FLINTOFF: FIELD OF DREAMS ON TOUR** Freddie and the boys head to the oldest cricket club in India. Last in series. (S)  
**10.00 BBC NEWS (S)**  
**10.30 BBC NEWSLINE (S)**  
**10.40 KEEPIN' 'ER COUNTRY: ON THE ROAD AGAIN** Jimmy Buckley and daughter Claudia take to the stage at the Clonmany Festival. (R, S)  
**11.10 PRETTY LITTLE LIARS: SUMMER SCHOOL** Imogen zeroes in on Dr Sullivan as her prime suspect. (S)  
**12.00 PRETTY LITTLE LIARS: SUMMER SCHOOL (S) 12.50** The Repair Shop (R, S) **1.50** BBC News (S)

## RTE TWO

**6.00 EURONEWS 7.50 TRTÉ 9.00** Paris Paralympics 2024. Live coverage of the sixth morning of the Games from the French capital, including dressage, boccia and athletics. (S) **12.05 TRTÉ**

**4.00 PARIS PARALYMPICS 2024** Daráine Mulvihill is joined by Joanne O'Riordan for further live coverage of day six. (S)  
**6.25 HOME AND AWAY** Harper unpacks her big news. Dana's true feelings emerge and Xander suffers a freak accident. (R, S)  
**6.55 PARIS PARALYMPICS 2024** Evanne Ní Chuilinn is joined by Ailbhe Kelly and Jason Smyth for day six's concluding live coverage from Paris. Another eight athletics finals take place at Stade de France, including the women's T11, T13 and T47 100m finals. (S)  
**10.00 THE FULL MONTY** Jean ends up lost in the woods with ex-best friend Hetty, forcing her to face up to her problems and make some big decisions. (S)  
**10.55 THE FULL MONTY** The death of a friend sees the gang pulling together to honour him – even if it does mean stepping outside the law. Robert Carlyle and Mark Addy star. Last in series. (S)  
**11.55 JERK** Tim is welcomed in by an eccentric religious community who are determined to save his soul – but end up convinced they have miraculously cured his disability. Last in series. (S)  
**12.20 KEVIN MORAN: CODEBREAKER (R, S) 1.20** Takeaway Titans (R, S) **2.20** Deaf Not Dumb (R, S) **3.15** The Money List (R, S) **4.05** The 2 Johnnies Do America (R, S) **5.00** Peatai! (R, S) **5.25** EuroNews

## BBC TWO

**6.30 BARGAIN HUNT (R, S) 7.15** Antiques Road Trip (R, S) **8.00** Sign Zone: Big Cats 24/7 (R, S) **9.00** BBC News (S) **12.15** Politics Live (S)

**1.00 HEAD HUNTERS (R, S)**  
**1.45 BRIDGE OF LIES (R, S)**  
**2.30 MY UNIQUE B&B (R, S)**  
**3.00 MASTERCHEF: THE PROFESSIONALS (R, S)**  
**4.00 HOME AWAY FROM HOME (R, S)**  
**4.45 MORE CREATURES GREAT AND SMALL (R, S)**  
**5.15 FLOG IT! (R, S)**  
**6.00 RICHARD OSMAN'S HOUSE OF GAMES (R, S)**  
**6.30 GREAT BRITISH RAILWAY JOURNEYS (R, S)**  
**7.00 CELEBRITY ANTIQUES ROAD TRIP** Comedians Rufus Hound and Chris McCausland join Margie Cooper and Ochuko Ojiri in Merseyside. (R, S)  
**8.00 DIGGING FOR BRITAIN** Examining a gatehouse riddled with Civil War bullets. (R, S)  
**9.00 SAVING LIVES IN CARDIFF** Surgeon Cellan Thomas focuses on a patient's rare and aggressive growth. (S)  
**10.00 BARRA'S RETURN OF THE WILD (R, S)**  
**10.30 NEWSNIGHT (S)**  
**11.00 WEATHER (S)**  
**11.05 NEW: COLIN FROM ACCOUNTS (S)**  
**11.35 FILM: SUITE FRANCAISE (2014)** Second World War drama, starring Kristin Scott Thomas and Michelle Williams. ★★★ (S)  
**1.15 BBC NEWS (S) 1.45** Sign Zone: Celebrity Race Across the World (R, S) **2.45** Sign Zone: Bridge of Lies (R, S) **3.30** This Is BBC Two (S)

## VIRGIN ONE

**6.15 THE SIX O'CLOCK SHOW (R, S)** 7.00 Ireland AM (S) **10.00** This Morning **12.30** News at 12:30 (S)

**1.00 THE CHASE** Quiz show, hosted by Bradley Walsh.  
**2.00 THE CHASE** Paul, Bethan, Claire and Niraj take on one of the Chasers. Bradley Walsh hosts.  
**3.00 LOOSE WOMEN** Topical debate from a female perspective.  
**4.00 EAT, SHOP, SAVE** The team helps a North Wales family combat carb-heavy convenience food. (R)  
**4.30 JUDGE JUDY** Double bill.  
**5.30 NEWS AT 5.30 (S)**  
**6.05 THE SIX O'CLOCK SHOW** Featuring a lively mix of celebrity chat with national and international guests. (S)  
**7.00 NEWS AT 7 (S)**  
**7.30 EMMERDALE** Tom leaves Belle shaken, and Will is shocked. (S)  
**8.00 ● LONG LOST FAMILY** Davina McCall and Nicky Campbell tell the story of a woman trying to fulfil her mother's dying wish of reuniting her younger brother with his birth family.  
**9.00 COOKING WITH THE STARS** The finalists take on their mentors' signature dishes in the grand final. Last in series.  
**10.00 THE TONIGHT SHOW** Claire Brock and Ciara Doherty co-host from studio and live on location, offering comment and analysis on the big stories of the day with a panel of guests. (S)  
**11.00 WHO WANTS TO BE A MILLIONAIRE?** Big-prize quiz hosted by Jeremy Clarkson.  
**12.00 THE GIRL BEFORE** With Gugu Mbatha-Raw. (R) **1.15** The Restaurant (R, S) **5.25** The Tonight Show (R, S)

## CHANNEL 4

**6.10 EVERYBODY LOVES RAYMOND (R, S) 7.00** Frasier (R, S) **8.00** Paralympics Paris Breakfast. Coverage of day six, including the first morning of equestrian. (S) **10.55** Channel 4 News Summary (S) **11.00** Paralympics Paris 2024. Further coverage of day six, including wheelchair tennis from Roland-Garros. (S)

**1.00 PARALYMPICS PARIS 2024** JJ Chalmers presents further coverage of the wheelchair tennis at Roland-Garros. (S)  
**3.00 PARALYMPICS PARIS 2024** Clare Balding and Rose Ayling-Ellis present continued coverage of day six. (S)  
**6.00 CHANNEL 4 NEWS (S)**  
**6.30 PARALYMPICS PARIS 2024** Ade Adepitan is joined by Clare Balding, with Ed Jackson reporting live from the athletics, as coverage of day six of the Games continues. (S)  
**8.30 PARALYMPICS PARIS 2024** Ade Adepitan and Clare Balding present the concluding live coverage of day six. (S)  
**10.30 PARALYMPICS PARIS HIGHLIGHTS** Action from the sixth day of the Games. (S)  
**11.30 GOGGLEBOX** The households' opinions on shows including Killing Eve, The Apprentice and Our House. (R, S)  
**12.30 GOGGLEBOX (R, S) 1.25** George Clarke's Amazing Spaces (R, S) **2.20** Kirstie and Phil's Love It or List It: Brilliant Builds (S) **2.45** Ramsay's Kitchen Nightmares USA (R, S) **3.35** Grand Designs New Zealand (R, S) **4.30** Kirstie's Fill Your House for Free (R, S) **4.50** Frasier (R, S) **5.40** Everybody Loves Raymond (R, S)

## VIRGIN TWO

**7.30 EGGHEADS (R) 8.05** Tipping Point (R, S) **9.00** The Chase. Quiz show. (R, S) **11.00** Bad Chefs (R, S) **12.00** The Real Story Of (R)

**1.00 PETER ANDRE'S 60 MINUTE MAKEOVER (R, S)**  
**2.00 HOW TO LOSE WEIGHT WELL (R)**  
**3.00 DRESS TO IMPRESS (R, S)**  
**4.00 TIPPING POINT (R, S)**  
**5.00 TIPPING POINT (R, S)**  
**6.00 THE CHASE** Contestants Victoria, Mel, Emma and Gerry take part. (R, S)  
**7.00 THE CHASE** Contestants Ginger, Roger, Fred and Alistair take on today's Chaser. (R, S)  
**8.00 TIPPING POINT: LUCKY STARS** With Shane Richie, the Rev Kate Bottley and Tom Read Wilson. (R, S)  
**9.00 MY BIG FAT WEDDING (R, S)**  
**10.00 THE JONATHAN ROSS SHOW**  
**11.05 THE REAL HOUSEWIVES OF NEW JERSEY (R)**  
**12.00 MILLION DOLLAR LISTING: LA (R) 12.55** CelebAbility (R, S) **1.40** Mafia's Greatest Hits (R)

## VIRGIN MORE

**12.45 CLASSIC UEFA CHAMPIONS LEAGUE** Liverpool v AS Roma.  
**1.40 CLASSIC 6 NATIONS**  
**2.35 CLASSIC UEFA CHAMPIONS LEAGUE**  
**3.30 BEST OF U20'S SIX NATIONS 2024**  
**4.25 UEFA MAN IN THE MIDDLE**  
**5.15 UCL DEFINING MOMENTS**  
**6.10 UCL DEFINING MOMENTS**  
**7.05 UCL DEFINING MOMENTS** Celebrating 65 years of European Cup and UEFA Champions League football.  
**8.00 GOLF'S GREATEST HOLES**  
**8.30 GOLF'S GREATEST HOLES** From Quinta do Lago North in the Algarve.  
**9.00 DEATH ROW: COUNTDOWN TO EXECUTION** Susanna Reid interviews triple-killer Billie Wayne Coble.  
**9.50 BLOOD**  
**10.40 BORN TO KILL?**  
**11.30 SPORT STORIES: EAMON DUNPHY**  
**12.20 CLASSIC UEFA CHAMPIONS LEAGUE** Man United v Benfica.

## UTV

**6.00 GOOD MORNING BRITAIN (S)** **9.00** Lorraine (S) **10.00** This Morning (S) **12.30** Loose Women (S)

**1.30 ITV LUNCHTIME NEWS (S)**  
**1.55 UTV LIVE (S)**  
**2.00 DICKINSON'S REAL DEAL (R, S)**  
**3.00 LINGO (S)**  
**3.59 UTV WEATHER (S)**  
**4.00 TIPPING POINT (S)**  
**5.00 THE CHASE (S)**  
**6.00 UTV LIVE (S)**  
**6.30 ITV EVENING NEWS (S)**  
**7.30 EMMERDALE (S)**  
**8.00 COOKING WITH THE STARS** Last in the series. (S)  
**9.00 THE TOWER** Sarah and Elaine investigate a hit-and-run. (S)  
**10.00 ITV NEWS AT TEN (S)**  
**10.30 UTV LIVE (S)**  
**10.45 SORRY, I DIDN'T KNOW** With Nabil Abdulrashid and Paul Chowdhry. (R, S)  
**11.15 OLIVIA ATTWOOD'S BAD BOYFRIENDS (R, S)**  
**12.05 SHOP ON TV 3.00** Cooking with the Stars (R, S) **3.50** Unwind with ITV (S) **5.05** Lingo (R, S)

## VIRGIN THREE

**7.35 HEARTBEAT 8.30** The Adventures of Sherlock Holmes **9.35** Animal SOS **10.35** Judge Judy **11.40** Holiday Home Sweet Home **12.40** Good Witch **1.35** The Royal **2.35** Emmerdale **3.05** Coronation Street **4.05** The Hotel Inspector **5.05** Heartbeat **6.10** Kavanagh QC **7.55** Heartbeat. Eleanor Bron guest stars. **9.00** Vera **11.00** Emmerdale **11.30** Dead and Buried **12.30** Next of Kin **1.30** The War of the Worlds

## TG4

**6.00 CÚLA 4 10.40** Ainhithe Craiceáilte **11.10** The Wonder Years **11.40** The Golden Girls **12.10** A Chef's Life **12.40** Bailte **1.10** Hart to Hart **2.05** Shark Tank **3.00** Cúla 4 **5.27** An Aimsir Láithreach **5.30** Bláin in Inis Mór **6.00** The Golden Girls. Classic comedy series. **6.30** The Wonder Years **7.00** Nuacht TG4 **7.30** Scéalta Grá na hÉireann **8.00** Bláth na hÓige **8.30** Ros na Rún **9.00** Glór Tíre: Rogha & Togha **9.30** Opry le Daniel **10.30** Narcos **11.30** Ros na Rún **12.00** Fíorscéal

## SKY SHOWCASE

**6.00 SKY NEWS BREAKFAST 7.00** Breakfast with Anna Jones **8.00** Border Patrol **9.00** Stargate SG-1 **11.00** Gangs of Baboon Falls **12.00** Supergirl **1.00** Magnum PI **3.00** Hawaii Five-0 **4.00** S.W.A.T **5.00** The Simpsons **6.00** The Office (US) **7.00** The Simpsons **8.00** Islands **9.00** Elvis Presley: The Searcher **11.00** The Walking Dead: Daryl Dixon **12.10** An Idiot Abroad 2 **1.10** Brit Cops: Rapid Response **2.05** Road Wars **3.00** Hawaii Five-0 **4.00** S.W.A.T

## SKY ATLANTIC

**6.00 FISH TOWN 8.00** Boardwalk Empire **10.05** Westworld **12.25** Game of Thrones **1.35** The Sopranos **3.40** Boardwalk Empire **5.40** Westworld **7.50** Game of Thrones. Cersei finds herself seeking forgiveness. **9.00** The Staircase **10.10** The Sopranos **11.20** The Sopranos **12.30** Winning Time: The Rise of the Lakers Dynasty **1.40** The Outsider **2.45** Game of Thrones. Fantasy drama. **3.55** Fish Town

## MAIN EVENT

**6.00 SKY SPORTS NEWS 7.00** Good Morning Sports Fans **7.30** LIVE Fight Night **1.00** Good Morning Football **3.00** Sports Desk **3.30** LIVE US Open Tennis. Coverage of day nine of the Grand Slam in New York. **6.00** LIVE Vitality T20 Blast Cricket. Surrey v Durham. **9.00** LIVE US Open Tennis. Coverage of day nine of the Grand Slam in New York. **12.00** LIVE US Open Tennis **2.00** LIVE US Open Tennis **5.00** Sky Sports News

## TNT SPORTS 1

**10.30 V8 SUPERCARS HIGHLIGHTS** **12.30** America's Cup **1.00** LIVE America's Cup **3.30** Fight Night **4.00** Classic Premier League **4.30** Premier League **6.00** Premier League Netbusters **6.30** Premier League Stories **7.00** Test Cricket Highlights **8.00** Fight Night **8.30** Badminton Weekly **8.45** Premier League Reload **9.00** WWE Monday Night Raw **11.30** LIVE MLB Lead Off **12.00** LIVE MLB **3.15** LIVE MLB Closer **3.45** MotoGP







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