

INSIDE: YOUR FULL 7-DAY TV LISTINGS

IRISH DAILY
STAR

SATURDAY,
MAY 3,
2025

Chic

WEEKEND



**Jasmine
Gerhardt**

**EXCLUSIVE: 'AMAL
CLOONEY INSPIRES ME
TO FOLLOW DREAMS'**

INTERVIEWS

**'ANY CHANCE I CAN
GET, I'LL GO BACK' -
JOHNNY WARD'S SHOCK
CARRIGSTOWN RETURN**

**'MUM HAD INCREDIBLE
HOPE' - NEPHEW OF
STEPHEN ROCHE ON
DARING CHARITY CYCLE**

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CONTENTS

IRISH DAILY
STAR

Chic

SATURDAY, MAY 3

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HERO

BILL PULLMAN

Bow Street Academy has announced that celebrated American actor Bill Pullman will be joining its festival for a very special event on Sunday, May 25. In conversation with Sarah Hone, Associate Artistic Director, Bill will reflect on his expansive career and the creative journey that has taken him from the stage to the screen – and far beyond.

A beloved presence in film, television and theatre, Bill rose to prominence with standout performances in *Ruthless People*, *Spaceballs*, and the Oscar-winning *The Accidental Tourist*. He has since become a household name with a filmography that includes cult classics, blockbusters and fan favourites.

As part of its celebration of Bill's work, Bow Street Academy will present a special screening of *While You Were Sleeping* on Thursday, May 23.

Directed by Jon Turteltaub, the romantic comedy stars Sandra Bullock as Lucy, a lonely subway worker who is mistaken for the fiancée of a man she saves from an accident. As Lucy becomes entangled in the life of his warm and welcoming family, she unexpectedly begins to fall for his brother Jack – played with quiet charm and warmth by Bill.

Tickets are on sale now through eventbrite.

BOOK OF LOVE...

Table for One (published by HarperCollins) is The Hyphen author Emma Gannon's second novel. A multi-faceted love story for the modern age, it follows Willow, a talented copywriter and co-founder of tech company Scatterbox with her significant other of 10 years, Dom.

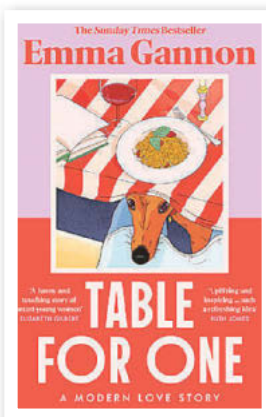
Always hiding her light under a bushel and staying small to make everyone happy, Willow is approached to write a story about a trending single life influencer. As she learns more about the single world, Willow starts doing more things for herself and her worth grows.

Gannon has written a glimpse into what it's like being in a coercive and manipulative relationship, where someone doesn't even realise that is what was happening until the rug is pulled from beneath their feet.

It's also a masterful look into the trap your Instagram feed can become. A satisfying story of personal growth.

★★★★

Review by Rachel Howdle



WHAT'S HOT

★ **Cúl kids:** Kellogg's GAA Cúl Camps has launched a unique camp, titled Cúl and Curious, to introduce children from migrant families to the joy of Gaelic Games and foster a sense of belonging within the GAA community. Taking place in Lisdoonvarna, Co. Clare, the Cúl and Curious camp will welcome 100 children, including those residing in International Protection Accommodation Service (IPAS) centres, as well as those from local communities, this summer.

★ **Show girl:** Bord Gáis Energy Theatre has announced that actress and broadcaster Jennifer Zamparelli will join the cast of Richard O'Brien's legendary rock 'n' roll musical *The Rocky Horror Show* as The Narrator from Monday, August 11 to Saturday, August 16, joining Australian icon Jason Donovan in the production.



WHAT'S NOT

★ **Vile behaviour:** JK Rowling's disgusting celebrations after the Supreme Court's ruling that trans women are not legally women is exactly as actor Pedro Pascal called it, "Heinous". Pedro's sister Lux (32) is transgender, after coming out and transitioning back in 2021.



Who said? "I'm getting back into eating sourdough bread, cheese - there I said it."

Answers: Gwyneth Paltrow, who has lived on a paleo diet for years, admits that she's sick of eating healthy all the time.

Looking for something deadly to do this May Bank Holiday weekend? Look no further!

The Star Bar — the latest addition to Dublin's live music scene — is throwing Baggot Street's first official Blues Festival with a host of local and international acts performing throughout the venue from 3pm onwards across today, tomorrow and Monday.

The Baggot Street Blues Festival will feature various Irish and international acts, including Star Bar regulars such as The Fundamentals and The Dublin Blues Cartel.

Headlining the weekend is one of Ireland's foremost blues bands, The Mary Stokes Band, which has a reputation for incendiary live performances stretching back several decades.

The festival will be a ticketless event allowing free admission to all blues lovers, Star Bar regulars as well as curious passers-by. Festival-goers will be provided with a QR code at various locations around the venue where they can donate the price of a coffee or pint to support the event and all the artists involved.

Commenting on the festival launch, Stefan Murphy, Booking and Events Coordinator at The Star Bar, says, "We are kicking off the summer at The Star Bar this bank holiday weekend with a three-day blues festival and some truly incredible talent on both a local and international scale.

Dublin is a haven for blues bands and thriving blues venues so we thought it would only be fitting to dedicate a full weekend purely to the blues."

Follow @thestarbardublin on Instagram for more.



WHAT'S ON

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FULL 7-DAY
TV LISTINGS
GUIDE STARTS ON

33

Miss Ireland Jasmine Gerhardt on following her dreams, her passion for education and literacy and jetting off to take part in Miss World... By **Keeley Ryan**

'I JUST WANT TO MAKE AN EXAMPLE FOR EVERY OTHER

young Irish girl that your dreams are achievable'

Miss Ireland Jasmine Gerhardt has told how she's "excited to showcase what Ireland has to offer on an international stage" at Miss World this year. The Dubliner is set to head to Telengana in India today, May 3, until June 1, where she'll be representing Ireland in the competition.

And Jasmine told *Chic* how it has "definitely been a journey" — as she recalled how she first got started in pageants.

She said, "I'd seen it on a Facebook page when I was 17 years old."

"Somebody messaged my mom, she was in Miss Ireland, and said, 'your daughter should do Miss Ireland, I think she'd be a great fit for it'."

"So I went for it then, first at 17 and I came top eight, winning Beauty With A Purpose."

Jasmine told how the Beauty With A Purpose is an initiative that Miss World participants undertake, where they have to "create a project that impacts their community and basically puts forward their advocacy, creating some type of change."

"It was a charity project at 17 years old. So, out of all the girls, that was a big accomplishment to put together a charity project and then to go on and win."

"That was great and then I entered again when I

was 24, came first runner-up. And then when I was 25 I won the title third time lucky."

"It definitely has been a journey."

Jasmine added that she's feeling "good" in the lead up to this year's Miss World — and told how she's "excited to showcase what Ireland has to offer on an international stage."

She said, "I just have a lot of preparations, to be honest, more than anything. I'm looking forward to it."

"I have been preparing for this for over 10 years, realistically. I'm 27 now."

"I'm excited to showcase what Ireland has to offer on an international stage with our amazing dresses, Irish designers, Irish brands behind it — and all the preparation as well that I've put in with my own project, in Ireland and internationally."

Jasmine's Beauty With A Purpose project was called Dream In A Box — and she opened up about the inspiration behind the project.

She said, "I was the first person in my family to go to college, and education, literacy, and reading is basically the heart of why I'm in this pageant."

"It's my passion, my purpose, and has been for so many years."

"So, I created Dream In A Box. I have my own book inside it, Sunny and the Safe Harbour, which



AMBITION: Jasmine Gerhardt, who heads off to India today, May 3, to take part in Miss World, wants to follow in the footsteps of Amal Clooney (inset below left) as a human rights lawyer



COVER STORY

I wrote about two years ago, all about a child deserving to feel safe and loved, inside the box as well.

"It also gave children tools and literacy kits inside. It has word searches, crosswords. It has obviously my own story, Sunny and the Safe Harbour."

"But it also has paperwork that allows you to create your own story."

Jasmine told how the kit has been integrated into classrooms both in Ireland and abroad.

She continued, "It allows children to write their own stories and dream their own reality, or dream their existence into a reality."

"It's a very powerful and creative, fun tool for learning and literacy, but also allowing every child to have the access to dream."

"Because a lot of these children are in areas where dreaming big things for their life isn't always something that they think is even achievable."

Her first children's book, Sunny and the Safe Harbour, was written two years ago — and Jasmine told us about the inspiration behind the children's book.

She said, "I was doing legal work in domestic violence clinics. I was setting up in-house clinics within the shelters."

"And I felt like, you know, it wasn't just the women — it was a women's shelter — but it wasn't just the women who were affected by the situation that went on in the home, but it was also the children."

"I wanted to open up conversations in primary schools, talking about how important it is for a child to feel safe."

"So I wrote this book, Sunny in the Safe Harbour, and it's all about a little girl on the beach, and a storm kind of comes, and the dolphin picks her up and brings her to a safe place."

"There's affirmations in the book, so much stuff about self love."

"Also, what we did was when we read the book out to students in classrooms in Ireland, we asked them to draw their safe haven."

"And from a picture, you can tell a lot about a child and their living situation — it's crazy how much you can actually depict in an image."

Jasmine added that the response to the book has been "great" so far.

She said, "I mean, I've now integrated my book in over nine to 10 classrooms."

"So, nearly three to four hundred students have read my book, which is mad for me to even think about that."

Jasmine told how she has "travelled to numerous countries" after winning the Miss Ireland title as she shared some of her favourite memories of the experience.

She said, "I've travelled to India, I've gone to Kolkata with the Hope Foundation as their ambassador to see the work that they do there."

"I've travelled to the Good Shepherd Monastery in Thailand to see the work that Sister Louise Horgan has done. She opened basically a centre for women over 61 years ago; she allows women and anyone who needs support to come in and learn a skill and then to go out into the workforce."

"It's pretty amazing, all the things I've been able to achieve this year — or even last year, as well."

"I also was in Cape Town with the

Mellon Educate charity. I was building schools and literacy hubs, which I hope my kits will be integrated into soon."

"That's really exciting — the building blocks that I laid down to build that literacy hub, my project will go into. So, it was like a full 360."

Jasmine added that she has met "so many amazing women all through the charities that I've worked with" over the last few years — and told how Amal Clooney is someone she

looks up to.

She said, "She's a human rights lawyer and holding a Master's in human rights as well myself, I just know that the work she does is impeccable."

"She kind of ignites me to want to follow my dreams even more than I do now in the sense that I really would love to become a diplomat."

"I feel like everything that

Miss World stands for and the journey that I have been on are aligning with that role."

"I'm hoping to pursue a career like that in the future."

"She's someone I've really been inspired by. When I see her work and negotiations and treaties she's gone and the solutions she's created for so many different war zones across the world, it's pretty impactful."

As for what is next for her after the Miss World competition, Jasmine told how she has "so many plans."

She said, "I would like to continue to be an ambassador for the country but perhaps in a different type of role."

"I'd love to go into some type of diplomacy Master or I might go back to college. I absolutely loved college and I'd like to do another Master's, perhaps."

"But also I'm really looking forward to finding more time to think about different aspects of my life."

"I'm also starting my own business at the moment with women's clothing and I am looking into

"It allows children to write their own stories and dream their own reality"



MISSION: Jasmine has spent time with children in Kolkata, Cape Town and Thailand



all of that, and creating a product that benefits women in some shape or form."

"So, I'm in the midst of starting that — and I think after Miss World, I will be able to give a lot more time to that if I don't take on the crown."

Jasmine added that she would like to be able to integrate her Dream In A Box into "so many other countries" — and continue to work with the charities she's been working with.

She said, "I would love to give them more of my time to create solutions for any kind of issues that they have arising, or raise awareness, or anything I can do to fundraise to help."

"Because obviously at the moment, it's very busy. And though I am doing that, I'm only one person who can only really do so much, but at least when I'm finished all of this I'll have a bit more time."

Jasmine told how she also hopes to return to modelling after Miss World as it's been a longtime dream of hers to be a Guess model.

She said, "I think after Miss World, I'm going to give it one shot and see if Ireland can find a Guess model here."

"That'd be one of my biggest ambitions, as well, for sure —

alongside everything else."

The Dublin native told how she's preparing to sit the Bar exam — and noted that while there's "a lot of work that goes into it," she's hopeful to sit the exam in July.

She said, "I'd love to then become a human rights attorney and then fulfil my dream of becoming a diplomat and representing the country, being an ambassador for Ireland."

"I guess I've already kind of put my toes into the shoe slightly, being Miss Ireland — that is a similar type of role. I'd like to take it even further."

However, Jasmine told how her main focus at the moment is the Miss World competition and "bringing the best version of me to the world stage."

She said, "We only have one chance to represent Ireland in our lifetime, every year, as each girl goes."

"I just want to make an example for every other young Irish girl that your dreams are achievable."

"We have so many women in this country that have so much to say and deserve to have a place on that stage."

"And that's what I really want to nail home this year."

"I want to put us back up there with the top five; the top 10, if I was ever privileged enough to be the winner of Miss World — and what that can give to our country and the youth who follow behind me." ■

Full details on Miss Ireland 2025 and Jasmine's Miss World journey are available on the new Miss World app now, available from Apple App Store or Google Play or from www.miss-ireland.ie or follow @missirelandorg on social media.



'One thing about Ciarán is he always BRINGS THE DRAMA...'

Johnny Ward has told how he's "delighted" to be back in Carrigstown as Ciarán Holloway returns to Fair City.

He made his return this week as, after months of heartbreak and devastating twists and turns, the truth about Laura Halpin's tragic murder has come to light.

And Johnny told *Chic* how it's a "character that I love playing" and how "any chance I can get to get back to Carrigstown, I will".

He said, "Fingers crossed he'll be getting out of jail pretty soon for good behaviour. But you know what? I love it in there, I really do."

"Gosh, only a few years ago I thought my character was dead — so, to still be alive is a lifeline."

"I'm absolutely beyond thrilled to be back, I really am. There's just a great buzz on set when you walk in in the morning, I absolutely love it."

And as for what audiences can expect from Ciarán's return, Johnny told how it's going to be "exciting, explosive and very much on the edge of your seat drama".

He said, "One thing about Ciarán is he always brings the drama — there's an intimidation there. There's also a bit of drama."

"He's like a time bomb, you don't know when

Johnny Ward on never saying no to returning to Carrigstown... By Keeley Ryan



MENACING: Johnny as Ciarán during his time in Fair City; and (above) he returned last September after five years away

TELLY FOCUS

he's going to go off.
"I can't give out too much.

"But let's just say it's very much on the edge of your seat drama.

"He's dealing with the big boys now. It's going to be exciting, explosive, and very much on the edge of your seat drama."

Johnny first joined the cast of *Fair City* in 2016 — and recalled how when he first joined the show, he thought he was playing a "very, very nice, friendly, kind mechanic"

He said, "For the first six months I was in there, I thought I was just playing a mechanic. A very, very nice, friendly, kind mechanic."

"That's exactly what I was. I was really, really loving it in there and making a lot of friends, on and off screen. And then I was told that this character has quite a dark secret.

"The dark secret was that his own sister, Tessa, who he had thought had taken her own life — she was gone, she was missing, and he presumed that she'd died and had taken her own life.

"And then he did the research and did his homework, and found out that the last person she'd been seen with was a guy called Emmet O'Brien.

"He completely changed his whole life. He had a project, he had a motive to go to Carrigstown and befriend this guy, Emmet O'Brien.

"He kidnapped his sister and he kind of wanted to, I suppose, equalise his trauma."

Ciarán kidnapped Katy O'Brien, played by Amilia Stewart Keating, and — in a plot line that had everyone talking — kept her in a box for more than a year, with the two characters developing "an amazing friendship"

The Love/Hate actor continued, "I only just got a notification on my phone there yesterday.

"This is going back to like, 2016 — it was nine years ago since she was kidnapped.

"Myself and Amilia, by pure coincidence, are really good childhood friends. To be able to do all that drama with her was absolutely phenomenal."

Johnny added that for around a year and a half, Ciarán had "tricked all of Carrigstown and nobody had a clue it was me" — but everything came to a head in 2017, when Katy was freed and Ciarán was presumed to be dead after he was stabbed and fell into the sea.

The Dubliner told how both he and the audience presumed that Ciarán was dead, and how he got a phone call about "two years afterwards" about Ciarán's actual fate that night: the character was alive, having swam away and survived.

And, as it turned out, Ciarán's sister, Tessa, was alive too.

Ciarán kidnapped Rose, played by Geraldine Plunkett, as well as Katy and Tessa — only for his sister to die.

He said, "The guards arrested me,

because they believed I killed Tessa — even though she fell on her own knife.

"So, the drama continues. Since then, I've been in prison — the last time you saw me was last August, September, was when I was in prison.

"David Mitchell, who plays Jimmy Doyle, and Maclean Burke's Damien and Cathal Spillane — there's quite a few of us in there.

"I was toying with Maclean Burke's character, Damien, saying that I knew who killed his sister. I was telling him that it was Tyler

Monroe. I told the guards that it was Tyler Monroe.

"That was the last time you'd seen me. But this time, I'm going to be in prison with someone who, I think, has very much gotten the blame for killing Laura. I'm going to play around with their emotions.

"But also, at the same time, maintaining very good ground — good behaviour — with the guards, because I want to get out of that prison ASAP."

Johnny told how while he's "played the part of sitting down at the pub in McCoy's, being behind the cash register in Spar", he loves the drama that Ciarán brings.

He said, "In so many ways, he's very much — thinking about it now, I do think he's...I wouldn't say disturbed, but he's unpredictable. Very much an unpredictable character. You've no idea what he's going to do next."

Johnny previously told *Chic* how his mum would run lines with him during his return to Carrigstown last year.

And the actor told how she "absolutely loves" him being back on the show.

He said, "She watches it religiously. She's had a terrible time recently with cancer.

"The last time I was in there, I was going in first thing in the morning doing the scenes and then going across the road — she was in Vincent's Hospital, she was recovering from cancer. So, she was there from July pretty much up to January. She's been home ever since.

"But she just absolutely loves it. She knows the

lines inside out and then the two of us watch it together.

"It's a really good bonding time, you know. I wouldn't change it. My dad used to do the lines with me, as well.

"My mum is a massive fan of the show. She loves doing all the lines as well."

Johnny recalled how *Fair City* was something that was always on while he was growing up — and his grandmother "wouldn't miss an episode" of the show. He said, "Of course, I was probably a bit too young to watch it at the time because I think it came out in

1988. I was born in 1987. But I remember it was always on in the background — it was tradition watching it, never miss an episode.

"So, you now, Tony Tormey who plays Paul Brennan — to be doing scenes with him, and to know that his face has been on my television since pretty much my whole entire life because he was in the very first episode. To be doing scenes with him, it's brilliant.

"I'm definitely a fan of the show. And you know, it's something that I would always schedule in.

"I wouldn't be watching it religiously but what I would do is I'd record everything, and then, you know catch up with it then because they're my friends on and off screen.

"And you now, people like George McMahon who plays Mondo, he's someone I would have done shows with when I was about seven or eight years of age, up in Mosney and all throughout the country.

"And then there's Liana, obviously, who plays Laura. We would have gone to drama school together.

"There's just so many people in there that I've known for most of my life and it's great to catch up with their stories."

Johnny told how he has "absolutely" kept in touch with *Fair City* co-workers throughout the years — and how it's a "lovely bunch of people in there"

He said, "I mean, Amilia, who is Katy, I see once every month, I'd say. She only lives down the road from me as well. You know, nothing's changed.

"I mean, we would've been friends before the *Fair City* storyline and we're friends after it — and during it — as well. So, that's great.

"George, I only saw recently at a wedding. He's a really, really good friend of mine.

"Eric Lalor would be a very good friend of mind, during *Dancing With The Stars* he sent me lovely messages of support and stuff like that when I got to the final.

"It's a lovely bunch of people in there. "Obviously, there's Bryan Murray and Una Crawford, I consider them very good friends. I know Bryan has been too well recently.

"I only saw him the last time I was in there. We were just chatting briefly.

"I have to honestly say this, I'm friends with an awful lot of the people, as well, who work behind the scenes.

"One of the lads, Stephen O'Halloran, he was at my wedding. And he's just such a gem. He's been doing props in *Fair City*.

"He also works for the likes of the *Late Late Show* and all the rest of the shows, Nationwide, you name it.

"But every Monday, myself and Stephen and the rest the lads as well, we would meet up at this Astro Football up in Tallaght.

"It's really, really important to keep those friendships going.

"Stephen O'Leary, who would play Zach Dillon — he was my groomsman at my wedding. I only saw Stephen there last week. We met up for a coffee.

"We've done pantos together, we've also done *Copperface Jacks the Musical* together, so definitely a lot of really good friends in there." ■

Fair City airs on RTE One this week on Sunday, Thursday and Friday.



"SHE WATCHES IT RELIGIOUSLY. SHE HAS HAD A TERRIBLE TIME WITH CANCER RECENTLY."



CONTROVERSIAL: Johnny Ward is returning to *Fair City* to play infamous character Ciarán Holloway, who once kidnapped and held Katy O'Brien in a box

Actress Katy Stephens on stepping on stage and into the “fantastic” world of Narnia... By Keeley Ryan

‘WHEN HE OFFERED ME THE JOB, I bit his hand off’

Katy Stephens has opened up about stepping into the “fantastic” world of Narnia on-stage — and what she reckons it is about The Lion, The Witch and The Wardrobe that continues to stand the test of time.

The actress plays Jadis, also known as The White Witch, and Mrs. Macready in the stage show, which comes to Dublin’s Bord Gais Energy Theatre from May 6 until May 10.

The Lion, The Witch and the Wardrobe — which is based on the C.S. Lewis book of the same name — takes audiences on a trip through the wardrobe and into the enchanted kingdom of Narnia.

As Lucy, Edmund, Susan and Peter wave goodbye to wartime Britain, they soon find themselves on the road to a magical adventure — one that takes them to a frozen, faraway land where they meet Mr Tumnus the faun, talking beavers, Aslan and the coldest, most evil White Witch.

And Stephens recalled to *Chic* what drew her to the project — and how another tale about the world of Narnia helped with “the building blocks of her character”

She said, “I knew that the show was fantastic. I knew it was a great spectacle — and I’d also worked with Michael Fentiman quite a lot over the years, and I’ve always really admired him and loved him as a director.

“So, when he offered me the job, I bit his hand off, really.

“And also, in my career, I’ve played a lot of sort of high octane, kind of tragic, Shakespearean roles. It’s been really nice for me to do something that’s actually quite fun.”

The actress added that it was “fantastic” to be stepping into the shoes of The White Witch and be a part of the show.

She said, “I’m very lucky with The Lion, the Witch and The Wardrobe, because C.S. Lewis wrote a kind of prequel, The Magician’s Nephew.

“I loved that book. It was a great kind of villain origin story. I just found that really, really useful for the building blocks of her character. And who wouldn’t want to play The White Witch?”

Stephens told how she hadn’t read the books while she was growing up — and how it was “just wonderful” to jump into the world of Narnia for the first time.

She said, “I didn’t ever read them as a child. I mean, I knew of them.

“I knew that there was a kind of portal into another world, and I’d heard of the White Witch and Aslan — but I’d never read them as a child.

“So, to read them for the first time was just wonderful — and to read them as an adult.

“But also, the books that I’ve got have really beautiful illustrations by Pauline Baynes. So, I really enjoyed looking at all the illustrations, as well.”

And those illustrations, she explained, ended up being another source of inspiration.

She continued, “It’s funny. I suppose, as

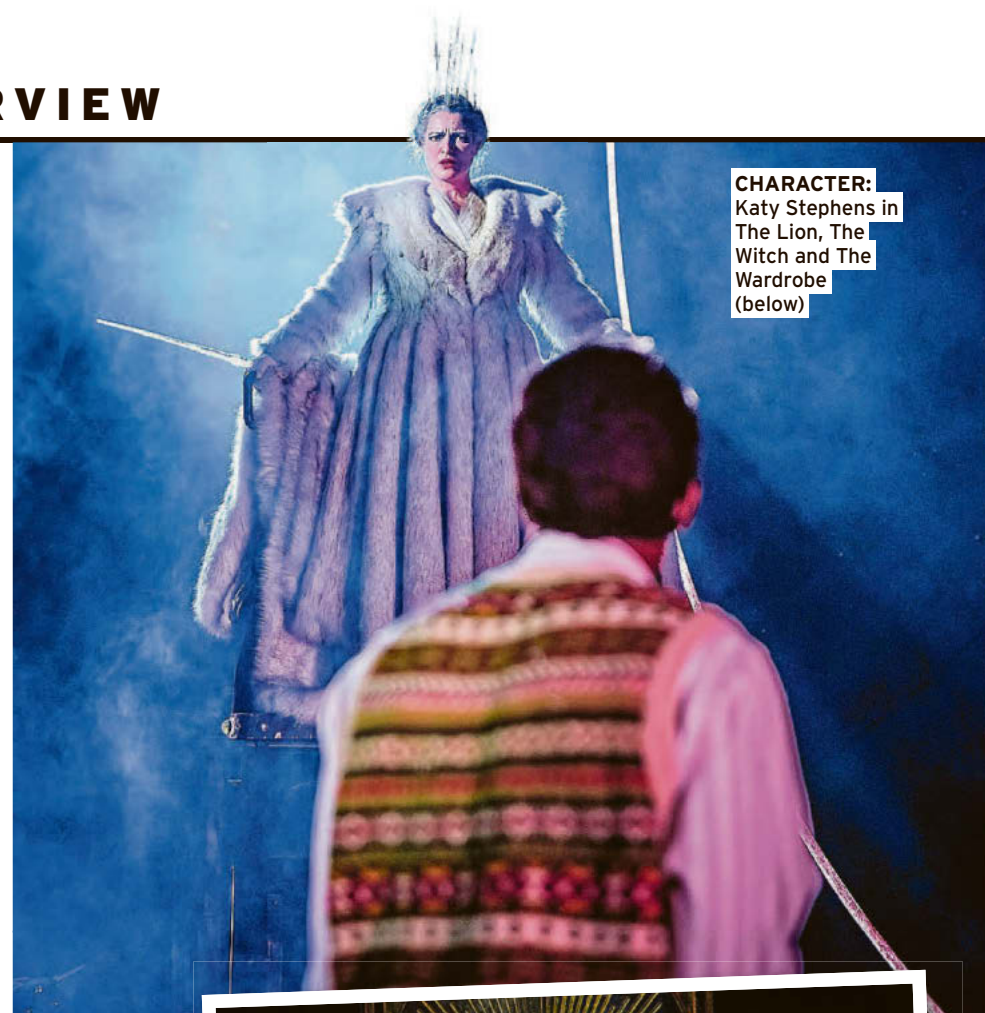
artists, you kind of grab inspiration from lots of different things.

“But I found the illustrations really inspiring, as well — kind of how the White Witch looks; she looks sort of scrawny and scraggly. I really like her in them.”

The actress explained that getting to add a “more complex layer” to the character is one of her favourite parts about playing Jadis, noting that it would “just be so easy to play her as two dimensionally evil.”

She said, “I think it’s always our job as actors to find some more complex layers as there is in every human being.

“Back again, to The Magician’s Nephew, that’s why I found that really helpful.



CHARACTER: Katy Stephens in The Lion, The Witch and The Wardrobe (below)

“And also the journey I like to play in The Lion, The Witch and the Wardrobe is that she starts off — she eats a silver apple in The Magician’s Nephew, which although it gives her immortality, it resigns her to a life of misery.

“I like to start her off quite frosty and chilled, and she’s in that 100 years of winter and misery.

“But the Pevensies and the return of Aslan actually start to thaw her again, as well. I like that as the play goes on, she’s more like Jadis in The Magician’s Nephew.”

This year marks 75 years since C.S. Lewis’ book first hit shelves. Since then, there have been more than 85 million copies sold — and in 60 different languages. The story has also been adapted for the big screen and small screen a number of times over the years.

And Stephens shared what she reckons it is about the story that continues to stand the test of time.

She said, “I think we’re just eternally fascinated by a portal into a different world, where there are different possibilities than there are on earth.

“I think C.S. Lewis, the more I’ve learned about him and the more I’ve read about him, I wonder, did he create the idea of another world where there was a possibility that he may meet his mother again? She died when he was so young.

“He was nine when she died. And I wonder, quite movingly and quite



poignantly, did he create another world where there was a possibility that they would reunite?

“I think, as humans, we’re obsessed by the idea of another world. As Christians, we’re obsessed with the idea of heaven where things can be redeemed and changed. I think that’s very human.

“And another great human thing is that we love to see a good old battle between good and evil. It’s the ultimate battle between good and evil, because I guess the analogy is that Aslan is Christ and Jadis is Satan.

“It’s like the ultimate battle.” ■

The Lion, The Witch and The Wardrobe runs at the Bord Gais Energy Theatre from May 6 until May 10. For more information or tickets, www.bordgaisenergytheatre.ie.



INTERIORS



Vega Scandi Oak Wide Sideboard,
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Sorrento 4
Drawer Chest,
€180, WOODIES



Natural Malvern Oak
Effect Rectangle Set of
3 Nest of Tables,
€245, NEXT



Vega Scandi
Oak & Ivory
Leather
Dining Chair,
€219, EZ
LIVING

Wooden IT BE NICE

Beautifully crafted dining and living pieces
can help bring an effortless aesthetic to
your home. With clean lines, warm oak tones
and a natural finish these wooden pieces are
all about quiet simplicity, writes

Rachel Beresford.

Vega Scandi
Oak 1.5M
Dining Table
€1,249, EZ
LIVING

Vega Ivory Leather &
Scandi Oak Dining Chair,
€199, EZ LIVING



Natural Craft
Wood Effect
Side Table,
€155, NEXT



Acacia
Console
Table, €180,
WOODIES



Vega Scandi Oak Display
Unit, €1,399, EZ LIVING



Chic
PICK



1. Pink Mini Dress with Feather Straps, €199, SALSA JEANS (LIFFEY VALLEY & BLANCHARDSTOWN S.C.). 2. RI Pink Print Sleeveless Halter Neck Maxi Dress, €65, RIVER ISLAND. 3. Cobalt Blue Jumpsuit, €199, SALSA JEANS (LIFFEY VALLEY & BLANCHARDSTOWN S.C.). 4. Emerald A-line Satin Dress, €199, SALSA JEANS (LIFFEY VALLEY & BLANCHARDSTOWN S.C.).

GUEST DRESSED LADY

Summer marks the most popular time for weddings – and with invites comes the hunt for the perfect dress for the occasion. And a summer-time wedding means you have endless options – from bright colours and loud prints to strapless and halterneck gowns as well as mini and maxi length. This week, **Rachel Beresford** rounds up her top 15 wedding guest dresses...



5. Love & Roses Spot Metallic Jacquard Dress, €87, LIPSY. 6. Textured Draped Dress, €59.95, ZARA. 7. RI Pink Long Sleeve V Neck Ruffle Maxi Dress, €92, RIVER ISLAND. 8. RI Green Premium Halter Neck Printed Maxi Dress, €65, RIVER ISLAND. 9. Love & Roses 3D Tie Shoulder V Neck Dress – Green, €115, LIPSY.

FASHION



10.



11.



12.

10. Fringed Midi Dress, €59.95, ZARA. **11.** Asymmetrical Modal Dress, €59.99, MANGO. **12.** Strapless Dress ZW Collection, €99.95, ZARA.



13.



14.



15.

13. Linen Blend Midi Dress with Gold Appliqué, €45.95, ZARA. **14.** Long Floral Print Dress, €199.99, MANGO. **15.** Satin Scarf Dress with Maxi-Flower Print, €79.99, MANGO.

KREME OF THE CROP

PENNEYS teams up with donut franchise for clothing which is set to go viral...



Run, don't walk as two high street icons, Krispy Kreme and Penneys, have launched a brand new collaboration, launching a collection of fashion, sleepwear and accessories that are as comfy as they are stylish.

The collection has officially hit Penneys stores across the country, with 19 hero pieces.

From streetwear favourites to pyjamas for cosy nights in, the exclusive collection is perfect for the 90% of Gen Z's (under 28s polled*) opting for comfort when it comes to serving style.

In fact, the research revealed that Gen Z are the undisputed 'comfy generation', with 62% having even worn a hoodie on a night out and 55% saying they would rather wear trainers to the club instead of heels, with a further 60% preferring a comfier option.

Hot ticket items from the collection include the Krispy Kreme x Penneys sliders – perfect for the 54% of Gen Zs who admit to wearing sliders and socks.

Then for the 70% of Gen Zs who admit that a sweet-treat pitstop is a must on any shopping trip, the rucksack is a great way to carry your new fit as well as a box of Krispy Kreme doughnuts.

With the summer season soon approaching, the Krispy Kreme x Penneys bucket hat is expected to be seen at festivals across Ireland – with 39% of Gen Zs saying it's the must-have rizz accessory.

Available in Penneys stores across Ireland, prices of the exclusive collection range from €4 to €22, including t-shirts for just €12 and the bucket hat for €10.

Guy Meakin, President of Krispy Kreme UK and Ireland, says, "We're incredibly excited to partner with Penneys on this exclusive collection. Both brands have such a strong presence on the high street, often neighbouring each other, so this gives fans of the brands the chance to glaze themselves from top to bottom with the Krispy Kreme x Penneys collection."

Sarah Jackson, Director of Licensing at Primark, comments, "At Primark, we're always looking to create unique in-store experiences and offer exclusive collections that our customers won't find anywhere else. We're thrilled to partner with Krispy Kreme, bringing together two iconic brands in a fresh and exciting way. We can't wait to see our customers serve up some amazing looks with this collection!"



Spring/summer is most people's favourite time of year, when flowers have bloomed, the days become longer and the sun finally feels warmer. But it's not *everyone's* favourite time of the year.

With the warm seasons comes allergies, and those who wear make-up know how tiresome streaming eyes and itchy noses can be.

"During allergy season, I recommend switching to a more hydrating routine to help restore the skin's barrier," says skin and aesthetics expert Nina Prisk. "I often use anti-inflammatory ingredients like niacinamide or calendula, along with regular SPF as it helps protect your skin."

Here, dermatologists and wellness experts go through the ideal beauty routine for allergy-prone skin — and what should be avoided at all costs...

What defines allergy-prone skin, and how is it different from sensitive skin?

The reactions may be the same, but there is a difference between allergy-prone skin and sensitive skin.

"Allergy-prone skin is characterised by an increased likelihood of reacting negatively to certain substances (and) often experience symptoms like redness, swelling, itching or hives upon exposure to these triggers," explains consultant dermatologist Dr Karishma Hemmady at Stratum Clinics.

"This condition occurs because the immune system overreacts to harmless substances, mistaking them for threats," she says. "Allergy-prone skin can be diagnosed through clinical tests or a history of recurrent reactions."

Sensitive skin, on the other hand, is a broader term that refers to skin that is more prone to irritation and discomfort, regardless of an allergic reaction.

"It can result from factors like skin barrier dysfunction, dryness or environmental conditions," explains Hemmady. "The key difference lies in the underlying cause: allergy-prone skin is an immune reaction to specific allergens, while sensitive skin is often caused by skin vulnerability, which can be aggravated by external or internal factors."

Both however require tailored skincare, and knowing which ingredients to use and avoid is critical.

How to patch test a product if your skin is easily irritated

Testing your products before use is imperative in order to avoid any nasty reactions.

To patch test effectively, choose a discreet area, then gently cleanse the skin and apply a small amount of product. Then wait at least 24 to 48 hours to observe any reactions.

"During this period, avoid washing the test area or applying other products to it," says Hemmady.

If you notice any redness, swelling, itching or discomfort, you should stop using the product immediately.

"It's also important to note that some reactions might take longer to appear, so a 48-hour window is the ideal testing time," says Hemmady.

What common ingredients to avoid

Getting clinically tested is crucial if you suspect you are allergic to a specific substance.

"As allergies are an immune reaction, seeing a qualified therapist may be the most useful route," explains naturopathic herbalist Tipper Lewis at Neal's Yard Remedies.

"For example, a skin reaction to food may involve removing it from your diet so I would recommend seeing a nutritionist for allergy testing and to provide guidance on how to manage your diet for the best results," she says.

However, there are some common ingredients that can cause irritation.

"Both allergy-prone and sensitive skin can be supported by a super-gentle skincare routine, which is free from common sensitisers such as fragrances and essential oils, synthetic detergents and alcohol,"



Itch way TO GO!

With allergy season in full swing, here are the best products to keep reactions at bay according to the experts, writes **Rachel Beresford**...

explains Lewis. "Alcohols, particularly denatured alcohol or alcohol-based products, can strip the skin of moisture, leading to dryness and irritation," says Hemmady.

"Preservatives, such as parabens or formaldehyde-releasing agents, are also often linked to skin sensitivities."

Both experts suggest using fragrance-free, alcohol-free and hypoallergenic products where possible and always read labels carefully to avoid potentially irritating substances.

The ideal skincare routine for someone with allergy-prone skin

When it comes to skin, less is more never rung so true, and for allergy-prone skin, this is a mantra to live by.

"The foundation of this routine should include a mild, fragrance-free cleanser that won't strip the skin's natural oils," says Hemmady. "Look for a product with soothing ingredients like aloe vera or chamomile,

which help calm and hydrate the skin without causing further irritation."

When it comes to moisturiser, allergy-prone skin benefits from thicker creams that lock in moisture and provide more of a barrier for the skin.

"Look out for ingredients such as borage which helps calm uncomfortable skin,

helichrysum extract which soothes and calms the skin and hyaluronic acid to hydrate and plump," says Lewis.

Alongside ceramides, hyaluronic acid and fatty acids, these ingredients will help support skin repair and reduce inflammation.

Then finishing with an SPF in the mornings is all you need. But Hemmady suggests opting for physical sunscreens over chemical — comprising of zinc oxide or titanium dioxide, which are less likely to irritate.

"When it comes to serums or treatments, it's important to keep these to a minimum,"

says Hemmady. "Avoid active ingredients like high-potency retinol or potent acids, as these can compromise the skin's protective barrier."

The underrated habits experts recommend that makes a big difference

The experts say there are a few simple hacks that can make a big difference to allergy-prone skin.

"One underrated product that can make a significant difference for allergy-prone skin is a fragrance-free moisturiser," says Hemmady.

"Fragrances, whether synthetic or natural, are among the most common irritants for sensitive skin and can trigger reactions like redness, itching, and swelling.

"Even if a fragrance seems mild or is advertised as 'natural,' it can still cause allergic reactions in people with heightened skin sensitivity."

For her clients, Hemmady emphasises the importance of maintaining proper moisture levels: "As a well-hydrated skin barrier is more resilient to environmental stressors and allergens."

If you do find yourself with irritations, "A herbal hand soak or bath can help soothe unhappy skin," says Lewis.

"Oats, chamomile and marigold are traditional ingredients.

"Or try organic oats in a muslin bag, pop in the bath and let it soak. Then, rub the soaked bag on the skin for its soothing qualities." ■

The hero products

Five potions and lotions for those with sensitive skin...

▼ **Aveda**
Botanical
Kinetics Gel
Cleanser, €27



▲ **Green**
People Scent
Free Light
Moisturiser,
€31

Neal's Yard
Remedies
Chamomile
Roman
Essential Oil,
€27



Ultrasun Mineral Face
▲ **SPF50, €30**



E45 Face ▼
Moisturiser, €9



“GETTING CLINICALLY TESTED IS CRUCIAL IF YOU SUSPECT YOU ARE ALLERGIC TO A SPECIFIC SUBSTANCE”

Beauty NEWS

Nailed it!

THIS season just got a whole lot trendier with the latest drop from 14 Day Mani's Gentle Gels Collection — introducing two new shades, Butter and Le Bleu, which are joining the line-up of HEMA-free gel polishes.

Butter is a soft, creamy yellow, which is a perfect pick for this season's biggest manicure trend: buttery yellow French tips on almond-shaped nails — a chic, sunny twist on the classic French.

As for Le Bleu, a vibrant ice blue, it's all about contrast. This unexpectedly deep yet refreshingly crisp hue taps into the rising trend of icy blues as a springtime statement — a great alternative to pastels.

With on-trend shades, this latest drop proves that healthy nails and

high-fashion colours go hand-in-hand.

And the drop completes the 12-shade line-up of ultra-versatile nudes and pinks. With each Builder Gel priced at €16, this 2-in-1 base & colour formula works seamlessly with 14 Day Mani's Perfect Prep Primer (€11) to ensure superior adhesion and longer-lasting results.

With its self-levelling consistency, it's perfect for reinforcing weak nails, infills, or adding length — whether worn alone or paired with gel polish for endless customisation.

The new Gentle Gels shades are available for €11 each, making salon-quality, long-lasting manicures more accessible than ever. Or, grab both in 14 Day Mani's Butter on Ice Duo for €19.80 and save 10 per cent.

Available at 14daymanicure.com & 14 Day Mani Dundrum Town Centre Pop-Up.



COPING WITH ROSACEA

Nicknamed 'The Curse of the Celts' due to its high prevalence among fair-skinned individuals, rosacea is a chronic inflammatory condition typically affecting adults over 30.

In fact, 77% of people in Ireland identify as fair-skinned or freckled, putting them at greater risk of experiencing rosacea's hallmark symptoms, including persistent redness, flushing, and, in more severe cases, visible blood vessels or acne-like breakouts. While there's no known cure, the right skincare can make all the difference in managing symptoms, especially during the seasonal shift when fluctuating temperatures and environmental changes are common triggers.

Yon-Ka, the professional skincare brand already trusted across Ireland, is using its expertise to share specialist-backed advice and calming product solutions for rosacea-prone skin.

Drawing on its rich heritage in phyto-aromatic care, Yon-Ka's Sensitive and CBD ranges are specifically designed to reduce inflammation, restore skin

harmony, and support long-term skin health.

5 top tips for managing rosacea-prone skin...

Prioritise gentle, fragrance-free products: Avoid potential irritants like essential oils and perfumes. Choose formulations made specifically for reactive skin.

Hydrate & strengthen the skin barrier: Look for ingredients like shea butter and probiotics that lock in moisture and build resilience.

Cool it down: Cleanse with lukewarm water and avoid physical scrubs. Harsh temperatures and exfoliation can trigger flare-ups.

Daily SPF is essential: UV exposure is one of the biggest rosacea triggers. Wear a broad-spectrum sunscreen every day, rain or shine.

Get to know Your triggers: Track lifestyle and environmental factors like diet, stress, and temperature. Everyone's rosacea story is personal.

A full list of Yon-Ka stockists & clinics can be found at yonka.ie/find-a-pro.



HAIR'S TO YOU, BECKS!

AS David Beckham turns 50, here are his best hairstyles...

While David Beckham may be one of the greatest footballers of all time, the London-born star is also undoubtedly synonymous with great style.

Whether it's his tattoos, strong suit game or impeccable grooming, David has always taken his image seriously.

Maybe this could be down to his wife, fashion designer and former Spice Girl Victoria Beckham, and their iconic couple costumes. Or perhaps the influence of his hairdressing mum, Sandra.

Either way, Some of Beckham's most memorable looks come from his iconic haircuts.

So, with the star turning 50 yesterday, May 2, we are casting our eyes back to his most iconic hairstyles...

1996 and 1997

Beckham shot onto the scene in 1996, when on August 17 that year (the first day of the Premier League season), he scored a spectacular goal for Manchester United in a match against Wimbledon, and became a household name.

His hair was the classic boys' cut of the day: Nineties curtains.

This tousled, side swept look has made a come back in recent years, with Beckham, Leonardo DiCaprio and Johnny Depp acting as reference points for the trend.

1999

Before the millennium was the first time Beckham experimented with dye. He tried out highlights before bleaching his curtains peroxide blonde, starting a new grooming trend among men. Before this, hair dye had largely been the preserve of women, but Beckham showed that experimentation was for everyone.



2000

In 2000, the same year Beckham became England captain, he stepped onto the pitch with a buzz cut after a decade of long locks. It's no surprise Beckham opted for a buzz cut: it's easy to achieve and super-low maintenance, due to the fact that anyone can cut it themselves at home with the a good clipper and the right size guard.

2001

The buzz cut however was a low-maintenance, under-the-radar look — something Beckham is not massively into. So in 2001, he grew it out, and he sported a Mohican which caused mass media attention.

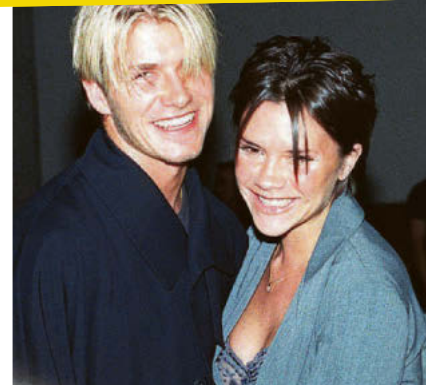
"I never did it to create attention," Beckham said in his 2023 Netflix documentary Beckham. "I'm not that person."

2002

Shortly after the birth of his second son, Romeo, in 2002, Beckham started to grow out his hair, bleaching the tips blonde, which started a new craze for frosted tips.

2003

In 2003, Beckham started to indulge in hair accessories, from head bands to hair bands, growing his hair out once again and sporting slicked-back buns on red carpets. His unkempt locks leant into a more laid-back, bohemian style that was beginning to trend at the time, when Sienna Miller and Kate Moss were



fashion's biggest style icons.

2006

It wasn't until the mid-Noughties that Beckham began to sport a variation of his iconic short back and sides look. It was this year Beckham would also step down as captain of the England football team after being knocked out of the FIFA World Cup.

Beckham sported a choppy-but-chiselled quiff — a look that would become his signature for years to come.

2010

At the beginning of the 2010s, Beckham sported a modern fohawk, a play on his infamous 2001 look. Fohawks are not a common cut for barbers these days, but somehow Beckham seemed to reinvent the style to appear much more on-trend.

His modernised fohawk inspired looks for countless boy bands and male celebrities throughout the 2010s.

2011

From one controversial look to another: in 2011 Beckham started sporting a pared-back pompadour. Keeping his length longer up top is the key to Beckham's success in most of his styles.

With more options for parting and directing, all the extra length can be used to create a variety of good styles.

This longer pompadour look tied into the hipster trend of the time, but it was only a year until Beckham opted for a shorter more polished look.

2012

Beckham made a noticeable change to his look as he carried the Olympic torch in London. His straight back with a side part brought a mature edge to his look. Styled with a dab of matte pomade, a barrel brush and blow dry, Beckham's new look certainly appeared less effortless than previous ones.

2018

By the late 2010s, Beckham had gone for a more rugged and choppy style, paired with his now iconic stubble.

Still styled in a quiff, Beckham shaved the sides considerably shorter, which let his beard do more talking.

He sported this classic style at The Duke and Duchess of Sussex's wedding in 2018, which worked well with an elegant tux.

2025

At 50, Beckham has returned to slightly longer locks, styling his sandy blonde hair brushed up with plenty of height. He's maintained the choppy styling for a more rugged look as he enters his 50s.

Stephen Roche's family on charity cycle in memory of cyclist's late sister and their beloved wife and mum...
By Keeley Ryan

‘EVERY TRIP THAT I GO ON, *every experience, is for my mum*’

An Irish father and son who are cycling more than 3,000km around Ireland in memory of their wife and mum have opened up about the “incredible” support they have received — and how it’s “really heartwarming to see people rally around when something like this is going on.”

Peter and Erik FitzHugh’s cycle, which began on April 19, is being done in honour of Carol FitzHugh, née Roche, who passed away from liver cancer in 2022.

The cycle — which has been dubbed the Tour de Éire for Carol — will span 3,180km.

They are aiming to raise funds for Breakthrough Cancer Research, one of the country’s leading cancer research charities.

The 24-day journey will see the father and son tackle coastal and mountainous terrain, with the route taking them through Tramore, Clonakilty, Dingle, Malin Head and Bangor, among others, before returning to Dublin on May 11.

Erik told *Chic* how the cycle will be “quite a journey” but that he reckons

there will “be a massive sense of accomplishment” when they get to the end.

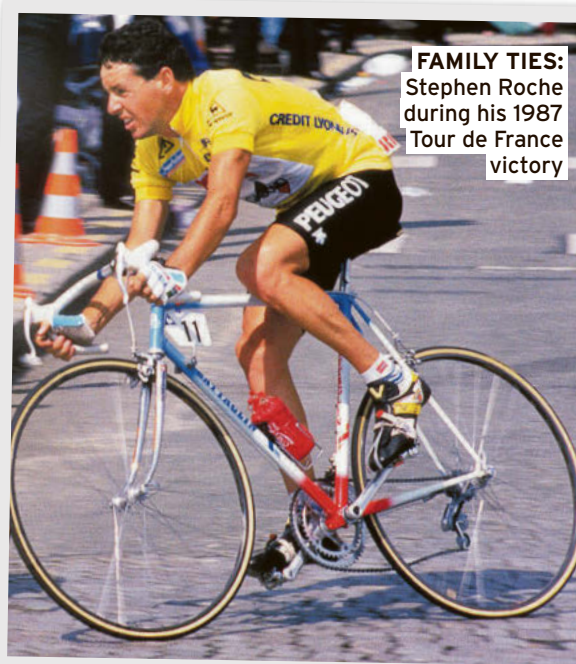
He continued, “Hopefully we’ll look back on it with not only fond memories of a trip around Ireland and an incredible cycle around Ireland, but also hopefully see lots of money raised for Breakthrough Cancer Research, as well.”

Erik told how they had “always been around cycling” and that “everyone in the family cycles in some shape or form, or has done at some point in their life” as he opened up the idea behind the Tour de Éire for Carol.

He said, “Obviously with my mum’s brother being Stephen Roche, and then with my cousin Nicholas Roche — who I’d be very close to — there’s always been cycling around.”

“I think the idea just came from my dad as something that would obviously be a nice way to honour mum, given how close she was throughout her life to cycling.

“But also, with it being such a



FAMILY TIES:
 Stephen Roche
 during his 1987
 Tour de France
 victory

massive feat and a massive undertaking, that it could be something that we could use to help someone like Breakthrough Cancer Research generate some funds and help them with the wonderful research that they do.”

Peter told how the inspiration behind the fundraiser was that he wanted to do something for Carol when someone suggested including a fundraising aspect.

He said, “So, I was thinking of who to do it for — apart from doing it for Carol obviously — but Breakthrough Cancer came to mind.

“One of the reasons is that Breakthrough Cancer have a lot of research facilities around the country; they have a lot of people looking into new drugs, new methods for treatment.”

Breakthrough Cancer Research funds more than 165 researchers across 13 institutions nationwide.

They work on developing new

treatments for cancers with low survival rates, including liver, lung, pancreatic, ovarian, oesophageal, brain, and stomach cancers.

Peter said, "The more research that there is into that [it] can actually one, probably give people more of a chance and then two, probably eradicate it completely. That'd be great."

Erik added that it is "one of those where you can see a real impact in the research that they do."

He said, "I've worked with them over the years on a couple of different occasions, and then being able to raise money and then seeing the specific research study that it funds — be it bowel cancer, liver cancer, pancreas, whatever type of cancer it is."

"But seeing it go towards research that then has real world implications — going into treatments, clinical trials and all that sort of stuff. It's just incredible to see the progress."

"Obviously, it would be amazing to see cancer completely eradicated. But even just to see the progress towards that mission and that goal, it's quite uplifting."

Peter told how their cycle route was worked out via Strava, with the plan being to take on "all the coastline, basically, of Ireland."

He said, "As I always say to the lads who go out on the bike, I don't do anything easy. They were saying, 'would you not do Mizen to Malin, or Malin to Mizen, or whatever?'"

"I said, 'no, I want to do something for Carol — and something not many people, I don't think, have done before'."

"I said, 'I want to do something worthwhile for Carol, and obviously Breakthrough Cancer, as well'. It'll be good for them, as well."

Peter added that it was "great" for the two of them to be undertaking the journey together.

He said, "Erik, he enjoys the bike as well. He's been doing it for a good while — and I've been doing it for over 40 years."

"When I started to suggest it, and Erik said he was going to do it with me, I said to him that I'd need a year's training to try and get my legs back together again. I was only doing short spins before that, whereas obviously doing 150km a day, it needs a bit of work on."

"Over the years, you develop memory muscle. Once you start pedaling and all that kind of thing, your muscles start to remember that you've done this before and all that kind of thing."

Erik told how when it came to getting ready for the journey, "a lot of preparations go into it, just in terms of the actual distance and the training that you put in."

He added that while they are a cycling family, neither he nor his dad have ever "undertaken anything quite this grand before."

Erik continued, "It will be a challenge both mentally and physically, to get through the three weeks."

"But I think it's something that — from a mental perspective, for me, everything I do in life now, every trip that I go on, every experience that I have, I do that for my mum. Because she can't do that anymore."

"Whenever I'm finding anything challenging, what really pushes me on is knowing that if my mum can battle cancer and fight as hard as she did and still have the incredible hope she had throughout her whole journey, I can get through whatever tiny, little minuscule thing I'm going through in that moment."

"I think that kind of mental side of things will be challenging. But I know I'll have that to help me along the way."

Erik told how Carol was someone who was "incredibly kind, outgoing and insanely positive about everything that she did."

He continued, "She always tried to see the positive side of things, and very much imparted that on myself and my brother, as well."

"She was always there to give advice, and she was always the one I'd go to when I had any problems growing up — or even more recently in life."

"I feel very lucky that I had 30 years with her and with her guidance, where she was able to help me and shape who I am."

"There's plenty of people out there that don't get that amount of time with a parent or with both parents. As horrible and as devastating as it is that she's gone, I do feel so privileged to have had that time with her."

And the pair opened up about the support they have gotten from their local community, friends and family when it comes to the journey.

Peter said, "People are just incredible, when you're doing something like this."

"Especially from my own family here, from my other son Simon to his girlfriend Danielle — to lots of other people around."

I WANT TO DO SOMETHING WORTHWHILE FOR CAROL...

"We've six drivers that are driving the van, they're giving up their free time. To the bike shop that I've left the bike in that I've been going to for years, never a problem — they're really nice, genuine

people to deal with. There's loads of people that I work with."

"It's incredible, the amount of generosity that is there. Carol used to say to me — I watch the news, and I look to get

different kinds of views from different countries on the news. I'd watch the Irish news, and then I might watch the English Channel 4 news, and then I might watch the Euro news, or whatever."

"My wife, Carol, used to say to me, 'I don't know how you watch so much news. There's so much news going on — they never finish up or report on good things that happen. There's good things happening in the world every single day.'"

"But all the news that you seem to hear, especially nowadays, it's all kind of bad news. Even if they could finish off with a nice good

news story, at least that would be something — but they never seem to do. The odd times, they might. But most of the time, no."

"There is an awful lot of good people out there that do good

CHALLENGE: Father and son Peter and Erik FitzHugh (also left) cycled over 3,000km in memory of their late wife and mum



things. Not that they're looking for recognition, but they never actually get kind of recognised for it."

Erik added that the support has "been absolutely incredible" and told how it's been "really heartwarming to see people rally around when something like this is going on."

He said, "It's incredible when you talk to people."

"Everyone has been affected by cancer in some way, shape or form, be it through a family member, a friend, an acquaintance, whoever it might be."

"Cancer touches everyone. And I think when people see someone or a group of people doing an activity to raise money or raise awareness for cancer charities — in my experience, it's been hugely positive the support that you get."

"We've certainly seen that from everyone, from my colleagues at work — I've had a huge outpouring of support, be it people making donations or offering to support in various ways that they can — and then down to the support crew that we have."

"We wouldn't be able to do this without them."

"We have the six drivers that are going to be driving the van for us and carrying supplies and meeting us at various locations along the route."

"And then obviously family support as well between having people at the start, the finish, and again, meeting at different points around the country to give us a little moral boost or a little bit of support."

And with the journey taking them throughout Ireland, the duo also shared the places that they're looking forward to seeing along the way.

Peter said, "I've never been up around Donegal. I believe Donegal is very picturesque, and I'm looking forward to seeing Donegal."

"I've seen most places around the country — bits and pieces of the North. Obviously, Galway, Sligo, Kerry, Cork, I've been in — Wexford, all that kind of thing. But in all the years, I've never really gotten as far as Donegal."

Donegal is kind of holding the fascination for me. And hopefully when we get there, it'll be as nice as people say — which I believe it is."

Erik added, "It's funny — I think everyone's probably guilty of this. There's so many places in Ireland that I've never been to, purely just by, 'ah, sure, it's always there; I'll go at some point'."

"Somewhere I'm incredibly excited to cycle through is

Donegal. I've never once in my life set foot in Donegal, which I know sounds bizarre."

"But I'm very much excited because I've only ever heard positive things about Donegal and how absolutely stunningly beautiful it is. That's probably one highlight that I'm looking forward to. But even just generally, the Irish coastline is absolutely stunning."

"We live in such a beautiful country that whether it's raining, whether it is sunny, I just can't wait to get out and experience as much as I can and, you know, see some of the incredible scenery that we have to offer. Especially along the Wild Atlantic Way." ■

Supporters can follow Peter and Erik's progress and join the conversation online using #TourdeEireForCarol. For more information or their fundraiser, visit www.idonate.ie/fundraiser/ErikFitzHugh2411.



GARY
COOKE

My best

GARY COOKE stars in *OLLIE... One Love, One Life* which comes to The Helix Theatre, Dublin on Saturday, May 17 and Sunday, May 18 (tickets are on sale now), playing the legendary chairman of Shelbourne FC Ollie Byrne – a larger-than-life name in sports. Gary is best known as one of the stars of *Apres Match*, the popular satirical comedy spoof, which ran on RTE for over 20 years. He has also appeared in many other TV shows including *Irish Pictorial Weekly*, *The 11th hour*, *Rock Rivals* and *On the Couch*. His theatre work is also extensive and highlights include playing Johnny Boyle in *Juno* and the Paycock, directed by Joe Dowling for the Olympia, and the role of Lar in Hugh Leonard's *A Life*.

He also starred in *I, Keano*.
This week, *Chic* asked Gary about some of his favourite things in the world...



BEST MOVIE What's with yer questions!? How could anyone have one favourite film? There's 100s – the top are:
Casablanca
The Godfather Part 1 and Part 2
Midnight Run
The Sting
Close Encounters
Wall Street
North by North West

BEST BOOK I don't have a favourite book, it would be impossible to distil all the books I have read into a favourite. The first book I read was Rupert Bear and the most recent was a rereading of 1984 – the funniest book was Carl Hiaasen's *Stormy Weather*. Laugh out loud funny. Thoroughly recommend.

BEST MEMORY Hanging out as a youth on long summer days, listening to *Rainbow Rising* with my mate, drinking tea, laughing at nothing and watching World Cup football matches. More recently, my children mispronouncing words and doing things for the first time like walking and speaking. And Ron Atkinson's *Man United*.

BEST ACTOR/ACTRESS I don't have any favourites, there's lots of people who I admire. All the obvious ones, Marlon Brando, Robert de Niro etc, but really anything from Charlie Chaplin to ET. Both made a big impact with few words. Actors with great skills in non-verbal communication. Recently Kieran Culkin in *Succession* and Colin Firth in *Locke & Key*.

BEST GIG U2 in Howth Community centre in '79. They were the first band I ever saw so I got a bit spoilt. The exhilaration was unreal, I couldn't get over Bono and how confident he was. The music was electric and seemed to take the place over and take everyone to some other place that few bands have ever done to me since. David Byrne was the other one.

BEST JOKE Jokes aren't funny. People are. So whoever the best joke teller is. John Colleary is the greatest comedian I know – funny, funny man. There was a fella in Howth by the name of Vinny, who died, he was the greatest teller of jokes, he made not funny stuff funny. He knew more jokes than anyone. He thought I knew loads of jokes but I don't. I miss him.

BEST SONG

Mercy Street
by Peter Gabriel.
There is no why, it's not really explicable, other than the feeling it creates, musically it's beautiful. The kind of thing that I will never tire of hearing. It has a meditative quality and an aching hope for some kind of redemption. It was based on a poem I heard about someone dying.



BEST HOLIDAY Don't have one, plenty of good ones, plenty of dross. I like holidaying in my head, you can go anywhere, and I've been everywhere in my head and not that many places in reality. I don't really bother with travel, it's awkward and expensive. We went to Malta, me and my wife Lorraine, and that was nice. I liked a church and I didn't really want to leave the church, but when you're a tourist you have so much touring to do.

BEST RESTAURANT I used to love a place in Howth called The Big Blue, it was there up to the mid Noughties. That was a great place to hang out. Still young enough to be carefree and rich enough to buy restaurant wine and fancy steaks.

The Oar House in Howth or Aqua in Howth where we had our wedding – put a load of cash in their tills.

BEST FRIEND My wife. Possibly my only friend at this point. Oh and Tom, Dick and Harry... men of 60 don't really have friends, as such, do they? Acquaintances more like. You don't 'hang out' and 'shoot the breeze'. It's more fun talking to friendly acquaintances who don't really know you or who haven't become Frenemies yet. They haven't grown to be deeply irritated by your every utterance. Or by the way you breathe. There's some hope in the air, some level of positivity unlike the calcified layers of years and years.



BEST ADVICE: Time passes and things change. That's good, I like that. Some people never change, I like that too. In reality, most people ask for advice but don't really want it.

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

IRISH DAILY
STAR

SATURDAY,
MAY 3,
2025

Chic

PUZZLES



Chic THE THINKING ZONE

SUDOKU

OPTICAL ILLUSION

MAGIC EYE

MEGA ALPHA PUZZLE

SHALL X-WORD

Chic THE CREATIVE ZONE

DRAM TEASERS

8-PAGE puzzles PULLOUT



WHAT HAPPENS NEXT?

What happened next in this picture? A golfer has climbed into the lake to take her next shot. Choose one of the four options.

Solution next week

1. She hits a perfect shot and gets the ball in the hole.
2. As she swings her club, she slips and falls backwards into the water.
3. She scuffs her shot and hits the ball straight back into the lake.
4. As she takes her shot, the cameraman behind stands up to get a better shot and slips into the water.



PICTURE QUIZ

Can you name these dog breeds? Write down your answers below. **Solution next week**

A

B

C

D

E

F

G

H

I

SPOT THE DIFFERENCE



Spot six differences between the picture of Mimi Keene on the left and right

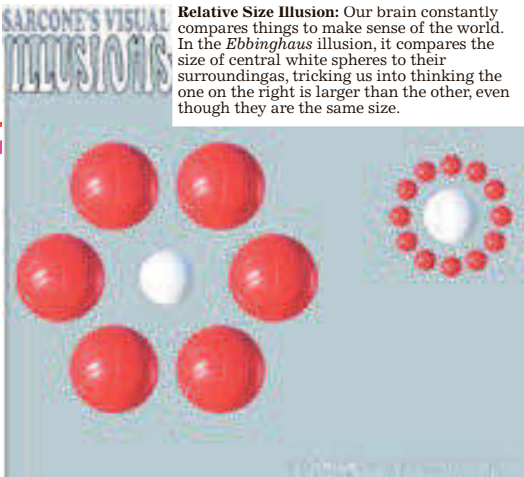
Solution next week



OPTICAL ILLUSION

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

Solution next week



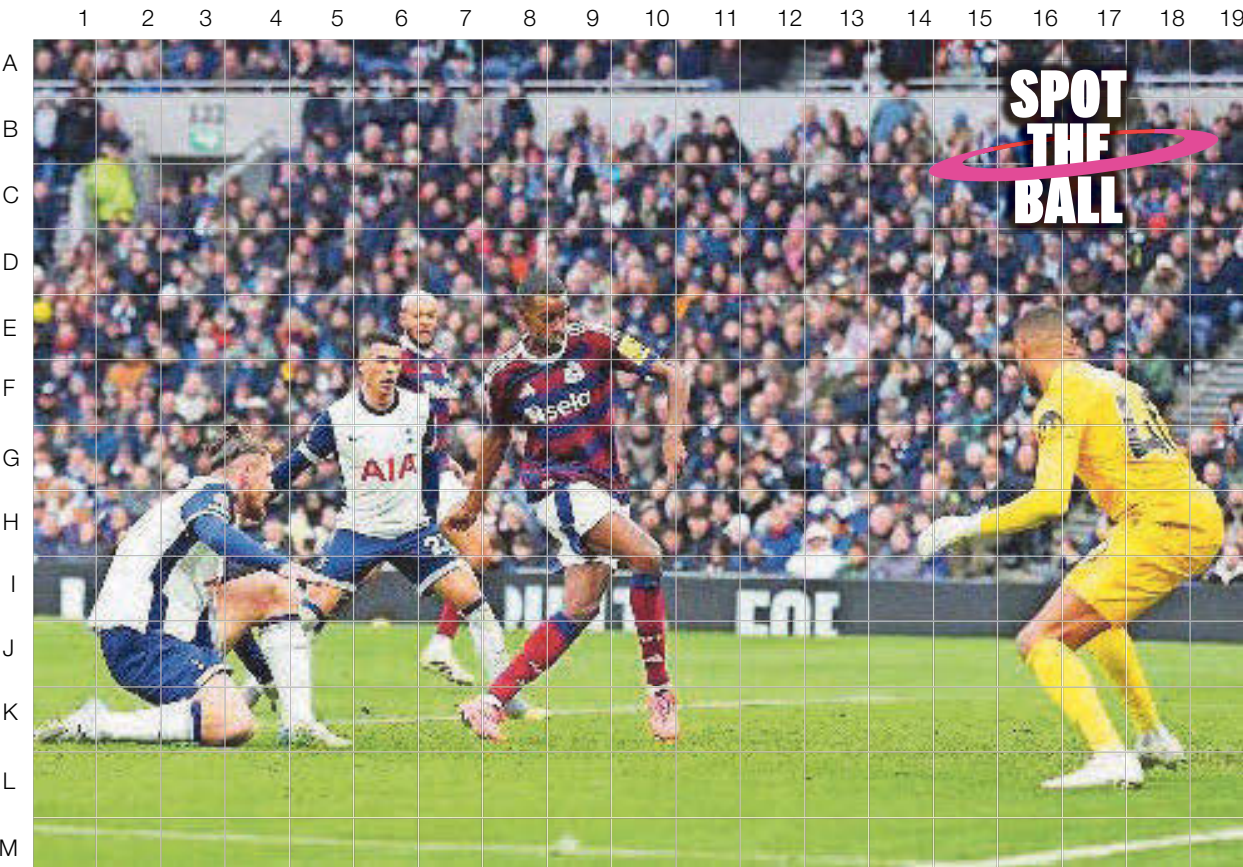
Relative Size Illusion: Our brain constantly compares things to make sense of the world. In the *Ebbinghaus* illusion, it compares the size of central white spheres to their surroundings, tricking us into thinking the one on the right is larger than the other, even though they are the same size.

Expanding Heart Illusion: Stare at this black heart, and you'll see it starting to expand towards you — but the image isn't moving at all. What's really happening is your brain reacting to the contrast and predicting motion, even when nothing is actually changing.

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:** Where did you last see them? **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

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

MEDIUM

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

DIFFICULT

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

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

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26
A	B	C	D	E	F	G	H	I	J	K	L	M
N	O	P	Q	R	S	T	U	V	W	X	Y	Z

MEGA ALPHA PUZZLE

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

Thinking Space

SMALL X-WORD

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

ACROSS

- 1 Ant bear (8)
- 8 Take or get back (6)
- 9 Egg-shaped (4)
- 10 Piece (3)
- 11 Cover with a coat of plaster (6)
- 13 Sudden brief invasion (9)
- 15 Heavy cloth (6)
- 17 Individual savings account (3)
- 18 Something very small of its kind (4)
- 19 Agile (6)
- 20 Motorcycle sport (8)

DOWN

- 1 Native Australian (9)
- 2 Arrival or coming (6)
- 3 __ Sinclair, Doctor Who companion (4)
- 4 Worthy of deep respect (9)
- 5 Jelly type (4)
- 6 Synagogue minister (5)
- 7 Tiny fines (anag.) (9)
- 12 __ Lumley, actress (6)
- 14 Painful muscle contraction (5)
- 15 Solid block (4)
- 16 Look at (4)

Solution next week

Thinking Space



- 1 The Absinthe and Cognac cocktail known as an Earthquake is attributed to which French artist?
- 2 A loganberry is a hybrid which crosses a blackberry with which other berry?
- 3 The iconic Angel of the North statue stands just south of which English town?
- 4 Tbilisi is the capital of which former Soviet country?
- 5 What is the title of the Netflix drama starring Stephen Graham, left, as the father of a teenage boy accused of murder?
- 6 What number is between 20 and 18 on a dartboard?
- 7 Which of the Romantic poets is said to have kept a pet bear during his time at Cambridge University?

PUB QUIZ

Solution next week

- 8 In nature, esparto is a type of what?
- 9 Which battle of 1746 ended Bonnie Prince Charlie's attempts to claim the British throne?
- 10 What is the title of Peter Capaldi's 2025 album?
- 11 Which two Scottish rivers flow into the North Sea at Aberdeen?
- 12 What is the name of the London to Edinburgh train service started in 1862, after which a locomotive is named?

- 13 Which ocean current carries warm water across the Atlantic and forks toward northern Europe and West Africa?
- 14 Anna Karenina and War And Peace are the two most famous works by which author?
- 15 Jack Quaid stars as a man on a quest to rescue the girl of his dreams in which 2025 action comedy?
- 16 In BASE jumping, the letter B stands for which of the four categories of fixed objects from which one can jump?
- 17 Which Renaissance artist's name means 'little barrel' in Italian?



- 18 David Byrne was lead vocalist of which American new wave band who had hits with Burning Down The House and Road To Nowhere?
- 19 In the New Testament, who did the crowd choose to save from crucifixion instead of Jesus?
- 20 Ben Miller and Sally Phillips, left, star in which British-Australian comedy?
- 21 What is the white winter coat of a stoat called?
- 22 Which Tennessee Williams play was made into a film starring Elizabeth Taylor and Paul Newman?
- 23 Which east coast US state was named after the queen consort of Charles I?
- 24 Which gaseous element with atomic number 18 makes up nearly one per cent of the Earth's atmosphere?
- 25 Remember Monday are representing the UK at the Eurovision Song Contest this year with which song?
- 26 I Know Why The Caged Bird Sings is the first autobiography of which US poet and activist?
- 27 What kind of creature is a mako?
- 28 Henry Moore and Barbara Hepworth were major figures in which branch of the arts?
- 29 What is the largest county in Wales by land area?
- 30 What is the name of the Japanese delicacy consisting of raw seafood served with a dipping sauce?

BIG X-WORD

ACROSS

- 1** US composer noted for his use of polyrhythms, polytonality and quarter tones (1874-1954) (7,4)
6 Unit of astronomical distance equal to approximately 3.26 light years (6)
9 Stephen ____, English cardinal; Archbishop of Canterbury 1207-1215 and 1218-1228 (7)
10 Capital of the Yvelines department in northern France; site of a royal palace built for Louis XIV c. 1661-1678 (10)
11 Mountain range of south-west Europe forming a natural border between France and Spain (8)
12 Mahmoud ____, also called Abu Mazen; president of Palestine since 2005 (5)
13 Genus of mammals of the family Bovidae that comprises sheep (4)
16 National dish of South Korea, consisting of cabbage and other vegetables fermented with garlic, chillies etc. (6)
19 Freshwater whitefish native to Lake Bala in North Wales (Coregonus pennantii), related to the powan (7)
21 2019 musical fantasy film starring Himash Patel and Lily James (9)
22 Small Chinese evergreen tree whose dried seed pods are used in cooking; Illicium verum (4,5)
23 Tree genus of the beech family (Fagaceae) to which the oak belongs (7)
24 Japanese art of growing artificially dwarfed ornamental trees; 'tray planting' (6)
25 Chief port of Yemen, and capital of the former republic of South Yemen (1967-90) (4)

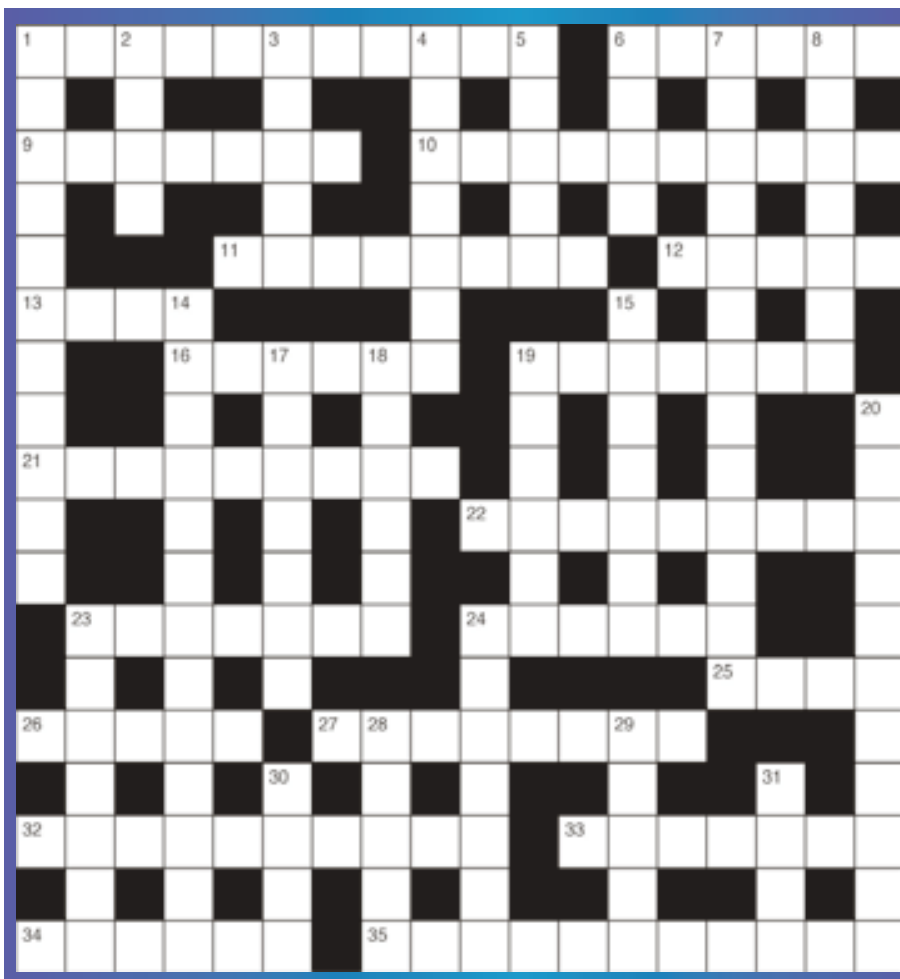
- 26** Island lying north-east of Zanzibar off the east coast of Tanzania; chief town, Chake Chake (5)
27 Athletics event whose standing variety was discontinued from the Olympic Games after 1912 (4,4)
32 Route through the Hindu Kush mountains between Afghanistan and Pakistan that formed part of the ancient Silk Road (6,4)
33 Order of predatory winged insects that comprises the dragonflies and damselflies (7)
34 Better-known name of the Edgar Rice Burroughs character John Clayton II, Viscount Greystoke (6)
35 Welsh market town home to the first college (1872) of the University of Wales (11)

DOWN

- 1** Green pigment in plants and algae that traps the light energy required for photosynthesis (11)
2 Hindu god of fire; one of the three chief deities of the Vedas (4)
3 Hard dark wood of the Indian tree Diospyros ebenum and related species (5)
4 See 29 Down
5 Strong twill-weave woollen or worsted fabric used for clothing such as military uniforms and suits (5)
6 '[A] good ____ needs no epilogue' (Shakespeare As You Like It (1599) epilogue) (4)
7 Patriotic 1740 poem by

Scottish poet James Thomson set to music by composer Thomas Arne (4,9)

- 8** Gemstone variety of the mineral beryl coloured green by the presence of chromium (7)
14 1836 short-story collection by Charles Dickens 'Illustrative of Every-day Life and Every-day People' (8,2,3)
15 Small circular opening leading from the stomach to the duodenum, controlled by a sphincter muscle (7)
17 Iris ____, British author of novels including The Black Prince (1973) and Jackson's Dilemma (1995) (7)
18 Open star cluster in the constellation Taurus that appears to surround the red giant Aldebaran (6)
19 European spacecraft that intercepted the path of Halley's comet in March 1986, recording detailed images of its nucleus (6)
20 War memorial in Whitehall, London, built between 1919 and 1920 to a design by Sir Edwin Lutyens (3,8)
23 Member of a group of South American Indian peoples of Peru, Bolivia etc. that includes the Incas (7)
24 Dry pulpy residue left after the extraction of juice from sugar cane, used as a biofuel and in making paper (7)
28 Largest city of Nebraska, in the east on the west bank of the Missouri River (5)
29 & 4 Down Working arrangement that enables cooperation between parties



with conflicting interests; Latin, 'way of living' (5,7)
30 Fourth most abundant

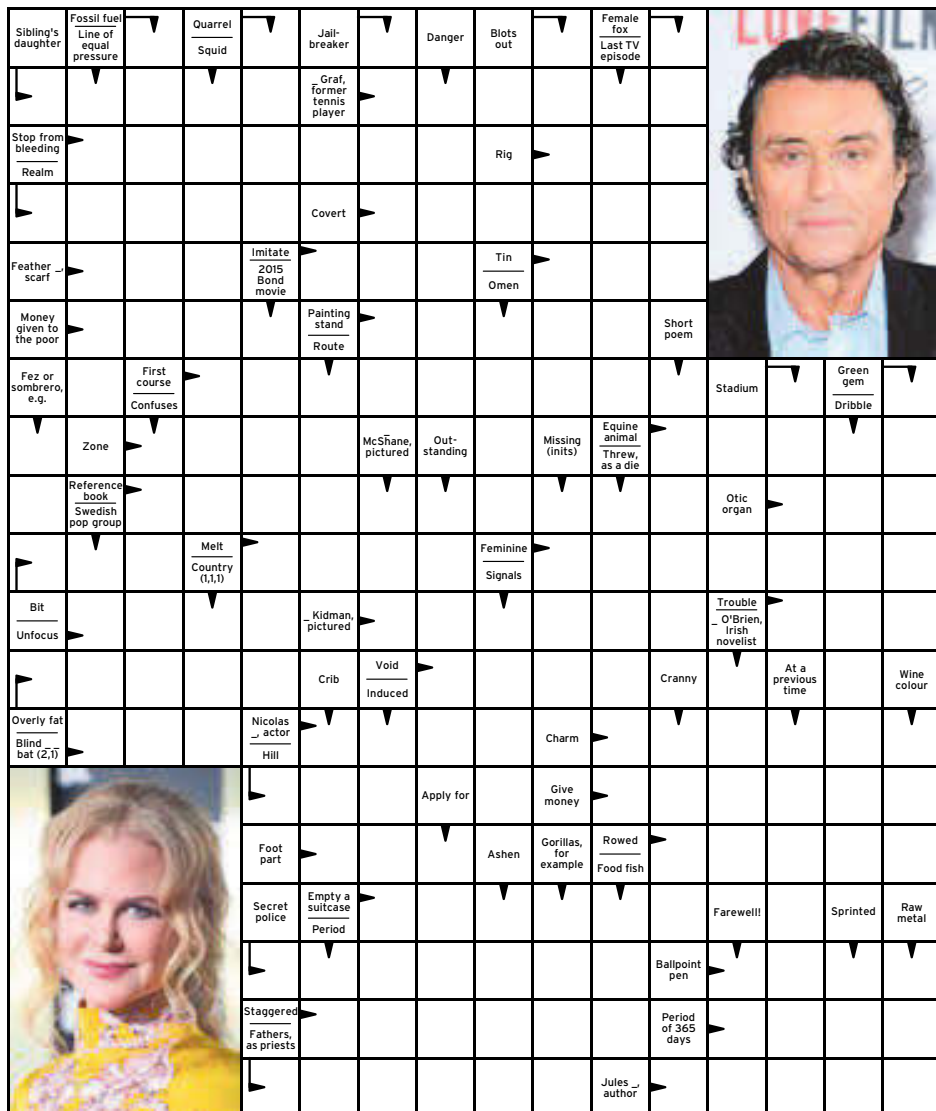
element in the earth's crust, chiefly occurring in haematite ore (4)

31 'The ____ still must labour for the one' (Lord Byron, The Corsair (1814) canto 1, st.8) (4)

ARROW WORD

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

Solution next week



WORD SEARCH

Find all the children's book characters listed below in the grid.

Solution next week

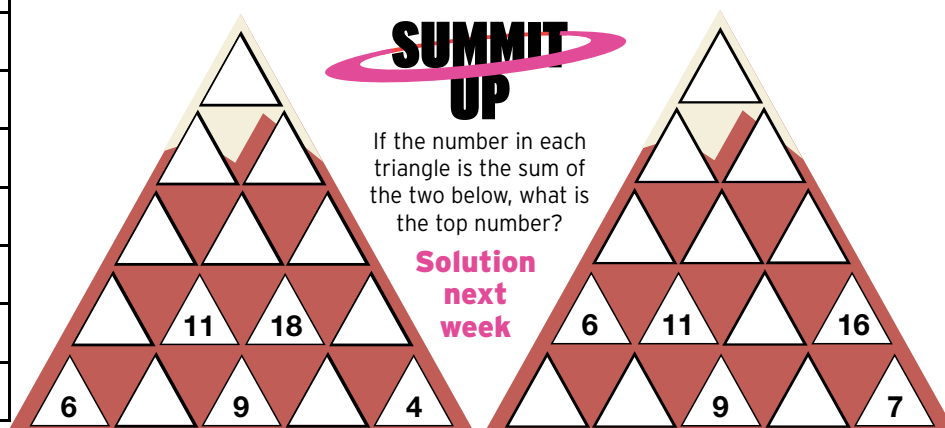


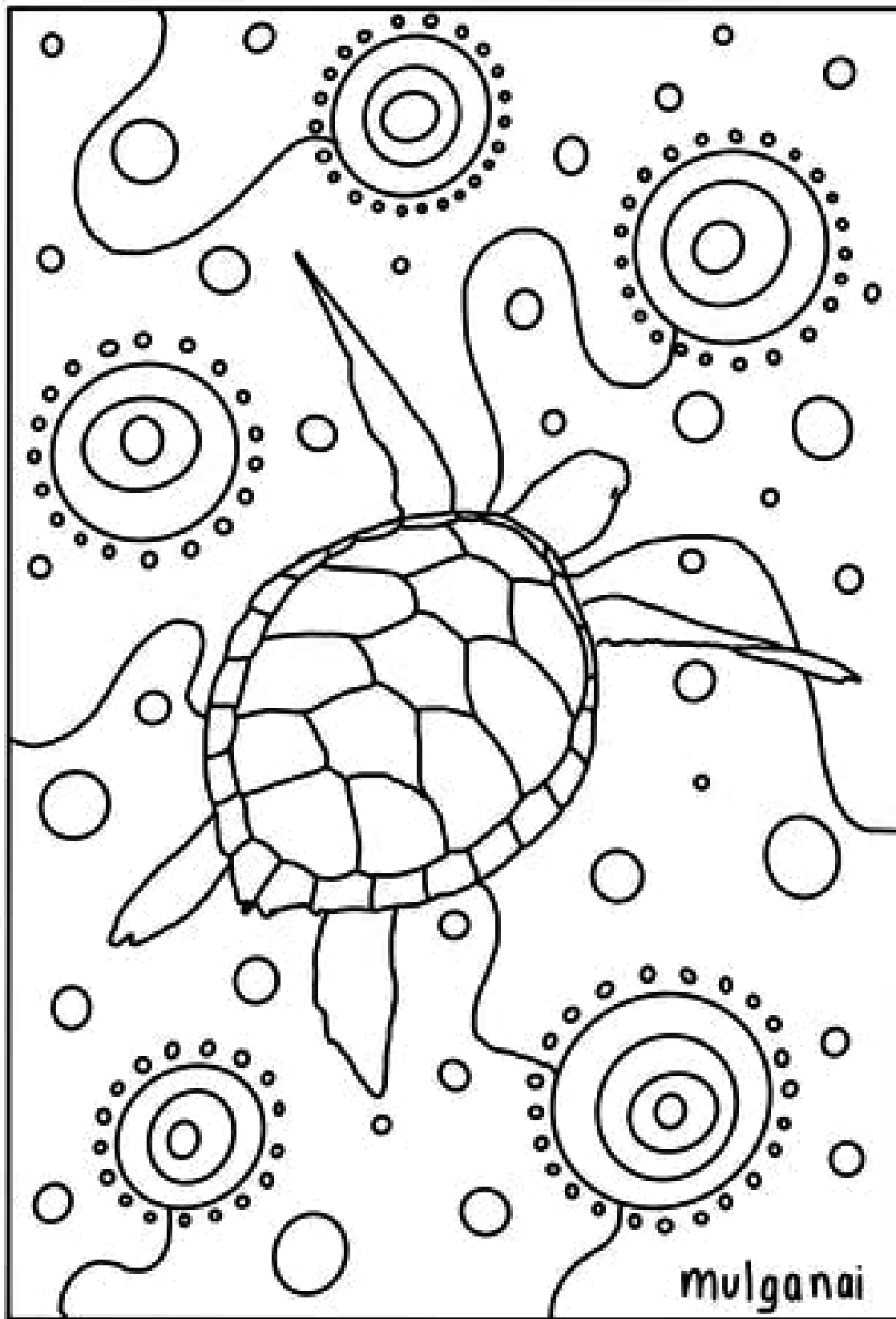
ADRIAN MOLE
ALEX RIDER
BORROWERS
CHARLIE BUCKET
FAMOUS FIVE
FLAT STANLEY
GRUFFALO
HARRY POTTER
HORRID HENRY
MATILDA
MR MEN
PADDINGTON BEAR
PETER PAN
PINOCCHIO
STUART LITTLE
TINTIN
TRACY BEAKER
WINNIE-THE-POOH

SUMMIT UP

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

Solution next week

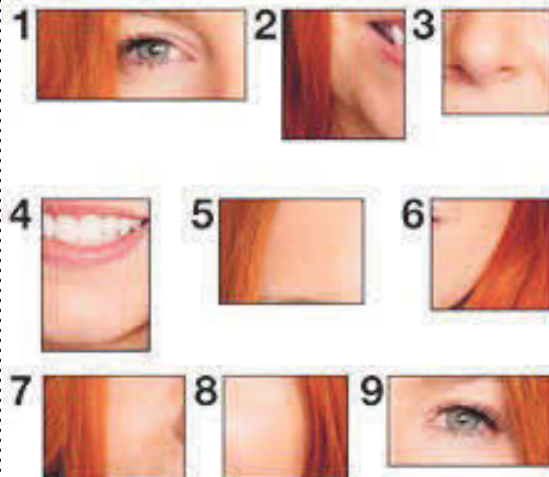
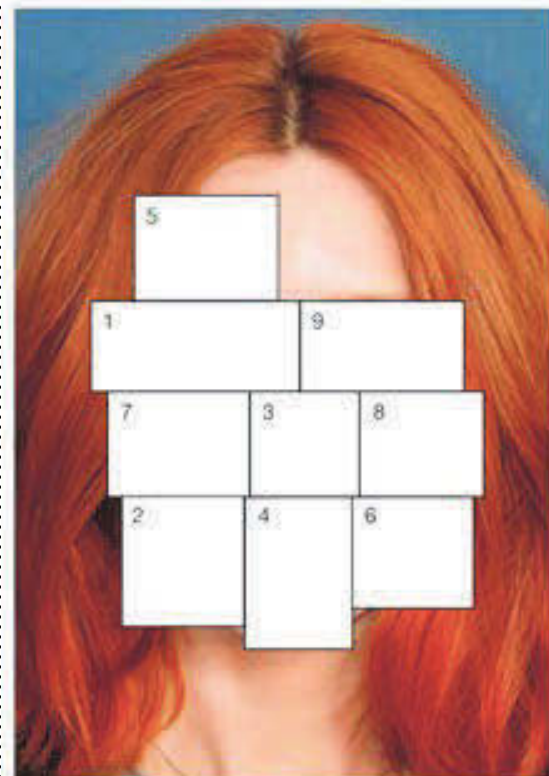
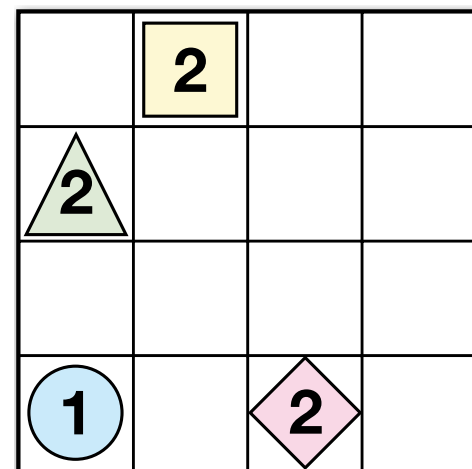




Grab your pencils or pens... use colours if you have them, add textures and patterns and make the picture your own.

**COLOUR
ME IN**

KEIJO



STAR SKETCH

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

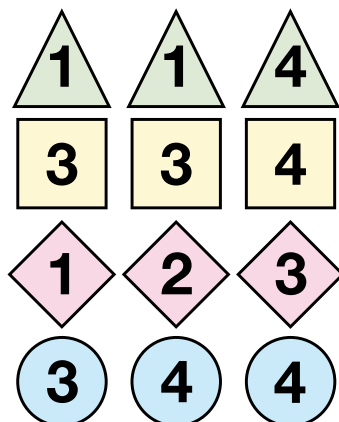
1) Goldilocks and her friends each have one special power. Neither Rapunzel nor Rumpelstiltskin can turn mice into horses, but one of them sees the future. Either Tom Thumb or Goldilocks can empty the ocean with a thimble. One girl can turn straw into gold, and the thimble belongs to a boy, so who has what power?

2) Which two words meaning 'chap' and 'court' combine into one meaning 'command'?

3) Find the Robbie Williams hits in these anagrams:
a) See Hen Shot,
b) Menu In Mill,
c) Host Is Impudent.

4) Ravinder, Rosamund and Raheem each have some chocolate eggs. Raheem has as many as Ravinder and Rosamund put together. If they have 36 chocolate eggs in total, how many does Raheem have?

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



Follow the instructions on the right to make your Barmi Origami.

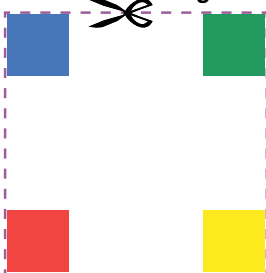
Then once you have made it, find a friend and ask them to pick a colour.

Open the Barmi Origami one way, then the other to spell out the chosen colour (eg: Y E L L O W).

Ask your friend to choose a number, then open the Barmi Origami one way, then the other to count out the number.

Finally, choose a number, lift the flap and read out

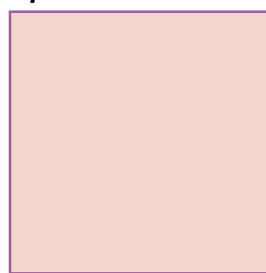
1. Cut out the square at the below right



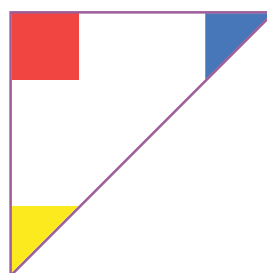
BARMI ORIGAMI

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

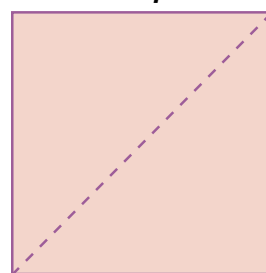
2. Turn over so the colour squares are on the back



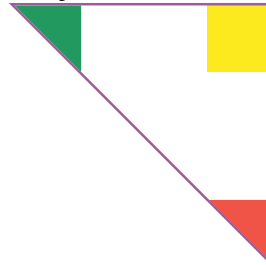
3. Fold in half corner to corner



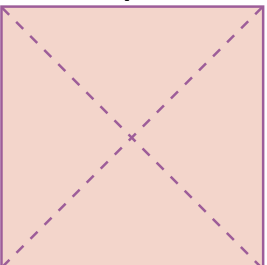
4. Unfold back to a square



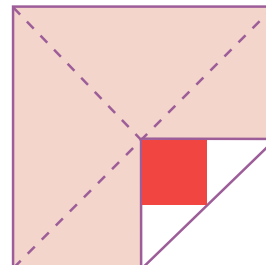
5. Fold the opposite way corner to corner



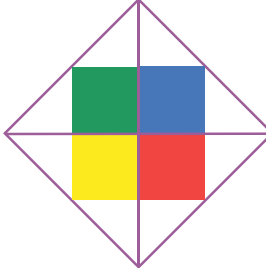
6. Unfold back to a square



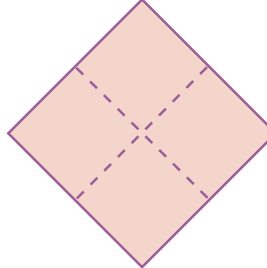
7. Fold a corner to the centre



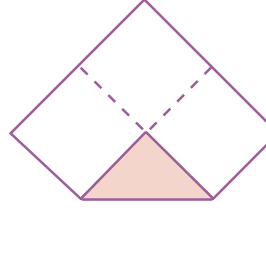
8. Fold the rest of the corners in



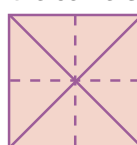
9. Turn over



10. Fold a corner to the centre



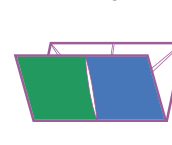
11. Fold the rest of the corners in



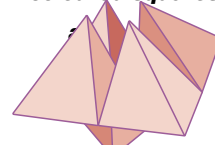
12. Turn over



13. Fold in half



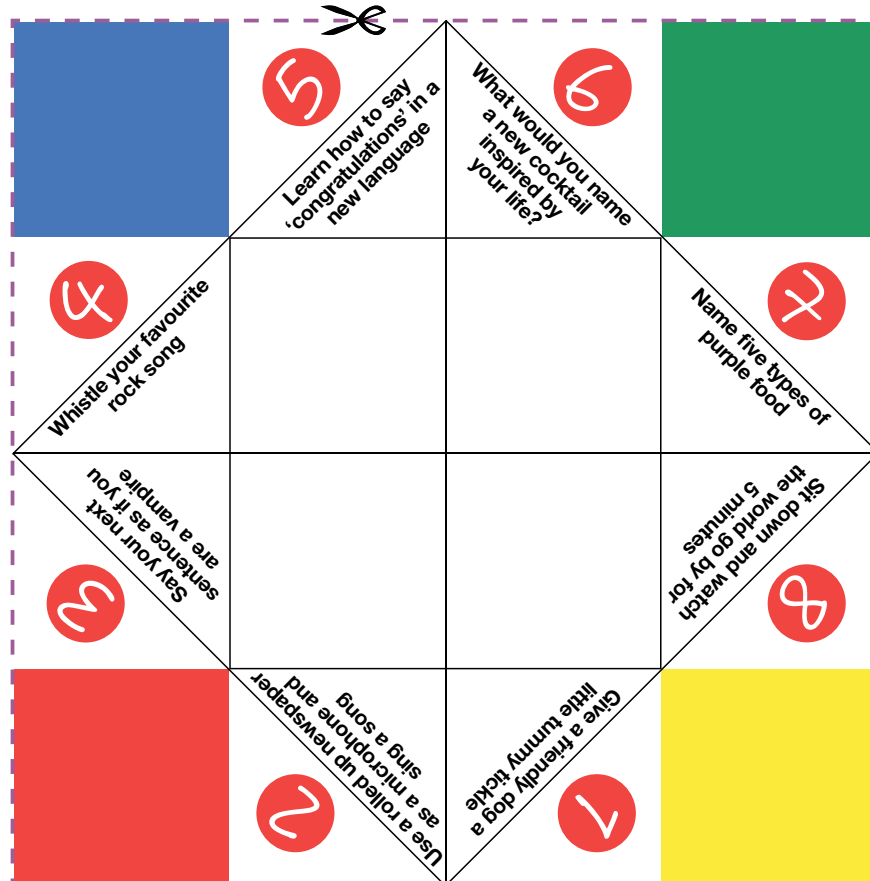
14. Insert fingers making sure the coloured squares



DOT-TO-DOT CHALLENGE

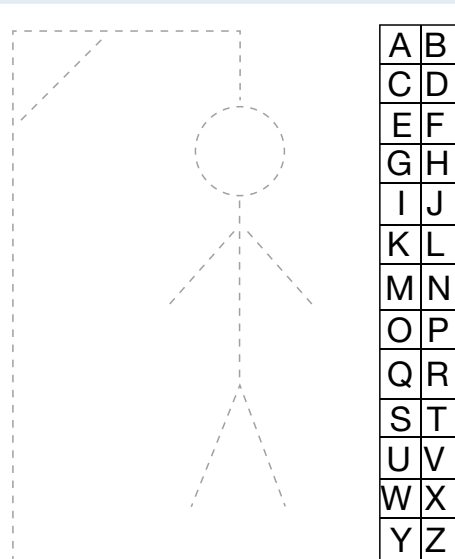
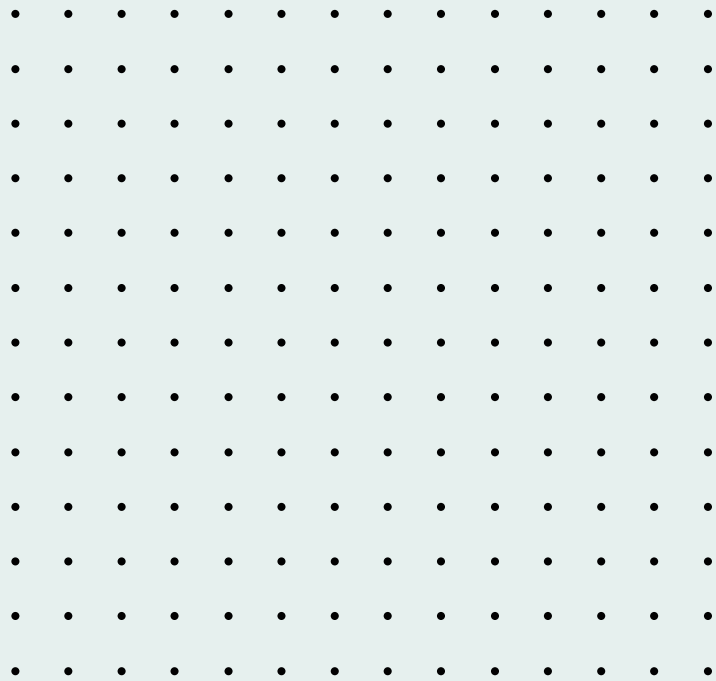
Brush up your fine motor skills by joining up the dots from number 1. Try gliding smoothly from dot to dot without taking your pen or pencil off the paper.

Join the dots to reveal something noisy!



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.

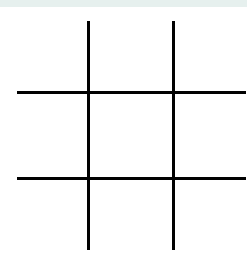
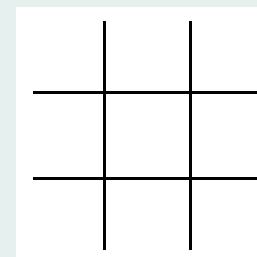
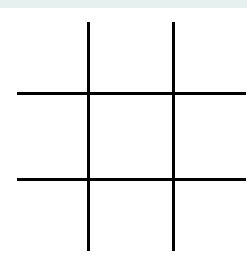
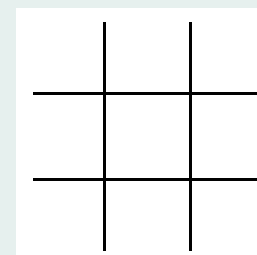
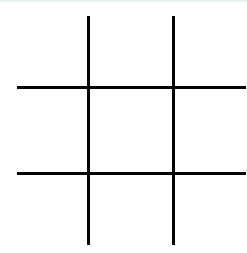


HANGMAN

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

1. The barriers lift up while he is under them. They catch his t-shirt, pulling it right off his back.

PICTURE QUIZ

A: Aidan Turner as John Mitchell in Being Human
B: Wesley Snipes as Eric Brooks/Blade in Blade
C: Robert Pattinson as Edward in The Twilight Saga
D: Kiefer Sutherland as David in The Lost Boys
E: Alexander Skarsgård as Eric Northman, True Blood
F: Salma Hayek as Esmeralda in From Dusk Till Dawn
G: Gary Oldman as Dracula in Bram Stoker's Dracula
H: David Jason voices the Count in Count Duckula
I: Tom Cruise as Lestat in Interview With The Vampire

SPOT THE DIFFERENCE



MAGIC EYE PICTURE

A chicken and an egg

SPOT THE BALL

The ball was in square D 16

SUDOKU

Easy

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

Medium

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

Difficult

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

MEGA ALPHA PUZZLE

Across: Venison, Skull, Trapeze, Tax, Turn, Geisha, Walnut, Adding, Sleepy, Limb, Sin, Evident, Mourn, Mimicry.
Down: Valet, Winsome, Natural, Snout, Seal, Quieten, Niece, Prism, Seaside, Team, Junta, Idiomatic, Flexing, Berry.

SMALL X-WORD

Across: 2 Ill-treat, 9 Odious, 10 Urns, 11 Lira, 13 Nylon, 14 Gangsters, 16 Erect, 19 Time, 20 Asia, 21 Client, 22 Easterly.
Down: 1 Courgette, 3 Linen, 4 Loss, 5 Turnstile, 6 Evil, 7 Aurora, 8 Translate, 12 Marina, 15 Easel, 17 Emus, 18 Fair.

PUB QUIZ

1 1970s, 2 Monkey, 3 Some butter, 4 Iron Cross, 5 The Au Pair, 6 Tack, 7 Bugs Bunny, 8 Charles Edward Stuart, 9 Starlight Express, 10 Pink Pony Club, 11 Horse, 12 Arthur, 13 The eye, 14 The Song Of The Earth, 15 One Of Them

Days, 16 Pop Goes The Weasel, 17 Whatever Happened To Baby Jane?, 18 Illinois, 19 Robin, 20 The King Of Kings, 21 A bird of prey, 22 Dizzy Gillespie, 23 The Americas, 24 Dog collar, 25 Yoda, 26 Avocet, 27 King James II, 28 Rats, 29 Beatrix Potter, 30 The Balearics.

BIG X-WORD

Across: 1 Bo Peep, 4 Shatt-al-Arab, 9 Innuendo, 10 Tamil Nadu, 11 Lanai, 12 Biretta, 14 Neep, 17 Stour, 18/24 Gary Woodland, 19 Goosefoot, 21/22 Toronto Raptors, 25 Poinciana, 27 Igor, 28 Epoch, 29 Opel, 31 Ted Cruz, 33 Stone, 36 Skara Brae, 37 Ayub Khan, 38 Wensleydale.
Down: 1 Brisling, 2 Eruca, 3 Pint, 4 Shoji, 5 Traction, 6 Anita Brookner, 7 Annan, 8 Andre Breton, 13 Rosti, 15 Unforgettable, 16 Ishtar, 18/39 Gloria Gaynor, 20 Orange pekoe, 23 Ophir, 26 Achernar, 30 Larus, 32 Ukase, 34 Tokay, 35 Jung.

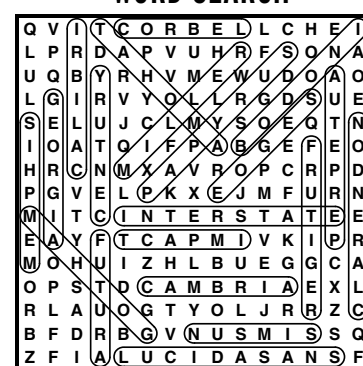
ARROW WORD

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

DOT TO DOT

A helicopter

WORD SEARCH



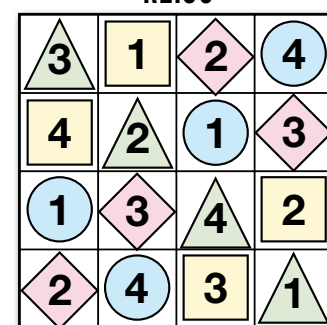
SUMMIT UP

86, 109

STAR SKETCH

The star is Greg James.

KEIJO



BRAIN TEASERS

1) Gabrielle carries the pink striped handbag, Bree the purple striped one, Lynette the pink paisley and Susan the purple paisley. 2) Curfew. 3) a) Van Halen, b) Aerosmith, c) The Rolling Stones. 4) Yes, put the two mopeds in the same skip with the sack.

WINE & DINE

email rachel.beresford@reachplc.com



ROHIT GHAI'S BUTTER CHICKEN

A takeaway classic you can make at home.

INGREDIENTS (SERVES 2-3)

For the chicken marinade:

8 boneless, skinless chicken thighs (cut in two)
100g yoghurt
15g Kashmiri red chilli powder
1tbsp ginger-garlic paste
1tbsp mustard oil
1tsp dried kashoori methi
1tbsp lime juice
Half tsp garam masala
Salt, to taste

For the sauce:

2kg fresh or canned chopped tomatoes
2tsp Kashmiri chilli powder
2tsp table salt
2 bay leaves
4-5 green cardamom pods
4 peppercorns
1tbsp cumin seeds
2 blades mace
3tbsp rapeseed or vegetable oil
50g roughly chopped ginger
8-10 garlic cloves
3-4 whole green chillies
2tbsp dried fenugreek leaves
1tsp garam masala
50ml honey (if needed)

50ml double cream
50g unsalted butter
Julienned ginger and chopped fresh coriander, for garnish

METHOD

1. Marinate chicken with ginger-garlic paste, salt, and lime juice. Then, apply a second marinade of yoghurt, Kashmiri chilli powder, garam masala, kashoori methi, mustard oil, and salt. Refrigerate for at least 3-4 hours.
2. Grill the marinated chicken in a tandoor or preheated oven at 200°C for 15-20 minutes until cooked through.
3. To prepare the sauce, heat oil in a saucepan over medium-low heat. Add cumin seeds and whole spices, allowing them to crackle for a minute. Add garlic, ginger, and green chillies. Cook briefly before adding the tomatoes.
4. Simmer for 45 minutes with a loosely covered lid.
5. Stir in Kashmiri chilli powder and salt. Let cool slightly before blending into a smooth sauce.
6. Combine and serve: Reheat the sauce and add the cooked chicken.
7. Check seasoning. If too sour, add honey to balance the flavours.
8. Finish with cream, butter, garam masala, and fenugreek leaves. Garnish with julienned ginger and fresh coriander.
9. Serve with naan, roti, or paratha.

RECIPE

Simply great

Saba's Simply Better Coconut Milk, part of the Dunnes Stores Simply Better range, has been awarded the Gold Great Taste Award – a prestigious seal of approval in the world of food and drink.

This award is given only to products that meet the highest flavour and quality standards, making our coconut milk a must-have for any kitchen.

Thick, creamy, and sweet, this coconut milk delivers an exceptional taste experience.

Lindt is bringing a much-loved classic to Irish shelves, with a luxurious twist. The premium Les Grandes range now includes a brand new flavour which will delight Irish taste buds: Fruit & Nut. Well known for its generous use of top-quality ingredients, the Les Grandes range gives you more in every bite. Each 150g bar contains a whopping 34% whole nuts, well above the average nut content in the chocolate bar category – that means every square is packed with crunchy whole hazelnuts, offering a deeply satisfying texture and indulgent flavour.

The Les Grandes 34% Fruit & Nut 150g bar is available now in supermarkets and convenience stores nationwide, with an RRP of €5.50.

Prepare for an unforgettable dining adventure as Maneki Japanese Cuisine & Karaoke Box on Dawson Street, Dublin 2 unveils Holy Crab – the ultimate seafood experience.

Each Holy Crab platter brims with succulent seafood: luxurious lobster, sweet crab, tender crayfish, juicy prawns, octopus, squid, clams, mussels, and much more, accompanied by delightful sides like corn, chips, broccoli, rice cakes, and even savoury sausage.

Diners can choose from The Holy Special (€89), a classic seafood feast perfect for two or The Holy Supreme (€114) which has even more seafood goodies, such as lobster included for the ultimate in indulgent seafood dining.

Maneki is open daily from 12pm to 11.30pm. Reservations can be made via www.maneki.ie, by email hello@maneki.ie or by calling +353 1 561 0889.



Hello summer!

Summer has arrived in Dublin and the Harcourt Bar & Garden is excited to kick off the season in style.

Boasting one of the largest outdoor garden lounges in Dublin, The Harcourt Bar's all-weather oasis is a must visit in Dublin this summer – from after work drinks, match days, parties or a corporate night out.

Indulge in their signature cocktail selection including a mix of classic favourites and exclusive blends. Guests can enjoy a refreshing Raspberry Clover (Gin, raspberry puree, lime juice and egg white) or for bolder palettes, a Long Island Spiced Tea (Absolut Vanilla Vodka, Gin, Olmeca Dark Tequila, Lambs Spiced Rum, ginger syrup, lime juice and coke).

Guests can also enjoy a sweeter option with a

White Chocolate Orange Espresso Martini (Absolut Vodka, Mozart White Chocolate Liqueur, orange syrup and espresso) alongside beloved staples such as margaritas, martinis and daquiris. All these delicious cocktails are designed by their expert mixologists and made from the finest ingredients and premium spirits.

You can also enjoy a bite to eat, choosing from the range of tasty food options available on the BBQ menu. Served daily from 12 noon, the menu offers dishes to suit every occasion, including Irish Hereford Patty Burgers, FX Buckley's Pork and Leek Sausages or Sirloin Steak, BBQ Famed Piri Piri Chicken Steak, drumsticks, various salads and Charcoal Baked Potatoes.

The Harcourt Bar & Garden is located on Dublin's Harcourt Street at the heart of the bustling city centre.

For more, see www.harcourtbar.ie.



TOP Tipples

Minuty has announced Australian artist Elliott Routledge as the designer of the latest edition of the iconic Minuty M bottle for the 2025 spring-summer season.

Every season since 2018, Minuty has embarked on an artistic collaboration for its M Rosé cuvée. This year, Elliott has turned his unique eye to Minuty, creating a series of illustrations inspired by the landscape of the French Riviera, the birthplace of the Domaine since 1936.

Elliott is an Australian contemporary artist known for his

vibrant use of colour, bold patterns, and abstract forms, creating works that explore the relationship between nature, emotion, and human connection.

For his collaboration with Minuty, Elliott drew upon his passion for blue, a hue omnipresent in his artistic works. Naturally, he chose to adorn the new limited edition Minuty M with this emblematic colour, inspired by the enchanting landscapes of the French Riviera, and more specifically the Saint-Tropez Peninsula where Minuty's vineyards have been nestled since 1936.

Here, every shade of blue reflects the region's vibrant energy, creating a symphony of colours that shifts with

the light.

Speaking on his artistic inspiration for the limited-edition bottle, Elliott said, "My inspiration for the artwork on the bottle comes directly from the landscape surrounding the vineyard."

"My illustration reflects the topography of the land and incorporates four key elements, including the Mediterranean sea, which is close to the vineyard and influences the grapes."

The Minuty M Limited Edition, RRP €24, is available from select independent off licences including Higgins Clonskeagh, Deveney's Dundrum, Redmonds of Ranelagh, The Corkscrew, Basil, Cork & JJ O'Driscolls, Cork.



Staying ALERT



Discovering that your child has severe food allergies can be both frightening and overwhelming. We spoke with mum Kirsty Henshaw (39), who knows this anxiety all too well. She first learned that her son Jacob, now 19, had a severe nut allergy, as well as intolerances to gluten and dairy, when he went into anaphylaxis at just six months old.

This terrifying incident initially sent her into panic mode, but over time, she developed her own strategies to make the situation more manageable.

From checking the shelf life of EpiPens to being extra cautious with labels abroad, here are eight valuable lessons she has learned along the way...

1. Not all children grow out of allergies

Lots of children outgrow their allergies to milk or eggs, but some allergies can be lifelong, according to the HSE website.

"There is a lot of noise around children growing out of allergies, this is sadly not always the case," says Henshaw. "They can also worsen with age. My son's dairy allergy gradually demised, but his nut allergy has got worse and his reactions to traces have intensified throughout his teens."

2. Check the use-by date of EpiPens

"Always make sure you have at least one EpiPen," advises Henshaw. "Keep an eye on the discolouration and the use-by dates to ensure you always have an effective pair of pens with you."

3. Research a restaurant's menu for allergen information before you book

"Larger chains often have the best allergen-safe menus and capabilities to ensure safety," says Henshaw. "Milano is a great example of a chain that has an in-depth menu highlighting all its allergens and 'may contain' ingredients across every item on the menu."

4. Alert the airline about your child's allergy

"Check before you fly and always alert the airline," advises Henshaw. "There have been too many very sad examples of allergic reactions suffered on aeroplanes."

"However, it's reassuring to know that some airlines, such as British Airways, do not allow nuts in any of their in-flight meals and they are working hard to cater for all allergens in the near future. Many of the other airlines have, or will be, following suit."

5. Take extra care with labels abroad

"When travelling abroad, take extra care with labels as the labelling regulations are not always as strict as they are in Ireland," says Henshaw. "By law, food must state allergens in bold or underlined on packaging here, but unfortunately the same rules do not apply worldwide. Be extra vigilant, triple check ingredients and use Google Translate in restaurants to ensure the waiter/waitress has fully understood your dietary requirements."

6. Be aware of secondary allergic reactions

"Secondary allergic reactions exist and can be worse than the initial acute reaction," highlights Henshaw. "A second anaphylactic reaction can occur as long as 12-24 hours after the initial reaction."

"Unfortunately, reaction severity is unpredictable and therefore it's so important you or your child are not left alone following an initial reaction."

7. Don't disregard 'may contain' labels

"May contain' really does mean 'may contain'," stresses Henshaw. "While manufacturers will go to great lengths to ensure cross contamination risk is minimal, it still does occur, and it is virtually impossible to avoid sometimes."

"Often a manufacturing line will produce 20 different products, the lines will always be cleaned down, but some allergens are airborne, meaning all the cleaning down of equipment in the world will not eliminate some traces of allergens."

8. Seek support

"Upon discovering your child has an allergy, it can feel extremely overwhelming and isolating," recognises Henshaw. "But, there are support groups, social media pages, food shows, delicious free-from foods and an array of cookery books out there, so do seek support from others." ■

Eight lessons parents should know about kids' allergies...



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Kind therapy...not cry therapy

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Salatac Gel dries to a water-resistant film... no need for plasters.



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SGELP012/1/JAN22

CAN WE GO *again!*

Mamma Mia! The Party is a Super Trouper of a day out as you are transported to the Greek island of Skopelos – from a London base!

By **Keeley Ryan**

Since it first came out, Mamma Mia! has been one of those movies that I could watch again and again (and again).

And so when I was invited to experience Mamma Mia! The Party in London, it was an immediate yes – and it was a Super Trouper of a day out.

Mamma Mia! The Party is located at the O2 at Greenwich, making it easy to get to whether you're heading there by tube, car, train or bus – and with hotels nearby, it's the perfect activity whether you're planning a day trip or a weekend away.

The performances run from Wednesday to Sunday, with the evening shows beginning at 6.30pm – and there's also matinée shows available on Saturday and Sunday, with the lights going low at 12pm for the earlier shows.

Since Mamma Mia! The Party first opened in London in the summer of 2019, they have welcomed more than 500,000 guests across over 1,000 performances – and it's easy to see why audiences

are so captivated by the theatrical dining experience.

From the moment we stepped through the doors, it was like being transported to the island of Skopelos, where the first Mamma Mia! movie was filmed.

As we walked along the corridor to get to the main venue, the walls were decorated with nods to the film – complete with 'snaps' of the cast of the film posing alongside the stars of Mamma Mia! The Party – and signs welcoming guests to the island, the 'home of the Mamma Mia! Movie'.

The main part of the venue is decorated with colourful flowers, rustic tables and even twinkling lights strung overhead. And even the temperature played a part in setting the stage, with the thermostat set at a level to make you feel as if you were really at a taverna.

There's a souvenir stand if you're looking to pick up a keepsake from your time in Skopelos, like a programme or a keyring – or, in the case of the colourful boas and light up flower crowns, an extra accessory or two to add to your outfit.

After picking up our welcome drink, we had a chance to soak up the atmosphere before being shown to our seats – which were located right by the fountain, in the



"The walls were decorated with nods to the film and signs welcoming guests"



heart of the venue.

It put us right in the middle of the theatrical dining experience, while also being a fantastic view for catching some of the mid-song surprises that, at times, take the show to new heights.

Sometimes quite literally.

There are three different kinds of tickets – Tier A, Tier B and Tier C – and, with the way the story unfolds throughout

the venue and amongst the audience, each seat has a unique view.

Created by ABBA's Björn Ulvaeus, Mamma Mia! The Party is based on a heartfelt new story adapted by Sandi Toksvig.

It brings audiences into Niko's Taverna on the island of Skopelos, where we meet Nikos, and his wife Kate; her nephew Adam; Nikos' daughter Konstantina; and chef Debbie, as they navigate day-to-day life in the taverna.

And, of course, it is packed to the brim with ABBA hits.

More than 30 songs are performed throughout the show, with everything from SOS to Does Your Mother Know; When I Kissed the Teacher to Waterloo.

From the opening notes of the first song, the performers – from the cast to the dancers to the band – had everyone in the venue completely hooked. It didn't take long before they had everyone in the crowd singing along, or even on their feet for a bit of dancing in the aisles.

Or, in the case of Waterloo, a whole lot

of it.

As the show went on, we were served a four-course meal – which began with a Greek sharing mezze with breads, dips and olives that was delivered soon after we sat down.

That was followed by a Greek sharing salad – with fresh heritage tomatoes, cucumber, feta cheese, onions and topped with basil leaves and olive oil – and some delicious spanakopita.

That was followed by braised lamb stifado and slow-cooked beef, which was served with garlic roasted baby potatoes, vegetable and tomato briam and red wine jus.

Each of the savoury dishes were served sharing-style, with every platter packed with flavour. The lamb and beef were cooked perfectly – and the main course was a firm favourite with everyone at the table.

And, to top it all off, dessert was a delicious lemon cake with Greek yogurt, apricot compote, orange caramel and confit orange skin – and, later on, a bit of baklava with a tea or coffee.

There is also a menu option for vegans and vegetarians, as well as a gluten and lactose-free menu. And the cocktail list includes a number of themed drinks – both with alcohol and non-alcoholic versions – that can be ordered separately.

And for anyone who is saying Gimme, Gimme, Gimme more



How to plan your trip

Mamma Mia! 2025 special offer (June-December) with Keith Prowse Attractions (keithprowseattractions.com): Overnight special from €327pps includes: one night at the 4* DoubleTree by Hilton London Greenwich with breakfast and a Tier A ticket (Tier A guests will be seated on the ground floor – Courtyard – the North and South terraces, the West terrace – upper and lower levels – or on high level tables in the beach bar area) to a Thursday show.

music, the taverna turns into a dance floor – complete with a concert-style performance – after dessert, and guests are encouraged to get up to sing, dance and enjoy the disco vibes.

All in all, if you're looking for something that will have you dancing, jiving and having the time of your life, there's no better place than Mamma Mia! The Party.

ARIES

21 MARCH - 20 APRIL

LOVE AND LIFE: You can repeat something until you are blue in the face but if someone has deaf ears, stop!

WORK AND MONEY: There are those who will claim they don't know what to do in an effort to have you do it all!

TAURUS

21 APRIL - 21 MAY

LOVE AND LIFE: No matter how much you explain, there are those who remain stuck in their position. Once is enough.

WORK AND MONEY: You have delivered a wake up call and its up to others to use this information to benefit.

GEMINI

22 MAY - 21 JUNE

LOVE AND LIFE: Sharing is caring. Remember that! If someone has forgotten that, remind, remind, remind!

WORK AND MONEY: Insist on transparency in all financial dealings. You have your doubts when someone is cagey.

CANCER

22 JUNE - 22 JULY

LOVE AND LIFE: Don't sweep things under the carpet. Talk things through and get things out in the open.

WORK AND MONEY: Stop enabling. Help and support but draw the line at taking up another's responsibility.

LEO

23 JULY - 23 AUGUST

LOVE AND LIFE: You can stay close to home and yet still get away from it all. You could do with some "me" time.

WORK AND MONEY: Make an alternative plan rather than let a situation go on indefinitely. Change is good.

VIRGO

24 AUGUST - 22 SEPTEMBER

LOVE AND LIFE: Respond to a cry for help. Don't seek to make it stop. Listen and understand. Comfort where you can.

WORK AND MONEY: Look out for pitfalls as you go. Seeing them too late serves no purpose. Keep your eye on the road.



Horoscopes

Top astrologist 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: Know what is and isn't good for you and then do your best to choose accordingly. That might be difficult.

WORK AND MONEY: Every purchase adds up. Be conscious of spending in order to improve saving and security.

SCORPIO

24 OCTOBER - 21 NOVEMBER

LOVE AND LIFE: Changing long held behaviour can be difficult. Be patient and allow for a process. It takes time.

WORK AND MONEY: Someone's reasoning is beyond you. Perhaps because their viewpoint is unreasonable!

SAGITTARIUS

22 NOVEMBER - 20 DECEMBER

LOVE AND LIFE: Take a leap of faith. You can be as self accepting as you choose. Choose to be on your side.

WORK AND MONEY: Let others know what you have accomplished when someone tries to hog the limelight.

CAPRICORN

21 DECEMBER - 20 JANUARY

LOVE AND LIFE: Believe things can be different so that they might be. Someone promises much. See what will be delivered.

WORK AND MONEY: Professionally, tides are turning and you are in a passing phase. Look forward to the next chapter.

AQUARIUS

21 JANUARY - 19 FEBRUARY

LOVE AND LIFE: Don't fall into the trap of debating who is right and who is wrong. Concentrate on solution.

WORK AND MONEY: If you have listened to a string of excuses you have no option but to do the job yourself.

PISCES

20 FEBRUARY - 20 MARCH

LOVE AND LIFE: Someone is ready to see things from your perspective. Be patient and explain again if necessary.

WORK AND MONEY: In work and business, you play fair. When others don't, just get on with things. Believe in natural justice.

Celeb birthday ADELE 5/5/1988

Taurus can seem tough but only on the outside. Adele has a soft centre that is evident to all. Naturally creative, she can turn her hand to many things, though music remains her lifetime 'go to' means of expression. Tired of advantage takers, she has honed some psychological skills to keep her safe but ultimately, she must accept she has a kind heart.

PHILOSOPHY

If you want to fly, give up everything that weighs you down.

PREDICTION

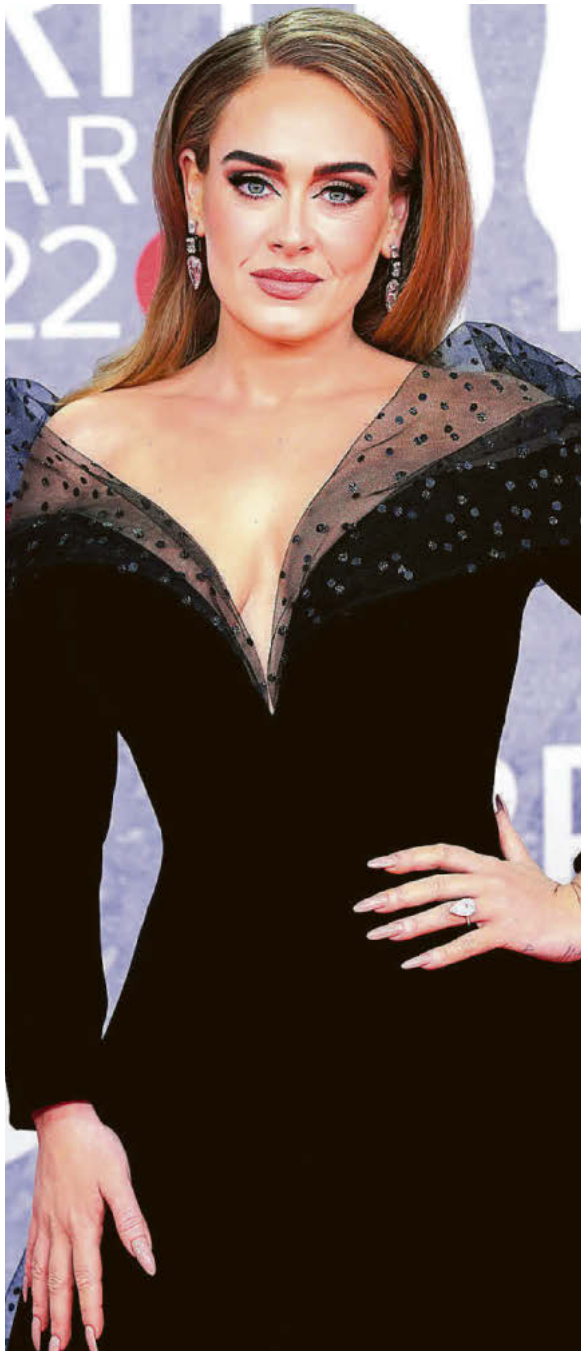
Talking sense and thinking things through comes natural to Adele but when emotionally involved, logic gets lost. In those moments, she will do well to listen to good friends who have her best interests at heart. Coming months find her very grateful for a supportive social circle.

BE WARNED

Taurus has a super strength and that is being stubborn.

MINDFUL MEDITATION

It is best to see with the heart and remember with the soul.





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.

HUSBAND WON'T LET INNOCENT FLIRTING GO

DEAR JENNIFER: While at a friend's wedding recently a young man hit on me quite strongly. It was very flattering as he was at least 20 years younger than me and I am just the wrong side of 50. He wasn't drunk either.

Nothing came of it, and I made it clear to the guy that nothing ever would. I haven't seen or heard from him again and am not likely to as he lives in the US. It was an amusing evening, nothing more.

I would have forgotten all about it had it not been for my husband who will not let it go. He keeps grilling me about it and asking me if I want to leave him. I have reassured him many times that nothing happened and that I do not want to leave him, but he can't seem to accept this.

We've been happily married for almost 25 years, and he's never been like this before. In fact, we have always trusted each other without reservation.

I travel a lot for my job and have had plenty of opportunity to stray, but I never have and trust that he hasn't either. Which is why it's so strange that he is behaving like this now. We're even having arguments about it. Why is he suddenly so jealous?

JENNIFER SAYS: As he's never had cause to doubt you in the past, I suspect that his fixation with this incident is simply a convenient hook on which to hang what is really going on with him. And as he can't, or won't, let it go it's possible that there is a deeper problem that has built up over time.

Jealousy can often indicate issues of personal insecurity or self-esteem. Have there been any significant changes to his work, his health, or his social circle recently that might lead him to feel insecure about his relationship with you?

Alternatively, is it possible that something unsaid or unaddressed has built up in the marriage itself and you are not talking about it?



It is also not unusual for a real or imagined midlife crisis to create emotional instability. The fact that this man is so much younger than him could be forcing him to confront the reality that he is getting older. Whatever the reason, you won't resolve the problem unless you can get him to start talking about what is really bothering him.

Keep giving him reassurance that you love him and that nothing happened. Then simply encourage him to talk more about what's going on in his life and how he feels about things. Hopefully, more dialogue will throw some light on what is really going

on here.

If not, however, and the situation doesn't resolve, you may need the help of a counsellor. You may have to reassure him that seeking counselling in a situation like this doesn't mean you have doubts about your feelings. It is a way of helping you both to really talk in a way you perhaps haven't done before — and I really do suspect this is what he needs to do.

Meanwhile, try to avoid getting cross with him, if you can — however tempting this may be. I feel sure there is something going on with your husband right now that he's having trouble expressing.

IS IT TOO LATE TO START OVER?

DEAR JENNIFER: After 28 years together, it's clear that my marriage is over. Any feelings I once had for my husband are long gone and I am certain he feels the same way about me.

He's not a bad man and he's never been abusive or unkind and what's more, he's always provided a home for us as a family. In all the years we've been together though, I never had any practical or emotional help with our three children or in running the house.

Of course, that's his loss because he missed out on so many wonderful memories as they were growing up. He's never been an affectionate man with the result that none of our grown-up children now want much contact with him.

I can't remember exactly when I stopped loving him, but it was a long time ago.

The problem is, although I am unhappy, the thought of moving on in my late 50s is a bit terrifying. What do I do about money and property, etc.



JENNIFER SAYS: I never like to advise people to end a relationship without at least one attempt to rescue things, but I think it's fair to say that it would seem this one has completely broken down.

You're right to feel that divorce and the process of moving on is daunting however, please stop thinking that it can't be done. It's never too late to step away from something that is making you unhappy.

Your first step should be to get legal and financial advice from a solicitor, preferably one that has experience of later-life divorce issues.

In general terms you're entitled to a share of the value of your home, its contents, and any savings.

Once you've tackled the legal and financial matters, you'll likely need to call on your children and friends for emotional and practical support.

Hopefully the separation will be an amicable one but the whole process can still be drawn out and upsetting. The more support you have the easier it will be. And start developing new interests, hobbies or activities.

FRIEND WANTS ME TO JOIN HER IN AUSTRALIA

DEAR JENNIFER: My best friend has landed a great new job in Australia and wants me to sell my apartment and go with her. It sounds exciting, and I am tempted as I have never been there. More importantly, I will really miss her when she goes.

She's helped me through some tough times recently, including a nasty bout of depression.

She's not leaving for a few months as the company has to sort out her visa and accommodation, which she says she's happy to share with me.

I feel I want to jump at this chance, but my brother is worried that I am not thinking through it carefully enough. Do you think I should go with her?

JENNIFER SAYS: Genuine good friends

like this are important so I am not surprised that you're worried about losing contact with her.

However, moving to Australia is a big step, and your brother is right to advise some caution. Plenty of people emigrate and return within a short period because life there is not as they expected.

I am not saying 'don't go', instead consider getting a short-term visa initially so that you can try life in Australia before fully committing.

Also, please don't sell your apartment, at least at first. Instead, consider renting it out, then you've at least got somewhere to return to if things don't work out.

Finally, it's probably not a good idea to make this major life decision before looking for work over there so prioritise that.



Pick of the WEEK



“LAUREN TELLS BOBBY THAT SHE HASN'T RECEIVED ANY MORE THREATENING TEXTS...”

SOAPS

CLEMMIE BITES BACK

When Dawn suggests that Billy moves back out his hopes of revitalising their relationship are shattered in this week's trip to the Dales.

Later, thinking they are alone, Dawn and Joe share a kiss, but unbeknownst to them, Clemmie has seen the whole thing.

When Clemmie then refuses to go back to school, feigning illness, Dawn's oblivious to what the real problem is.

And when Joe tries to check in on Clemmie, he's thrown when she reveals that she saw him kissing Dawn.

Joe tries desperately to placate Clemmie, but she wants nothing to do with him and when he tries to stop her leaving she angrily bites his arm.

The next day, Joe tries to bribe Clemmie with a present for her silence, but finding her dismantling it later, Joe is angry, threatening Clemmie she'll be sent into care if Dawn finds out about the bite.

As Clemmie fights tears, Joe stands firm, forcing her to agree to stay quiet.

Later, when Billy finds Clemmie

upset, she eventually admits to biting Joe and tells Billy about Joe's threats to send her into care.

Billy darkens and is left furious when Clemmie reveals she saw Joe and Dawn kiss.

When Billy tells all about Joe to Caleb, he's quick to encourage Billy to get revenge, hoping this will sort out his own Joe-shaped problem in the process.

Also this week, Ruby accidentally lets on that she knows something about Noah's spiking. After some persuading, she comes clean and reveals that it was Joe who spiked Noah on the night of the limo crash.

As Ruby explains everything, Charity manages to put two and two together and realises it was Joe who has taken Caleb's kidney.

Reeling from the revelation, Charity's anger towards Joe simmers. When she vows to make sure Joe gets what he deserves, Ruby wonders whether she's just signed Joe's death warrant. Later on, all eyes are on Joe in the Woolpack.



EMMERDALE

VILLAIN OF THE WEEK

Cindy is like that itch that doesn't go away even when you scratch it. The troublemaker is back in Walford for what feels like the millionth time – and one thing's for sure, she isn't back as a new and improved character.



RETURN: Cindy is back for trouble



SHE'S BACK!

It's the day of Lauren and Peter's engagement party, but Lauren worries in their last midwife check-up when potential complications are discussed, and fumes when a distracted Peter exits to take a call.

Kathy, meanwhile, moves the engagement party to Harry's Barn following a fault with The Albert, and Gina enlists Mo, Jean and Nigel to help but it's clear they are not up to the job.

At the party, Lauren continues to worry and takes solace in the office following an ill-judged remark from Ian. Kathy comes to the rescue and Lauren rejoins the party, but her happiness is short-lived when Cindy arrives.

Elsewhere, a hungover Harry wakes at the Arches. Billy finds him and takes him to Walford East, but things soon turn sour when Teddy arrives.

Later in the café, Billy attempts to reconcile with his nephew.

Over at No.43, Vicki and Ross attempt to job hunt, but Ross is distracted by Joel's obsession with his phone.

Vicki attempts to defuse the situation, but Ross makes it clear he doesn't need help parenting and she leaves.

Later, Vicki attempts to convince Zack to keep out of the Mitchells' drama, but he ignores her advice and issues Nicola with a threat...

Later in the week, at Harry's Barn, the partygoers reel at Cindy's return. Peter attempts to defuse the situation but Lauren leaves and issues him an ultimatum – it's her or Cindy.

The Beales and Knights also shun Cindy once again, but she retaliates by revealing all about Kathy.

Elsewhere, Nicola accosts Gina in the Square as she attempts to find Harry. Later, Gina and Jay meet for a drink, but the pair are soon distracted when a drunk Harry arrives.

■ HOLLYOAKS

As Misbah anxiously waits for updates on Donny's condition, Alistair steps in to comfort her. Diane, meanwhile, confides in Tony about her fears regarding Ro's upcoming court case.

Later, Diane and Alistair plan to have lunch together but Diane's excitement turns to suspicion when she notices a lipstick on the passenger seat of his car...

At the Osborne house, Darren and Nancy's unresolved tensions are making home life unbearable. Nancy tells Darren she has a date and Darren is visibly thrown and tries to do some online digging to uncover who she's meeting.

Outside, Leela spots Tommy dressed in black and before she can approach him, Jez intercepts. Tommy later reveals that it's Billy's funeral today and admits he thought Joel might show up.

Jez offers to stay with him and cautiously tries to revisit the hypnosis session, worried about what Tommy may have uncovered.

Later, at The Hutch, Joel and Leela cross paths with Tommy and Jez. Leela

privately warns Jez that Tommy isn't a real therapist and Jez is horrified to learn Tommy has recording therapy sessions...

Meanwhile, Nancy confesses to Tony that she will always love Darren but when Darren sees them talking, he jumps to conclusions

Meanwhile, returning home, Tommy finds Jez waiting for him.

Before Jez can put an end to Tommy's games a recording of his confession to murders is played stopping him in his tracks.

Meanwhile, Leela overhears Cleo warning Sienna to stay away and offers Cleo a shoulder to lean on. Now that things with Joel are solid, Leela sees no reason they can't be friends.

■ ROS NA RÚN

In the Gaeltacht, Penny is on cloud nine when she gets a new sponsor for the podcast, but ends up losing them because of Natasha and they end up in an argument. What could possibly go wrong here?

Aisling, meanwhile, is hurt that

Berni didn't tell her that Jude is deteriorating but when Bobbi Lee let's slip a little too much, Aisling becomes suspicious of Berni.

Will Aisling do something about what she has found out?

Elsewhere, Noreen is getting a kick out of spending the money that she stole and draws some attention to herself.

Whose attention did Noreen attract? Later in the week, Jude isn't doing well and Berni's day doesn't go so well when she gets a knock at the door.

Who is at the door?

Meanwhile, Penny is happy that she can use the fight between herself and Natasha as a cover for having a miscarriage but she struggles when she can't control people from blaming someone else for it. Who are they blaming for it?



DRAMA: Hollyoaks; and (right) Ros na Rún

TV & MOVIE PICKS

Top of the Box By Rachel Beresford

SATURDAY

The Fall Of Nazi Germany, Ch4, 8pm

When war rages, how do the people with the responsibility to end it achieve their goal? This documentary goes behind the scenes of the German and Allied negotiations to end the war in Europe, counting down the final 24 hours of the struggle to agree a lasting ceasefire.

Pointless Celebrities, BBC One, 8.30pm

Contestants include Clare Balding, Alice Arnold, Blu Hydrangea and Ella Vaday.

SUNDAY

Cheap European Homes, RTE One, 7.30pm

Maggie helps Orla find her dream home in Italy, where she can work remotely and Kevin takes her to an expat Italian language group to help her prepare for the move.

Star Wars: Tales Of The Underworld, Disney+

A short-form animated series from David Feloni set in the Star Wars universe.

MONDAY

THURSDAY: Tarrac na Farraige, RTE One, 7pm



Bog Amach, RTE One, 8.30pm

American couple, Seanachán and Amanda, are besotted with the Donegal Gaeltacht. Can the show find the perfect property to convince them to make the permanent move from America?

TUESDAY

Joe Lycett's United States of Birmingham, Sky Max & NOW, 9pm

Joe's quest to become friends with all the Birminghams continues in the American Midwest. First stop is Birmingham, Iowa, where he finds the inspiration for one of the country's most iconic artworks, 'American Gothic'. Joe and his driver Randy then move on to Birmingham, Missouri, where barbeque is almost a religion, and joins a local team as they prepare for the world's largest BBQ competition in Kansas City.

Who Do You Think You Are?, BBC One, 9pm

Documentary-maker Ross Kemp traces his ancestry.

Hypothetical, BBC Two, 9.45pm

Roisin Conaty, Victoria Coren-Mitchell, Darren Harriott and Phil Wang are posed increasingly absurd hypothetical

TUESDAY:

Untold: Shooting Guards, Netflix



situations.

Untold: Shooting Guards, Netflix

Former Washington Wizards teammates Gilbert Arenas and Javaris Crittenton shook the basketball world with their infamous gun incident in 2009, but what really went down when guns were drawn in their NBA locker room? Through raw first-hand accounts, Arenas and Crittenton unpack the events that had a life-altering impact on both men, and ultimately led Crittenton down a dark and tragic path. For the first time, this eye-opening documentary reveals the full story.

WEDNESDAY

How To Cook Well in Morocco, RTE One, 8.30pm

Rory arrives in Marrakesh late at night, but in time to join the traders, hawkers and visitors who throng Jamaa El Fna, the city's main square.

Téacs Taistil, TG4, 9.35pm

Olé! This week, the lads dive headfirst into the vibrant festivities of Seville's Feria de Abril.

THURSDAY

Tarrac na Farraige, RTE One, 7pm

In this series, RTE meets the Skip-pers — the men behind the boats, visiting their home ports along Ireland's breathtaking coastline. Though the fishing community is scattered across distant harbours and remote shores, it is bound together by a deep sense of solidarity and an enduring love for the sea.

Bad Dog Academy, Ch4, 8pm

Mum and daughter Kristie and Kirsten have six basset hounds: great fun, except for the barking. As soon as one hound starts all the others join in. Can Jo use a whistle and a few magic words to get this unruly crew under control?

Nashville, TG4, 9.30pm

Join three generations of the Cannon family, renowned singers from Donegal, on an unforgettable trip to Nashville.

FRIDAY

Millionaire Hoarders, Ch4, 8pm

Retired art dealer Sally, who runs the UK's only horse museum, has spent years collecting a huge selection of horse artefacts, which she now shares with the public. But with no one in her family keen to take over the reins of the museum, Sally needs to secure its future by raising money.

Movie PICKS

SATURDAY

As Good As It Gets, TG4, 9.50pm

Starring Jack Nicholson, Helen Hunt and Greg Kinnear, this movie follows a single mother and waitress as a misanthropic author and a gay artist form an unlikely friendship after the artist is assaulted in a robbery.

Good Luck To You, Leo Grande, Ch4, 10pm

Emma Thompson stars as a recently widowed, retired teacher who has a sexual bucket list she wants to get around to now that she has the time and, perhaps, even the energy.

Nicola Stokes (Thompson) has only ever had sex with her husband and never had an orgasm. Understandably — now that her husband has gone and there's been a respectful period of mourning — she wants to branch out a bit. But she doesn't want an old man.

She wants a young one — which makes her feel like 'a seedy old pervert'. Nonetheless, she does an internet search and ends up contacting Leo

Grande (Daryl McCormack), a sex worker who can — er — fill the holes in her experience.

Of course, he's happy to oblige — it's his job after all. But it's far from wham-bam-thank-you-mam. Over several meetings, a complex and touching relationship develops between the two as we move gently but surely towards the movie's climax.

SUNDAY Nonnas (right), Netflix

After the loss of his mother, a man risks everything to honor her by opening an Italian restaurant with a group of local grandmothers as the chefs.

FRIDAY

The Day After Tomorrow,

Film4, 6.40pm

Roland Emmerich's sci-fi blockbuster stars Dennis Quaid as climatologist Jack Hall, a lone voice predicting that global warming will lead to a new ice age.

He's ridiculed for his views, but his fears soon come true when a dramatic temperature rise in the Antarctic makes the world's weather go haywire, with tornadoes devastating Los Angeles, Britain literally flash-frozen and New York first inundated by floods and then overwhelmed by a killer cold snap.

A few survivors, including Jack's son Sam (Jake Gyllenhaal), take refuge in a library and Jack sets out on a desperate mission to save them.



SUNDAY

The Damned, Sky Cinema Premiere & NOW
Eva (Odessa Young), a 19th-century widow is tasked with making an impossible choice when, in the middle of an especially cruel winter, a ship sinks off the coast of her isolated fishing post.

Eva and her crew must choose to either rescue the shipwrecked or survive the winter with their last remaining food.

Facing the consequences of their choice and tormented by their guilt, the inhabitants wrestle with a mounting sense of dread and begin to believe they are all being punished for their choices.



Film
of the
WEEK

SATURDAY

Chic
pick



THE HANDMAID'S TALE, CH4, 9PM Based on Margaret Atwood's dystopian novel about a near-future USA under the grip of a totalitarian theocracy. In the opening episode of the sixth and final series, June and Serena's journey takes an unexpected turn. Moira makes a bold decision. Nick deals with a powerful visitor.

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

RTE ONE

6.00 EURONEWS 6.50 Teleshopping (R) **7.55** Nationwide (R, S) **8.55** Fair City Omnibus (S) **10.25** Ros na Rún (R, S) **11.25** Shakespeare & Hathaway: Private Investigators (R, S) **12.25** Celebrity Bridge of Lies (R, S)
1.20 RTÉ NEWS (S)
1.30 CHEAP EUROPEAN HOMES (R, S)
2.30 THE ZOO (R, S)
3.00 RACING FROM PUNCHESTOWN Coverage of the fifth and final day of PuncHESTOWN Festival, including the Mares Champion Hurdle and the Champion Four Year Old Hurdle. (S)
5.45 NUACHT
5.55 RTÉ NEWS WITH SIGNING
6.00 THE ANGELUS
6.01 RTÉ NEWS (S)
6.35 FILM: UNCHARTED (2022) Premiere. A pair of treasure hunters embark on a globetrotting search for a fortune that was lost 500 years previously. Adventure, with Tom Holland. ★★★★★ (S); Lotto
8.40 KILLINASKULLY Catherine agrees to be Dieter's bride. (R, S)
9.15 RTÉ NEWS (S)
9.45 FILM: MAMMA MIA! (2008) A bride asks three of her mother's old flames to her wedding to learn which of them is her father. Musical comedy, starring Meryl Streep. ★★★★★ (S)
11.45 FILM: BREACH (2007) Fact-based drama about an FBI agent selling state secrets to the Soviet Union and the surveillance expert assigned to expose his guilt. With Chris Cooper. ★★★★★ (S)
1.55 GRANTCHESTER Detective drama. (R, S) **2.45** EuroNews

BBC ONE

6.00 BREAKFAST (S) **10.00** Saturday Kitchen Live. Cookery show. (S)
11.30 Mary Berry – Love to Cook (R, S) **12.00** Football Focus (S)
1.00 BBC NEWS (S)
1.15 BARGAIN HUNT (R, S)
2.00 SNOOKER: THE WORLD CHAMPIONSHIP (S)
4.30 FINAL SCORE (S)
5.20 BBC NEWS (S)
5.30 BBC NEWSLINE (S)
5.40 CELEBRITY BRIDGE OF LIES Ross Kemp presents the quiz. (S)
6.20 THE HIT LIST Rick Edwards and Harry Judd, Morning Live's Dr Xand Van Tulleken and Michelle Ackereley, and Gladiators Steel and Dynamite compete in a celebrity episode of the music-based quiz. (S)
7.10 DOCTOR WHO Ruby Sunday faces a dangerous new threat without the Doctor's help. (S)
7.55 BLANKETY BLANK Panellists include Rob Beckett, Jordan Banjo and Emma Barton. (S)
8.30 ● POINTLESS CELEBRITIES Contestants include Clare Balding, Alice Arnold, Blu Hydrangea and Ella Vaday. (S)
9.20 CASUALTY Stevie receives a good prognosis following her surgery, but finds that one of her fellow patients is planning to die at home, a choice she has yet to share with her daughter. (S)
10.10 BBC NEWS (S)
10.30 MATCH OF THE DAY Highlights of the latest Premier League matches. (S)
11.40 ASHLEY CAIN: INTO THE DANGER ZONE (R, S)
12.40 WEATHER FOR THE WEEK AHEAD (S) **12.45** BBC News (S)

RTE TWO

6.00 EURONEWS 8.00 RTÉ Kids
11.15 Home and Away (R, S) **12.40**
FILM: MY BOSS'S WEDDING (2021) Romance, starring Holly Deveau and Drew Seeley. ★★ (S)
2.25 FILM: LOCH NESS (1996) An American scientist is sent to Scotland to prove that the Loch Ness monster does not exist, to the outrage of the locals. Family drama, starring Ted Danson and Joely Richardson. ★★★★★ (S)
4.15 CHAMPIONS LEAGUE MAGAZINE Including highlights and news, as well as a look through the archives. (S)
4.45 INVESTEC CHAMPIONS CUP Leinster v Northampton Saints (Kick-off 5.30pm). Jacqui Hurley presents coverage of the semi-final at Aviva Stadium. (S)
8.00 MYSTERIES OF THE PYRAMIDS WITH DARA O BRIAIN Dara teams up again with Chris Naughton and Raksha Dave to learn how pyramids' very existence came from the constant battle between tomb raiders and tomb builders. (S)
9.00 FILM: THE PROGRAM (2015) A journalist follows Lance Armstrong's rise to glory, and sets out to expose his use of performance-enhancing drugs. Fact-based drama, starring Ben Foster. ★★★★★ (S)
10.50 FILM: THE GIFT (2000) A clairvoyant woman's life is turned upside down when she unravels the mystery behind a girl's disappearance. Atmospheric supernatural thriller, starring Cate Blanchett, Keanu Reeves and Hilary Swank. ★★★★★ (S)
12.55 CRIME (R, S) **1.55** EuroNews

BBC TWO

6.25 HEY DUGGEE (R, S) **6.35** Mojo Swoptops (R, S) **6.45** Super Happy Magic Forest (R, S) **7.00** Grizzly and the Lemmings (R, S) **7.15** Pokémon Horizons (R, S) **7.35** Bro's in Control (R, S) **7.50** Operation Ouch! (R, S) **8.20** Blue Peter (R, S) **8.50** Newsround (S)
9.00 Gardeners' World (R, S) **10.00** Snooker: The World Championship (S)
12.35 Marcus Wareing's Tales from a Kitchen Garden (R, S)
1.35 WEATHER WATCHERS WITH BARRA BEST (R, S)
2.00 IRISH CUP FINAL Cliftonville v Dungannon Swifts (Kick-off 2.30pm). (S)
4.45 GARDENING TOGETHER WITH DIARMUID GAVIN (R, S)
5.00 FLOG IT! From Crowcombe Court in Somerset. (R, S)
6.00 ANNA HAUGH'S BIG IRISH FOOD TOUR Una Healy joins Anna in Tipperary to collect honey from native bees. (R, S)
6.30 ANNA HAUGH'S BIG IRISH FOOD TOUR Singer and actor Shayne Ward retraces his Irish roots in Co Louth. (R, S)
7.00 SNOOKER: THE WORLD CHAMPIONSHIP Coverage of the fourth and concluding session of a semi-final on day 15 from the Crucible Theatre in Sheffield. (S)
10.00 FILM: THE COMMITMENTS (1991) Comedy, starring Robert Arkins, Andrew Strong and Angeline Ball. ★★★★★ (S)
11.50 FILM: PAN'S LABYRINTH (2006) Period fantasy, starring Ivana Baquero, Sergi Lopez and Ariadna Gil. ★★★★★
1.40 SIGN ZONE: THIS CITY IS OURS (R, S) **2.40** This Is BBC Two (S)

VIRGIN ONE

6.10 THE SWITCH (R, S) **7.00** Alphabetical (R, S) **7.55** Moneyball (R, S) **9.00** Ireland AM (S) **12.00** John and Lisa's Weekend Kitchen (R)
1.00 DON'T LOOK BACK IN ANGER Documentary. (R, S)
1.30 LIVE RACING Including the 2,000 Guineas from Newmarket.
4.00 CELEBRITY CATCHPHRASE Ben Bailey Smith, Claire Richards and Lisa Riley compete for charity. (R, S)
5.00 FOR THE LOVE OF DOGS WITH ALISON HAMMOND Katie Piper drops in to Battersea to choose a puppy. (R, S)
5.30 NEWS AT 5.30 (S)
6.00 TIPPING POINT: LUCKY STARS Coolio, Jenny Eclair and Matthew Wolfenden take part in the quiz, in which contestants answer questions to win turns on an arcade-style machine. (R, S)
7.00 BRITAIN'S GOT TALENT: LIVE SEMI-FINAL Ant and Dec host the second semi-final as more acts that made it through the audition rounds perform in front of the judges. (S)
9.00 BEAT THE CHASERS Jessica, Liaquat, Stephanie, Jamie and Joanne take on the Chasers. (S)
10.00 THE GRAHAM NORTON SHOW With guests Nicole Kidman, Cynthia Erivo, James Norton and Chris McCausland. (R)
11.05 GENIUS GAME Game show in which David Tennant guides 11 players with exceptional abilities through a series of mind-bending rounds. (R, S)
12.20 WOMEN LOCKED UP: INSIDE THE DÓCHAS Last in the series. (R, S) **1.15** Swipe, Match, Murder: The Murder of Grace Millane (R, S)

CHANNEL 4

6.00 CHEERS (R, S) **6.55** Everybody Loves Raymond (R, S) **8.15** Frasier (R, S) **9.10** The Simpsons (R, S) **11.10** Formula 1 Miami Grand Prix Sprint Qualifying Highlights. Action from Miami International Autodrome. (S)
11.40 Four in a Bed (R, S)
1.15 FOUR IN A BED (R, S)
2.20 FILM: KINDERGARTEN COP (1990) Comedy, starring Arnold Schwarzenegger and Penelope Ann Miller. ★★★★★ (S)
4.25 THE PIANO The line-up in Sheffield Station includes a professional footballer. (R, S)
5.30 CHANNEL 4 NEWS (S)
6.00 OUR DREAM FARM WITH MATT BAKER As the selection process comes to an end, just two applicants remain. Last in series. (S)
7.00 TWO MEN ON A BIKE David Baddiel and Hugh Dennis travel along the Canal du Midi. (R, S)
8.00 ● 24 HOURS: THE FALL OF NAZI GERMANY The German and Allied negotiations to end the war in Europe. (S)
9.00 NEW: THE HANDMAID'S TALE Dystopian drama, starring Elisabeth Moss. (S)
10.00 FILM: GOOD LUCK TO YOU, LEO GRANDE (2022) Premiere. A retired teacher is yearning for adventure, and begins by hiring a young sex worker. Drama, with Emma Thompson. ★★★★★ (S)
12.00 FILM: 3:10 TO YUMA (2007) Western remake, with Russell Crowe. ★★★★★ (S) **2.05** The Dog House (R, S) **3.00** Food Unwrapped (R, S) **3.25** The Simpsons (R, S) **5.05** Kirstie's Fill Your House for Free (R, S) **5.15** Location, Location, Location (R, S)

VIRGIN TWO

6.45 PRESSURE PAD (R, S) **7.30** Tipping Point (R, S) **10.30** River Monsters (R) **11.30** UEFA Champions League Magazine Show **12.00** Live Athletics: Diamond League
2.00 CASH TRAPPED (R, S)
3.00 UNBEATABLE (R, S)
4.00 CELEBRITY TIPPING POINT Ben Shephard hosts. (R, S)
5.00 WHO'S DOING THE DISHES? With Brian McFadden. (R, S)
6.00 WHO'S DOING THE DISHES? DJ Mike Read puts on a dinner party at his Oxfordshire home for four dinner guests as he plays mystery celebrity host. Brian McFadden hosts. (R, S)
7.00 LONG LOST FAMILY: WHAT HAPPENED NEXT The stories of Anne Clegg, Alice Jones and Sharon Harte. (R, S)
8.00 COOKING WITH THE STARS (R, S)
9.00 THE ARRANGEMENT
10.00 SOHAM: CATCHING A KILLER (R, S)
11.00 HELL'S KITCHEN (R)
12.00 THE JONATHAN ROSS SHOW Celebrity interviews. (R)

VIRGIN MORE

6.25 LIVE: FORMULA E 7.35 Classic 6 Nations **8.05** Live: Formula E **9.00** Classic UEFA Champions League **9.30** Live: Formula E **11.30** Sport Stories: Nina Carberry **12.00** Classic UEFA Champions League
1.00 CLASSIC UEFA CHAMPIONS LEAGUE
2.50 BEST OF GUINNESS SIX NATIONS 2025
3.40 UCL DEFINING MOMENTS
4.35 CLASSIC 6 NATIONS
5.30 BEST OF WOMEN'S GUINNESS SIX NATIONS 2025
7.10 SPORT STORIES: DAMIEN DELANEY
8.00 SPORT STORIES: NINA CARBERRY
8.30 CLASSIC UEFA CHAMPIONS LEAGUE
9.00 ESSEX COUNTY
9.45 SPREADSHEET
10.45 IMPOSSIBLE ENGINEERING
11.35 SPORT STORIES: PAUL MCGRATH
12.30 BEST OF U20'S SIX NATIONS 2024

UTV

6.00 A YEAR IN THE BEACONS (R, S) **6.30** FILM: SING (2016) ★★★★★ (S) **8.25** Jimmy & Shivi's Farmhouse Breakfast (S) **9.25** ITV News (S) **9.30** James Martin's Saturday Morning (S) **11.40** Prue Leith's Cotswold Kitchen **12.40** Raymond Blanc's Royal Kitchen Gardens (S)
1.10 ITV NEWS (S)
1.30 ITV RACING: LIVE FROM NEWMARKET (S)
4.00 IN FOR A PENNY (R, S)
4.30 ITV NEWS (S)
4.45 UTV LIVE (S)
5.00 THE CHASE CELEBRITY SPECIAL (R, S)
6.00 99 TO BEAT (S)
7.00 BRITAIN'S GOT TALENT: LIVE SEMI-FINAL (S)
9.00 THE 1% CLUB (S)
10.05 NEW: FAKE (S)
10.50 ITV NEWS (S)
11.10 ENGLISH FOOTBALL LEAGUE HIGHLIGHTS (S)
12.30 SHOP ON TV 3.00 The Assembly (R, S) **3.25** Unwind with ITV (S) **4.30** LIV Golf Live (S) **5.30** Made in Britain (R, S)

VIRGIN THREE

6.45 HEARTBEAT 8.30 Kavanagh QC **10.00** Emmerdale **1.00** Live: Formula E **3.50** Lewis **5.45** Paul O'Grady: For the Love of Dogs **6.15** The Deal Makers **7.15** Cornwall and Devon Walks with Julia Bradbury **7.40** Mountain Vets. Gillian adopts three baby hedgehogs **9.00** Mr Selfridge. Loxley promises Harry he can get Winston Churchill to open the exhibition **10.00** Blue Murder **11.00** FILM Carry on Loving (1970) ★★ **12.50** Touching Evil

TG4

6.00 CÚLA 4 10.10 The Wonder Years **10.35** Murder, She Wrote **11.30** Domhan an Dúlra – Ainmhithe **12.30** Domhan an Dúlra **1.30** An Cósta Thiar **2.00** Bádóirí – Na Jimmy's **2.57** An Aimsir Láithreach **3.00** Corn Uí Riada 2024 **4.20** Joe Éinniú: Song of Granite **6.00** Bláth na hAoise **6.57** An Aimsir Láithreach **7.00** Nuacht TG4 **7.15** Sacar na mBan Beo **9.48** An Aimsir Láithreach **9.50** FILM As Good as It Gets (1997) ★★★★★ **12.25** Narcos **1.25** Hector Amú san Eoraip

SKY SHOWCASE

6.00 THE PINGU SHOW 6.30 Lego City Adventures **6.45** Let's Game **7.05** Planet Shark **10.00** Formula 1 **11.00** Sport's Funniest Moments **12.00** The Simpsons **3.00** Gillette Labs Soccer Saturday **5.00** Greatest Escapes of WWII **6.00** Commando Missions **7.00** Formula 1 **8.00** Shark: British Isles Special with Steve Backshall **9.00** FILM Forrest Gump (1994) ★★★★★ **11.30** Formula 1 **1.30** Ted's Notebook **2.00** An Idiot Abroad **2.30** Road Wars **4.00** Nothing to Declare

SKY ATLANTIC

6.00 RICHARD E GRANT'S HOTEL SECRETS 8.00 Game of Thrones **8.30** Game of Thrones. Daenerys declares her intentions for Westeros. Last in series. **9.00** The Penguin. Victor is torn between his new life and his old one. **10.10** Homicide: Life on the Street **11.10** Homicide: Life on the Street **12.10** Homicide: Life on the Street **3.10** The Outsider. Starring Ben Mendelsohn. **4.20** Urban Secrets

MAIN EVENT

6.00 LIVE NRL 8.00 Good Morning Sports Fans **8.30** LIVE NRL **10.30** Soccer Saturday Pre-Match **11.00** LIVE EFL **2.45** Gillette Labs Soccer Saturday: Build-Up **3.00** Gillette Labs Soccer Saturday **5.00** LIVE SNF **8.35** LIVE Formula 1. The Miami Grand Prix qualifying session (Start-time 9pm). **11.00** Ted's Notebook **11.30** LIVE LPGA Tour Golf. The Black Desert Championship. **2.00** Sky Sports News **4.45** LIVE NRL. (Kick-off 4.50am).

TNT SPORTS 1

7.00 LIVE AFL 10.00 The Fantasy Show **10.30** Premier League Preview **11.00** LIVE Premier League **3.00** Xtra Time **3.15** LIVE Snooker World Championship **5.30** Discovery Golf **6.00** MLB Highlights **7.00** UEFA Champions League Magazine **7.30** LIVE Serie A **9.45** Superbike World Championship **10.15** TNT Sports Reload **10.30** LIVE Grand Slam Track Athletics **12.30** TNT Sports Reload **1.00** LIVE UFC **3.00** LIVE UFC

SUNDAY

Chic
pick



GRADAM CEOIL, TG4, 9.30PM This year the awards will be broadcast live from the University Concert Hall, Limerick. Siobhán Peoples (pictured) is the Traditional Musician of the Year, Colm Broderick is Young Traditional Musician of the Year, and Johnny Óg Connolly will receive Composer of the year.

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

RTE ONE

6.00 EURONEWS 7.25 Teleshopping (R) **8.00** Keeping Up Appearances (R, S) **8.35** Casualty (S) **9.35** Father Brown (R, S) **10.30** Fóram **11.00** Service (S) **12.00** The Week in Politics (S)

1.00 **RTE NEWS** (S)

1.10 **THE COMPLAINTS BUREAU** Consumer programme. (R, S)

1.40 **SUPER GARDEN** (R, S)

2.10 **KERRY: TIDES OF TIME** Part one of two. The story of the county's landscape. (R, S)

3.10 **BOG AMACH** (R, S)

3.40 **DEATH IN PARADISE** Humphrey investigates the death of a scientist. (R, S)

4.40 **DEATH IN PARADISE A** literature student is pushed off a cliff to her death. (R, S)

5.40 **NUAIGHT**

5.50 **RTE NEWS WITH SIGNING**

6.00 **THE ANGELUS**

6.01 **RTE NEWS** (S)

6.30 **KERRY: TIDES OF TIME** Part two of two. The story of a year in the county as the seasons change. (S)

7.30 ● **CHEAP EUROPEAN HOMES** Maggie Molloy helps Orla find her dream home in Italy. (S)

8.30 **FAIR CITY** Damien turns his back on Mark. (S)

9.00 **RTE NEWS** (S)

9.30 **FILM: LIFE'S A BREEZE** (2013) An elderly woman and her family take to the streets of Dublin in search of a fortune hidden in a mattress. Comedy, starring Kelly Thornton. ★★★ (R, S)

11.05 **THE WEEK IN POLITICS** The latest political issues, hosted by Áine Lawlor. (R, S)

12.05 **THE GONE** (R, S) **1.05** Van Der Valk (R, S) **2.05** Biden's Decision (R, S) **3.05** EuroNews. Headlines.

BBC ONE

6.00 **BREAKFAST** (S) **7.45** Match of the Day. Highlights. (R, S) **9.00** Sunday with Laura Kuenssberg (S) **10.00** Sunday Politics (S) **10.30** Sikh Boxing Warriors (R, S) **11.10** Homes Under the Hammer (R, S) **12.10** Songs of Praise (S) **12.45** BBC News (S) **12.55** Weather for the Week Ahead (S)

1.00 **SNOOKER: THE WORLD CHAMPIONSHIP** (S)

3.55 **THE BIDDING ROOM** The dealers bid for a coffee grinder, a rocking horse and a life-sized dummy. (R, S)

4.25 **FILM: PADDINGTON** (2014) Family comedy, starring Hugh Bonneville and Sally Hawkins. ★★★★★ (S)

5.50 **BBC NEWS** (S)

6.05 **BBC NEWSLINE** (S)

6.15 **THE AMERICAS** Animals living in and near Patagonia. Last in series. (S)

7.00 **COUNTRYFILE** Special episode for lambing season. (S)

8.00 **ANTIQUES ROADSHOW: VE DAY SPECIAL** Fiona Bruce marks the 80th anniversary of VE Day in Berlin and Bletchley Park. (S)

9.00 **THIS CITY IS OURS** Michael and Jamie's rivalry is pushed to the limit. (S)

10.00 **BBC NEWS** (S)

10.25 **BBC NEWSLINE** (S)

10.30 **MATCH OF THE DAY 2** The day's Premier League action. (S)

11.45 **THE WOMEN'S FOOTBALL SHOW** Highlights of the weekend's games in the Super League. (S)

12.30 **DOCTOR WHO: UNLEASHED** (R, S) **1.00** Weather for the Week Ahead (S) **1.05** BBC News (S)

RTE TWO

6.00 EURONEWS 8.00 RTÉ Kids **10.30** Home and Away (R, S) **11.30** **FILM: RICHIE RICH** (1994) Family comedy, starring Macaulay Culkin and John Larroquette. ★★ (S)

1.15 **THE SUNDAY GAME LIVE** Kerry v Clare and Mayo v Galway (Throw-ins 1.45pm and 4pm). Coverage of the respective Munster and Connacht Senior Football Championship finals. (S)

6.20 **FILM: MOONRAKER** (1979) James Bond's search for a missing space shuttle leads to an industrialist bent on genocide – and a rematch with old foe Jaws. Spy adventure, starring Roger Moore. ★★★★★ (S)

8.35 **THE AMERICAS** A look at the Gulf Coast's extraordinary wildlife, including an alligator teaching hatchlings how to hunt and manatees practicing a rarely filmed courtship ritual. (S)

9.30 **THE SUNDAY GAME** Damian Lawlor presents highlights and analysis of the weekend's GAA action. The contests taking place included Kerry v Clare in the Munster Senior Football Championship final at Fitzgerald Stadium, and Mayo v Galway in the Connacht Senior Football Championship final at Hastings Insurance MacHale Park. (S)

11.00 **THE SPACE SHUTTLE THAT FELL TO EARTH** After Columbia breaks apart during re-entry, Nasa comes under pressure to provide answers, and faces criticism for its flawed safety culture. Last in series. (R, S)

12.10 **RISE OF THE NAZIS: THE MANHUNT** (R, S) **1.10** The Fall (R, S) **2.25** EuroNews. Headlines.

BBC TWO

6.20 **COUNTRYFILE** (R, S) **7.15** Landward (S) **7.45** Breakfast (S) **9.00** Beechgrove Garden (S) **9.30** Saturday Kitchen Best Bites (S) **11.00** The A to Z of TV Cooking (R, S) **11.20** This Farming Life (R, S) **12.20** **FILM: MOVE OVER, DARLING** (1963) Comedy, starring Doris Day. ★★★★★ (S)

2.00 **MOTD LIVE: WOMEN'S SUPER LEAGUE** Tottenham Hotspur v Chelsea (Kick-off 2.15pm). (S)

4.25 **FLOG IT!** Paul Martin is joined by experts Michael Baggott and Caroline Hawley on a visit to Haddon Hall in Derbyshire. (R, S)

5.15 **RACE ACROSS THE WORLD** The teams set out on their journey to the second checkpoint in Sanya. (R, S)

6.15 **EXPEDITION WITH STEVE BACKSHALL** Steve and his team of explorers head to Greenland in the Arctic. Kayaking the world's largest fjord, they dodge giant icebergs and hungry polar bears. (R, S)

7.00 **SNOOKER: THE WORLD CHAMPIONSHIP** Hazel Irvine presents coverage of the second session of the final on day 16 from the Crucible Theatre in Sheffield. (S)

10.00 **LIVE AT THE APOLLO** Ed Gamble hosts, with Tom Davis and Judi Love. (R, S)

10.30 **SUNDAY POLITICS** (R, S)

11.00 **FILM: RUSH** (2013) Fact-based motor racing drama, starring Chris Hemsworth and Daniel Bruhl. ★★★★★ (S)

12.55 **DETECTORISTS** (R, S) **1.25** Sign Zone: Beyond Paradise (R, S) **2.25** Sign Zone: Stacey & Joe (R, S) **3.25** This Is BBC Two (S)

VIRGIN ONE

6.15 **THE SWITCH** (R, S) **7.05** Alphabetical (R, S) **9.00** Ireland AM. News and features. (S) **12.00** Tour de Fred: Northern Ireland (R, S)

1.00 **DON'T LOOK BACK IN ANGER** Featuring news and music from 1999. (R, S)

1.30 **LIVE RACING** Coverage from Newmarket, Salisbury and Hamilton.

4.00 **TIPPING POINT: LUCKY STARS** With Coolio, Jenny Eclair and Matthew Wolfenden. (R, S)

5.00 **DON'T LOOK BACK IN ANGER** A look at the highs and lows of 2023. (R, S)

5.30 **NEWS AT 5.30** (S)

6.00 **DOC MARTIN** The villagers throw the Ellinghams a farewell party, but Martin and Louisa struggle to make the big event. Final episode of the long-running drama series. Last in series.

7.00 **THE CHASE CELEBRITY SPECIAL** With Ronni Ancona, Adam Gemili, Dave Johns and Joel Dommett. (R, S)

8.00 **CELEBRITY CATCHPHRASE** Mark Charnock, Kerry Godliman and Janet Street-Porter compete. (S)

9.00 **WHO WANTS TO BE A MILLIONAIRE?** Big-prize quiz hosted by Jeremy Clarkson.

10.00 **THE ASSEMBLY** Jade Thirlwall faces the grilling of a lifetime. (S)

10.30 **TWISTED TWINS** Documentary exploring the stories of identical twins involved in cases of murder and missing persons. (R)

11.30 **GENIUS GAME** The players must navigate their way through a zombie apocalypse. (R, S)

12.45 **THE HOTEL INSPECTOR** (R, S) **1.45** Autopsy USA (R)

CHANNEL 4

6.10 **CHEERS** (R, S) **7.05** Everybody Loves Raymond (R, S) **7.30** The Great Big Tiny Design Challenge with Sandi Toksvig (R, S) **8.30** Formula 1 Miami Grand Prix Qualifying Highlights (S) **10.00** Sunday Brunch (S)

1.00 **THE SIMPSONS** (R, S)

1.30 **THE SIMPSONS** (R, S)

2.00 **THE SIMPSONS** (R, S)

2.30 **THE SIMPSONS** (R, S)

3.00 **FOUR IN A BED** (R, S)

3.30 **FOUR IN A BED** (R, S)

4.00 **FOUR IN A BED** (R, S)

4.30 **FOUR IN A BED** (R, S)

5.00 **FOUR IN A BED** (R, S)

5.35 **GEORGE CLARKE'S OLD HOUSE, NEW HOME** (R, S)

6.30 **CHANNEL 4 NEWS** (S)

7.00 **STACEY SOLOMAN'S RENOVATION RESCUE** Stacey helps a father and daughter in Suffolk finish a building job gone wrong on their own. (R, S)

8.00 **THE GREAT CELEBRITY BAKE OFF FOR STAND UP TO CANCER** With Oti Mabuse, Gabby Logan, David O'Doherty and Suzi Ruffell. (R, S)

9.00 **THE PIANO** Claudia Winkleman, Mika, Jon Batiste and Mika's dog Sharkey gather at Newcastle Station. (S)

10.00 **GOGGLEBOX** The households' opinions on recent TV. (R, S)

11.00 **FILM: HUNTER KILLER** (2018) Action thriller, starring Gerard Butler, Gary Oldman and Common. ★★★★★ (S)

1.15 **KIRSTIE'S FILL YOUR HOUSE FOR FREE** (R, S) **1.30** Formula 1 Miami Grand Prix Highlights (S) **2.55** Guy Martin's Lost WW2 Bomber (R, S) **4.15** The Simpsons (R, S) **5.50** Countdown (R, S)

VIRGIN TWO

6.25 **PRESSURE PAD** (R, S) **8.00** Tipping Point (R, S) **9.55** River Monsters (R) **11.00** Bling (R) **12.00** What Would Your Kid Do? (R, S)

1.00 **WHEEL OF FORTUNE** (R, S)

2.00 **CASH TRAPPED** (R, S)

3.00 **UNBEATABLE** (R, S)

4.00 **GIFT WRAPPED** (R, S)

5.00 **WHO'S DOING THE DISHES?** (R, S)

6.00 **WHO'S DOING THE DISHES?** Dancer Louie Spence plays host. (R, S)

7.00 **BAD CHEFS** With guest chef Joseph Denison Carey. (R, S)

8.00 **INSIDE SYDNEY AIRPORT** All the emergency agencies are involved in a simulated plane crash exercise.

9.00 **SKIN A&E** The specialist clinic opens its doors to patients with acne. (R)

10.00 **SKIN A&E** Behind the scenes insight at a specialist skin clinic.

11.00 **BUMP** (S)

11.30 **BUMP** (S)

12.00 **THE GRAHAM NORTON SHOW** With Nicole Kidman. (R)

VIRGIN MORE

7.25 **LIVE: FORMULA E** **8.30** Classic 6 Nations **9.30** Live: Formula E **11.30** Classic 6 Nations

1.00 **CLASSIC UEFA CHAMPIONS LEAGUE**

1.25 **CLASSIC UEFA CHAMPIONS LEAGUE**

2.20 **CLASSIC UEFA CHAMPIONS LEAGUE**

3.15 **BEST OF GUINNESS SIX NATIONS 2025**

4.05 **UCL DEFINING MOMENTS**

5.00 **BEST OF WOMEN'S GUINNESS SIX NATIONS 2025**

5.50 **BEST OF WOMEN'S GUINNESS SIX NATIONS 2025**

6.40 **CLASSIC 6 NATIONS**

7.10 **CLASSIC UEFA CHAMPIONS LEAGUE**

8.05 **FORMULA E HIGHLIGHTS**

9.00 **SHETLAND**

10.00 **EATING WITH THE ENEMY**

11.00 **MICHAEL PALIN IN NIGERIA**

11.50 **CLASSIC UEFA CHAMPIONS LEAGUE**

12.45 **SIX NATIONS UNDER-20S**

UTV

9.25 **ITV NEWS** (S) **9.30** Love Your Weekend with Alan Titchmarsh (S)

11.25 Alan Titchmarsh's Gardening Club (R, S) **12.25** ITV News (S) **12.30** Prue Leith's Cotswold Kitchen (R, S)

1.30 **ITV RACING: LIVE FROM NEWMARKET** (S)

4.00 **IN FOR A PENNY** (R, S)

4.30 **THE CHASE CELEBRITY SPECIAL** (R, S)

5.30 **99 TO BEAT** (R, S)

6.30 **ITV NEWS** (S)

6.45 **UTV LIVE** (S)

7.00 **CELEBRITY CATCHPHRASE** (S)

8.00 **WHO WANTS TO BE A MILLIONAIRE?** (S)

9.00 **NEW: MALPRACTICE** (S)

10.00 **THE ASSEMBLY** (S)

10.30 **ITV NEWS** (S)

10.45 **FILM: THE EQUALIZER** (2014) Action thriller, starring Denzel Washington and Chloë Grace Moretz. ★★★★★ (S)

1.05 **SHOP ON TV** **3.00** Gary Barlow's Wine Tour: South Africa (R, S) **3.50** Unwind with ITV (S) **5.05** Prue Leith's Cotswold Kitchen (R, S)

VIRGIN THREE

6.45 **HEARTBEAT** **8.30** Kavanagh QC **10.00** Coronation Street **1.00** Live: Formula E **3.50** Lewis **5.45** The Deal Makers **6.45** Hospital **8.00** Inside M&S. Davina McCall pitches to the company's lingerie team. Last in series **9.00** The Long Shadow. The police receive a letter apparently from the killer **10.05** The Loch **11.05** Poldark. Ross is ordered to leave Roscoff under threat of execution **12.15** Noughts + Crosses **1.20** Touching Evil

TG4

6.00 **CÚLA 4** **9.55** Tímeall na Tíre **10.25** Murder, She Wrote **11.20** The Irish RM **12.20** The Golden Girls **12.50** Rúin ón Spéir **1.50** Amharc Aneas **2.25** Domhan an Dúlra – Ainmhithe **3.25** Steip na nÓg 2024 **4.25** **FILM** 9 to 5 (1980) ★★★ **6.25** Scéalta na gCorn **7.00** Nuacht TG4 **7.15** Abair Amhrán **7.30** Ollchlar Ros na Rún **8.30** Ceol ón Earagail **9.30** Gradam Ceoil TG4 **2025** **11.18** An Aimsir Láithreach **11.20** Hup! **11.50** Téacs Taistil **12.50** Litir Ghrá ón Dara Cogadh Domhanda

SKY SHOWCASE

6.00 **THE PINGU SHOW** **6.30** Lego City Adventures **6.45** Let's Game **7.05** Monkey Life **8.00** Formula 1 **10.00** The Office (US) **11.30** Live WSL **2.30** **FILM** The Amazing Maurice (2022) ★★★★★ **4.20** **FILM** The BFG (2016) ★★★★★ **6.30** The Simpsons **7.00** Friends: The Reunion **9.00** **FILM** Mission: Impossible (1996) Action thriller. ★★★★★ **11.00** Saturday Night Live **12.30** Formula 1 **1.30** Ted's Notebook **2.00** Brassic **3.00** Road Wars **4.00** Nothing to Declare

SKY ATLANTIC

6.00 **IN TREATMENT** **6.40** Dune: Prophecy **9.00** House of the Dragon **7.50** House of the Dragon. Rhaenyra tries desperately to hold the realm together. With Matt Smith. **9.00** Gangs of London. Elliot places his trust in a surprising ally. Meanwhile, Ed pays a visit to an old contact. **10.00** The Wire **11.05** The Baby **11.40** Succession **2.00** The Last of Us **3.05** The Leftovers **4.05** Urban Secrets

MAIN EVENT

6.00 **LIVE NRL** **6.45** NRL Grand Final Bitesize Hits **7.00** Good Morning Sports Fans **10.00** Super Sunday Matchday **11.00** **LIVE** SPFL **2.00** **LIVE** Super Sunday: Brighton & Hove Albion v Newcastle United **4.00** **LIVE** Super Sunday: Chelsea v Liverpool **7.30** **LIVE** Formula 1. Build-up in Miami. **8.55** **LIVE** Formula 1. Miami Grand Prix (Start-time 9pm). **11.00** **LIVE** Formula 1 **12.00** **LIVE** LPGA Tour Golf **2.00** **LIVE** Fight Night International

TNT SPORTS 1

6.45 **LIVE** LONGINES GLOBAL CHAMPIONS TOUR **9.00** Reload **9.30** **LIVE** Men's Cycling Pro Series **11.30** **LIVE** Women's Cycling World Tour **1.15** **LIVE** Men's Cycling World Tour **3.30** **LIVE** British Superbikes **6.00** Premier League – The Big Interview **6.30** FIM Speedway Grand Prix **7.30** Superbike World Championship **8.30** **LIVE** Grand Slam Track Athletics **10.30** TNT Sports Reload **11.00** British Superbikes **12.00** **LIVE** MLB

MONDAY



SECRETS OF SUPERMARKET BUYERS: TESCO, CH4, 8PM

Denise van Outen (pictured) discovers savvy shopping secrets from the people who really control our weekly shop: the supermarket buyers. In this episode, Denise learns amazing truths behind the scenes at Tesco, from meal deals and Clubcard prices to world foods and personal care.

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

RTE ONE

6.00 EURONEWS 6.35 Teleshopping (R) **7.45** Today (R, S) **9.50** The Drew Barrymore Show (R, S) **10.40** The Kelly Clarkson Show (R, S) **11.35** The Repair Shop (R, S) **12.30** Shortland Street (S)

1.00 RTÉ NEWS (S)

1.10 HOME AND AWAY Eliza lashes out. (S)

1.40 NEIGHBOURS (S)

2.10 FAIR CITY (R, S)

2.40 FAIR CITY Damien turns his back on Mark. (R, S)

3.30 FILM: INDIANA JONES AND THE TEMPLE OF DOOM (1984) Action adventure, starring Harrison Ford, Kate Capshaw and Ke Huy Quan. ★★★★★ (S)

5.45 NUACHT

5.55 RTÉ NEWS WITH SIGNING

6.00 THE ANGELUS

6.01 RTÉ NEWS (S)

6.30 NA FEILTE TINE (S)

7.30 EASTENDERS Lauren is concerned when the midwife discusses potential complications. (S)

8.00 10 THINGS TO KNOW ABOUT The challenges of growing food amid extreme weather and global instability. (R, S)

8.30 ● BOG AMACH An American couple search for a property in the Donegal Gaeltacht. (S)

9.00 RTÉ NEWS (S)

9.30 FILM: TICKET TO PARADISE (2022) Premiere. Comedy romance, with George Clooney and Julia Roberts. ★★★★★ (S)

11.25 THE COMPLAINTS BUREAU Consumer programme. (R, S)

12.00 THE LATE LATE SHOW Music and chat, hosted by Patrick Kielty. (R, S) **1.30** A Greenland Story (R, S) **2.30** The Kelly Clarkson Show (R, S) **3.15** EuroNews. Headlines.

BBC ONE

6.00 BREAKFAST (S) **9.25** The Boy, the Mole, the Fox and the Horse (R, S) **10.00** Animal Park (R, S) **10.30** VE Day 80: The Nation Pays Tribute (S)

2.00 BBC NEWS AT ONE (S)

2.20 BBC NEWSLINE (S)

2.30 PLANET EARTH III (R, S)

3.30 ESCAPE TO THE COUNTRY A newlywed couple look for their first home in Cumbria. (R, S)

4.30 THE FINISH LINE Quiz, hosted by Roman Kemp and Sarah Greene. (R, S)

5.15 POINTLESS Quiz, hosted by Alexander Armstrong and Gabby Logan. (R, S)

6.00 BBC NEWS AT SIX (S)

6.20 BBC NEWSLINE (S)

6.30 THE ONE SHOW – VE DAY 80 SPECIAL Alex Jones and Roman Kemp mark the 80th anniversary of VE Day. (S)

7.30 EASTENDERS Lauren is concerned when the midwife discusses potential complications. (S)

8.00 FILM: DARKEST HOUR (2017) British prime minister Winston Churchill seeks to rally the nation against Germany's advance across Western Europe. Drama, starring Gary Oldman and Kristin Scott Thomas. ★★★★★ (S)

10.00 BBC NEWS AT TEN (S)

10.20 BBC NEWSLINE (S)

10.30 IN THE FOOTSTEPS OF BLAIR MAYNE Eddie Irvine investigates the life of the wartime hero. (R, S)

11.30 HAVE I GOT A BIT MORE NEWS FOR YOU Sue Perkins hosts an extended episode of the satirical quiz. (R, S)

12.15 JUST ACT NORMAL (R, S) **1.40** BBC News. The latest headlines. (S)

RTE TWO

6.00 EURONEWS 7.50 RTÉ Kids

4.30 THE SIMPSONS Part one of two. A charismatic new preacher comes to town. (R, S)

5.00 THE GOLDBERGS Adam accidentally gets Barry kicked out of a cool group of friends. Sean Giambrone stars. (R, S)

5.30 THE BIG BANG THEORY The friends compete in a scavenger hunt. (R, S)

6.00 NEIGHBOURS In the aftermath of Jane's outburst at Amanda, she attempts to backtrack. (R, S)

6.30 HOME AND AWAY (R, S)

7.00 KERRY: TIDES OF TIME Part two of two. The story of a single year, as the seasons play out through and across the county's varied habitats. (R, S)

8.00 REASONS TO LOVE Documentary covering three major topics found over and over again in the natural world – family ties, genius and environmental impact. (R, S)

9.00 ALMA'S NOT NORMAL Joan has more shocking news and writes a bucket list and demands Alma and Lin help her to complete it. (S)

9.35 THE HANDMAID'S TALE June disrupts the rebels' plans. (S)

10.35 A MURDER AT THE END OF THE WORLD Darby plays the role of the perfect guest to covertly investigate the crime. (S)

11.45 SHORTSCREEN Nicole and Justin hold a party on the evening before their 'departure date'. (R, S)

12.10 INVISIBLE BOYS (S) **12.50** The Patient (R, S) **1.25** Changing Ends (R, S) **1.50** Ultimate Wedding Planner (R, S) **3.00** EuroNews

BBC TWO

6.00 THE BIDDING ROOM (R, S) **6.45** Sign Zone: The Repair Shop (R, S) **7.45** Match of the Day 2. Mark Chapman hosts. (R, S) **9.00** BBC News (S) **10.30** The Farmers' Country Showdown (R, S) **11.15** Homes Under the Hammer (R, S) **12.15** Bargain Hunt (R, S)

1.00 SNOOKER: THE WORLD CHAMPIONSHIP The opening session of the final. (S)

4.00 THE CRUCIBLE: 40 GOLDEN SNOOKER YEARS Steve Davis celebrates 40 years of the world snooker championship. (R, S)

5.00 FLOG IT! A collection of interesting finds from around the country. (R, S)

6.00 RICHARD OSMAN'S HOUSE OF GAMES Chris Hoy, Rosie Jones, Ola Labib and Ian 'H' Watkins compete. (R, S)

6.30 ANNA TAUGH'S BIG IRISH FOOD TOUR The chef takes a culinary tour of Ireland, starting in Cork City. (R, S)

7.00 SNOOKER: THE WORLD CHAMPIONSHIP Coverage of the fourth and concluding session of the final on day 17 from the Crucible Theatre in Sheffield, where the first player to reach 18 frames will be crowned champion. (S)

10.00 INSIDE NO 9 Four match officials get ready to oversee a crunch clash between United and Rovers. (R, S)

10.30 FILM: RAGING BULL (1980) Martin Scorsese's boxing biopic, starring Robert De Niro and Joe Pesci. ★★★★★ (S)

12.35 SIGN ZONE: COUNTRYFILE (R, S) **1.30** Sign Zone: Race Across the World (R, S) **2.30** This Is BBC Two (S)

VIRGIN ONE

6.20 THE SIX O'CLOCK SHOW (R, S) **7.05** Moneyball (R, S) **8.00** Britain's Got Talent: Live Semi-Final (R, S) **10.00** This Morning (S) **12.30** Don't Look Back in Anger (R, S)

1.00 THE CHASE Quiz show, hosted by Bradley Walsh. (R, S)

2.00 THE CHASE Quiz show, hosted by Bradley Walsh. (R, S)

3.00 LOOSE WOMEN Celebrity interviews and studio discussion. (R, S)

4.30 JUDGE JUDY Double bill.

5.30 NEWS AT 5.30 (S)

6.00 CELEBRITY TIPPING POINT Jane McDonald, Rosemary Shrager and Louie Spence take part in the quiz show in which contestants answer questions to win turns on an arcade-style machine. Ben Shephard presents. (R, S)

7.00 DON'T LOOK BACK IN ANGER 2024 Archive news stories from the past 20 years. (R, S)

7.30 EMMERDALE Clemmie makes a discovery. (S)

8.00 CORONATION STREET Rita orders Jenny to stop wallowing in self-pity. (S)

8.30 CORONATION STREET Julie and Eileen go for a day out by the lake, Billy witnesses Theo in despair, Dee-Dee admits to forming a bond with Laila. (S)

9.00 FILM: THE PROPOSAL (2009) A Canadian publishing editor trying to avoid deportation from America bribes her assistant into a marriage of convenience. Comedy, with Sandra Bullock and Ryan Reynolds. ★★★★★

11.10 PROTECTION Drama, starring Siobhan Finneran. (R, S)

12.10 SPORT STORIES: DERMOT GALLAGHER (R, S) **1.10** Rig 45 (R)

CHANNEL 4

6.30 CHEERS (R, S) **8.15** Frasier (R, S) **9.45** Formula 1 Miami Grand Prix Highlights (R, S) **11.15** Undercover Boss USA (R, S) **12.10** Help! We Bought a Village (R, S)

1.10 FIND IT, FIX IT, FLOG IT (R, S)

2.10 COUNTDOWN (S)

3.00 A PLACE IN THE SUN (R, S)

4.00 NEW: NARROW ESCAPES (S)

5.00 CHATEAU DIY (S)

6.00 A PLACE IN THE SUN Craig Rowe helps a couple to find a property near Estepona on Spain's Costa del Sol. (R, S)

6.30 CHANNEL 4 NEWS (S)

7.00 FOOD UNWRAPPED'S NORDIC ADVENTURE Jimmy Doherty and Briony May Williams journey through the Nordic region. (R, S)

8.00 SECRETS OF SUPERMARKET BUYERS Denise van Outen discovers amazing truths behind the scenes at Tesco. (S)

9.00 999: THE CRITICAL LIST A heavy smoker has been bumped to the top of the waiting list. (S)

10.00 24 HOURS IN POLICE CUSTODY: THE MURDER OF RIKKI NEAVE Part one of a two-part special exploring the murder of a six-year-old in 1994. (R, S)

11.05 24 HOURS IN POLICE CUSTODY: THE MURDER OF RIKKI NEAVE (R, S)

12.05 GYPSY ROSE: LIFE AFTER LOCK UP (S) **12.55** Groomed: A National Scandal (R, S) **2.15** Ramsay's Kitchen Nightmares USA (R, S) **3.05** Jamie's One-Pan Wonders (R, S) **3.30** Kirstie's Fill Your House for Free (R, S) **3.45** Hollyoaks Omnibus (R, S) **4.50** Location, Location, Location (R, S) **5.45** Countdown (R, S)

VIRGIN TWO

6.05 PRESSURE PAD (R, S) **6.55** Winning Combination (R, S) **7.45** Tipping Point (R, S) **8.45** The Chase (R, S) **10.45** Guess This House (R, S) **11.45** Dress to Impress (R, S) **12.45** Yes Chef. Three home cooks learn how to prepare a squab. (R, S)

1.45 PAUL O'GRADY: FOR THE LOVE OF DOGS (R, S)

2.15 PAUL O'GRADY: FOR THE LOVE OF DOGS (R, S)

2.45 PRESSURE PAD (R, S)

3.45 TIPPING POINT (S)

4.45 LIVE LEAGUE OF IRELAND Coverage of a match in the Premier Division (Kick-off 5pm).

7.30 BRITAIN'S BRIGHTEST CELEBRITY FAMILY (R, S)

8.00 THE FINISH LINE Quiz, hosted by Roman Kemp and Sarah Greene. (S)

9.00 INSIDE DUBAI: PLAYGROUND OF THE RICH Aspirational Brits choosing to live and work in Dubai. (R, S)

10.15 I KISSED A GIRL

11.20 I KISSED A GIRL

12.20 THE REAL HOUSEWIVES OF BEVERLY HILLS

VIRGIN MORE

1.30 CLASSIC UEFA CHAMPIONS LEAGUE

2.25 CLASSIC UEFA CHAMPIONS LEAGUE

3.20 BEST OF GUINNESS SIX NATIONS 2025

4.10 UCL DEFINING MOMENTS

5.05 SPORT STORIES: DERMOT GALLAGHER

5.55 CLASSIC UEFA CHAMPIONS LEAGUE

6.50 CLASSIC 6 NATIONS

7.20 FORMULA E HIGHLIGHTS Action from race two of the Monaco E-Prix.

8.10 BEST OF WOMEN'S GUINNESS SIX NATIONS 2025 Ireland v France.

9.00 SNOWPIERCER Melanie fights for survival in treacherous conditions, vying to do what others before her could not.

9.50 MICHAEL PALIN IN NIGERIA

10.40 CRASH SCENE INVESTIGATES

11.30 CLASSIC UEFA CHAMPIONS LEAGUE

12.25 BEST OF U20'S SIX NATIONS 2024 Ireland v Scotland.

UTV

6.00 GOOD MORNING BRITAIN (S)

9.00 Lorraine (S) **10.00** This Morning (S) **12.30** Loose Women (S)

1.45 ITV LUNCHTIME NEWS (S)

1.50 UTV LIVE (S)

2.00 ALAN TITCHMARSH'S GARDENING CLUB (S)

3.00 JEOPARDY! (R, S)

4.00 DEAL OR NO DEAL CELEBRITY SPECIAL (R, S)

5.00 TIPPING POINT (S)

6.00 UTV LIVE (S)

6.10 ITV EVENING NEWS (S)

6.30 THE CHASE CELEBRITY SPECIAL (R, S)

7.30 EMMERDALE Clemmie makes a discovery. (S)

8.00 CORONATION STREET (S)

9.00 MALPRACTICE (S)

10.00 ITV NEWS AT TEN (S)

10.20 THE 1% CLUB (R, S)

11.10 THE ESSEX MILLIONAIRE MURDERS (R, S)

12.05 THE ESSEX MILLIONAIRE MURDERS (R, S) **12.55** Shop on TV **3.00** Bali 2002 (R, S) **3.50** Unwind with ITV (S) **5.05** Wheel of Fortune (R, S)

VIRGIN THREE

7.30 HEARTBEAT 8.25 The Adventures of Sherlock Holmes **9.25** John and Lisa's Weekend Kitchen **10.25** Judge Judy **11.25** The Deal Makers **12.25** Storage Hoarders **1.25** The Royal **2.25** Good Witch **3.20** Emmerdale **3.50** Coronation Street **4.45** Heartbeat **5.55** Agatha Christie's Marple **7.55** Heartbeat **9.00** Poldark **10.10** Coronation Street **11.15** Emmerdale **11.45** Prince Andrew: Banished **1.15** Shetland

TG4

6.00 CÚLA 4 **11.00** Ainmhithe Craiceáilte **11.25** Comhrá **11.55** The Wonder Years **12.25** Geantraí **12.55** The Golden Girls **1.20** Murder, She Wrote **2.15** Irish Paint Magic **2.45** Glór Tíre **3.15** Gradam Ceoil TG4 2025 **5.05** FILM Ghostbusters (1984) ★★★★★ **7.00** Nuacht TG4 **7.15** Scríofa sna Réaltai **7.30** Éiníní **8.00** GAA 2025 **9.00** Glór Tíre: Rogha & Togha **9.30** FILM Four Weddings and a Funeral (1994) ★★★★★ **11.40** Na Builders **12.40** Narcos: Mexico **2.00** Nuacht TG4

SKY SHOWCASE

6.00 MONKEY LIFE **6.30** David Attenborough's First Life **9.00** Formula 1 **10.00** The Simpsons **11.00** VE Day 80th Anniversary **3.00** Football's Funniest Moments **3.30** Live WSL **6.15** FILM Dr Seuss' The Lorax (2012) ★★★★★ **8.00** FILM The Beatles: Eight Days a Week – The Touring Years (2016) ★★★★★ **10.00** Rob Beckett: Wallop **11.15** Joe Lycett's United States of Birmingham **12.15** Last Week Tonight with John Oliver **1.00** Veep **1.50** The Force: Manchester

SKY ATLANTIC

6.00 DUNE: PROPHECY **11.00** House of the Dragon **7.40** House of the Dragon. Larys plots an escape. Last in series **9.00** The Last of Us. Post-apocalyptic drama, starring Bella Ramsey. **10.05** The Penguin. Sofia makes plans for a more hopeful future. **11.20** Homicide: Life on the Street **12.20** The Gilded Age **2.25** The Leftovers **3.25** In Treatment **4.00** Urban Secrets

MAIN EVENT

6.00 SKY SPORTS NEWS **7.00** Good Morning Sports Fans **10.00** The Football Show **11.00** Ref Watch **12.00** The Football Show **1.00** Lunchtime Live **2.00** Sports Desk **3.30** LIVE WSL. Brighton & Hove Albion v Arsenal (Kick-off 4pm). Coverage from Broadfield Stadium. **6.30** LIVE MNF. Crystal Palace v Nottingham Forest (Kick-off 8pm). Coverage from Selhurst Park. **11.00** Sky Sports News **12.00** Sky Sports News

TNT SPORTS 1

10.00 UEFA EUROPA LEAGUE & CONFERENCE LEAGUE MAGAZINE **11.00** Grand Slam Track Athletics **12.00** FIM Speedway Grand Prix **1.00** Premier League – The Big Interview **1.30** Women's Cycling World Tour **2.30** LIVE Women's Cycling World Tour **4.30** LIVE British Superbikes **6.00** Isuzu A-League Highlights **6.30** LIVE Snooker World Championship **10.00** Fight Week **10.30** NBA on Fire **11.00** NBA **12.30** LIVE NBA

TUESDAY



NIGHT COPPERS, CH4, 9PM A new run of the series that's out on the beat with the cops who police Brighton's hectic night life. In this episode, Phil scours Brighton for a suspect who has violently thrown a victim out of a vehicle. Leanne races against time to find someone who's suicidal on a cliff edge. And John joins a manhunt for suspects who've viciously attacked a victim with a crowbar and left them in a life-threatening condition.

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

RTE ONE

6.00 EURONEWS 6.50 Teleshopping (R) **7.25 FILM: THE GLENN MILLER STORY** (1954) Musical biopic, starring James Stewart. ★★★★★ (S) **9.35** The Drew Barrymore Show (R, S) **10.25** The Kelly Clarkson Show (R, S) **11.20** The Repair Shop (S) **12.15** Shortland Street (S) **12.45** Telly Bingo (S)

1.00 RTÉ NEWS (S)
1.30 HOME AND AWAY (S)
2.00 NEIGHBOURS (S)
2.30 IRELAND'S SMARTEST (R, S)
3.00 EASTENDERS (R, S)
3.30 TODAY (S)
5.40 NUACHT
5.55 RTÉ NEWS WITH SIGNING
6.00 THE ANGELUS
6.01 RTÉ NEWS (S)
7.00 SUPER GARDEN Debbie Brophy designs a nature friendly family garden. (S)
7.30 EASTENDERS The partygoers reel at Cindy's return. (S)
8.00 THE END OF THE WORLD WITH BEANZ Following the trail of Ireland's textile waste at the Dandora dump in Kenya. (R, S)
8.30 EAR TO THE GROUND Stephen spends a day with a mobile sheep dipper. (R, S)
9.00 RTÉ NEWS (S)
9.35 PRIME TIME Presented by Miriam O'Callaghan and Sarah McInerney. (S)
10.15 CALL THE MIDWIFE Shelagh and Joyce help a woman whose flat is riddled with damp. (S)
11.15 THE BOY THAT NEVER WAS Robin's behaviour grows more mysterious and Harry plans to fly to Essaouira. (R, S)
12.20 BELGRAVIA (R, S) **1.25** Prime Time (R, S) **2.15** The Kelly Clarkson Show (R, S) **2.50** Telly Bingo. Lottery game show. (R, S) **3.00** EuroNews

BBC ONE

6.00 BREAKFAST (S) **9.30** Morning Live (S) **10.45** Dr Xand's Con or Cure (R, 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 SCAM INTERCEPTORS (S)
2.30 EXPERT WITNESS (R, S)
3.00 ESCAPE TO THE COUNTRY (R, S)

3.45 THE BIDDING ROOM Including a meditation rug, a pestle and mortar and a sideboard. (S)
4.30 THE FINISH LINE Patrick, Veronica, Graeme, Llyr and Carole compete. (R, S)
5.15 POINTLESS Quiz show, hosted by Alexander Armstrong and Gabby Logan. (R, S)
6.00 BBC NEWS AT SIX (S)
6.30 BBC NEWSLINE (S)
7.00 THE ONE SHOW Alex Jones and Clara Amfo present. (S)
7.30 EASTENDERS The partygoers reel at Cindy's return. (S)
8.00 STACEY & JOE The couple prepare for Christmas. Last in series. (S)
9.00 ● WHO DO YOU THINK YOU ARE? Documentary-maker Ross Kemp traces his ancestry. (S)
10.00 BBC NEWS AT TEN (S)
10.30 BBC NEWSLINE (S)
10.40 THE CRIME I CAN'T FORGET An investigation into a string of ATM ram raids. (S)
11.40 GLOW UP: BRITAIN'S NEXT MAKE-UP STAR Ten new make-up artists create looks for fashion designer HARRI. (R, S)
12.40 THE REPAIR SHOP (R, S) **1.40** Weather for the Week Ahead (S) **1.45** BBC News. The latest headlines. (S)

RTE TWO

6.00 EURONEWS 7.50 RTÉ Kids

4.30 THE SIMPSONS (R, S)
5.00 THE GOLDBERGS (R, S)
5.30 THE BIG BANG THEORY Amy spoils one of Sheldon's favourite films by pointing out a plot hole. Starring Jim Parsons. (R, S)
6.00 NEIGHBOURS Karl and Susan question Darcy's growing friendship with Amanda. (R, S)
6.30 HOME AND AWAY Levi and Mackenzie head to Queensland to surprise Dean. (R, S)
7.00 YOUR HOME MADE PERFECT Two architects create their own designs to remodel Liz and Paul's home. Last in series. (S)
8.10 SAVING LIVES AT SEA An RNLI crew race to the rescue of a diver off the Dorset coast. (S)
9.20 BREAKTHROUGH Evidence that the Greenland shark is the longest living invertebrate on Earth. (S)
9.30 1883 Elsa makes an unlikely friend. The camp members face a challenge from Mother Nature and end up searching for one of their own. (S)
10.30 LUCAN Neil Berriman meets the man he believes killed his mother. Last in series. (S)
11.30 FIRST DATES HOTEL A man whose luggage has gone missing wears a waiter's uniform on his date. Last in series. (S)
12.25 MANCHÁN'S EUROPE BY TRAIN (R, S) **1.25** Marty's Big Picture Show (R, S) **1.50** Kayak ó Thuaidh (R, S) **2.25** Ar an Sliabh. Last in series. (R, S) **2.50** 999 Faoi Oiliúint (R, S)
3.15 Super Garden (R, S) **3.40** At Your Service (R, S) **4.35** Lost for Words (R, S) **5.25** The Full Irish Hidden Camera Show (R, S) **5.50** EuroNews

BBC TWO

6.30 SATURDAY KITCHEN BEST BITES Matt Tebbutt presents. (R, S)
8.00 Sign Zone: Doorbell: The Secret Genius of Modern Life (R, S) **9.00** BBC News (S) **12.15** Politics Live (S)

1.00 IMPOSSIBLE (R, S)
1.45 IMPOSSIBLE (R, S)
2.30 LIGHTNING (R, S)
3.00 SAVED AND REMADE (R, S)
3.45 BETWEEN THE COVERS (R, S)
4.15 GREAT BARRIER REEF (R, S)
5.15 FLOG IT! (R, S)
6.00 RICHARD OSMAN'S HOUSE OF GAMES With guests Sir Chris Hoy, Rosie Jones, Ola Labib and Ian "H" Watkins. (R, S)
6.30 ANNA HAUGH'S BIG IRISH FOOD TOUR Anna joins Dennis Taylor in Tyrone. (R, S)
7.00 NEW: IOLO'S RIVER VALLEYS Iolo Williams explores four of Wales's river valleys, beginning with the Rheidol. (S)
7.30 DAD'S ARMY AT THE BBC Toby Jones shares a selection of classic clips from the series. (S)
8.30 DAD'S ARMY Godfrey is accused of cowardice. (R, S)
9.00 QI XL Host Sandi Toksvig goes to University. (R, S)
9.45 ● HYPOTHETICAL Roisin Conaty, Victoria Coren-Mitchell, Darren Harriott and Phil Wang are posed increasingly absurd hypothetical situations. (S)
10.30 NEWSNIGHT (S)
11.00 SAVING LIVES IN CARDIFF (R, S)
12.00 SIGN ZONE: INTERIOR DESIGN MASTERS WITH ALAN CARR (R, S) **1.00** Sign Zone: Antiques Roadshow (R, S) **2.00** Sign Zone: Rishi Sunak – Lessons from Downing Street (R, S) **3.00** This Is BBC Two (S)

VIRGIN ONE

6.10 ALPHABETICAL (R, S) **7.00** Ireland AM (S) **10.00** This Morning (S) **12.30** News at 12:30 (S)

1.00 THE CHASE (R, S)
2.00 THE CHASE (R, S)
3.00 LOOSE WOMEN More celebrity interviews and topical debate from a female perspective.
4.00 DON'T LOOK BACK IN ANGER Stories from 2002. (R, S)
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 Joe tries to bribe Clemmie, Billy is furious, and Ryan is taken aback. (S)
8.00 TOUR DE FRED: NORTHERN IRELAND Fred Sirieix tackles a cycling challenge from Castle Ward to Portaferry that combines both land and sea routes and learns the art of making potato bread. (S)
9.00 GOGGLEBOX IRELAND Ireland's most opinionated and entertaining TV viewers offer their opinions on some of the most memorable TV screened during October 2023. (R, S)
10.00 THE TONIGHT SHOW Comment and analysis on the big stories of the day. (S)
11.00 WHO WANTS TO BE A MILLIONAIRE? Big-prize quiz hosted by Jeremy Clarkson in which another line-up of contestants answer questions that could change their lives.
12.00 ANA KRIEGEL: A YOUNG LIFE LOST (R, S) **12.55** Rig 45. Drama. (R) **5.25** The Tonight Show (R, S)

CHANNEL 4

6.25 CHEERS (R, S) **8.10** Everybody Loves Raymond (R, S) **9.10** Frasier (R, S) **11.10** Undercover Boss USA (R, S) **12.05** Channel 4 News Summary (S) **12.10** Help! We Bought a Village (R, S)

1.10 FIND IT, FIX IT, FLOG IT (R, S)
2.10 COUNTDOWN (S)
3.00 A PLACE IN THE SUN (R, S)
4.00 NARROW ESCAPES (S)
5.00 CHATEAU DIY Jon and Carmen renovate their Roman-inspired swimming pool. (S)
6.00 A PLACE IN THE SUN A mother and son search for a holiday home near La Duquesa on the Costa del Sol. (S)
7.00 CHANNEL 4 NEWS (S)
7.55 THE POLITICAL SLOT The Government's plan to tackle the housing crisis. (S)
8.00 GEORGE CLARKE'S REMARKABLE RENOVATIONS Restoring an old barber's shop and its attached 17th-century building in Amersham. (R, S)
9.00 NEW: NIGHT COPPERS An officer races against time to find someone who is suicidal. (S)
10.00 MURDER CASE: THE DIGITAL DETECTIVES The case of a man's burnt body discovered on remote land in Scotland. (R, S)
11.05 GOGGLEBOX The armchair critics share their opinions on what they have been watching during the week. (R, S)
12.05 CELEBRITY GOGGLEBOX (R, S) **1.05** Taskmaster (R, S) **2.00** Ramsay's Kitchen Nightmares USA (R, S) **2.50** Remarkable Places to Eat (R, S) **3.45** Grand Designs (R, S) **4.40** Jamie's Comfort Food (R, S) **4.50** Location, Location, Location (R, S) **5.45** Countdown. Game show. (R, S)

VIRGIN TWO

6.40 THE CHASE AUSTRALIA (R) **8.10** Winning Combination (R, S) **9.00** The Chase (R, S) **11.00** Guess This House. Hosted by Saira Khan. (R, S) **12.00** Dress to Impress (R, S)

1.00 YES CHEF (R, S)
2.00 PAUL O'GRADY: FOR THE LOVE OF DOGS (R, S)
2.30 PAUL O'GRADY: FOR THE LOVE OF DOGS (R, S)
3.00 PRESSURE PAD (R, S)
4.00 TIPPING POINT (S)
5.00 TIPPING POINT (S)
6.00 THE CHASE Quiz show, hosted by Bradley Walsh. (S)
7.00 THE CUBE Grandfather and granddaughter Rob and Chloe compete. (R, S)
8.00 THE FAMILY CHASE (R, S)
9.00 MILLION DOLLAR LISTING: LA
9.55 MILLION DOLLAR LISTING: LA
10.50 THE REAL HOUSEWIVES ULTIMATE GIRLS' TRIP
11.50 BELOW DECK: MEDITERRANEAN (R)
12.50 THE REAL HOUSEWIVES OF BEVERLY HILLS (R)

VIRGIN MORE

1.25 CLASSIC UEFA CHAMPIONS LEAGUE
2.20 CLASSIC UEFA CHAMPIONS LEAGUE
3.15 BEST OF GUINNESS SIX NATIONS 2025
4.05 BEST OF U20S SIX NATIONS 2025
4.55 WOMEN'S SIX NATIONS Ireland v France.
6.50 CLASSIC 6 NATIONS Italy v Ireland from 2009.
7.20 UEFA MAN IN THE MIDDLE Following some of European football's top officials.
8.10 BEST OF WOMEN'S GUINNESS SIX NATIONS 2025 Italy v Ireland.
9.00 SNOWPIERCER Layton and Till investigate the murders.
9.50 THE GIRL BEFORE As Emma's fate is revealed, Jane fights to stop the deadly cycle claiming her too. Last in series.
10.50 BORN TO KILL? Serial killer Sean Vincent Gillis.
11.40 SIX NATIONS UNDER-20S Ireland v Wales.
12.30 UEFA CHAMPIONS LEAGUE

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 CELEBRITY CATCHPHRASE (R, S)
3.00 JEOPARDY! (R, S)
3.59 UTV WEATHER (S)
4.00 TIPPING POINT (S)
5.00 THE CHASE (S)
6.00 UTV LIVE (S)
6.30 ITV EVENING NEWS (S)
7.30 EMMERDALE (S)
8.00 BRADLEY & BARNEY WALSH: BREAKING DAD (S)
8.30 KEEPERS OF THE LOUGH Patrick Kiely narrates. (S)
9.00 MALPRACTICE The MIU turns the spotlight on Hernandez. (S)
10.00 ITV NEWS AT TEN (S)
10.30 UTV LIVE (S)
10.45 VIEW FROM STORMONT (S)
11.40 FOR THE LOVE OF DOGS WITH ALISON HAMMOND (S)
12.10 SHOP ON TV 3.00 Fake (R, S) **3.50** Unwind with ITV (S) **5.05** Alan Titchmarsh's Gardening Club (R, S)

VIRGIN THREE

7.30 HEARTBEAT **8.25** The Adventures of Sherlock Holmes **9.25** John and Lisa's Weekend Kitchen **10.25** Judge Judy **11.25** The Deal Makers **12.25** Storage Hoarders **1.25** The Royal **2.25** Good Witch **3.20** Emmerdale **3.50** Coronation Street **4.50** Heartbeat **5.55** Agatha Christie's Marple **7.55** Heartbeat **9.00** Vera. A popular local GP is found murdered. **10.55** Emmerdale **11.25** Mr Selfridge **12.25** Shetland **1.30** Red Rock

TG4

6.00 CÚLA 4 **11.00** Ainmhithe Craiceálte **11.25** Comhrá **11.55** Wonder Years **12.25** Geantraí **12.55** Golden Girls **1.25** Murder, She Wrote **2.45** Hup! **3.20** Taste of Australia **3.50** Glór Tíre **4.20** Escape from the City **5.30** Ar Scáth na Sléibhte **6.00** Golden Girls **6.30** Wonder Years **7.00** Nuacht **7.30** Blain in Inis Oírr **8.00** 7 Lá **8.30** Ros na Rún **9.00** Glór Tíre: Rogha & Togha **9.30** Joe Dolan **10.35** Better Call Saul **11.25** Ros na Rún **11.55** Fíorscéal **1.00** TB – Scéal Eitinn in Éirinn

SKY SHOWCASE

6.00 SKY NEWS BREAKFAST **8.00** Border Patrol **9.00** Stargate SG-1 **11.00** Wild Family Ties **12.00** Manifest **1.00** Hawaii Five-0 **3.00** Magnum PI **4.00** S.W.A.T **5.00** The Simpsons **6.00** The Office (US) **7.00** The Simpsons **8.00** David Attenborough's Galapagos **9.00** Joe Lycett's United States of Birmingham **10.00** Never Mind the Buzzcocks **11.30** Brassic **12.30** The Force: Manchester. Documentary series. **1.30** Road Wars **3.00** Magnum PI **4.00** S.W.A.T **5.00** Motorway Patrol

SKY ATLANTIC

6.00 URBAN SECRETS **8.00** Boardwalk Empire **10.05** Billions **12.15** Game of Thrones **1.15** Das Boot **3.35** Boardwalk Empire **5.45** Billions **7.55** Game of Thrones **9.00** Gangs of Milan: Blocco 181. Italian drama, starring Laura Osma. **10.00** Gangs of Milan: Blocco 181 **11.00** Homicide: Life on the Street **12.00** Penelope **1.20** The Wire **2.25** The Baby **3.00** Game of Thrones **4.00** Urban Secrets

MAIN EVENT

6.00 SKY SPORTS NEWS **7.00** Good Morning Sports Fans **10.00** LIVE Tennis **3.00** LIVE IPL. Mumbai Indians v Gujarat Titans. Coverage of the T20 match from Wankhede Stadium, Mumbai. **7.00** Sky Sports News **8.00** Sky Sports News **9.00** Sky Sports News **10.00** Sky Sports News at Ten **10.30** Back Pages Tonight. A look at the sports headlines in tomorrow's newspapers. **11.00** Sky Sports News **12.00** Sky Sports News

TNT SPORTS 1

8.00 SNOOKER **10.00** ABB FIA Formula E **12.00** Premier League Review **1.00** Formula E Flashback **1.30** LIVE Women's Cycling World Tour **4.30** Premier League **6.00** Premier League Netbusters **6.30** Premier League Stories **7.00** The Football's On **8.00** British Superbikes **9.00** Women's Cycling World Tour **10.00** Superbike Rewind **10.15** Premier League Reload **10.30** MLB Highlights **11.30** MLB Lead Off **12.00** LIVE MLB

WEDNESDAY



GERMANWINGS: WHAT HAPPENED ON FLIGHT 9525, SKY DOCUMENTARIES & NOW, 9PM On March 24, 2015, Germanwings Flight 9525 crashed in the French Alps enroute from Barcelona to Düsseldorf. All 150 passengers and crew members were killed. Shortly thereafter, the French public prosecutor's office determined that the co-pilot deliberately crashed the plane. Ten years after the disaster, however, questions remain...

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

RTE ONE

6.00 EURONEWS 6.20 Teleshopping (R) **7.25** Today (R, S) **9.35** The Drew Barrymore Show (R, S) **10.25** The Kelly Clarkson Show (R, S) **11.15** Shortland Street (S) **11.50** The Repair Shop (S)

1.00 RTÉ NEWS (S)
1.30 HOME AND AWAY (S)
2.00 NEIGHBOURS (S)
2.30 NERVES OF STEEL (R, S)
3.00 EASTENDERS The partygoers reel at Cindy's return. (R, S)
3.30 TODAY Daily magazine show. (S)
5.40 NUACHT
5.55 RTÉ NEWS WITH SIGNING
6.00 THE ANGELUS
6.01 RTÉ NEWS (S)
7.00 NATIONWIDE Meeting some creatives who draw their inspiration from nature. (S)
7.30 EASTENDERS Cindy takes matters into her own hands to get Lauren to hospital. (S); Lotto
8.00 NEVEN'S COASTAL FOOD TRAILS Neven visits the Hooked Restaurant in Sligo Town. (R, S)
8.30 ● HOW TO COOK WELL IN MOROCCO Rory O'Connell arrives in Marrakesh. (S)
9.00 RTÉ NEWS (S)
9.35 FILM: THE 355 (2022) When a top-secret weapon falls into mercenary hands, a CIA agent joins forces with three international agents to retrieve it. Action thriller, starring Jessica Chastain. ★★★ (S)
11.45 SILENT WITNESS Part two of two. Events continue to spiral at the university. (R, S)
12.50 RAISED BY THE VILLAGE (R, S) **1.50** Ireland's Fittest Family (R, S)
3.05 The Great House Revival (R, S)
4.00 Big Life Fix. Last in series. (R, S)
4.50 High Road, Low Road (R, S) **5.15** Vótáil (R, S) **5.40** EuroNews

BBC ONE

6.00 BREAKFAST (S) **9.30** Morning Live (S) **10.45** Dr Xand's Con or Cure (R, S) **11.15** Homes Under the Hammer (R, 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 SCAM INTERCEPTORS (S)
2.30 EXPERT WITNESS (R, S)
3.00 ESCAPE TO THE COUNTRY (R, S)
3.45 THE BIDDING ROOM (S)
4.30 THE FINISH LINE (R, S)
5.15 POINTLESS Quiz show, hosted by Alexander Armstrong and Gabby Logan. (R, S)
6.00 BBC NEWS AT SIX (S)
6.30 BBC NEWSLINE (S)
7.00 THE ONE SHOW Presented by Alex Jones and JB Gill. (S)
7.30 EASTENDERS Cindy takes matters into her own hands to get Lauren to hospital. (S)
8.00 THE REPAIR SHOP: VE DAY SPECIAL The team restores items with wartime stories behind them. (S)
9.00 RACE ACROSS THE WORLD The five pairs race from the island of Sanya to the mysterious Shangri-La. (S)
10.00 BBC NEWS AT TEN (S)
10.30 BBC NEWSLINE (S)
10.40 BIRDSONG Following an ornithologist's mission to record all of Ireland's bird calls. (R, S)
11.40 UEFA CHAMPIONS LEAGUE MOTD Gabby Logan presents action from the semi-final second-leg matches. (S)
12.30 MATT WILLIS: FIGHTING ADDICTION (R, S) **1.35** Blankety Blank (R, S) **2.05** Weather for the Week Ahead (S) **2.10** BBC News (S)

RTE TWO

6.00 EURONEWS 7.50 RTÉ Kids
4.30 THE SIMPSONS (R, S)
5.00 THE GOLDBERGS (R, S)
5.30 THE BIG BANG THEORY Sheldon re-evaluates the time he spends with Amy. (R, S)
6.00 NEIGHBOURS A charged moment between Paul and Chelsea is interrupted. (R, S)
6.30 HOME AND AWAY Eliza shows no remorse for her dangerous actions. (R, S)
7.00 THE SIMPSONS A 35-year-old intern at the power plant asks Homer to be his mentor. (R, S)
7.30 CHAMPIONS LEAGUE LIVE Paris Saint-Germain v Arsenal (Kick-off 8pm). Darragh Maloney presents all the action from the semi-final second-leg tie at Parc des Princes. Both these teams are looking to lift the trophy for the first time in their history, with PSG's only previous appearance in the final coming in 2020 when they were beaten by Bayern Munich, and the Gunners finishing as runners-up to Barcelona on the one occasion they reached the showpiece match in 2006. (S)
10.30 ANDREW TATE: THE MAN WHO GROOMED THE WORLD? Documentary on the former kickboxer who rose to fame on social media before facing rape and human trafficking charges. (R, S)
11.30 THE TOURIST Elliot travels to Ireland, accompanied by Helen, to find answers about his past. Starring Jamie Dornan. (R, S)
12.40 BAKE OFF: THE PROFESSIONALS – THE FINAL (S)
1.35 NCIS (R, S) **2.25** EuroNews

BBC TWO

6.30 HOMES UNDER THE HAMMER (R, S) **7.30** Beechgrove Garden (R, S)
8.00 Sign Zone: Celebrity Antiques Road Trip (R, S) **9.00** BBC News (S)
11.15 Politics Live (S)
1.00 IMPOSSIBLE (R, S)
1.45 LIGHTNING (R, S)
2.15 UNBEATABLE (R, S)
3.00 SAVED AND REMADE (R, S)
3.45 BETWEEN THE COVERS (R, S)
4.15 GREAT BARRIER REEF (R, S)
5.15 FLOG IT! (R, S)
6.00 RICHARD OSMAN'S HOUSE OF GAMES (R, S)
6.30 ANNA HAUGH'S BIG IRISH FOOD TOUR (R, S)
7.00 GRAND TOURS OF SCOTLAND'S RIVERS (R, S)
7.30 DAD'S ARMY The platoon is picked to appear in an army training film. (R, S)
8.00 MORTIMER & WHITEHOUSE: GONE FISHING Paul and Bob head to Burgh Island on the south coast of Devon. (R, S)
8.30 JULES AND GREG'S WILD SWIM The couple sample the hidden rock pools and ancient waterfalls of Skye. (S)
9.00 SAVING LIVES IN CARDIFF A man enduring excruciating facial pain undergoes surgery to transform his life. (S)
10.00 HARDY BUCKS (S)
10.30 NEWSNIGHT (S)
11.00 UNSPUN WORLD WITH JOHN SIMPSON (S)
11.30 VE DAY 80: WE WERE THERE (R, S)
12.30 SIGN ZONE: MAKE ME PERFECT: MANUFACTURING BEAUTY IN CHINA (R, S) **1.30** Sign Zone: Louis Theroux: The Settlers (R, S) **2.35** This Is BBC Two (S)

VIRGIN ONE

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

1.00 THE CHASE Graeme, Shelley, Steve and Monique take on one of the Chasers. (R, S)
2.00 THE CHASE Quiz show, hosted by Bradley Walsh. (R, S)
3.00 LOOSE WOMEN Topical debate from a female perspective.
4.00 DON'T LOOK BACK IN ANGER Stories from 2003. (R, S)
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 Charity reels from a revelation, Caleb encourages Billy, and Ryan begs Gail. (S)
8.00 CORONATION STREET George fears for his relationship with a grief-stricken Eileen. (S)
8.30 CORONATION STREET Kit conducts an uncomfortable interview with Mick, and Roy triggers emotion in Dee-Dee. (S)
9.00 GENIUS GAME Having said goodbye to another player, nine return for their third Main Match and compete to try to crack a 10-letter code word in Codebreakers. (S)
10.15 THE TONIGHT SHOW Comment and analysis on the big stories of the day in Ireland and abroad. (S)
11.15 DOC MARTIN The villagers throw the Ellinghams a farewell party. Last in series. (R)
12.15 DUBLIN AFTER DARK (R, S) **1.15** Mr Selfridge. Drama series. (R, S) **5.25** The Tonight Show (R, S)

CHANNEL 4

6.25 CHEERS (R, S) **8.10** Everybody Loves Raymond (R, S) **9.10** Frasier (R, S) **11.10** Undercover Boss USA (R, S) **12.05** Channel 4 News Summary (S)
12.10 Help! We Bought a Village (R, S)
1.10 FIND IT, FIX IT, FLOG IT (R, S)
2.10 COUNTDOWN (S)
3.00 A PLACE IN THE SUN (R, S)
4.00 NARROW ESCAPES Debs and Mick hit a dead end on the Montgomery Canal in Powys. (S)
5.00 CHATEAU DIY Christina and Sassan want to transform an old storage room into a library. (S)
6.00 A PLACE IN THE SUN A couple search for an apartment in the heart of Seville. (S)
7.00 CHANNEL 4 NEWS (S)
7.55 THE POLITICAL SLOT Plaid Cymru leader Rhun ap Iorwerth MS discusses the ongoing threat posed by coal tips. (S)
8.00 WORST HOUSE ON THE STREET Scarlett and Stuart help a woman who has bought her first home. (S)
9.00 TBA (S)
10.00 GOGGLEBOX: 10 YEAR ANNIVERSARY SPECIAL Highlights from the first 10 years of the show. (R, S)
11.35 FIRST DATES Pink-jacket-rocking Taiwo is first into the restaurant, for a date with fellow content creator Hemah. (R, S)
12.30 RAMSAY'S KITCHEN NIGHTMARES USA (R, S) **1.20** Remarkable Places to Eat (R, S) **2.15** Food Unwrapped's Veg Box (R, S) **3.10** Jamie's One-Pan Wonders (R, S) **3.40** The Piano (R, S) **4.35** Kirstie's Fill Your House for Free (R, S) **4.50** Location, Location, Location (R, S) **5.45** Countdown. Game show. (R, S)

VIRGIN TWO

6.35 THE CHASE AUSTRALIA (R) **7.20** Winning Combination (R, S) **8.10** Tipping Point (R, S) **9.00** The Chase (R, S) **11.00** Guess This House (R, S) **12.00** Dress to Impress (R, S)

1.00 YES CHEF (R, S)
2.00 PAUL O'GRADY: FOR THE LOVE OF DOGS (R, S)
2.30 PAUL O'GRADY: FOR THE LOVE OF DOGS (R, S)
3.00 PRESSURE PAD (R, S)
4.00 TIPPING POINT (S)
5.00 TIPPING POINT (S)
6.00 THE CHASE Barney, Claire, Ed and Hannah take on one of the ruthless Chasers. (S)
7.00 THE CUBE Ade and KK, and Jo and Dan take part. (R, S)
8.00 WHEEL OF FORTUNE (R, S)
9.00 UNDERCOVER GIRLFRIENDS (R)
10.00 THE REAL HOUSEWIVES OF ORANGE COUNTY
10.55 THE REAL HOUSEWIVES OF ORANGE COUNTY
11.50 THE REAL HOUSEWIVES OF BEVERLY HILLS (R)
12.45 THE REAL HOUSEWIVES OF BEVERLY HILLS (R)

VIRGIN MORE

1.30 CLASSIC UEFA CHAMPIONS LEAGUE
2.25 CLASSIC UEFA CHAMPIONS LEAGUE
3.20 GUINNESS SIX NATIONS
4.10 BEST OF U20'S SIX NATIONS 2025
5.00 WOMEN'S SIX NATIONS
6.50 CLASSIC 6 NATIONS Wales v Ireland from 2009.
7.20 UEFA MAN IN THE MIDDLE A deeper dive into the psychology of refereeing.
8.10 WOMEN'S SIX NATIONS England v Ireland from 2024.
9.00 SNOWPIERCER An engineering catastrophe on Snowpiercer forces Layton to make a difficult choice.
9.50 WEATHER DISASTER, THE BIG FREEZE: WINTER 63 AND HEATWAVE: SUMMER OF 76 A look back at extreme weather. Last in series.
11.00 TOUCHING EVIL Several horses are viciously attacked.
12.00 UEFA CHAMPIONS LEAGUE
1.45 Classic UEFA Champions League

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 CELEBRITY CATCHPHRASE Stephen Mulhern hosts. (R, S)
3.00 JEOPARDY! (R, S)
3.59 UTV WEATHER (S)
4.00 TIPPING POINT (S)
5.00 THE CHASE (R, S)
6.00 UTV LIVE (S)
6.30 ITV EVENING NEWS (S)
7.30 EMMERDALE (S)
8.00 CORONATION STREET (S)
9.00 GENIUS GAME David Tennant hosts the game show. (S)
10.15 ITV NEWS AT TEN (S)
10.45 UTV LIVE (S)
11.00 PESTON (S)
11.55 BRITISH TOURING CAR CHAMPIONSHIP HIGHLIGHTS (R, S)
1.10 SHOP ON TV 3.00 After the Inferno: LA from the Ashes – Tonight (R, S) **3.25** The Dry. Comedy drama series. (R, S) **3.50** Unwind with ITV (S) **5.05** 99 to Beat (R, S)

VIRGIN THREE

8.25 THE ADVENTURES OF SHERLOCK HOLMES 9.25 John and Lisa's Weekend Kitchen **10.25** Judge Judy **11.20** The Deal Makers **12.20** Storage Hoarders **1.20** The Royal **2.20** Good Witch **3.10** Wales: Land of the Wild **4.15** Emmerdale **4.50** Heartbeat **5.55** Agatha Christie's Marple **7.55** Heartbeat **9.00** Law & Order: Special Victims Unit **9.55** Coronation Street **10.55** Emmerdale **11.25** The Long Shadow **12.30** Harlots **1.30** Bump

TG4

6.00 CÚLA 4 11.00 Ainmhithe Craiceáilte **11.25** Comhrá **11.55** The Wonder Years **12.25** Geantraí **12.55** The Golden Girls **1.25** Murder, She Wrote **2.20** Glór Tíre – Súil Siar **3.20** Taste of Australia **3.50** Glór Tíre **4.20** Escape from the City **5.30** Scéalta na gCórn **6.00** The Golden Girls **6.30** The Wonder Years **7.00** Nuacht TG4 **7.25** GAA Beo **9.05** Glór Tíre: Rogha & Togha ● **9.35** Téacs Taistil **10.35** The Twelve **11.40** Evelyn O'Rourke: Ailse & Ise **12.55** Dáil Éireann

SKY SHOWCASE

6.00 SKY NEWS BREAKFAST 8.00 Border Patrol **9.00** Stargate SG-1 **11.00** Wild Family Ties **12.00** Manifest **1.00** Hawaii Five-0 **3.00** Magnum PI **4.00** S.W.A.T **5.00** The Simpsons **6.00** The Office (US) **7.00** The Simpsons **7.30** The Simpsons **8.00** Shark: British Isles Special with Steve Backshall **9.00** Germanwings: What Happened on Flight 9525? **11.00** A League of Their Own **12.00** An Idiot Abroad 2 **2.00** Road Wars **3.00** Magnum PI **4.00** S.W.A.T **5.00** Motorway Patrol

SKY ATLANTIC

6.00 URBAN SECRETS 7.40 Boardwalk Empire **9.45** Billions **11.50** Game of Thrones **1.05** Das Boot **3.25** Boardwalk Empire **5.35** Billions **7.45** Game of Thrones. Jon proves his worth to Qhorin Halfhand. **9.00** The Last of Us. Bella Ramsey stars. **10.05** Gangs of London **11.10** Homicide: Life on the Street **12.10** Succession **2.40** The Pacific **3.40** Game of Thrones **4.55** The Guest Wing

MAIN EVENT

6.00 SKY SPORTS NEWS 7.00 Good Morning Sports Fans **10.00** LIVE Tennis. The Internazionali BNL d'Italia. **3.00** LIVE IPL. Kolkata Knight Riders v Chennai Super Kings. **7.00** LIVE Tennis. The Internazionali BNL d'Italia. Coverage of day two of the WTA 1000 and ATP 1000 tournament, a clay-court event held at Foro Italico in Rome. **10.00** LIVE PGA Tour Golf. The Trusti Championship Creator Classic. **12.00** Sky Sports News

TNT SPORTS 1

9.00 PREMIER LEAGUE REVIEW 10.00 Serie A **12.00** Premier League Review **1.00** Netbusters **1.30** Women's Cycling World Tour **2.30** LIVE Women's Cycling **4.30** Isuzu A-League Highlights **5.00** Serie A – Full Impact **5.30** TNT Sports Reload **6.00** Premier League Stories **6.30** Premier League Netbusters **7.00** LIVE UEFA Champions League **10.30** UEFA Europa League & Conference League Magazine **11.30** NBA **1.00** LIVE NBA

THURSDAY

Chic
pick



POKER FACE, SKY MAX & NOW, 9PM Charlie Cale is back on the run and making her way across the country one mystery at a time. From minor league baseball to big box retail, from funeral homes to alligator farms and even a grade school talent show, Charlie navigates her crime solving existential road-trip with deadpan wit, human empathy, and her signature uncanny lie-detecting ability.

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

RTE ONE

6.00 EURONEWS 6.50 Teleshopping (R) **7.25** Today (R, S) **9.35** The Drew Barrymore Show (R, S) **10.25** The Kelly Clarkson Show (R, S) **11.15** Shortland Street (S) **11.50** Leaders' Questions (S) **12.45** Telly Bingo (S)

1.00 RTE NEWS (S)

1.30 HOME AND AWAY (S)

2.00 NEIGHBOURS Chelsea is faced with a huge moral dilemma. (S)

2.30 NERVES OF STEEL (R, S)

3.00 EASTENDERS Cindy takes matters into her own hands to get Lauren to hospital. (R, S)

3.30 TODAY Daily magazine show featuring celebrity news. (S)

5.40 NUACHT

5.55 RTE NEWS WITH SIGNING

6.00 THE ANGELUS

6.01 RTE NEWS (S)

7.00 ● NEW: TARRAC NA FARRAIGE Cameras follow Skippers, the men behind the boats. (S)

7.30 EASTENDERS Nigel is excited to celebrate the historic anniversary of VE Day. (S)

8.00 HEATED How a fashion designer is being inspired by the hotel industry's towel usage. (R, S)

8.30 FAIR CITY Ciaran ensures Tyler pays for his manipulation. (S)

9.00 RTE NEWS (S)

9.35 PRIME TIME In-depth analysis of current affairs and topical reports. Miriam O'Callaghan and Fran McNulty presents. (S)

10.15 BEYOND PARADISE A priest from a Catholic boarding school suddenly disappears. (S)

11.15 ANNIKA The body of a scientist is found in Loch Katrine. (S)

12.15 THE PALE HORSE (R, S) **1.15** Prime Time (R, S) **1.55** Telly Bingo (R, S) **2.05** The Kelly Clarkson Show (R, S) **2.50** EuroNews. The latest headlines.

BBC ONE

6.00 BREAKFAST (S) **9.30** Morning Live (S) **10.45** VE Day 80: The Nation Remembers (S)

1.30 BBC NEWS AT ONE (S)

1.45 BBC NEWSLINE (S)

1.55 BBC NEWS AT ONE (S)

2.00 SCAM INTERCEPTORS (S)

2.30 EXPERT WITNESS (R, S)

3.00 ESCAPE TO THE COUNTRY (R, S)

3.45 THE BIDDING ROOM (R, S)

4.30 THE FINISH LINE Dan, Claire, Sasha and Ann compete. (R, S)

5.15 POINTLESS Quiz show in which contestants try to score the fewest points possible. (R, S)

6.00 BBC NEWS AT SIX (S)

6.30 BBC NEWSLINE (S)

7.00 THE ONE SHOW Live magazine show, hosted by Alex Jones. (S)

7.30 EASTENDERS Nigel is excited to celebrate the historic anniversary of VE Day. (S)

8.00 VE DAY 80: A CELEBRATION TO REMEMBER Zoe Ball introduces a live concert from Horse Guards parade in London, featuring stars of stage and screen. Plus, veterans tell their stories of love, and loss. (S)

10.00 BBC NEWS AT TEN (S)

10.30 BBC NEWSLINE (S)

10.40 THE VIEW Mark Carruthers presents a review of the week's political news, comment and analysis from Stormont and Westminster. (S)

11.20 QUESTION TIME Fiona Bruce hosts the political debate from Kingston-upon-Hull. (S)

12.20 NEWSCAST (S) **12.55** Who Do You Think You Are? (R, S) **1.55** Weather for the Week Ahead (S) **2.00** BBC News. The latest headlines. (S)

RTE TWO

6.00 EURONEWS 7.50 RTÉ Kids

4.30 THE SIMPSONS Another trio of Halloween stories. (R, S)

5.00 THE GOLDBERGS Pops is evicted after accidentally starting a fire in his flat. (R, S)

5.30 THE BIG BANG THEORY Sheldon unwittingly makes a scientific breakthrough. (R, S)

6.00 NEIGHBOURS Chelsea is faced with a moral dilemma. (R, S)

6.30 HOME AND AWAY Kirby decides to have another go at the music business. (R, S)

7.00 PLANET EARTH III The stories of conservation heroes fighting to save the world's wildlife, from exploring remote jungles to going undercover to disrupt the illegal ivory trade. Last in series. (R, S)

8.00 GRAND DESIGNS Kevin McCloud revisits traditional builder Paul and his wife Carol who, back in 2015, set out to create a bold home on the southern edge of the wild West Pennine Moors in Bolton. (R, S)

9.00 THE CHANGE The Eel sisters make an exciting announcement at the town meeting. (S)

9.30 DERRY GIRLS The gang plan a booze-filled weekend in Donegal. Conleth Hill guest stars. (S)

10.00 LOVE IN THE COUNTRY Two new singletons - Jack from Cavan and Texas Ollie from Donegal - travel to Dublin. (R, S)

11.00 THE NEWSREADER Dale is falling apart, leaning heavily on alcohol to get through his day. Last in the series. (S)

12.05 PEACOCK (S) **12.40** Colin from Accounts. Australian comedy. (R, S) **1.15** Sunken Warships: Secrets from the Deep (R, S) **2.15** EuroNews

BBC TWO

6.15 HOMES UNDER THE HAMMER (R, S) **7.15** The Bidding Room (R, S)

8.00 Sign Zone: Gardeners' World (R, S) **9.00** BBC News (S) **10.45** Homes Under the Hammer (R, S) **11.15** Bargain Hunt (R, S) **12.00** Two Minutes Silence (S) **12.05** Blue Planet II: Into the Blue (R, S) **12.15** Politics Live (S)

1.00 IMPOSSIBLE (R, S)

1.45 LIGHTNING (R, S)

2.15 UNBEATABLE (R, S)

3.00 SAVED AND REMADE (R, S)

3.45 BETWEEN THE COVERS (R, S)

4.15 GREAT BARRIER REEF (R, S)

5.15 FLOG IT! (R, S)

6.00 RICHARD OSMAN'S HOUSE OF GAMES Chris Hoy, Rosie Jones, Ola Labib and Ian 'H' Watkins test their skills. (R, S)

6.30 ANNA HAUGH'S BIG IRISH FOOD TOUR Comedian Ed Byrne escapes to the Wicklow Mountains with Anna. (R, S)

7.00 CELEBRITY ANTIQUES ROAD TRIP With 1980s pop stars Samantha Fox and Sinitta. (R, S)

8.00 DIGGING FOR BRITAIN Alice Roberts and the team examine a Roman fort on Hadrian's Wall. Last in the series. (R, S)

9.00 NEW: MARIE ANTOINETTE The queen elevates Yolande, scandalising some. (S)

10.00 DETECTORISTS Comedy, starring Mackenzie Crook. (R, S)

10.30 NEWSNIGHT (S)

11.00 THE CRIME I CAN'T FORGET An investigation into a string of ATM ram raids. (R, S)

12.00 UPSTART CROW Comedy. (R, S) **12.30** BBC News (S) **12.55** Sign Zone: Saving Lives in Cardiff (R, S) **1.55** Sign Zone: Doctor Who (R, S) **2.40** 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 (S) **12.30** News at 12:30 (S)

1.00 THE CHASE Quiz show, hosted by Bradley Walsh. (R, S)

2.00 THE CHASE Quiz show, hosted by Bradley Walsh. (R, S)

3.00 LOOSE WOMEN The women put the world to rights once more and invite a celebrity guest.

4.00 DON'T LOOK BACK IN ANGER Headline stories from 2004, when Cian O'Connor won Olympic gold. (R, S)

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, and expert advice. (S)

7.00 NEWS AT 7 (S)

7.30 EMMERDALE Charity is up to something. (S)

8.00 EMMERDALE There is a party at Home Farm. (S)

8.30 FOR THE LOVE OF DOGS WITH ALISON HAMMOND Alison bonds with a giddy bulldog cross pup. (S)

9.00 GENIUS GAME The competition continues with Lights Off. (S)

10.00 THE GROUP CHAT An extended round-table conversation, with Richard Chambers, Gavan Reilly and Zara King.

11.00 THE ASSEMBLY Jade Thirlwall faces a grilling from an audience of autistic and learning-disabled interviewers. (R, S)

11.30 THE VIRTUES Drama directed by Shane Meadows, starring Stephen Graham. (R)

12.30 FRED AND ROSE WEST: REOPENED (R, S) **1.30** Mr Selfridge. Drama, starring Jeremy Piven. (R, S)

CHANNEL 4

6.25 CHEERS (R, S) **8.10** Everybody Loves Raymond (R, S) **9.10** Frasier (R, S) **11.10** Undercover Boss USA (R, S) **12.05** Channel 4 News Summary (S) **12.10** Help! We Bought a Village (R, S)

1.10 FIND IT, FIX IT, FLOG IT (R, S)

2.10 COUNTDOWN (S)

3.00 A PLACE IN THE SUN (R, S)

4.00 NARROW ESCAPES (S)

5.00 CHATEAU DIY (S)

6.00 A PLACE IN THE SUN A couple seek their dream home in the Abruzzo region of Italy. (S)

7.00 CHANNEL 4 NEWS (S)

7.55 THE POLITICAL SLOT (S)

8.00 ● BAD DOG ACADEMY Mum and daughter Kristie and Kirsten seek advice from expert Jo on preventing their six basset hounds barking in unison. (S)

9.00 TASKMASTER The first team task of the series brings the usual awkwardness for competitors Fatiha El-Ghorri, Jason Mantzoukas, Mathew Baynton, Rosie Ramsey and Stevie Martin. (S)

10.00 RAMSAY'S KITCHEN NIGHTMARES USA Gordon Ramsay continues to help the owners of Iberville Cuisine. (S)

10.55 24 HOURS IN A&E A mother-of-three is in resus after a severe asthma attack. (R, S)

12.00 24 HOURS IN A&E (R, S) **12.55** Ramsay's Kitchen Nightmares USA (R, S) **1.45** Food Unwrapped Gets Fruity (R, S) **2.40** FILM: HIT THE ROAD (2021) Persian comedy drama, starring Mohammad Hassan Madjouni. ★★★ **4.15** Jamie's One-Pan Wonders (R, S) **4.40** Jamie's Comfort Food (R, S) **4.50** Location, Location, Location. House-hunting. (R, S) **5.45** Countdown (R, S)

VIRGIN TWO

6.35 THE CHASE AUSTRALIA (R) **7.20** Winning Combination (R, S) **8.10** Tipping Point (R, S) **9.00** The Chase (R, S) **11.00** Guess This House (R, S) **12.00** Dress to Impress (R, S)

1.00 YES CHEF (R, S)

2.00 PAUL O'GRADY: FOR THE LOVE OF DOGS (R, S)

2.30 PAUL O'GRADY: FOR THE LOVE OF DOGS (R, S)

3.00 PRESSURE PAD (R, S)

4.00 TIPPING POINT (S)

5.00 TIPPING POINT (S)

6.00 THE CHASE (S)

7.00 THE CUBE (R, S)

8.00 TIPPING POINT: LUCKY STARS Eamonn Holmes, Ruth Langford and Brian Dowling take part in the quiz. (R, S)

9.00 TRUMP'S AMERICA Part two of two. The anti-Muslim ideology that Trump was seen to have normalised. (R, S)

10.31 THE REAL HOUSEWIVES OF NEW JERSEY

11.25 THE REAL HOUSEWIVES OF NEW JERSEY

12.20 YEAR OF (R, S) **1.35** The Real Housewives of Beverly Hills (R)

VIRGIN MORE

1.25 CLASSIC UEFA CHAMPIONS LEAGUE

2.20 CLASSIC UEFA CHAMPIONS LEAGUE

3.15 BEST OF U20'S SIX NATIONS 2025

4.05 SIX NATIONS UNDER-20S

4.55 WOMEN'S SIX NATIONS

6.50 CLASSIC 6 NATIONS France v Ireland from 2014.

7.20 UEFA MAN IN THE MIDDLE The referees deal with the Covid-19 pandemic.

8.10 BEST OF WOMEN'S SIX NATIONS Ireland v Scotland.

9.00 SNOWPIERCER Josie tests her newfound ability.

9.50 UNTIL I KILL YOU Delia uses all her guile to escape Sweeney's violence.

10.40 IMPOSSIBLE ENGINEERING A look at the US navy's most advanced nuclear submarine. Last in the series.

11.30 CLASSIC UEFA CHAMPIONS LEAGUE Liverpool v Tottenham Hotspur.

12.25 SPORT STORIES: JOE BROLLY

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 CELEBRITY CATCHPHRASE (R, S)

3.00 JEOPARDY! (R, S)

3.59 UTV WEATHER (S)

4.00 TIPPING POINT (S)

5.00 THE CHASE (R, S)

6.00 UTV LIVE (S)

6.30 ITV EVENING NEWS (S)

7.30 EMMERDALE (S)

8.30 HOW TO GET HEALTHY AT HOME - TONIGHT (S)

9.00 GENIUS GAME (S)

10.00 ITV NEWS AT TEN (S)

10.30 UTV LIVE (S)

10.45 BRADLEY & BARNEY WALSH: BREAKING DAD (R, S)

11.15 VICKY MCCLURE: MY GRANDAD'S WAR (R, S)

12.05 SHOP ON TV **3.00** The Essex Millionaire Murders (R, S) **3.50** Unwind with ITV (S) **5.05** Jimmy & Shivi's Farmhouse Breakfast (R, S)

VIRGIN THREE

7.30 HEARTBEAT **8.25** The Adventures of Sherlock Holmes **9.25** John and Lisa's Weekend Kitchen **10.25** Judge Judy **11.25** The Deal Makers **12.25** Storage Hoarders **1.25** The Royal **2.25** Good Witch **3.20** Emmerdale **3.50** Coronation Street **4.50** Heartbeat **5.50** Agatha Christie's Marple **7.55** Heartbeat. Police drama. **9.00** Shetland **10.10** Emmerdale **10.40** Emmerdale **11.15** Mum **11.50** Mum **12.25** The Long Call **1.20** Bump

TG4

6.00 CÚLA 4 **11.00** Aímhíthe Craiceálte **11.25** Comhrá **11.55** Wonder Years **12.25** Geantraí **12.55** Golden Girls **1.25** Murder, She Wrote **2.20** Domhan an Dúla **3.20** Taste of Australia **3.50** Glór Tire **4.20** Escape from the City **5.30** An Fód Deireanach **6.00** Golden Girls **6.30** Wonder Years **7.00** Nuacht **7.30** Ar Scáth na Sléibhte **8.00** Scéalta na gCorn **8.30** Ros na Rún **9.00** Glór Tire ● **9.30** Nashville, Seo Muid ag Teach! **10.30** Fíorscéal **11.35** Ros na Rún **12.05** Dr Death **1.05** Dáil

SKY SHOWCASE

6.00 SKY NEWS BREAKFAST **8.00** Border Patrol **9.00** Stargate SG-1 **11.00** Wild Family Ties **12.00** Manifest **1.00** Hawaii Five-0 **3.00** Magnum PI **4.00** S.W.A.T **5.00** The Simpsons **6.00** The Office (US) **7.00** The Simpsons **7.30** The Simpsons **8.00** Rob & Romesh vs Heavy Metal **9.00** Poker Face **10.00** Poker Face **11.00** Poker Face **11.50** Gangs of London **12.55** The Essex Murders **1.55** Curb Your Enthusiasm **3.05** Magnum PI **4.00** S.W.A.T **5.00** Motorway Patrol

SKY ATLANTIC

6.00 THE GUEST WING **7.50** Boardwalk Empire **10.05** Billions **12.20** Game of Thrones **1.20** Das Boot **3.30** Boardwalk Empire **5.45** Billions **8.00** Game of Thrones. Fantasy drama, starring Lena Headey. **9.00** Big Little Lies **10.00** Penelope **10.30** Penelope **11.00** Homicide: Life on the Street **11.50** Gangs of London **12.55** The Gilded Age **3.35** Game of Thrones **4.50** The Guest Wing

MAIN EVENT

6.00 SKY SPORTS NEWS **7.00** Good Morning Sports Fans **10.00** LIVE Tennis **2.00** Lions Squad Announcement **3.00** LIVE IPL. Punjab Kings v Delhi Capitals. **7.00** LIVE EFL. Coverage of the first Championship play-off semi-final first-leg match (Kick-off 8pm). **10.00** LIVE Premier League Darts. Coverage of night 14 from First Direct Arena in Leeds. **11.00** Sky Sports News. Round-up of the sports news. **12.00** Sky Sports News

TNT SPORTS 1

9.00 Grand Slam Track Athletics **10.00** Discovery Golf **10.30** Reload **11.00** LIVE AFL **2.00** PL Netbusters **2.30** LIVE Women's Cycling **4.30** UCL 5.30 PL - The Big Interview **6.00** PL Netbusters **6.30** Kenny Allstar's Number 1's **6.45** No Filter Football **7.00** LIVE Europa League **10.30** Europa & Conference League Highlights **11.30** PL - Big Interview **12.00** LIVE NBA **3.00** Cycling World Tour **4.00** Discovery Golf **4.30** AFL

FRIDAY

Chic
pick



A DEADLY AMERICAN MARRIAGE, NETFLIX A chilling 911 call. A gruesome scene. This documentary goes behind the scenes of Irishman Jason Corbett's life and death, with contributions from Jason's now-teenage daughter Sarah.

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

RTE ONE

6.00 EURONEWS 6.20 Teleshopping (R) **7.25** Today (R, S) **9.35** The Drew Barrymore Show (R, S) **10.25** The Kelly Clarkson Show (R, S) **11.20** The Repair Shop (S) **12.15** Shortland Street (S) **12.45** Telly Bingo. Game show. (S)
1.00 RTE NEWS (S)
1.30 HOME AND AWAY (S)
2.00 YOUNG SHELDON The Cooper kids come up with ways to resolve a family feud. (R, S)
2.30 FAIR CITY Dean, Mairead and Elaine persuade Damien to reach out to Mark. (R, S)
3.00 EASTENDERS Jean tries to organise a last-minute party for VE Day. (R, S)
3.30 TODAY Daily magazine show. (R, S)
5.40 NUACHT
5.55 RTE NEWS WITH SIGNING
6.00 THE ANGELUS
6.01 RTE NEWS (S)
7.00 NATIONWIDE (S)
7.30 FAIR CITY Dean, unable to stay away from Mairead, has a close call with Damien. (S)
8.00 NEW: TRACKS AND TRAILS Documentary series exploring the best walking and cycling tracks around the country. (S)
8.30 THE ZOO Orangutan Mujur prepares to give birth. (R, S)
9.00 RTE NEWS (S)
9.35 THE LATE LATE SHOW Patrick Kielty hosts. (S)
11.15 FILM: THE FAMILY MAN (2000) A businessman is magically sent into an alternative reality to experience the life he would have lived if he had not left his girlfriend. Drama, with Nicolas Cage and Tea Leoni. ★★ (S)
1.35 NATIONWIDE (R, S) **2.05** Telly Bingo (R, S) **2.20** The Kelly Clarkson Show (R, S) **3.00** EuroNews

BBC ONE

6.00 BREAKFAST (S) **9.30** Morning Live (S) **10.45** Dr Xand's Con or Cure (R, 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 SHAKESPEARE & HATHAWAY: PRIVATE INVESTIGATORS (R, S)
2.45 ESCAPE TO THE COUNTRY (R, S)
3.45 THE BIDDING ROOM (S)
4.30 THE FINISH LINE (R, S)
5.15 POINTLESS (R, S)
6.00 BBC NEWS AT SIX (S)
6.30 BBC NEWSLINE (S)
7.00 THE ONE SHOW (S)
7.30 LOST AND FOUND IN THE LAKES Helen Skelton leads a team of experts searching for lost treasures around the Lake District. (R, S)
8.00 INTERIOR DESIGN MASTERS WITH ALAN CARR The designers create premium hospitality suites at Twickenham for diehard rugby fans. (S)
9.00 HAVE I GOT NEWS FOR YOU David Tennant guests hosts. (S)
9.30 AUSTIN Julian is fired from his publisher, with his remaining books set to be pulped. (S)
10.00 BBC NEWS AT TEN (S)
10.30 BBC NEWSLINE (S)
10.40 BIKES! NORTH WEST 200 (S)
11.20 EUROVISION 2025: WHEN GRAHAM MET REMEMBER MONDAY (S)
11.35 MAN LIKE MOBEEN (R, S)
12.00 MAN LIKE MOBEEN (R, S)
12.30 The Hit List (R, S) **1.15** Celebrity Bridge of Lies. Ross Kemp presents. (R, S) **2.00** BBC News (S)

RTE TWO

6.00 EURONEWS 7.50 RTÉ Kids
4.30 THE SIMPSONS Marge decides to run for mayor. (R, S)
5.00 THE GOLDBERGS Barry is excited when a modelling agency representative approaches him, but Erica thinks it's a scam. Paul Sorvino guest stars. (R, S)
5.30 TOTAL FOOTBALL Featuring a trip to Wales to meet Celtic players Liam Scales and Adam Idah. Plus, rugby and American football player Tadhg Leader takes part in an in-studio challenge. (R, S)
6.00 THE SIMPSONS Bart uses a clown mask for a prank that goes too far. Due to a general fear of clowns, Krusty finds he can no longer do his job, so tries to get work as a serious actor. (R, S)
6.30 HOME AND AWAY Word spreads that Remi kicked Sonny out after he tried to lock lips with Bree and Kirby can't find the right moment to ask Remi to invest in her music. (R, S)
7.00 URC LIVE Munster v Ulster (Kick-off 7.35pm). Clare MacNamara presents action from the match in the penultimate round of regular season fixtures, held at Thomond Park. (S)
9.50 FILM: SEA FEVER (2019) A trawler crew are marooned at sea and have to tackle a parasite in their water supply. Thriller, starring Connie Nielsen and Dougray Scott. ★★★★★ (S)
11.35 IRELAND IN MUSIC A further selection of music from around the country. (R, S)
12.05 DOUGLAS IS CANCELLED Last in the series. (R, S) **12.55** Rain Dogs (R, S) **1.35** EuroNews

BBC TWO

6.30 BARGAIN HUNT (R, S) **7.15** The Bidding Room (R, S) **8.00** Sign Zone: Chronicles of the Glens (R, S) **8.30** Sign Zone: Jules and Greg's Wild Swim (R, S) **9.00** BBC News (S) **12.30** Political Thinking with Nick Robinson (S)
1.00 IMPOSSIBLE (R, S)
1.45 LIGHTNING (R, S)
2.15 LIGHTNING (R, S)
2.45 SAVED AND REMADE (R, S)
3.30 BETWEEN THE COVERS (R, S)
4.00 EXPEDITION VOLCANO (R, S)
5.00 FLOG IT! (R, S)
6.00 RICHARD OSMAN'S HOUSE OF GAMES (R, S)
6.30 ANNA HAUGH'S BIG IRISH FOOD TOUR Anna and garden designer Diarmuid Gavin plant Ireland's favourite crop – potatoes. (R, S)
7.00 VILLAGES BY THE SEA (R, S)
7.30 BEECHGROVE GARDEN (S)
8.00 GARDENERS' WORLD The team reports from the RHS Malvern Spring Festival in Worcestershire. (S)
9.00 BLACK SNOW Cormack continues to grapple with his own troubled family history as what really happened to Zoe is revealed. Last in series. (S)
10.00 RED DWARF (R, S)
10.30 NEWSNIGHT (S)
11.00 FILM: LA LA LAND (2016) Damien Chazelle's Bafta-winning musical, starring Emma Stone, Ryan Gosling, John Legend and Callie Hernandez. ★★★★★ (S)
1.00 SIGN ZONE: WHO DO YOU THINK YOU ARE? (R, S) **2.00** Sign Zone: Robson Green's Weekend Escapes (R, S) **2.30** Sign Zone: VE Day 80: We Were There (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 (S) **12.30** News at 12:30 (S)
1.00 THE CHASE Quiz show, hosted by Bradley Walsh. (R, S)
2.00 THE CHASE Phil, Hannah, James and Sally take on one of the Chasers. (R, S)
3.00 LOOSE WOMEN Topical debate from a female perspective.
4.00 DON'T LOOK BACK IN ANGER Documentary looking back at the headline stories of the past 20 years, focusing this week on 2005. (R, S)
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. (S)
7.00 NEWS AT 7 (S)
7.30 EMMERDALE Noah delivers alarming news. (S)
8.00 CORONATION STREET Lauren lays a trap for her blackmailer. (S)
8.30 CORONATION STREET Lauren lays a trap for her blackmailer. (S)
9.00 PROTECTION Liz pursues her unofficial investigation into DI Brandice and his possible connection with organised crime, but it becomes increasingly difficult when the unit comes under pressure. (S)
10.00 THE VIRTUES Joseph has an emotional reunion with an important person from his childhood. (R, S)
11.00 GOGGLEBOX IRELAND Ireland's most opinionated and entertaining TV viewers offer their opinions on some of the most memorable TV screened during October 2023. (R, S)
12.00 TWISTED TWINS (R) **1.00** Autopsy USA. Documentary. (R)

CHANNEL 4

6.25 CHEERS (R, S) **8.10** Everybody Loves Raymond (R, S) **9.10** Frasier (R, S) **11.10** Undercover Boss USA (R, S) **12.05** Channel 4 News Summary (S) **12.10** Help! We Bought a Village (R, S)
1.10 FIND IT, FIX IT, FLOG IT Items include a redundant telescope and a vintage moped. (R, S)
2.10 COUNTDOWN (S)
3.00 A PLACE IN THE SUN (R, S)
4.00 NARROW ESCAPES (S)
5.00 CHATEAU DIY (S)
6.00 A PLACE IN THE SUN A pair seek a property in or near Torrevieja on Spain's Costa Blanca. (S)
7.00 CHANNEL 4 NEWS (S)
7.55 THE POLITICAL SLOT With Mel Stride, Shadow Chancellor of the Exchequer. (S)
8.00 ● MILLIONAIRE HOARDERS Horse museum owner Sally seeks advice raising some much-needed funds. (S)
9.00 GOGGLEBOX The households' opinions on recent TV. (S)
10.00 NEW: OPEN HOUSE: THE GREAT SEX EXPERIMENT A married couple consider the possible benefits of an open relationship. (S)
11.10 THAT'S THE WAY, A-HA, A-HA, JOE LYCETT A performance from the comedian's award-winning live show, recorded at the Duchess Theatre in London's West End. (R, S)
12.10 FILM: GOOD BOYS (2019) Comedy, starring Jacob Tremblay and Brady Noon. ★★ (S) **1.40 FILM: PRIMAL** (2019) Thriller, with Nicolas Cage. ★★★ (S) **3.20** Kirstie and Phil's Love It or List It: Brilliant Builds (R, S) **3.45** Come Dine with Me (R, S)

VIRGIN TWO

6.20 THE CHASE AUSTRALIA (R) **7.05** Winning Combination (R, S) **8.00** Tipping Point (R, S) **9.00** The Chase (R, S) **11.00** Guess This House (R, S) **12.00** The Salvage Squad (R, S)
1.00 YES CHEF (R, S)
2.00 PAUL O'GRADY: FOR THE LOVE OF DOGS (R, S)
2.30 PAUL O'GRADY: FOR THE LOVE OF DOGS (R, S)
3.00 PRESSURE PAD (R, S)
4.00 TIPPING POINT (S)
5.00 TIPPING POINT (S)
6.00 THE CHASE Quiz, hosted by Bradley Walsh. (S)
7.00 BRADLEY & BARNEY WALSH: BREAKING DAD The father and son duo's road trip takes them to Nicaragua. (R, S)
7.30 LIVE LEAGUE OF IRELAND Coverage of a match in the Premier Division (Kick-off TBA).
10.16 BELOW DECK: MEDITERRANEAN
11.10 BELOW DECK: MEDITERRANEAN (R)
12.05 SCHITT'S CREEK (R) **1.05** The Group Chat (R) **2.05** The Real Housewives of Beverly Hills (R)

VIRGIN MORE

12.55 CLASSIC UEFA CHAMPIONS LEAGUE
1.50 CLASSIC UEFA CHAMPIONS LEAGUE
2.45 BEST OF U20S SIX NATIONS 2025
3.35 BEST OF U20'S SIX NATIONS 2025
4.25 WOMEN'S SIX NATIONS CLASSIC 6 NATIONS
6.50 UEFA MAN IN THE MIDDLE Referees prepare for the final eight of the 2019/20 UEFA Champions League.
7.40 BEST OF WOMEN'S SIX NATIONS France v Ireland from 2024.
8.30 SPORT STORIES: GARY MESSETT
9.00 SNOWPIERCER Layton leads a furious attempt to try and pick Melanie up.
9.50 HELP ME BUY A HOME
10.40 UEFA CHAMPIONS LEAGUE MAGAZINE SHOW
11.10 MR SELFRIDGE
12.00 SPORT STORIES: JOE BROLLY

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 GARY BARLOW'S FOOD AND WINE TOUR: AUSTRALIA (S)
3.00 JEOPARDY! (R, S)
3.59 UTV WEATHER (S)
4.00 TIPPING POINT (S)
5.00 THE CHASE (R, S)
6.00 UTV LIVE (S)
6.30 ITV EVENING NEWS (S)
7.00 UTV LIFE (S)
7.30 EMMERDALE (S)
8.00 CORONATION STREET (S)
9.00 MARTIN CLUNES' ISLANDS OF THE ATLANTIC (S)
10.00 ITV NEWS AT TEN (S)
10.30 UTV LIVE (S)
10.45 FILM: THE EQUALIZER (2014) Action thriller, starring Denzel Washington. ★★★★★ (S)
1.00 SHOP ON TV **3.00** Martin Clunes' Islands of the Atlantic (R, S) **3.50** Unwind with ITV (S) **5.05** Katie Piper's Weekend Escape (R, S)

VIRGIN THREE

7.30 HEARTBEAT **8.25** Adventures of Sherlock Holmes **9.25** John and Lisa's Weekend Kitchen **10.25** Judge Judy **11.25** The Deal Makers **12.25** Storage Hoarders **1.25** The Royal **2.25** Good Witch **3.20** Eat, Shop, Save **3.50** Emmerdale **4.50** Heartbeat **5.55** Agatha Christie's Marple **7.55** Heartbeat **9.00** Rig 45 **10.00** Coronation Street **11.00** Emmerdale **11.30** Litvinenko **12.30** Prince Andrew: Banished **1.55** Red Rock

TG4

6.00 CÚLA 4 **11.00** Ainníthhe Craiceáilte **11.25** Comhrá **11.55** The Wonder Years **12.25** Geantraí **12.55** The Golden Girls **1.25** Murder, She Wrote **2.20** Plean Bee **3.20** Taste of Australia **3.50** Glór Tire **4.20** Escape from the City **5.30** Bliain in Inis Oírr **6.00** Domhan an Dúlra – Ainníthhe **7.00** Nuacht TG4 **7.25** GAA Beo **9.15** FILM Let Him Go (2020) ★★★★★ **11.20** Survivor **12.10** Minx **12.45** Narcos **2.00** Nuacht TG4 **2.25** Fleadhfest '21 **3.25** Corn Uí Riada Buaiteoiri 2008 – 2013

SKY SHOWCASE

6.00 SKY NEWS BREAKFAST **7.00** Anna Jones **8.00** Border Patrol **9.00** Stargate SG-1 **11.00** Wild Family Ties **12.00** The Flash **1.00** Hawaii Five-0 **3.00** Magnum PI **4.00** S.W.A.T **5.00** The Simpsons **6.00** The Office (US) **7.00** The Simpsons **8.00** Joe Lycett's United States of Birmingham **9.00** Hacks **9.40** Rob Beckett: Wallop **10.55** Sex and the City **12.15** The Force: Manchester **1.15** Road Wars **2.10** Hawaii Five-0 **3.00** Magnum PI **4.00** S.W.A.T **5.00** Motorway Patrol

SKY ATLANTIC

6.00 THE GUEST WING **8.00** Boardwalk Empire **10.10** Billions **12.20** Game of Thrones **1.25** Das Boot **3.35** Boardwalk Empire **5.45** Billions **7.55** Game of Thrones. Arya encounters the Brotherhood Without Banners. **9.00** The Last of Us **10.05** The Undoing **11.10** Homicide: Life on the Street **12.15** The Wire **1.25** Gangs of Milan: Blocco 181 **3.35** The Pacific **4.45** Game of Thrones

MAIN EVENT

6.00 SKY SPORTS NEWS **6.30** LIVE Ladies European Tour Golf **10.30** LIVE Tennis. The Internazionali BNL d'Italia. **3.00** LIVE IPL. Lucknow Super Giants v Royal Challengers Bengaluru. **7.00** LIVE EFL. Coverage of the second Championship play-off semi-final first-leg match (Kick-off 8pm). **10.30** Back Pages Tonight. A look at the sports headlines in tomorrow's newspapers. **11.00** Sky Sports News. The sports news. **12.00** Sky Sports News

TNT SPORTS 1

6.00 WOMEN'S CYCLING **7.00** PL Reload **7.15** Sign Up **8.00** Golf **8.30** Snooker **9.30** Athletics **10.30** Women's Cycling **11.30** Playing for Our Future **11.45** LIVE Women's Cycling **1.45** LIVE Men's Giro d'Italia **5.00** Fantasy Show **5.30** PL Stories **6.00** PL – Big Interview **6.30** PL Preview **7.00** LIVE Gallagher Premiership Rugby Union **10.00** UCL Magazine **10.30** Europa & Conference League Highlights **11.00** MLB Highlights **12.00** LIVE MLB

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