THE IRISH TIMES
Magazine
Saturday, June 13, 2026

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A ghost from my teenage past emailed to say hello. I'm so glad he did



Róisín Ingle

What happened was this. Four years ago I wrote a column about how much I admire and appreciate Bono and then Andy, a ghost from my teenage past, emailed to say he liked it.

Andy and I had a bit of a fling back in the late 1980s when the Coffee Inn on South Anne Street in Dublin served the best chips with bolognaise sauce, and Captain America's (RIP) was in its heyday.

I was a teenager and he was 10 years older. I wouldn't be happy if my daughters were making those choices now but I was thrilled back then. Andy was cool and kind and fun. But looking back, I cringe hard for my teenage self. We should not let these supposed embarrassments stop us reconnecting with our ghosts, but I did. I smiled when I saw Andy's email but I didn't reply. Not then.

Then a few months ago I got back in touch. I'd been doing a bit of research for a U2-related project and he kept coming into my mind. I knew he was from one of Dublin's most fascinating families, the Rowens of Cedarwood Road. I knew that his childhood friend from that same road, Bono, had written three songs about him including one of U2's finest compositions Bad. I knew Andy struggled with addiction. Now I found myself wondering how he was.

I emailed to ask if he wanted to go for coffee. He was in the Eye and Ear Hospital at the time, getting treatment for the eye condition macular degeneration. He suggested we go somewhere fancy when he got out. I booked The Merrion for afternoon tea.

We started texting. Andy, a diabetic with a sweet tooth, sent several cake emojis in anticipation. Then suddenly nothing. I thought I'd been ghosted by my ghost when a message arrived from his daughter telling me Andy had suffered a stroke so he couldn't make our appointment.

We've been getting to know each other again in the stroke ward of a south Dublin hospital. I brought Afternoon Tea to him. Turns out Andy is a writer, a raconteur, a storyteller, a wine connoisseur, a Bible scholar, a character. He's one of the sharpest, funniest people I've ever been reacquainted with.

The Rowens are big on nicknames. Andy's brothers are known as Strongman and Guggi. He was named Guck Pants as a small kid in nappies. Delaney was added because he could run fast like Ronnie. Given his years of heroin and crack cocaine use, it's a kind of miracle that Guck Pants Delaney is still alive and eating cake, never mind reciting from memory long Bible verses and his own many-versed poems.

> **Andy's life is a story of survival and surrender, trauma and redemption, faith and glory. Dislocation. Separation. Revelation. He is 15 years clean now**

On one of my recent visits, as he wiped crumbs from his chin, Andy recited his stark poem about the day he and his father were caught up in the Dublin bombings on Parnell Street. U2 captured his experience in a song called Raised By Wolves. Andy witnessed horrific sights on May 17th, 1974 when 33 people were killed. He was 11. You might well join the dots from that terrible day to the night of Andy's 21st birthday when he nearly died from a methadone overdose. Bono wrote Bad about him around that time. "If you twist and turn away "

Andy spent the next few decades in addiction, ending up homeless approaching 50 and living in the doorway of a Dublin church. Fifteen years ago he was offered a lifeline, a rehab place called the Ed Keating Centre in Cleveland, Ohio. His brother Guggi bought him the plane ticket.

He'd never been to the United States. His contact at the rehab thought he should acclimatise first and so brought Andy to Cleveland's biggest tourist attraction, the Rock & Roll Hall of Fame. The museum wasn't Andy's bag. Bored, he happened to peer into a glass case. Inside he saw a crumpled piece of paper. It was Bono's original handwritten lyrics to Bad, the song about Andy and his addiction.

Andy was shocked. "How did that piece of paper get there?" he wondered, trembling. A voice answered: "How did YOU get here? Who was looking after YOU all this time?" This was, according to Andy, the voice of God who he believes brought him there and ultimately got him clean.

Six months later, U2 were playing the final gig of their North American 360 tour in Pittsburgh. They invited Andy, who had just finished his stint at rehab, to the gig.

That night, Bono told the audience about a special man in the audience who grew up on Cedarwood Road. "We wrote this song about him, and we sing it for him tonight Andy Rowen Guck Pants." On the YouTube video from 2011, you can see the emotion in Bono's performance as he sings and celebrates his friend's newfound freedom. "To let it go and so fade away "

Andy's life is a story of survival and surrender, trauma and redemption, faith and glory. Dislocation. Separation. Condemnation. Revelation. He is 15 years clean now.

Listening to him, you can't help but think somebody should make a movie about his life. It turns out somebody has: Bad: The Song That Changed My Life is a documentary about Andy on RTÉ One at 9.30pm on Monday night. I'll be watching it with a big slice of cake. ●

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On the cover: Athlete Ciara Mageean, page 10. Photograph by Evanna Devine

We Love . . .

Noise in frame



Shared experiences uplift communities. That's one of the guiding philosophies behind Black Noise, a new exhibition curated by American poet and photographer Ishmael Claxton, featuring the work of 22 black artists living in Ireland (pictured is a photograph by Salem Anowe Chukwuezi). "For years I have watched artists of colour in Ireland be overlooked, misrepresented, or pushed to the margins. This project comes from that frustration, but also from the need to build something better," Claxton says. "In a time shaped by division, racism, and political tension, creating spaces of solidarity and care feels more important than ever." The exhibition, dedicated to George Nkencho, is at Gallery X on Hume Street in Dublin 2 until June 25th, with events including a poetry night, round-table discussions and a zine-making workshop. galleryx.ie

NADINE O'REGAN

Fresh cuts

Followers of Irish fashion will already know Oran Aurelio's name. The 23-year-old designer created the look for CMAT's Euro-Country album cover, and his clothes have been worn by Chappell Roan and Siobhán McSweeney on The Traitors. Aurelio now has a first-floor studio in Om Diva on Dublin's Drury Street, where he offers client sessions by appointment (the zany sailor-pony shop window is also his work). While you're there, don't miss the fresh threads of rising star Marie Florence Keane, aka Clouds in my Coffee, who designed CMAT's blue ensemble for her recent performance at St Anne's Park, along with beautiful upcycled shirts from Casa Cor.

NADINE O'REGAN





Recycled rays

These new high-quality sunglasses with full UV protection are from Eco Shades, designed by Claud and Jonas Brandenborg, a Danish father and son company. Made from recycled plastic and plant-based materials, they are both sustainable and affordable at €29.95. Technically they are also impressive, as their five barrel optical hinges are made from durable copper, with built-in stainless steel metal cores offering extra strength and durability. There are various styles for men and women and they can be found in Ireland in Fitzgeralds, Waterford; Sorella, Navan; Sheneil Shoes, Oranmore; Bow and Pearl, Rathmines; Golden of Kells; and Darby's Den, Kinsale; or online from eco-shades.com.

DEIRDRE McQUILLAN

Savour Saturdays

Shake off the week with a morning stroll in St Anne's Park, Dublin next Saturday, where Joanna Bourke Lawlor hosts the latest in her monthly Picnic in the Park series. The morning begins with a short pause to help participants slow down, before a wander through the farmers' market to pick up coffee and scones, followed by a picnic and chats beneath the trees. Buggies and babies are welcome; come solo or with a friend. Meet at the Red Stables at 10am. Tickets are €12.50 from Eventbrite, with a donation from each ticket going to the City Farm volunteers.

NADINE O'REGAN



Borrowed style

If your summer calendar is filling up with weddings and celebrations, and you want to freshen your occasionwear look without buying, there are two new rental studios to have on your radar. Newly launched Elan offers occasion-ready dresses from brands like Aje, Farm Rio, and De La Vali, with a focus on standout dresses for one-off occasions. Founder Rachael Roden offers appointments in the Leeson Street-based showroom in Dublin, so you can try before renting. Also new this year is The Rental Studio, which has already built a following, including presenter Laura Fox, and offers brands like Retrofete and Rat & Boa for rent from their studio in Clones, Co Monaghan.

CORINA GAFFEY





And Ted came too



What makes a summer family minibreak memorable? Could it be the sundowners on the terrace, a picnic in the gardens, or chilling out in the pool? It depends on the ages of your family members of course. For the younger ones, it could be as simple as a surprise free bear. Teddy's Big Adventure Family Stay at Kildare's Killashee Hotel gives you two nights for a family of four (with the option to add another bed), dinner on one night, a picnic, reduced admission to Clonfert Farm – for alpaca and meerkat craic – and the aforementioned free teddy bear. From €700, until August 31st. While you're there, check the gorgeous Irish National Stud and Gardens, where the foals will be frolicking at this time of year, €13/€21. killasheehotel.com, irishnationalstud.ie

GEMMA TIPTON

What lies beneath

Lovely to look at, repository of history and myth, a vital source of energy, or an even more vital environmental reserve? The Irish peat bog is a force of nature in more ways than one. Artist Shane Hynan has been diving in to the bogs, visually that is, for a number of years, and the resulting exhibition Beneath Beofhód is premiering at Photo Museum Ireland (until July 5th) before touring Ireland. photomuseumireland.ie

GEMMA TIPTON



Séamas O'Reilly

My son hammers me with questions from dawn to dusk



A few weeks ago, I wrote about the joys of being interviewed. My claim, repeated here for those who missed it, was that I much prefer the act of being interviewed to actually interviewing someone, because there's just a lot less work involved in sitting there while someone asks things of you, as opposed to having to prep questions, manage a crowd, and deal with someone else's responses (or indeed lack thereof).

As someone who has done both things many times, this has long been my preferred choice, but litigating it in print has prompted quite a bit of debate from readers. Many people, including several of my fellow writers, popped into my mentions on social media to either agree wholeheartedly, or else maintain that being interviewed is actually more stressful because there's a much greater spotlight on you, whereas any time you act as an interviewer you can slink into the background.

I was, again, forced to reckon with the fact that a large part of my pleasure in being interviewed is likely my own desperate, grasping need for some of that spotlight, but this week I was reminded of another reason why I don't balk under tough questioning.

Having been off school for mid-term, my seven-year-old son has had unfettered access to my earholes for an entire week and, thus, has been hammering me with questions you wouldn't get at an Oxbridge entrance interview. What kind of questions? Every kind. Every single imaginable type of quandary, query and conundrum, from dawn to dusk, while walking, eating, playing or even in the middle of asking me other questions. I started writing down as many of these as I could remember, but quickly stopped because even a partial list would over-run this column's word count three or four times over.

For context, and selected for concision, here are just some of the things he asked me in one 15-minute period of Wednesday afternoon: What's the saddest thing you've ever seen? Would you rather have no stomach or no bum? What was the first thing that happened in history? What's your third least favourite country? Would you rather be the world's greatest chess grandmaster or the world's greatest Minecraft player? What's the speed of smell? Has a human being ever laid an egg? Would you lay an egg if you could? Would you eat a human egg? Would you rather be really rich but everyone thinks you're poor, or really poor but everyone thinks you're rich? Do blue whales count as "tall" or merely "long"? Were you and your dad ever the same age at the same time?

I love my son, and long ago told myself I would do my best to listen to, and answer as best I could, his many queries about the world. Parenting is also a form of time travel, and I can't escape the fact that his incessant questioning reminds me of my own behaviour at his age. My interrogations were notorious, and often got short shrift in childhood, since I too was intent on machine-gunning everyone I met with asinine questions until they were forced, as cordially as possible, to tell me to go away.

I remember following my Uncle Frank around his house in South Armagh, incensed that he didn't know the difference between deciduous and evergreen plants. It occurs to me now that, as a farmer, he likely did know the difference, but was merely being polite in the hope that I would get bored and walk away. Sadly, this tactic was no use on me, and it was he who was forced to escape as best he could, within his own home, by walking into rooms which I now know were empty and closing the door behind him. I like to imagine him sinking to the carpet with relief on these occasions in the manner of someone who's just evaded a velociraptor in Jurassic Park, only to hear me shouting fresh inquiries through the door, wholly undeterred.

So, I try to be understanding of my son's curiosity, and tell myself he's just paying it forward. It's nature's greatest trick that, if we're lucky, we might all live long enough to suffer as parents the very things we did as children.

Well, it's almost nature's greatest trick. Number one would have to be the fact we can't lay eggs. Or can we? And have we ever tried? And would I eat one if I could? And and and-

‘I’m not giving that kid the money. Not a chance. How am I going to get out of it?’



Ross O’Carroll-Kelly

I absolutely despise Christian’s wife, Lauren. I say it as well. Not to her face obviously.

Sorcha goes, “Ross, you shouldn’t despise anyone.”

This coming from the girl who refuses to watch anything with Jake Gyllenhaal in it because he broke Taylor Swift’s hort a life sentence ago.

I’m there, “She rolls her eyes every time I open my mouth.”

She’s like, “No, she doesn’t, Ross.”

I’m there, “Er, she actually *does?* Especially when it’s in relation to rugby.”

Honor says, “Why the fock are we going to their house anyway? The last time we went to one of their borbecues,” she goes, “she asked us to Revolut her €50 afterwards to pay for the meat.”

I’m like, “Nail on head, Honor. Nail on *literally* head?”

Sorcha rings the bell and Lauren answers. It’s, like, air-kisses and all the rest of it, then we follow her through the gaff and out into the back gorden, which ends up being packed with people. Christian, I notice, is flipping burgers. He’s wearing the apron with, “Prick with a fork!” on the front, which I bought him for his 40th, except he’s wearing it inside-out, presumably because Lauren has decided it’s offensive.

I spot Ross jnr. He’s doing this, like, dance with three girls and they’re filming it for I’m guessing TikTok. He gives me a wave and goes, “Hi, Ross!” but I end up blanking him.

No sooner have we sat down, than Lauren goes, “So, you’re probably wondering why I asked you here?”

I’m there, “Er, because you’re having a borbecue, and your husband is my best friend, and you’ve known us longer than most of these knobs here.”

I end up saying it louder than intended and quite a few people give me filthy looks.

She goes, “It’s about the money.”

Honor’s there, “Er, we haven’t *eaten* anything yet?”

Lauren’s like, “Not that money. Ross, you set up a bank account for Ross jnr when he was born.”

I’m there, “Did I?”

She’s like, “Well, you **said** you did – at the *Christening?* You said you were setting up a direct debit–”

“That was very generous of me.”

“–and he could have the money when he was 18.”

“I must have been pissed.”

“Well, he’s 18 now.”

I can feel the heat of, like, 50 people all of a sudden staring at me. So – yeah, no – I stand up.

I’m there, “Excuse me for a minute. I need a slash,” and I tip back inside to the kitchen.

I’m actually grabbing a stick of Heinemite from the fridge when Honor suddenly appears at my side.

She’s like, “Oh my God, you spent it, didn’t you?”

I’m there, “It’s not that, Honor. I genuinely don’t remember saying that I’d set up an account for him. And even if I did, it’s just one of those things you say, isn’t it? Like when your Deliveroo driver asks you to give them a five-stor review and you say yes, but then you don’t bother your hole. Imagine her taking that literally.”

Honor goes, “Do you want me to check?”

She snatches the old Wolfe Tone out of my hand, then her little thumbs go to work.

Like when your Deliveroo driver asks you to give them a five-stor review and you say yes, but then you don’t bother your hole

I’m there, “Are you telling me you’ve got access to my banking?”

She goes, “I’m your teenage daughter, Dad. Of course I’ve got access to your banking.”

And then a few seconds after that, she goes, “Oh! My God! Oh! My *literally?* God!”

I’m like, “What?”

“You did set up an account.”

“Too nice for my own good – that’s me.”

“Fifty euro a week.”

“What a focking mug.”

“For, like, 18 years.”

“How much *is* that – as a matter of interest?”

“Do the math.”

“I’d prefer if you did the math.”

“It’s 45 grand.”

I end up nearly dropping my beer.

I’m there, “45 grand? What the fock?”

She’s like, “I know.”

We both go quiet then.

Eventually, I’m there, “I’m not giving that kid 45 grand. Not a focking chance.”

She goes, “I wouldn’t let you.”

I’m like, “So how am I going to get out of it?”

“Okay,” she goes, “pick an orgument with Lauren. About something random. And then storm out.”

I’m like, “That’s good. That’s very, very good.”

All of a sudden, Sorcha joins us in the kitchen. She’s like, “What’s going on? You didn’t set up an account, did you?”

I’m there, “I actually did. Fifty yoyos a week apparaently. No wonder I’m always skint.”

“So what’s the problem?”

“It’s a lot of money, Sorcha.”

“Well, it’s his money – you set it aside for him.”

Honor’s there, “It’s 45 grand,” and the expression on Sorcha’s face suddenly changes.

She’s like, “45–?”

I’m there, “Grand. Ingtons.”

She goes quiet then. She’s thinking – like the rest of us.

I’m there, “Honor thinks I should maybe pick a fight with Lauren and just storm out.”

But I can nearly hear the debate going on in her head. One side of her brain is thinking, “What would Sr Austrebertha do?” The other side is going, “45 grand is 45 grand.”

I’m there, “Lauren wouldn’t want him to have it, Sorcha. I mean, she flipped that time I gave him five grand for his Christmas present. She said I was destroying his appreciation of the value of money. That’s a direct quote.”

In the end, Sr Austrebertha wins out. She always does.

Sorcha’s like, “Ross, that money could put him through college.”

I’m there, “It’s 45 grand, Sorcha!”

She goes, “It doesn’t matter. It’s still the right thing to do.”

So – yeah, no – back outside we trot.

Lauren’s like, “Is everything okay? Do you have the money?”

“So,” I go, trying to change the subject, “how upset are we all about James Lowe – on a scale of one-to-Johnny-Sexton-going-to-Racing-that-time?”

Suddenly, out of literally nowhere, Sorcha goes, “Lauren, why do you always do that?”

Lauren’s like, “Do what?”

And Sorcha goes, “You roll your eyes whenever Ross brings up the subject of rugby. And I’m absolutely sick of you doing it.”

Lauren’s there, “Are you trying to pick a fight so you can get out of giving Ross jnr his money?”

And Sorcha goes, “Ross, Honor, come on – we’re going home.”●

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

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Me, Myself and Ireland

‘I’m lucky my mother sent me to a Gaelscoil, to connect me to my grandad’s heritage’

Amano, who has roots in Kerry and Japan, blends sean-nós with contemporary music and spoken word in her performances



Sean-nós singer Amano De Londra Miura with her shruti box, a musical instrument originating from India. Photograph: Enda O’Dowd

I am a singer, writer and creative facilitator. I grew up in Killarney in Kerry, and I am currently based in Dublin. I am working full-time in the arts. It has taken me about 2½ years to get to this point, so it’s been pretty rapid, actually. About 85 per cent of my work is through the medium of Irish language arts and creativity, which is really a beautiful part of my life.

I didn’t grow up in an Irish-speaking household. My grandfather was a native speaker, and I did grow up in the house with him, but we didn’t ever really speak Irish together. As his struggle with memory loss progressed, he did speak a lot of Irish, but more to himself than in conversation. So that was the only living Irish in the house for me growing up.

With my mum, I never communicated in Irish, so I got my Irish at school. I was one of that first generation of widespread Gaelscolaíocht. Gaelscoil Faithleann, the new building that’s there now in Killarney, opened in 1999 and I started school in 2000. I was really lucky that my mother made the decision to send me there, even though Irish wasn’t an aspect of her own life. She felt it would connect me to my grandad’s heritage from west Kerry, and she thought it would be an important aspect of choosing to raise her daughter in Ireland rather than in Japan, where my dad is from.

Like most people growing up in Ireland who don’t come from a Gaeltacht community, the first example of something like sean-nós that I ever heard was Seán Ó Riada’s Ár nAthair being sung in a church, every school mass. Usually a boy would be asked to sing the Ár nAthair, and there was something about it that punched me in the gut. Everything about it just moved me. The love affair was born there.

I also had a teacher in primary school, Muinteoir Tomás, who would play a CD by Pádraigín Ní Uallacháin, A Stór Is a Stóirín, at every opportunity, whether it was for our téigh a choladh time or sos lóin time. When he was piecing together songs for a school play, that was what he drew from; which actually probably gave me some problems with my canúint (dialect), because she’s singing in beautiful east Ulster Irish. That early exposure – even though it wasn’t like someone in the room singing these songs to me necessarily, just the records – got under my skin.

My baseline of learning songs, first it was Ullacháin, who’s Leitrim/Armagh, and then Lasairfhíona Ní Chonaola, who’s from Inis Oírr. I didn’t start to listen to Munster singers until I was in my early 20s. The Gloaming were releasing albums, and I realised, “Oh, it’s not just that I find sean-nós so difficult, all these people are singing a different canúint.”

It is definitely challenging to be a young person, a teenager in their most formative years, and to look around at your community, your family – I didn’t grow up with any of my Asian family in the picture – your friend group, the people who are looked up to in the public arena, politicians, decision makers, people with authority, and never see someone who looks like you, and never see someone who you believe can reflect your experience of life. That is hard, and that is isolating.

You tend to look outwards. I looked to the US for role models, where there are lots of mixed Asian people. But contextually they’ve lived a very different life to mine and they are more part of diaspora communities, which is not an experience I can relate to. So, although I tried to mirror and copy some people I identified as role models there, I couldn’t. When I looked to Japan, I also was like, “Okay, sure. I look a little bit like these people, but culturally I don’t have any of the experience of life that they have.” So I can only really be myself.

I’m a citizen of Ireland, and so I believe in things like having a responsibility to vote in Ireland, having a responsibility to participate in the public arena, and shape our democracy. I pay tax in Ireland, and so I believe I should have a right to influence how public funding is used. I benefit from being an artist in Ireland, because I can access the Arts Council. So, yes, I’m definitely Irish.

That said, I really dislike when people ask me questions like, “Do you feel more Irish or Japanese?”, or when people obsess about which one of your parents is Irish or Japanese. Questions like, “How did they meet?” There can be a fetishisation of mixed cultural origins.

I understand that it’s interesting, but if we go far back enough, all of us have some level of mixed cultural or mixed religious or mixed ethnic origins. So perhaps to be Asian Irish or black and Irish today, that’s really, really visible, but Europe has always been a melting pot of linguistic, religious and ethnic heritages. Saying that I’m Japanese-Irish, it’s more a fact than it is an identity. It’s possibly the least interesting thing about me, and I hope it becomes less and less so the older I get. ●

In conversation with Niamh Browne

Amano will perform in the Kevin Barry Recital Room at the NCH as part of the Tradition Now festival on September 26th at 6pm. Tickets €10 from nch.ie. For more tour dates see amanoanseo.com



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Interview Ciara Mageean

A different kind of strength

Ciara Mageean was preparing for her final Olympics and planning a life after athletics with her fiance in Co Down when a devastating cancer diagnosis last year changed everything. She talks about loss, hope and the journey ahead

Malachy Clerkin

A couple of months back, Ciara Mageean was sitting on her couch at 10.59am. The time is specific and important. She was bored, which is also important. On a whim, for something to be at, she grabbed the laptop and logged on to a bowel cancer support group on Zoom.

It was a resource she hadn't tapped into before, mostly because she hadn't felt the need. In all truth, she didn't especially feel it now either. But cancer has that brutal dichotomy of days – some are the most significant and urgent of your entire time on the planet, others are long and lost and purposeless. You do what you do to get through them all.

"It was like, 'Sure, I'll just tune in and listen,'" she says now. "And I'm a big believer in things happening for a reason. For some reason, I was bored at specifically a minute to 11 because if it had been half-10, it probably wouldn't even have entered my head. But now I was listening in and a lady came on who had obviously done this before because everyone seemed to know her.

"She started to tell her cancer story and while she was chatting away, she goes, 'Oh, hold on, one of the nurses is here – Hello! Come on in! I'm on this Zoom.' And it was her district nurse coming in to take her blood. She just kept chatting away and I was like, 'Oh, this is their normality.'

"It's their normality that nurses are so commonplace in their house. It's their normality to have a sharps box in the corner of their front room and a cupboard full of medication and laxatives. And a timeline that fluctuates because sometimes you're good and sometimes you're bad."

We're sitting in Mageean's livingroom in Dunmurry, a quiet suburb just south of Belfast. This is the house she and her fiance Thomas Moran moved to when she came home heartbroken after the 2024 Paris Olympics. Her running career is all around us – awards on the shelves, running track on the wall, a framed cityscape of Paris (of all places) above the sofa.

This was supposed to be their starter home, the bridge between here and Los Angeles in 2028. Once those Olympics were over, she'd be 36. She'd hang up the spikes, they'd move out to the country, they'd start a family. They'd get on with the next phase of life, catch up with their friends who'd got a head start on all that stuff while she was busy with athletics. That was the plan. Before.

Before cancer. Before stage four. Before chemotherapy. Before immunotherapy. Before the sickness and the tiredness and the lakes of tears. Before ever giving a second's thought to death or survival, fear or hope. Before sitting on this Zoom call and hearing all of it reflected in a stranger having her bloods taken.

"She started talking and gave her name and said, 'I was diagnosed in 2016 with stage four bowel cancer.' She just spoke briefly, like, 'Oh, if I was going to tell you a whole story, we'd be here all day.' I didn't envisage that I would be jumping on to this Zoom call and ending up feeling like I wanted to cry.

"They were like, 'Who wants to go next?' I said, 'I just want to thank that lady for sharing her story. I was diagnosed with stage four in May of last year and was told at Christmas that surgery's not an option and that radiotherapy is not an option. Kind of giving me a two- to three-year outlook. And hearing you say that you were diagnosed in 2016 and you're still here and you look great, I didn't know that could be a reality.'

"She came back on and she said, 'When I was diagnosed, I was given six to 12 months to live. They told me that surgery wasn't an option.' And as she was talking, I was thinking, 'For some reason, I needed to see the clock at 10.59 and to remember this call was happening and for that lady to have decided that she was going to be on it and give me that message.'

"Because I've always kept that bit of hope. There's always outliers in statistics, there's always progress in research. I'm not necessarily the same as somebody who has been given a stage four bowel cancer diagnosis and is older than me and has other co-morbidities and had more risk factors. Maybe I can be the exception to the rule."

I've always kept that bit of hope. There's always outliers in statistics, there's always progress in research

This should not be happening. Of course it shouldn't. Shortly after her diagnosis, she was handed a booklet on bowel cancer from Macmillan Cancer Support. She flicked through it and came to the page on risk factors associated with the disease. She became more and more angry with every heading she read.

Age? She's 34. Less than five per cent of bowel cancer patients are under 50. Around one per cent are under 35.

Diet? She's worked with a Team Ireland nutritionist for over a decade.

Low physical activity? She's the reigning European champion at 1,500 metres.

Overweight? Look at her.

Alcohol? Barely touches a drop.

Smoking? Never once in her life.

Family history? None. Zero. Nada. Zilch.

Basically, if you lined up everyone in Ireland, north and south, in the order of their risk of being a stage four bowel cancer patient, Mageean would be away at the back with the playschool kids. Yet here she is. This is her life.

It's just over a year since her diagnosis. She was on a training camp in Font Romeu in France, mostly doing bike work



Athlete Ciara Mageean with her dog Sam at Mary Peters Track in Belfast.
Photograph: Evanna Devine



because her ankle still hadn't healed fully after surgery the previous September. Thomas was there; some friends from her former training group in Manchester were there.

It was a fun time, even if it was slow going on the training front. She gradually realised she wouldn't be making the 2025 track season. Once you hit your 30s, injuries clear up in their own sweet time. You can't cram for the exam like you might have got away with in your 20s. But that was fine. LA was the only goal that mattered now.

Mageean's first Olympics came in Rio when she was 24. She made a semi-final, a credible effort for a newbie. Her second was the Covid games in 2021, but she tore her calf a week before her event in Tokyo and didn't get out of her heat. Paris in 2024 was all set to be the pinnacle, before a dormant volcano in her Achilles tendon erupted in the pre-Olympic camp. Another Games gone.

So she wasn't stressing over her recovery in May 2025. She could write you a thesis on the extent to which nothing is promised when it comes to the Olympics. You can be European champion in June and still not make the start line in August. Once that happens to you, you're not going to worry about a slow-healing ankle three years out.

The one thing that was irritating her, though, was that she couldn't seem to last any length of time between trips to the bathroom. Athletes are well used to keeping the toilet door where they can see it – the balance of diet, fluids, supplements and high-performance exercise can be a delicate one to strike. But this was getting ridiculous.

"On that camp, I'd have been spinning on the spin bike and would have to get off the bike to go the toilet up to six times in an hour. And not just like, 'I need to go to the toilet.' It was, 'I need to go to the toilet NOW.' And cramping along with it.

"Thomas was like, 'Here, I really do think you should get this looked into. It's not normal to be going to the toilet this often.' So I said it to Sharon Madigan, my nutritionist. We said we'd get it checked out in the Institute of Sport when we got back."

Long story short, she got referred to St Vincent's Hospital in Dublin. She intended going by herself but they said she'd be getting a mild sedative, meaning she couldn't drive after it. So her mother went with her. They weren't fretting – at worst, it would be irritable bowel syndrome or something in that realm. She sent her mam for a dander around the shops while she had a bowel scope.

"But then when (the doctor) came back later on, I took one look at him and I was like, 'Oh God, this doesn't look like it's good news.' The indicators were there – he brought a nurse in with him and she was asking me, 'Do you have somebody with you?' So I called my mummy in from the waiting room and he told me there and then that he'd found cancer."

What would you do? The world falls in on you, how would you react? Mageean did the one thing she would always do if she could. She went for a run.



Ciara Mageean, her partner Thomas Moran and her dog Sam at the Mary Peters Track. Photograph: Evanna Devine

The diagnosis was on a Tuesday afternoon and she spent Wednesday morning at the Institute of Sport in Abbottstown. Gym work, a strength and conditioning session and a run. "Actually, a very good run," she laughs.

She doesn't really know why. Partly, it was to keep up appearances. She had an appointment at the institute that day that she didn't want to cancel, knowing if she did, she'd have to explain why. She still hadn't told Thomas or the rest of her family yet – she wanted to wait until they were face-to-face – so she was hardly going to tell anyone else. The easiest way out was to keep the appointment. And if she was going to be there anyway, she may as well get out and run.

"Maybe it was a thing of, 'This is what I'm used to doing.' There was a comfort in it. Maybe I was just like, 'For as long as I can, I want to continue being me.'"

Cancer is a thug. It smashes into your life without warning. It invades the small things. That peace you had but never noticed. That future you put off. Your solid ground, your sense of control. Cancer gets in there with a billy club and shatters it all to bits.

Tommy's not a big crier. But we just cried for a week. He took a week off work and we just cried every day

The next while passed in a blur of appointments and scans and updates, each one hitting worse than the last. Early on, they clung to the hope that as she was young and fit, this was a cancer that had been caught early. No such luck. An MRI revealed that it was stage four – she didn't need Dr Google to tell her what that meant.

"There's a reality that comes with that. According to the statistics, people with stage four bowel cancer have a 10-15 per cent chance of being alive in five years. And I'm like, 'Am I going to die?'

"Tommy's not a big crier. But we just cried for a week. He took a week off work and we just cried every day. Then we went down to Portaferry to tell my family. I'd told them already that I had cancer but then to tell them that it was stage four, that was probably the hardest part."

Soon enough, the chemo slog began. An initial dose of 12 rounds, each a fortnight apart, filled out the rest of her 2025. The first few were tolerable, the next few were tough, the last few were vicious. She would get chemo on a Thursday and be a write-off until at least the following Tuesday. A small mercy was that her particular type of chemo doesn't cause hair loss. It does cause nerve damage, exhaustion and unending sickness though.

Her oncologist scheduled an appointment for Christmas Eve. She brought Thomas and her sister Máire, a doctor, with her. They were hoping to hear that the chemo had reduced the tumours enough for radiotherapy and surgery to finish the job. But the news he had for them was devastating.

"He basically said, 'We've reviewed your most recent scans with the multidisciplinary team and we don't feel that surgery is an option.' I sat there thinking, 'What do you mean surgery's not an option? Just go and take all of it out! Take whatever you need out of me!'

"Then he said, 'We also feel, weighing up the pros to the cons, that radiotherapy isn't something that we should go ahead with. Because if you have radiotherapy, it'll put you into early menopause. The negative effect on your body would far outweigh the positive effect of trying to shrink those tumours.'

"So, no surgery, no radio. Those were the next steps we were hoping for and he was telling me they weren't happening. For the first time, I basically asked him upfront: 'Are you talking timelines now?' And so I found out on Christmas Eve that the consultant probably realistically feels that I might have two or three years left.

"So that was f**king rough!"

When they left the room, she hugged her fiance and her sister and the three of them stood there in ashes. Straight away, she decided two things. One, they weren't going to tell any of the rest of the family the news until January. Bad enough that the three of them had had their Christmas ruined, no sense taking everyone else down with them.

And two, she was going to get back to Jamie D'Alton, the producer of the RTÉ television show Uncharted. He'd been on to her for a long time asking if she'd ever be interested in doing it, but it never was an option when she was running and chemo had colonised her life for the previous six months. But now? Bring it on.

"I've come to realise that with cancer, you can just be unlucky. I'm just really bloody unlucky. So I walked out of that appointment with Máire and Thomas and we all had tears in our eyes. I was like, 'Well, do you know what? If I'm gonna

f**king die, I'm going on that adventure.'

A few weeks later, she was in Costa Rica with Ray Goggins and Michael Darragh Macauley. Anyone who saw the programme a few weeks back wouldn't believe that the month before it was filmed, she was just finishing up her 12th round of chemo. And was just about to plunge into another six.

"I'm so, so glad that I did it. So glad that I didn't wrap myself up in cotton wool and think, 'Oh, I can't do this because I've got the cancer. I'm on the chemo.' I postponed a round of chemo to do it actually.

"That's one of the things I wish I'd known earlier. I didn't realise that at the start, nor did I even have the mental capacity to think about not just taking every single bit of treatment that I could, as fast as I could. Whereas now I realise this is going to be a long journey."

How long? She has no idea. Nobody does. But in January of this year, just a few days before she headed off to Costa Rica, she got her first glimmer of hope.

The same oncologist who sat her down for that awful appointment on Christmas Eve was back with better news a month later. A PET scan had revealed that the majority of the cancer cells in the lymph around her bowel, liver, lung and abdomen were now inactive. And that the tumour in her bowel was now dormant.

In layman's terms, it meant the chemo was having an effect. So he ordered up more of it. He couldn't say whether it meant surgery might now be possible somewhere down the line. He couldn't say whether it meant a change in possible timelines or anything like that. All he could say, all he was very careful to say, was that most of her cancer cells were inactive.

So she went to Costa Rica and started into six fresh rounds of chemo when she got back. She has just finished up the last of them in the past few weeks. What comes next? She doesn't know yet. She tries, as much as is practical, not to make cancer the entirety of her life.

"Stressing and worrying about it isn't going to change it. You're so entitled to those emotions obviously. But you could lose yourself to it. I don't know what this journey is going to look like. I don't know at what point I'm going to get sick. As soon as I got that diagnosis, I felt like the grim reaper was on my shoulder and I didn't know if I was going to be dead in a matter of months.

"Tommy and I are engaged but we've never had any rush on the wedding. But now I was like, 'Do we need to get a move on here?' Because I don't want to be that girl who looks like a skeleton on her wedding day. Or having to be in a hospital bed with Tommy beside me and me in a wedding dress in the hospital bed. I want it to be a normal day."

So that's how she's carrying it. Living with the normality of it all. They're looking at wedding venues, getting out and about, going on holiday. They'll head to the Mont Blanc marathon in a couple of weeks. Thomas wants to bring her on a jaunt to the Faroe Islands. Life is happening. No point waiting on it.

In the middle of it all last year, her manager and friend Sinéad Galvin suggested it was time to do a book. They'd always talked about getting around to it once she retired. Now that retirement had been decided for her, why not get it down on paper? If nothing else, it would be a good distraction.





Ciara Mageean celebrating after winning gold in the 1500m at the 2024 European Athletics Championships in Rome. Photographs: Inpho/Morgan Treacy

So she and sports writer Cliona Foley went to work. They had to fit everything in around the chemo, which meant doing it when she was well enough, which wasn't always predictable. Sometimes she'd be okay to get down to it the Tuesday after a Thursday treatment. Sometimes it would be Wednesday. They rolled with the punches.

It's not a cancer book. Or at least, not only a cancer book. The ups and downs of a career that came to a lonely, premature stop are in there too. She never got a swansong race, never heard one last bell and got to pour every ounce of herself into one last lap. Her career ended in a physio room in the Olympic Village in Paris, without her even knowing it was over. Surgery isn't the only event that leaves a scar.

"I've not watched a lot of athletics," she says. "I see the results but I haven't been able to turn it on and watch. It's not a positive trait, it's a human trait. I'm just so jealous that I don't get to have that. If I was still running, I would get to be at those World Champs or those Europeans. That's my European title that is going to go in August. And it just still hurts too much.

"The book has probably helped me come to terms with a lot of it. Things like Paris. I literally came straight home and launched myself into the surgery and the rehab and finding a house and getting back running. And then I got this diagnosis.

"So I never really gave myself a chance to address it and say, 'Yeah, that was really hard.' But there's still a huge part of me, and I'll hold my hand up and say it, it's jealousy. And it's a lot of grief because I'm sort of grieving the loss of a career. And even just grieving the loss of being able to bow out of it the way I wanted to. I think the book helped me process some of that."

I don't want to say certainly but I probably won't make my 40th birthday. Like, that's fking rough**

And so she keeps trucking. Good days and bad. Sometimes, out of nowhere, she'll be accosted by the unfairness of it all. It hurts when it happens and she has learned to let it hurt. Learned to find the dark humour in it too.

"I'll be sitting on the couch and I'll be like, 'F**k. I might be dead in two years.' I certainly won't ... well, I don't want to say certainly but I probably won't make my 40th birthday. Like, that's f**king rough.

"But we're planning this wedding and I can't help but think, 'The poor lad's going to be left a widower in his 30s.' And then I'm like, 'Sure then he's going to be a bit old! It's going to be hard for him to find a new partner!' I say to him, 'Here, you can't move on from me too fast ...'

"People probably are like, 'I can't believe you're saying that.' But I need to make light of it. It helps cope with the genuine worry that I'm going to leave him on his own. We've been together for 13 years and you think that you're going to have your whole life together."

For now, all they can do is plan in the short term. Today, tomorrow, next week, next month. What's next on the treatment front is up in the air. But summer is here, plump with possibilities. She doesn't know how many of them she has left.

None of us ever do. ●

My Greatest Race by Ciara Mageean is published by Gill Books on June 18th. Read an extract in Monday's Irish Times and on irishtimes.com

Sew far, sew good

Pushing back against fast fashion, people of all ages are dusting off sewing machines and learning to make their own clothing



Rosanna Cooney

Encouraging to the last, Lorna Daly makes no comment on my dress that's frayed, cut jaggedly and more closely resembles a potato sack than the cute summer mini I was aiming for.

"I think maybe we could fit in a dart here," Daly says. Darts are essential for turning two-dimensional fabric into a three-dimensional shape that actually fits a body. In my many hours of self-taught sewing, darts were something I fearfully avoided.

With a triangular ruler, Daly uses blue tailor's chalk to mark in the darts she instinctively knows will work. "Sew from here to here and here to here," she says, before moving off to help someone else.

I run the fabric under the machine following her blue chalky lines. Two darts appear. The sack is a dress.

After four months of solo sewing with only online tutorials for guidance, I've come to a drop-in class at the When Poppy Met Daisy sewing school on Dublin's Capel Street.

The rooms are bright, with all the accoutrements of an atelier: fabric draping, scissors hanging, irons steaming and thousands of tiny metal pins in neat boxes. At one sewing station, Anastasiya Fedoruk is constructing a delicate bodice in a maroon polka dot fabric. This is her fourth sewing class.

Beside her, Tuyen Tran is working on a tie-back midi dress in a ditsy floral print. Tuyen tells me she always felt too intimidated to make her own clothes, but after a six-week dressmaking course with Daly, she has fallen in love with the process.

Daly, who graduated from the Grafton Academy of Fashion Design, worked in the industry in London for a few years before returning home and founding When Poppy Met Daisy in 2011. "There was nothing like it in Dublin at the time, where you could dip your toe into fashion design without having to do a third-level degree," she says.

In the early years, her students were primarily focused on getting work in the fashion industry, and there were very few hobbyists, but that balance has tipped dramatically in recent years.

"We gained a lot of momentum just before the pandemic with younger people having a greater focus on sustainability and wanting to be able to upcycle clothing, to repair things, and be able to do things for themselves," Daly says.

"I thought I'd never get back to work again after Covid, but it was the polar opposite. I was inundated, people had been teaching themselves at home, so they had the basics down and wanted to learn more skills."

Daly's courses range from a four-hour intro to sewing to intensive weekend corsetry workshops and 12-week pattern drafting courses. Demand for classes is high. Courses regularly sell out, and there are waiting lists for others.

The surge of interest for sewing classes at When Poppy Met Daisy is a hyperlocal glimpse of a much wider trend of people of all ages turning to old-fashioned hobbies, from crocheting and knitting to sashiko stitching. Millions of hours of videos have been posted across Instagram, TikTok and YouTube of people sharing detailed how-to videos of making boxer shorts from bedsheets, or "thrift flipping" men's button-down shirts into halterneck dresses, or hacks for sewing perfect zippers.



Behind the resurgence of interest in people making their clothes and embellishing them is a desire to do something creative, and an exhaustion with ultra-fast fashion companies. "People are looking to be unique, and people are looking for things that last," she says.

Ultra-fast fashion brands like Shein, Fashion Nova and Boohoo can add thousands of new items to their sites every day. These brands target online consumers heavily with ads, relying on impulsive purchases that satisfy desire rather than need.

As people's shopping habits and social lives have increasingly moved online, there has been a shift in the production values of retailers, says Aisling McLoughlin, who teaches sewing at the National College of Art and Design (NCAD). Clothing is being designed to look good on a screen rather than being designed for comfort, fit and durability.

As a result, the quality of fabric and the attention to detail have deteriorated significantly over the decades, and a disposable attitude towards clothing is one of the reasons Ireland is now the second largest producer of textile waste in Europe, according to research from the European Environment Agency.

Sewing your own clothes takes time and skill, but that time and effort build value.

McLoughlin points to a study from the Ellen MacArthur Foundation, a UK-based charity that promotes the transition to a circular economy, that found fast-fashion items are worn as few as five times, but slow-fashion garments are likely to be worn more than 30 times each.

"Making is connecting with your senses, from the sound of the sewing machine and the feel of the fabric," McLoughlin says. "People appreciate and love the clothes they have built and wear them more."

In the summertime, McLoughlin teaches a Creative Sewing course in NCAD, and the demand is so high that the course is now being offered twice a year.

"Students come from every demograph-



Clockwise from main: Lorna Daly, owner of design and sewing school When Poppy Met Daisy; Harrison Gardner learning to sew; and Emma Thompson makes clothes for herself and her daughter . Photograph: Alan Betson

ic but all with the desire to learn how to sew and to explore sewing as a medium," she says. "Once you can sew a straight line, you can make anything."

Despite clothing never having been cheaper to buy, McLoughlin sees students being far more inventive and creative during times of economic hardship. As fabric can be picked up in charity shops or secondhand online, some people are drawn to sewing specifically as a way to save money.

For Clíodna Coyle, adopting a beautiful greyhound became the catalyst for turning on a sewing machine for the first time since she was 15.

"Greyhounds need clothes, because they're skin and bone, but the clothes are frighteningly expensive," Coyle, now in her early 30s, says. "So my partner, who is an engineer, somehow measured Tilly and drew a pattern that worked."



Borrowing a sewing machine from her neighbours, Coyle began to sew, remembering how to thread the machine from home economics.

Tilly's unique outfits have received attention, and Coyle has started making fleeces and jumpers for other greyhounds on request.

The process has sparked a creative side in her that she doesn't always get to tap into during the working day.

"It's addictive, honestly, and it's also stress-relieving. Whenever I'm at home alone now, or if I've had a bad day at work, instead of binge-watching something, I'll sew. It makes me so happy to see Tilly in a cute jumper that I've made."

Coyle's experience points to something beyond thrift or necessity, a growing sense that making and repairing clothes is as much about fulfilment as it is about saving money.

As Harrison Gardner puts it, there is a confidence that comes from being able to work a machine and make things to your own taste and fit. Gardner taught himself to sew as a teenager in Australia, turning jeans into bags and patching worn-out clothes in bright contrasting threads.

Gardner is the co-founder and chairman of Common Knowledge, a centre for sustainable living in the Burren, Co Clare. His focus is on teaching people the skills to become more self-reliant, and he sees the sewing machine as one of the most empowering tools there is.

"While you might need 101 tools to explore the full range of carpentry tasks, the humble sewing machine unlocks the entire fabric world in one go," Gardner says. That's why, alongside its courses in bricklaying and cabinet-making, Common Knowledge teaches an introduction to sewing course.

Gardner sees a "collective fatigue" around the "one-size-fits-all culture we are in", and a craving among people to have the skills to make something unique.

"It's empowering in a very personal way," he says.

Sewing takes time, often a lot more than anticipated. The first top I made, in a burnt orange cotton fabric, was essentially two rectangles sewn together and held up by two more rectangles.

It took me a full day of measuring, cutting, sewing, seam ripping my mistakes, measuring some more, sewing again, until it was finally finished. It was the first time I really realised how cheap clothing truly is. If a similar top in a high-street shop could cost as little as €10, and these companies are profit-making, then how little are the people involved all the way down the production line being paid?

This tension between loving clothes but wanting to live responsibly is shared among many hobbyists, and something Emma Thompson, a worker in the charity sector, feels keenly.

"I try not to buy stuff now from fast-fashion places, because I know the work that's gone into something," Thompson says. "I really respect brands that have sustainable practices and pay staff fairly, but I just can't always afford them, so making things myself has become a solution."

Thompson began sewing in her early 20s on one of the first electric Singer sewing machines. It was a present from her grandfather, who used to work for Singer. Now in her 30s, she still uses the same machine to make clothes for herself and her kids.

"My favourite piece that I've made was for my daughter Selah's sixth birthday. I made one in the same fabric for myself. She absolutely loves it, and loves that no one else has it," Thompson says.

"When I see things I like in shops or online, I think to myself, I can make that. There's also a sense of sticking it to the man, by having the freedom to choose what I wear and not contributing to the rat race of fashion." ●

The cafe built from scraps and second chances

After personal trauma and depression, builder Kevin McGuire found purpose in turning scrap into a hopeful new cafe

Catherine Cleary

It doesn't get more shabby-chic than the Genesis Cafe in Monaghan town. There are light fittings made from old sewing machines. A high table is an ancient bicycle topped with timber. Underfoot are repurposed tiles and scaffolding planks. The bones of the once-derelict building are exposed in its bare brick. The loo roll hangs on a piece of salvage from the horsey world. "Take just a 'bit'" the sign reads above it, in case you don't realise the dispenser was once a horse's bit.

This whole cafe is made of scrap. Every bit of the fit-out is reimagined from waste material, much of it hauled from skips by builder Kevin McGuire, and given new life in this labour of love. When he first peered in here in the depths of winter 2024, the damp derelict building was typical of thousands of forgotten places in towns all over Ireland. Now it smells of fresh coffee and scones and the place is buzzing with happy customers. Builders are turning the floors above into apartments.

It's opening week, and McGuire is pinching himself. The 57-year-old grew up in Killala, Co Mayo, one of a family of 12, nine boys and three girls. His dad died when he was young, and he left for London with his brother to work on the building sites. "I learned on the job. My brother was a good carpenter and I learned from him." He progressed to foreman, and on a trip home one Christmas he met a guy who told him there was demolition work in Monaghan. That work brought him to the town 27 years ago.

"Being from Mayo, a lot of people thought I was a guard. It'd always be the first question they'd ask me." He met his wife Pamela, and they have five sons. When recession hit in 2008 he lost his job, and not long after that everything changed. His eldest son from his first marriage was in a serious crash. "It was basically dire straits," he explains, struggling to hold back tears.

Eventually the doctors told them there was no hope for the 21-year-old. "I remember them bringing us into a room with all the scanners like computers and they had it all on each one, showing the brain, showing the damaged part, and saying he's going to be in a vegetative state and he's going to be on life-support, and there was nothing more they could do."

McGuire turned to prayer, "believing in God and bigger things and better things". His son was moved to a specialist ward, where they predicted he would never speak and would not recognise them. "And then he just started to change, and they couldn't understand it." He was transferred to the National Rehabilitation Hospital in Dún Laoghaire, "and they did amazing work with him there for months and months", to the point where he recovered and returned to his apprenticeship with the ESB. Today he "has no recollection of the accident, he [has] a small little limp. He's perfectly fine."

The trauma changed everything for McGuire. He travelled to Africa twice on the missions. "You see what they could make out of nothing," he says, "tin huts, houses made out of pallets."

He came home with a new lens on people struggling with addiction and homelessness. He started buying them coffees, funded tabs in local coffee shops so they could get their own if he wasn't around. "I'm no counsellor, but sitting down, listening to someone, that's a therapy: that you're there and you care." He did a year in applied social studies and psychology. His unemployment benefit allowed him to volunteer around the town, and build up a relationship with "those guys and a lot of others". Then two years ago he went through his own bad patch of depression. "I'd drive down the road and just end up crying and pulling in." On the outside he could smile, he said, but inside felt "like a massive storm was going on".

Salvaging materials and creating things with wood was therapeutic. He mulled over the idea of fitting out a coffee truck, realised the upfront costs would be high, and then started looking for an empty shop in Monaghan. About 17 months ago his now-landlord gave him the key to Mrs Hegarty's, an old sewing shop on Dublin Street. It had been empty for years and was a blank slate. Papers, letters and other documents from the former business are now housed in a notice board at the back of Genesis. "Mrs Hegarty and her husband lived here at one point. This was their kitchen. It's important for people to know that."

Has he estimated the cost of the fit-out materials? "I have. It's zero," he says. Equipment like the coffee machine had to be bought new, while chairs, stools and bathroom fittings were seconds. The flooring beneath the back room snug where we chat came from a local gym. He had a quote of €1,600 for hard-wearing lino and couldn't afford it. "So I was going to leave the bare concrete." Then a friend told him the old black rubber floor tiles from the gym were in a skip. Now they're here, saved from landfill and looking like an expensive new floor.



Kevin McGuire, owner of Genesis cafe in Monaghan town. Photograph: Nathan McGuire

> **"You could replicate this in every town and village in the country. There are places that haven't been opened for years**

Waste is a huge, continuous feature of the building trade. "They price waste into the price," he says. It is cheaper to throw materials away than spend skilled time repurposing it. He would love to see salvage warehouses set up with tools as workshops where people could go and make things from waste materials.

McGuire is thrilled at the reaction of his new customers. Every item is a conversation point. The doorstop is a heavy iron cobbler's shoe from another business now gone from the town. There's a piece of Mayo here too. – the ancient bicycle was his uncle Tommy's. "He died a couple of years ago at the age of 93. The bicycle is a part of that from me mum's side. He was a lovely quiet soul."

As towns struggle with dereliction, isolation and the loss of community spaces in town centres, Genesis is a hopeful idea. "You could replicate this in every town and village in the country," McGuire believes. "There are places that haven't been opened for years and you get all sorts of old stuff. It's just about going and doing it." ●

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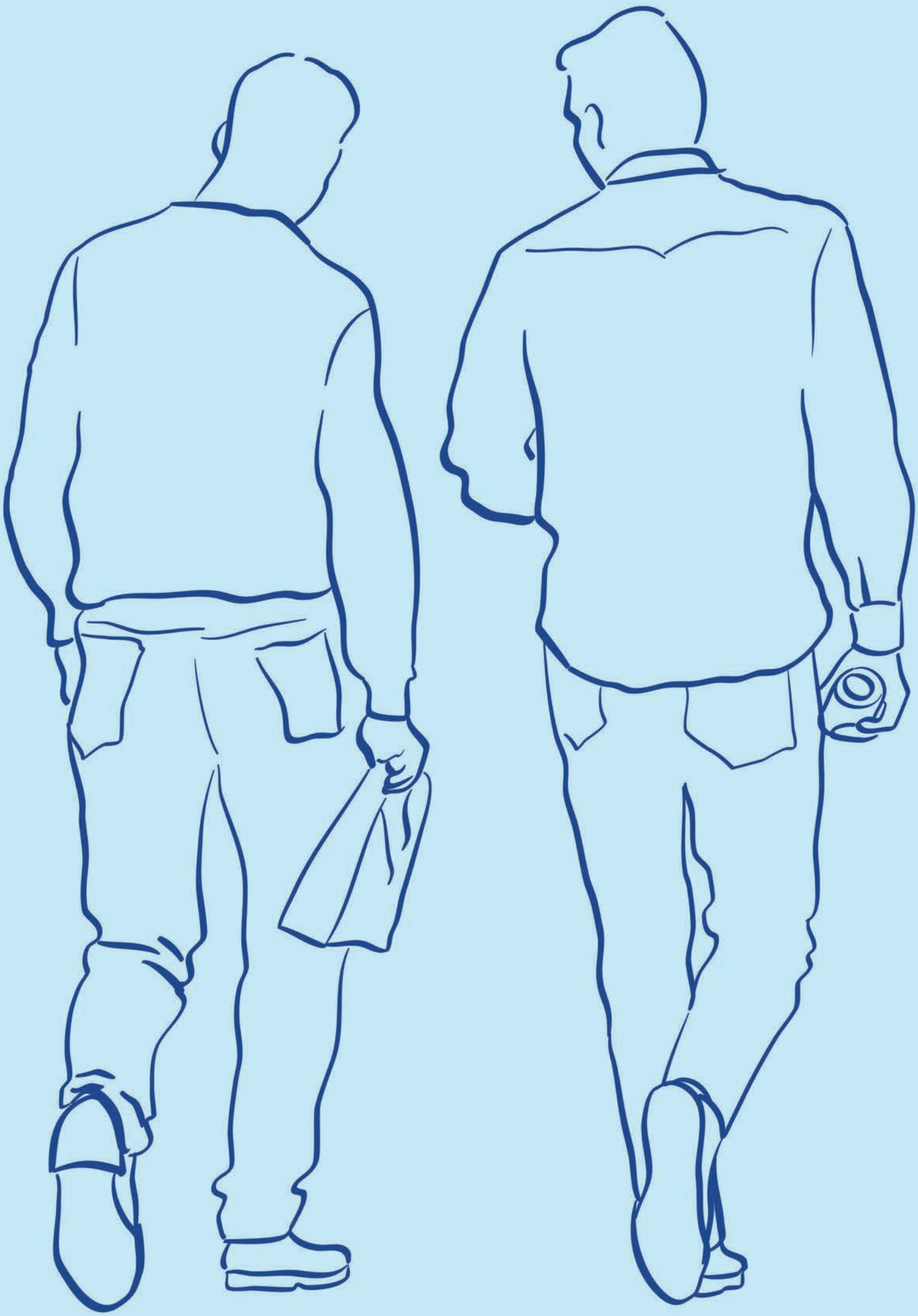
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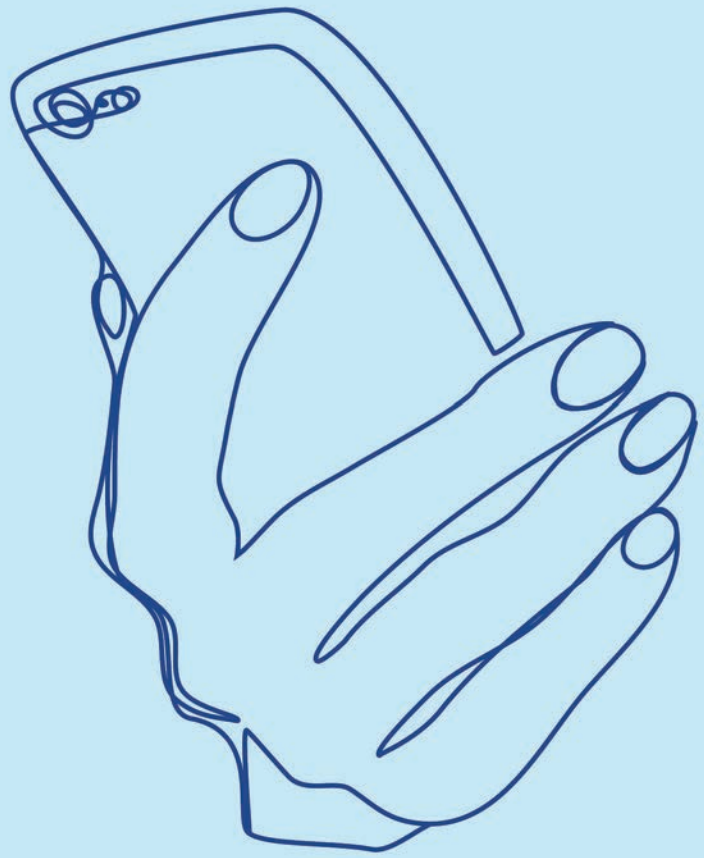
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Swipe right for friendship

When my social circle thinned in my 30s, I decided to do something Irish men rarely do: actively look for new friends

Cathal O'Gara

It's easier to get a mortgage in Ireland than it is to make a friend in your 30s. While the mortgage process might be mildly humiliating, at least there's a collectively agreed process. You show up, prove your worth with payslips, and sit across from a steely adviser who explains interest rates with the calm authority of a parish priest. At the end of it, if you are lucky, there is a letter of approval. Unfortunately, making new friends in your 30s doesn't come with a step-by-step guide.

I had the house. I had the job. I had a partner who loved me and had no interest whatsoever in acquiring additional humans at this stage of his life. On paper, everything was in place. In reality, my social world had slowly narrowed. Over the years, gatherings marked the dissolution of friendships: going-away parties for those seeking a better quality of life Down Under, and housewarmings for others who, weary of Dublin's cost-of-living crisis, retreated to the countryside, drawn by a sense of community and the promise of simpler, slower lives.

Ireland understands community instinctively. We gather for everything: grief, weddings, matches, christenings. Yet the data tells a less comforting story: in the CSO's most recent survey on wellbeing indicators, 15 per cent of Irish people aged 16 and over said they felt lonely at least some of the time in the past month. At 34, I wasn't lonely in the Banshees of Inisherin sense; no one was pointedly refusing to speak to me. I wasn't isolated: I went to friend dinners and midweek coffees (they just need to be arranged weeks or sometimes months in advance). I could fill a weekend with home improvement and the agreeable, numbing satisfaction of being "busy" assembling Ikea furniture. And yet there were moments, while embarrassing to admit, when I would reach for my phone to text someone and realise I didn't quite know who.

Friendship usually comes into our lives through happenstance – work, shared flats and mutual friends. It is not supposed to be something you pursue deliberately

So one night, after receiving my sixth consecutive "we MUST catch up in the new year" voice note from a friend last seen in 2021 falling into a taxi on George's Street, I did what any self-respecting millennial would do in search for a cure-all to their problems: I downloaded an app.

Could a dating-style app help me find a new friend? Bumble BFF is an app designed specifically for making new friends. It's a spin-off of the popular dating app Bumble and uses the same swipe-right feature you might know from apps like Tinder. First it guides you through prompts which assume a version of adulthood that includes hobbies, balance and plenty of free evenings. You create a profile that signals stability: *I am normal. I am friendly. See? Here I am holding a cute dog*. Then you begin swiping through profiles presented as potential friends.

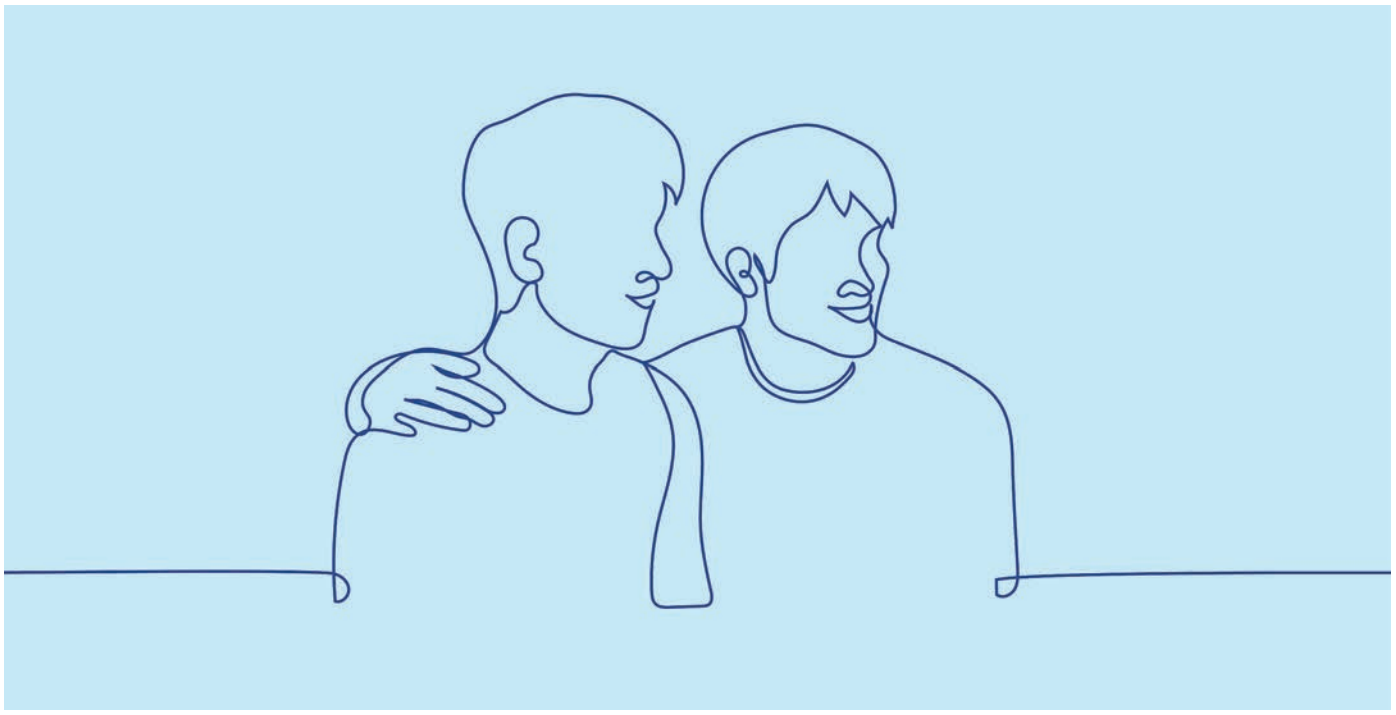
My first "friend date" was in Clement & Pekoe cafe in Dublin. I arrived early, ordered coffee and sat at a table that suddenly felt too exposed. Across from me sat a PhD research student with the gentle, slightly anxious energy of someone who spends long hours in libraries. We'd matched two days earlier. He liked chess, indie films and "reasonable walks". I liked design, books and getting through the working week with my nervous system intact. The algorithm thought we'd get on. Halfway through the coffee he asked what I was looking for in a friend.

It caught me off guard in the way simple questions do when you've spent years avoiding them. Adults are not often asked to name what they want socially. Friendship usually comes into our lives through happenstance – through work, shared flats and mutual friends. It is not supposed to be something you pursue deliberately, with a stranger, like a weekend hobby. And yet, here I was, so I gave the only answer I could give when cornered: "Someone sound."

What I wanted to say was less dignified. I wanted gay male friends who weren't trying to turn me into a triathlete. Someone who liked coffee dates. Someone who didn't need the night to begin at 2am. Someone who had their life together – or at least held it in a state of semi-functioning chaos similar to my own.

The PhD student was, in fairness, sound. He was the kind of man who would help you move house and apologise for not bringing you a housewarming present. We met a few more times at a pub, then another pub, but then it drifted as adult life did what adult life does best: it pulls two people out of each other's orbit. I could have taken it as a disappointment, but I decided in full Brené Brown mindset to take it as a proof of concept: friendship, in theory, could be engineered through a dating app's algorithm. It just didn't come with an instruction manual.

Bumble BFF, a spin-off of the popular Bumble dating app, is designed specifically for making new friends. Illustration: Getty Images



This year, the CSO found that 11.8 per cent of men reported feeling lonely at least some of the time in the previous four weeks. Illustration: iStock/Getty Images

Loneliness, like death or a messy break-up, is a universal experience that most of us would rather not examine too closely. It often creeps in through the slow accumulation of small, seemingly insignificant social losses until your world grows quieter. The European Commission's Joint Research Centre, using the 2022 EU Loneliness Survey, found loneliness to be most prevalent in Ireland, with more than 20 per cent of respondents reporting feeling lonely. This year, the CSO found that 11.8 per cent of men reported feeling lonely at least some of the time in the previous four weeks, compared with 18 per cent of women. The split can encourage an easy conclusion: women are lonely; men are doing a bit better.

But men are rarely fine. We are simply fluent in other languages first: stress, irritation, tiredness or work. These, we have been taught, are acceptable states, ones which imply competence. Loneliness, by contrast, implies need, and this still sits uneasily in Irish masculinity.

The app sent me lonely hikers first. So many hikers. Men suspended from cliffs, men in Patagonia jackets and Gym+Coffee fleeces, men describing sunrise swims as "life-changing". Their profile photographs were a cascade of blue and pink skies, red cheeks and grins that implied suffering as a form of bonding. Every conversation inevitably led to the same question: "Do you hike?" When I replied honestly – "*no, I prefer horizontal landscapes"* – the chat would die politely. One man said he found it difficult to relate to people who didn't "connect with nature" and, unfortunately for him, I connect with nature from cafe windows and the occasional alarming spider in the bath.

Then came the sporty gays, whose weeks were plotted like military operations: tag rugby on Tuesdays and something called Hyrox at dawn. One invited me on "a coffee walk" that turned out to be a 5k. Another evangelised cold plunges with the intensity of a man describing spiritual rebirth. This, I quickly discovered, was not my tribe.

There were even conversations that fizzled before they started. The men who matched, said hello, and mysteriously vanished mid-thread. Ghosting, it turns out, is not just a phenomenon confined to romance and the Dublin Bus schedule.

Another friend, still in Dublin but largely absorbed in toddler life, reacted with envy. 'You're meeting new people?' she said, as if I'd told her I was cheating on her

The IT officer had three photos: one with a pint of Guinness in hand, one in a sports jersey, one so blurry it looked like CCTV. His bio said: "Chill. Not into drama." Which, in my experience, means he is the drama, just not in the telenovela format I enjoy.

We met in a pub after work. He was already seated, staring at his phone with the expression of a man awaiting bad news. I sat opposite him and felt, within minutes, that I had made a mistake.

He spoke in short bursts.

"Yeah. Grand, yeah."

"Long day."

Every question I asked collapsed into vagueness.

"What do you do for fun?"

"Ah, bits."

Bits. An entire inner life reduced to bits. I tried safer territory: music, TV, books, the city. Each topic died instantly, like a match struck in the rain. He seemed vacant in a way that made me feel oddly sorry for both of us: two grown men sitting opposite each other, trying to create a friendship out of nothing but an algorithm I was beginning to question. When it ended, he shook my hand limply and said: "We should do this again sometime."

The next day he unmatched. I have never been more happy to have been the victim of a ghosting.

A few weeks later I met a man who worked for one of the Big Four. Within minutes of our first awkward handshake, he leaned in and said: "You seem cool. I feel like I can be myself with you."

There are sentences that behave like a trapdoor, and this is one of them. He pulled the lever and what followed was a Fringe Festival-worthy monologue on relationship breakdowns and family tensions. The language of therapy was deployed fluently – boundaries, emotional labour, "doing the work" – and without any awareness that we had not yet, in my mind, established the basic shape of the relationship he was treating as a safe space. By the time we finished our drinks, I felt drained, as if I'd done a shift as a therapist rather than met a potential friend. He thanked me for listening. I smiled, wished him well, and walked home aware of a weird, guilty relief.

Meanwhile, my gal pals found the whole project gripping. They demanded updates in the same way I used to ring home from the Gaeltacht, frantic to discover who'd just been evicted from Big Brother in a world without English-language television. One friend living abroad, new baby in hand, wanted a full breakdown after every date. *What did he wear? What did you wear? Was he nice?* These are strange questions to be asked in your 30s, but for her my life had become a YA novel. For me, it was more like field research for a self-help book.

Another friend, still in Dublin but largely absorbed into toddler life, reacted with envy. "You're meeting *new* people?" she said, as if I'd told her I was cheating on her. "Like *actual* adults? Who can talk in *full* sentences?"

Women, I've noticed, tend to understand the labour of friendship instinctively. They schedule, they follow up and they notice absence. For my friends, the idea that men might need a dating app to facilitate friendship was both hilarious and bleak.

My partner was supportive in the same way he has been of every short-lived obsession I've adopted over the years, from sourdough to adult Lego. For someone who sees friendship like a pension (if you didn't invest early, don't expect much of a return), he listened to my stories with affectionate detachment, like someone trying to fall asleep to the Shipping Forecast.

By the time I matched with Jay* I was beginning to think the friend-dating experiment might be fundamentally flawed, as the whole exercise seemed to magnify the awkwardness of adult life. But when the chef appeared in my matches, I swiped without hesitation. His profile was simple: he loved cooking, liked coffee and wanted "a few good friends".

Jay began to fold into my life through ordinary outings: dinners, a bottle of wine that became two, day trips and conversations that stretched into the kind of late night you don't plan in your 30s. We talked about work and the steady, boring and sometimes ridiculous maintenance of adulthood – boilers, bins and back pain – and then, about the personal stuff too. At Christmastime we went to the markets. We drifted through crowds under lights that made everyone's face look slightly feverish, ordered mulled wine and stood in the cold long enough to justify the Luas journey there. It was the kind of evening you might take for granted in your 20s and then suddenly realise you miss.

Later there were more dinners, more wine, more walks, and a rhythm emerged. I have discovered friendship, when it works in your 30s, is less about chemistry and more about tempo and timing. You need to say "I enjoyed that. let's do it again" with the same zeal as two children deciding to be best friends because they had matching Power Ranger backpacks. And you need to risk the mild humiliation of wanting and rejection.

While CSO data suggests loneliness has eased since the pandemic peak, it hasn't vanished. Neither has the structural problem underneath it: the way modern adult life narrows, and the way men in particular have been trained to treat the narrowing as normal. While I can't solve that, I can refuse to accept it.

By the end of my year of friend dates, I hadn't built a tribe, and most of those I met drifted back into their own orbits. But Jay has remained.

Yes it's true, it's easier to get a mortgage than to make a friend in your 30s. But while one gives you keys, the other gives you dinner guests, plans and someone who knows where you keep the good glasses. And for me, that is more than enough. ●

*Jay's name has been changed, partly to protect his privacy and partly to protect him from being matched with hikers

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Travel

Golden glamour in Marbella

A sunny and picturesque place with a gritty past, Marbella's golden age lives on

Gemma Tipton





A sunny place for shady people? Upmarket and elegant, or all bling and grit? Marbella, to the uninitiated, can be an enigma. Those who make it a regular destination know otherwise, and as the Andalusian town is just a three-hour flight from Dublin, there are many who have already fallen in love with its charms.

With the miles of golden beaches in which this part of the Mediterranean abounds, Marbella has a reputation for yachting, golf, fancy restaurants and sun seeking. It is also blessed with an incredibly picturesque Casco Antiguo (Old Town), where the winding lanes are peppered with unique boutiques, bars, cafes and restaurants.

For decades, Marbella has been a favourite destination for the Irish. Before that, in the days when foreign holidays were still just an exotic dream in these parts, film stars and minor European royalty were lunching, lounging and being generally louche along Marbella's sandy shores. Kicking off in the 1950s, the fishing village was transformed – first by a vanguard of the indolent wealthy and their friends, and then by pioneering hoteliers, including the fabulously named Alfonso Maximiliano Victorio Eugenio Alejandro María Pablo de la Santísima Trinidad y Todos los Santos, Prinz zu Hohenlohe-Langenburg – or Prince Alfonso for short.

Discovering the delights of Marbella, he bought land and sold plots to the likes of the Rothschilds and Thyssens and, in 1954, opened the Marbella Club, the first luxury hotel on the Costa del Sol. Before long, Cary Grant, Gary Cooper, Elizabeth Taylor, Ava Gardner and their mates were turning Marbella into a playground. Sean Connery had a house here; Antonio Banderas does today. Prince Alfonso's own life was lurid. He had flings with Ava Gardner and Kim Novak, and got a special papal dispensation to marry a 15-year-old heiress. A few years later, they were divorced, and another papal dispensation followed for the annulment.

But alongside the suave, and at times sordid, stars, Marbella has also enjoyed, or perhaps more truthfully endured, a parallel reputation as a favoured hideaway for a certain kind of criminal. The "costa del crime" tag, which wasn't unique to Marbella, had its origins in a legal loophole. Back in 1978, a 100-year-old extradition treaty between Spain and the UK expired. It wasn't replaced until 1985. By that time many of said shady people had made new lives in the Spanish sunshine, and were unsurprisingly reluctant to move on.

So what will you find if you go today? First up, there is that beautiful stretch of beach. Marbella claims a shoreline of 27km. Get up early, and you'll see teams out there, raking the sands to perfection. In season, chiringuitos (beach bars) pop up with wood fires and the wafting aromas of barbecued fish and gambas pil pil to whet the appetite. The Paseo Marítimo runs along the seafront, linking Marbella with Puerto Banús, just over 7km west. Walk the route and you'll pass gated (and most likely gilded) villas, and discover the vibe gets flashier and, depending on your tastes, trashier as you go.

If Marbella is all wafty white ensembles and opportunities for Instagram selfies in floppy straw hats under cascades of bougainvillea, then Puerto Banús is muscle cars, men wearing heavy gold jewellery, and both genders top-to-toe in logos.

On the plus side, there's a buzzy marina and designer shops, if that's what floats your boat. Speaking of boats, a ferry service runs between Marbella and Puerto Banús, so you can walk there and pick up a ferry back – or take the boat in both directions for some gentle on-sea action. It takes about half an hour on a catamaran, and it's a great way to get a good sense of the sweep of the shore, with the Sierra Blanca mountains defining the distant horizon, and golf courses aplenty in between.

Right on the shore lies El Fuerte, one of the original golden age hotels dating back to the 1950s. There's still a tinge of that nostalgic decadent vibe in its poolside pink and white umbrellas. It reopened in 2023 following a full makeover by Barcelona-based designer Jaime Beriestain. Think plenty of green tiles, green and pink marble, soft tones of ochre, blush and peach, pale wood and warm brick, and you've got the picture. Throw in a bath in your bedroom (or a hot tub on your balcony) and you're even more in the frame.

El Fuerte is the only five-star hotel in Marbella's designated Old Town, and there is a timeless vibe, added to by the photographs of illustrious former guests, including Lola Flores, Diana Dors, Penélope Cruz and Walt Disney.

The location also means it's the shortest of walks up the road to explore the narrow lanes and squares of Marbella's historic quarter. The main areas are all pedestrianised, so there is a peaceful and serene vibe as you wander up to Plaza de los Naranjos, the central square, which lives up to its name as orange trees shade the restaurant tables and the sound of a fountain splashes away.

One of the nicest things about the Old Town is the lack of international fashion chains. Instead, the shops all have their own distinct personality, and while there is some imported tat, there are still great places to find one-off buys. The local market at the edge of the car-free area is practical rather than picturesque, but any foodies with a self catering set-up will be

Clockwise from above left: paella at Soleo, El Fuerte Hotel Marbella; the hotel pool; Gemma Tipton in Marbella's Old Town; El Fuerte's signature Art of Breakfast; and Mijas village on the Costa del Sol. Below: Marbella town. Photographs: Manolo Yllera, Gemma Tipton and iStock



Getting there and getting around

Aer Lingus and Ryanair have daily flights to Málaga in season. The airport is approximately 50 minutes by car from Marbella, and there is a regular bus shuttle service. Prices at El Fuerte start from €390 B&B for two. Selected rooms with sea views start from €520 B&B for two, elfuertemarbella.com. Marbella is very walkable, and the Paseo Marítimo is ideal for both walking and cycling. Bicycle hire at El Fuerte is available for guests at €24 per day, and the Fly Blue catamaran runs between Marbella and Puerto Banús daily in season from 11.30am to 7.30pm, €11 one way, fly-blue.com.









beguiled by the olive oils, herbs, spices, vegetables and fish.

Fish is the star of the show at Soleo, El Fuerte's beach restaurant, where head waiter Cristobál dispenses with the menu to proudly display a huge fish, which (as far as my Spanish allows) he promises to grill there and then. And so he does, serving it alongside oven-fresh crusty bread, the hotel's own olive oil, ripe tomatoes and salty clams, direct from the sea, washed down with a delicious Albariño.

That night, the sound of surf through my open window sends me to sleep, and I awake, brilliantly rested to the rustlings of palm trees, and the waves breaking the shore below. Morning brings a surprise, with El Fuerte's signature Art of Breakfast. The Art of Breakfast puts playing with your food at the top of the agenda, as juices and smoothies, yoghurts and pastries arrive on colourful miniature hand carts – like a toy town ice cream service. It's all available in the general and generous buffet, but there's something about seeing your tiny cakes revolving on your own personal carousel that just might delight the most jaded of travellers. Tip: you can switch the carousel off when it all gets too much.

After a hectic agenda of walking the waterfront, exploring Puerto Banús, taking a boat ride and successfully combing the old town for souvenirs and gifts, we spend a satisfying final day in what must be one of travel's signature guilty pleasures: doing absolutely nothing. That is, if absolutely nothing includes having a massage in the Clarins spa, splashing in the thermal suite, having lunch on the terrace – where I amuse myself inventing back stories for the other guests (glamorous professions, one and all) – before sipping cava poolside. There's even a handy button to call the waiter over, bringing new meaning to the idea of barely having to lift a finger. Sun or shade, a person could get used to this.

Gemma Tipton was a guest of El Fuerte Marbella



On Beauty
Simone Gannon



Tint appeal

Lighter than foundation but more polished than bare skin, these are summer's easiest bases



An essential part of my make-up bag year-round, but especially during summer, is a skin tint. Also known as a tinted serum, tinted moisturiser, or tinted sunscreen, it's essentially a product that's good for your skin, feels good to wear, and provides enough coverage to serve as your make-up base of choice.

Tinted sunscreen aside, it's an added bonus when skin tints or tinted moisturisers include SPF, which some of the products on this list do; but I say bonus because they should never be relied upon as your main source of sun protection.

Why? Mainly because we rarely apply the recommended amount needed to achieve the level of protection stated on the label. It's always important to wear a standalone broad-spectrum sunscreen as the final step in your skincare routine before moving on to your skin tint (or foundation) of choice.

If you're looking for lighter, glowier, fresher-looking skin while also saving time and hassle, the selection of summer skin tints below is hard to beat. They're all quick and easy to whack on, whether that's with your fingers or a brush.

I've selected options at a range of prices to suit different budgets and, in most cases, they can be layered or built up for extra coverage where needed.

Starting strong with what is probably a very familiar product to many of you: **Sculpted by Aimee HydraTint Tinted Moisturising Serum** (€28 from Sculpted by Aimee). A permanent fixture in my summer make-up bag for years, this moisturising tinted serum contains 90 per cent skincare ingredients and offers light-to-medium coverage that helps even out skin tone and disguise blemishes.

It's comfortable to wear and feels more like a lightweight serum-moisturiser hybrid than a traditional complexion product, keeping skin hydrated and comfortable throughout the day. With its fluid, lightweight texture, it can be applied with fingers or buffed in with a brush in just a minute or two.

In a similar vein, but perhaps a rung higher on the luxe scale – and offering slightly more coverage – is **Lisa Eldridge Seamless Skin Enhancing Tint** (€47 from lisaeldridge.com). I find the packaging particularly clever, especially for holidays. The almost egg-shaped bottle fits comfortably in the palm of your hand and features an indent on the back where your thumb naturally rests when dispensing the product.

I've selected options at a range of prices to suit different budgets and, in most cases, they can be layered or built up for extra coverage where needed

Like HydraTint, it contains excellent skincare ingredients (more than 78 per cent of the formula), including glycerin, squalane and vitamin E, to hydrate, plump and soothe the skin, while the serum-like texture delivers luminous medium coverage, making it perfect for day, night or any time in between.

Next up is another option that works for all skin types but will likely appeal most to those with oily or combination skin. **Merit The Uniform Tinted Mineral Sunscreen SPF50** (€42 from meritbeauty.com) is slightly creamier than the previous options I've mentioned and settles into a natural, sheer finish that's almost matte, but not quite. It's easy to blend, but performs best when applied with fingers and, once it settles into the skin, you can be sure it's not going anywhere for at least a few hours.

Lastly, another great all-rounder, but particularly good for those dealing with acne, sensitivity or redness, is **EltaMD UV Clear SPF46 Tinted** (€63 from Institute of Dermatologists). With a lightweight, oil-free cream texture, this tinted sunscreen provides a sheer, even finish while helping to soothe and calm the skin. There's a deeper tinted option available too, at approximately the same price point. My only gripe with this product is that the packaging doesn't let you know when you're about to run out.



This week I'm loving ...
Victoria Beckham Posh Gloss

Not new, but revamped, Victoria Beckham Posh Gloss (€36 from Brown Thomas) is back with an even more luxurious formula than before. Delivering an expensive-feeling gloss-meets-cream hybrid and housed in weighty packaging, Posh Gloss feels like a more grown-up take on lip gloss, delivering glorious, long-lasting shine without a hint of stickiness. Available in nine shades.

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Roe McDermott



Dear Roe,
I am a woman in my 30s. I have been married for almost two years, and was with my now-husband for several years before that. Before me he was already married, and had two children. He tells me he was extremely unhappy in that relationship, and was relieved when the divorce came through. He tells me he loves me every single day; we talk, we text and we laugh the way we did when we were only dating. His family tell me it is the happiest they have ever seen him, and they are all very kind to me. His kids and I get on really well, and have from the start.

Unfortunately, I have a history with mental health issues – I suffer with a disorder in which the key symptom is fear of abandonment. After we became engaged (and began the long and hormonal road of IVF), I became totally obsessed with the thought of being his Second Wife. He isn’t really mine because he married someone else before. He had children with this woman. I’m nothing, and everyone knows it. All my friends are married to men they love and who love them. They are the only wives. They are the mothers of their husbands’ children. I’m not. He chose someone else before me. He made those vows, commitments and children with someone else. It makes me feel terrified, sick and worthless.

Now we have our own baby coming. Everyone seems so happy for us both, but I still feel like sloppy-seconds useless – that I can’t trust this relationship is real. How can I trust his love and commitment, when he has offered it all to someone else before? Is this my disorder? Am I going to feel like this forever? Is his love for me real? I am really very scared. I would so appreciate any advice or thoughts.

Many people have insecurities, fears, anxieties or traumas that make them doubt their self-worth, or fear that the people they love will leave them, or leave them unable to metabolise and trust the love that is being offered to them. When we love someone deeply and experience the accompanying vulnerability of that, these fears and anxieties can become heightened, as we fear the pain of them one day leaving us. When you have a mental health condition that causes a consistent fear of abandonment, that anxiety is going to latch on to pre-existing fears and feelings of low self-worth, trapping you into repetitive cycles of painful, anxious thoughts that feel like truths: You’re not good enough. He doesn’t love you. His former relationship devalues yours.

These thoughts sound incredibly hurtful to deal with, but they are not based in reality or truth. Many, many people have relationships before finding the person they spend the rest of their lives with. Many people marry and divorce, and the lucky ones find love again. Love is not a finite resource, and it is not rendered any less pure, meaningful or real because it has existed before in other forms. Indeed, I’d argue that often, love over time accumulates wisdom and discernment – through relationships and experiences, we learn what we value deeply; what we long for; what we once thought was attractive but is actually unimportant or even unhealthy; and we get to know ourselves more – so we understand more clearly what we want.

Your husband married relatively young and realised that his ex and their relationship was not for him. He ended the relationship and sought out the love he now understood that he needed – and found it in you. He has committed to you, joined his life with you, shows up for you in daily life, is building a future with you, and having a baby with you. All of that is literal evidence of the love he has for you and his commitment to you. None of that is diluted or rendered less meaningful because of his previous experience – on the contrary, I’d argue that the lessons he has learned and the bravery it takes to try again all speak to his certainty about you.

I know it can be difficult to overcome your own anxieties and fears and insecurities, so if you don’t believe me, allow me to offer you some of my own experience for perspective. I have had several serious relationships. Some were juvenile. Some were painful. Some were lovely experiences that I’m deeply grateful for, but ultimately not right for the long-term.

I learned from every single one of them (some lessons I unfortunately had to learn more than once), and I grew from every one of them – and every single one of those experiences meant that when I met my current partner, I knew. Not that he was the person I had been waiting for, but that he was the person I had been growing towards – and wanted to keep growing with. My previous loves and relationships did not diminish what I felt for him – they were the reasons I could recognise the depths of my feeling, and the reasons I was sure I wanted to commit to him. Life is full of lessons that help us figure out what we really want.



I think it’s vitally important that you find a therapist who specialises in supporting people with your disorder

If you can believe me about my experience, then you can hopefully understand that to be possible in your life – that your husband’s previous experiences are exactly what crystallised and clarified his love for you, and made him ready for you. But I understand that knowing something intellectually is not the same as feeling something emotionally or psychologically, particularly when you have mental health issues that consistently create a fear of abandonment. This is why I do think it’s vitally important that you find a therapist who specialises in supporting people with your disorder, so they can help you differentiate between your fears and reality, and so they can help you with tools and coping mechanisms that will help you regulate and to break out of negative spirals.

A good therapist will also be able to specifically address this feeling of retroactive jealousy. Retroactive jealousy is an intense obsession with a partner’s past romantic or sexual history, which can manifest as deep feelings of insecurity, fears of abandonment, or distrust regarding the love your partner offers you. The feelings can be obsessive and intrusive, and very difficult to break out of – which is why you deserve help and support.

Think of the baby you’re about to have. When this person grows up and falls in love and gets their heart broken and are brave enough to let themselves fall in love again – what do you want them to believe? That love can only be offered once in a lifetime, and if their first big relationship doesn’t work out, that they’ve nothing real left to offer anyone else? Or do you want them to believe that love is expansive; that growth is always happening; and sometimes the path to our futures has some challenges, forks, detours, and side-quests along the way? Do you want them to believe that each of those experiences is not only valuable in its own right, but can be the very things that help nudge our compass back to its True North?

Your disorder is not your fault and I know you are not choosing these feelings. But they are feelings, not truths. By not seeking out help in dealing with them, you are risking letting these irrational thoughts destroy the very relationship you care so much about. So love your husband, yourself and your relationship enough to seek out the support you deserve.

Good luck.

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


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Sharp intentions

Kwanele Nomoyi has become a familiar presence at Irish fashion events, with a style that sets him apart

Deirdre McQuillan

Impeccably dressed and blessed with an extrovert personality, South African Kwanele Nomoyi has become a familiar and enthusiastic presence at Irish fashion events with a style that sets him apart from the crowd. He works as a retail market lead in Google by day, shaping strategy for luxury brands, but also co-owns CNW Events, attending and recording (with a photographer) his take on openings, previews, celebrations, fashion shows and music gigs.

Nomoyi attributes an obsession with fashion to his mother Clara, a nurse, who brought him up after his father's death and the collapse of the family business in Port Elizabeth.

"My name means 'we are enough'," he explains when we meet in the Google headquarters in Barrow Street, Dublin.

"I am technically my dad's 16th child, the last born, but after his death, from the age of nine to 18 it was just Mum and me. I was so different to all my siblings. I have always been very chatty and outspoken and she made great efforts to try and raise an effervescent, hyperactive and bold child – she was committed to doing it all the way. But she did not spare the rod. She was very strict, very religious, a Methodist."

He remembers never being allowed to wear pyjamas outside to play with his friends or to feed the dog, and even today he replicates the way in which she arranges her wardrobe.

"Every Sunday we would iron the clothes for the week. I still do that. My mother's wardrobe and mine now are always sorted by occasion. On the left, special occasion clothes, and across the middle everyday wear and on the right traditional attire for thanksgiving ceremonies, church uniform and work uniform."

He arranges all his looks for the week – a different one for each day. He says his winter clothes, coats, jackets, seasonal wools and cashmeres are now in storage at a facility he uses for the purpose.

"I believe that you should always try to look like a better version of yourself when you present yourself to the world. You also want to make sure that the clothes will last," he says.

"I'd describe my style as classic – I have always been so expressive, but it is important that cut and style are timeless and not trend driven. I like the idea of looking cool, but also that a picture taken five years ago still looks clean and fresh today."

A graduate of Tshwane University in Pretoria with a degree in graphic design and visual communication, Nomoyi worked in digital marketing in South African for 10 years. After Covid he wanted to get out and explore "cool stuff in other countries" and was offered a job in Dublin. "Where's that?" he remembers thinking and then, "Let's give it a whirl. All I knew about Ireland was the four-leaf clover, the Dunnes Stores connection and how Ireland has a good relationship with South Africa."

He arrived in April 2020 and says he was immediately struck by the friendliness he encountered – in the taxi from the airport, in the bank, in Tesco in Sandymount. "I was blown away – and what keeps me going are Irish people."



Kwanele Nomoyi: 'I'd describe my style as classic – timeless and not trend driven.'

Another unforgettable early experience in the city was crossing the Ha'penny Bridge "when a large group of white people were coming towards me – I had a panic attack because I was not used to living in a country as a minority. My move to Ireland has been life changing … when you are black, queer and bad," he grins, gesturing flamboyantly.

Today he is wearing a smart light-coloured Italian wool blend double-breasted suit by Luigi Bianchi with a Louis Copeland shirt and tie.

"When I started to work and could buy my own clothes, I learned how clothes are made – and knowing that had a deep impact and made me realise I needed to move away from fast fashion. I need to be conscious when I buy of building a solid base."

Favourite shops include Louis Copeland in Pembroke Street, Icicle in Grafton Street, with accessories, some menswear and fragrance from Brown Thomas, "and I go to Kildare Village once every two to three months".

He hates logos if they are part of the design "because it is not timeless, but sunglasses are a huge part of me – I get most in Brown Thomas".

Dark colours, he argues, look less worn, whereas loud prints attract attention and deflect from the shape and cut of a garment. For his first Irish wedding, on the Aran Islands, he wore a made-to-measure cream pinstripe suit by Louis Copeland with brown shoes, tie and a white fedora. With Levis, he will wear a Ralph Lauren jacket.

At the recent VIP Style Awards, he cut a dash in a dramatic flowing gold and black robe from Nigerian designer Maye Tobs – a modern interpretation of the agbada, a traditional Yoruba garment sourced through Irish-based platform Umoja Linn – worn with YSL suede boots, Gucci sunglasses and a sheer organza shirt.

As for his views on Irish men, he feels they dress for utility and comfort and not for expression. "There is still a way to go to express their identity through dress, using your style as a form of expression. Their attitude is that dressing flamboyantly means you are dressing gay. But more men are embracing fashion and accessories to express themselves. It does not degrade your masculinity but elevates it and shows that you are comfortable in who you are."

He has also observed that colours worn to work here are generally limited to brown, navy and black.

"Why is no one trying to look different? It's been explained to me as being about notions. You don't want to look like you have notions, that you are too big for your station. But I would argue that dressing well is respecting the relationship you have with yourself. And that's how I see myself," Nomoyi says, flashing a wide smile.

Gardening

Flowering shrubs for a beautifully vibrant garden

Gardening
Fionnuala Fallon



These are the low-maintenance, decorative shrubby plants so often overlooked in fashionable 'must grow' lists

The older I get and the longer I garden, the more I can't help thinking that so many kinds of flowering shrubs are greatly underappreciated.

Have you ever, for example, heard anyone rhapsodise about the charms of the deciduous shrub known as deutzia? I know I haven't, yet it's a charming plant whose arching branches are smothered with generous clusters of pollinator-friendly starry flowers in late spring and summer in various shades of white and pink, depending on the particular variety.

Easy to grow, many of the newer kinds make neat, compact, floriferous plants reminiscent of miniature flowering cherry trees and are eminently suitable for smaller gardens, or for growing in a large container. Examples include the white-flowering Deutzia 'Yuki Snowflake'; pink-and-white flowering Deutzia 'Yuki Cherry Blossom'; deep-pink-and-white flowering Deutzia 'Raspberry Sundae', pale pink flowering Deutzia 'Mont Rose'; ghostly white Deutzia 'Nikko', and Deutzia x lemoinei, a historic variety bred by the famous French nurseryman Victor Lemoine. All are hardy and do best in full sun and a moist but free-draining soil, although they'll tolerate light shade.

Osmanthus x burkwoodii is another example of an excellent flowering shrub that rarely gets a look-in and yet has so much going for it, including evergreen foliage and a generous display of scented white flowers from late spring into early summer. Hardy and happy in most soils so long as they don't totally dry out, it's tolerant of coastal exposure and provides a valuable backdrop for other lower-growing plants when used at the back of a border or against a wall, reaching an average height and spread of 3m.

Philadelphus is yet another decorative shrubby plant that's overlooked in too many fashionable "must grow" lists. Tough as old boots despite its refined appearance, in early summer the slender branches of this deciduous flowering shrub are covered in a multitude of intensely perfumed, pollinator-friendly white flowers whose scent is similar to orange blossom, hence its common name of 'mock orange'.

Not only does it make a marvellous, easy-to-grow addition to any garden, mock orange is also exceptionally hardy, very tolerant of pollution, light shade, salty sea breezes and dry soil once established.

Recommended varieties include the compact, double-flowering Philadelphus 'Manteau d'Hermine', also bred by Lemoine. Another is the taller Philadelphus 'Belle Etoile' (height and spread of 1m x 2.5m), a magnificent variety whose deeply scented, large, white, cup-shaped flowers are prettily splotched with purple at the centre. Or for something very different, seek out the compact, pink flowering, award-winning Philadelphus 'Petite Perfume Pink', a recent breakthrough in plant breeding produced by the British horticulturist Alan Postill, former chief propagator at the legendary Hillier Nurseries in the UK.

Broom (Cytisus) is another late spring/summer-flowering shrubby plant that continues to languish in the horticultural doldrums, despite being very easy to grow, impressively tolerant of a variety of challenging growing conditions including cold and exposed gardens, attractive to pollinators and very ornamental over a long flowering period. For new gardens, it's also one of those useful, fast-growing plants that will grow well in less-than-perfect soil and quickly gives large-scale impact. Relatively short-lived (an average of five to 10 years), it will then obligingly die off just as growing space gets tighter. Recommended varieties include the scarlet-flowered Cytisus 'Boskoop Ruby'; the lilac-pink flowering Cytisus 'Moyclare Pink'; orange-and-yellow Cytisus 'Lena'; and bright-yellow Cytisus 'Golden Sunlight'.

Or what about the snowball tree, Viburnum opulus 'Roseum', a plant greatly admired when seen growing in mature, well-established gardens, yet which we so often inexplicably neglect to plant in our own? Slowly forming a large deciduous shrub, it puts on a reliably magnificent display of its generous clusters of lime-green, pom-pom flowers each year between May and June, while its fading foliage also provides lovely autumnal colour. Again, it's undemanding and ultra hardy, happily growing in most soils so long as they don't bake to a dry crust in summer. It's also magnificent in flower arrangements, the reason why I've planted several in my own garden.

I grow Coronilla valentina subsp. glauca 'Citrina' for the same reason, as well as for the fact that this small evergreen Mediterranean shrub does well in the sun-baked, stony, free-draining soil around the front of our old farmhouse. Its scented, lemon-yellow, pea-like flowers appear in late spring and then intermittently through summer into autumn and may not be to everyone's taste, but I love its graceful twirling growth habit and









From the top: Deutzia; Cytisus 'Boskoop Ruby'; Philadelphus; and Coronilla valentina subsp. glauca 'Citrina'. Photographs: iStock/Getty

This week

- Make sure to get any remaining young seedlings and transplants in the ground this week before growth levels start to slow and they become stunted and pot-bound. To help them establish, soak their root-balls in a weak solution of liquid seaweed and work some home-made garden compost and a sprinkle of slow-release organic fertiliser into the planting holes.
- Take the time to knock back young weed growth with an oscillating hoe before it becomes a problem in flower and vegetable beds as well as along pebble paths, while also keeping a beady eye out for any welcome self-seeded plants. The latter can be lifted and transplanted elsewhere or pricked out into pots or trays to grow on until you find a suitable spot.



glaucous, finely divided foliage.

Abelia x grandiflora is yet another neglected shrubby stalwart with much to offer. Evergreen and reliably hardy except in cold or exposed Irish gardens, it flowers from early summer right through into very late autumn with trumpet-shaped, pale pink flowers that are small but intensely scented and produced in profusion on arching branches. Typically forming a large, tall plant, it's best grown at the back of a large mixed border, ideally against a sunny, sheltered wall. A range of more compact cultivars are also available including Abelia x grandiflora 'Sherwoodii' and Abelia x grandiflora 'Compactum'. Or for the brave at heart, there are also variegated kinds such as Abelia 'Lucky Lots' (cream and green foliage with flushes of pink in autumn), and the suitably named Abelia 'Kaleidoscope' (bright yellow and green flushing to orange and red). Which is where I personally draw the line. Some unfortunate plants deserve to be forever banished from the garden and the latter, I think, is definitely one of them.

Dates for your diary

■ **Limerick Garden Festival:** Sunday, June 21st (from 11am), Limerick Milk Market, Limerick City. The seventh annual show takes place with a masterclass by organic grower Jim Cronin and plant sales by many specialist nurseries. limerickgardenfestival.com

■ **Delgany & District Horticultural Society's Annual Rose Show:** Saturday, June 27th (3pm-5pm), St Patrick's Primary School, Church Road, Greystones, Co Wicklow. Featuring displays of a wide range of plants, vegetables, sweet peas and roses. New members and exhibitors are welcome. Entries should be submitted in advance to ddhs.showentries@gmail.com ●

Readers' questions

Is the 'seed snail' method of planting as effective as Instagram suggests?

Q I'm very curious to know your thoughts on the 'seed snail' method for growing plants. Have you used it? I've yet to try it as I worry that it won't be as effective as it looks on Instagram. Emma H, Dublin

A The seed snail method has taken Instagram by storm this year, with countless videos of gardeners demonstrating how to use it to raise plants from seed in a space-efficient, planet-friendly way that's relatively light on expensive seed compost and also doesn't require the use of seed trays, root trainers, or modules.

While recently popularised by the UK-based gardener Farida Sober (@faridasober), variations of it have apparently been used for centuries by gardeners in eastern Europe and Russia.

Part of its great charm is its simplicity as well as the fact that it allows gardeners to usefully repurpose various kinds of plastic, from empty compost bags and old shopping bags to plastic mulch sheeting, or even bubble wrap. To make one, cut out a longish strip of plastic, cover it with a 5cm layer of good quality, damp compost, then curl this length of compost-covered plastic sheeting tightly over on itself to form an overlapping spiral reminiscent of a snail shell. This needs to be quickly secured with plastic bands or string around the top, middle and bottom.

You can alternate the final height of the roll depending on the variety that you're growing (make it taller for deep-rooted plants), but typically it should be between 15cm-25cm. The seed can then be sown directly at intervals into the compost.

Alternatively, it also works very well for pricking out young seedlings, the only modification required being that you lay these out along the compost and then lightly cover them with more compost before rolling it into the snail shell shape.

I used this method for the first time this spring to prick out various vegetables, flowering annuals and perennial seedlings and have been really impressed with the results. It's particularly brilliant for naturally deep-rooted species such as ammi, mollucella and scabious that would quickly run out of growing space. Placing the 'snails' into a 2-3 litre pot with a little additional compost at the base also helps to keep them stable and gives any probing roots some extra space.

All that aside, I've found the seed snail method vastly preferable to traditional modules and root trainers when it comes to ease of planting.



Unlike the latter, where removing the young transplants from the tray can be a torturous, time-consuming job involving lots of poking and squeezing of the root ball (a steel landscape pin helps), the seed snail can be simply unrolled and then each individual transplant gently teased away with its own root system before being quickly planted into its final growing spot. Game-changing. ●

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



Restaurant Review
Corinna Hardgrave



This Dublin bistro hits all the right notes

Exceptionally good service adds to the experience at Note



From top: Note on Fenian Street; beef tartare with asparagus, horseradish and pommes allumettes; chef Sam Kindillon and general manager Neil Kenna. Photographs: Paolo Nunes dos Santos

"Note is a new typology of bistro with a fierce determination for quality food, drinks and service. Presented in a low-key, humble environment, building community and connection along the way."

"Oh dear," was my initial response. I'm not sure if this descriptor of Note on Fenian Street has been on the website since it opened in 2021, or if it arrived with the shiny new chef who has taken the reins from former chef Essa Fakhry.

The Cambridge English Dictionary defines typology as "the study of types, or a system of dividing things into types". Which is giving off serious "codology of the business" energy, to bring Joyce and Ulysses into the conversation, Bloomsday fast approaching and all that.

Yet I have already met this new chef in Copenhagen and seen what he is capable of: a pared-back style focused on seasonal, organic produce. Killester-born Sam Kindillon will have devoured more manifestoes than most of us have had hot dinners in the decade he spent overseas, working at Amass and Manfreds in Copenhagen and Mrs Robinson's and Ora in Berlin, so perhaps I shouldn't be surprised.



Any worries about it all being too earnest are quickly dispelled as Neil Kenna – a familiar face from the television show First Dates, and from Chapter One, Luna and The Old Spot – greets us and sees no reason why we shouldn't sit on the banquette by the wall rather than our assigned table. Hospitality at full mast, which we soon discover continues for the evening with our server, Rachel Mulligan. This is about as far from "up themselves" as you get.

Nothing has changed with the room, from what I can see. Somehow it just clicks, buzzy with a mix of date nights, groups of friends and tourists. The menu is tight – five snacks, five starters, three mains, two desserts and cheese – and works equally well for sharing as it does for a three-course meal. If you're in the mood for a blowout, there's brill on the bone with fries for two at €90.

Instead we want to make a good stab at trying a number of dishes, starting with a hunk of Dublin batch bread (€6), with a beautifully blackened crust and a crumb fluffier than any batch I've ever encountered, more akin to Japanese milk bread in texture.

Add smoked trout French toast (€10) to your must-order list, a snack so clever and playful it makes me smile. Two pieces of toast arrive still warm and nicely eggy, squiggled with horseradish mayo and topped with cleanly cut slices of smoked trout, dotted with succulent leaves that taste as though they may have originated in the sea. It all goes nicely with our bottle of Tasari Tasari (€38), a light Nero d'Avola from Sicily.



8.5/10

VERDICT
HIGHLY ORIGINAL COOKING FROM A TALENTED CHEF

Note: 26 Fenian Street, Dublin 2.

Food provenance: Vegetables, Riversfield Farm; wild sea trout and fish, Glenmar; meat, JJ Young.

Vegetarian options: Cavatelli with morels, saganaki with rhubarb, salsify tempura, Mitraille potatoes with wild garlic.

Wheelchair access: Fully accessible, with an accessible toilet.

Note remains a wine bar at heart, with a producer-led list featuring names such as Comando G, La Stoppa and Occhipinti. There is plenty of good drinking in the €50-€80 range.

The Winetavern sausage (€14) is like a posh hot dog: a meaty, good-quality sausage in a milk bread bun, drizzled with potato skin mayo (I know, a new one on me) and kumquat mustard, topped with pickles. Crispy onions add crunch.

Cavatelli (€28) – the small, hand-rolled pasta from southern Italy – has a nice bite, as it should, and white asparagus, morels and comté cream make for a delicious sauce. Could it be a touch over on the salt? Perhaps, but there is a lightness to the dish as the sauce hasn't been pushed too far and overconcentrated. It's a good vegetarian option.

Curragh lamb (€36) is pink and has plenty of delicious crispy bits on the outside, sitting on a bed of fregola with goat's curd mixed through. Mizuna and trout roe bring a Japanese inflection to this Moroccan-inspired dish and we wonder whether it is already salty enough and the roe pushes it a tad too far.

Desserts are a highlight at Note. The strawberry crepe brulee (€12) is filled with creme patissiere, topped with a dark bruleed crust and served with sliced strawberries and meadowsweet ice cream. A perfect buttermilk panna cotta (€11) is clever, topped with rhubarb and candied dillisk.

I find myself liking this new typology of bistro very much – original and inventive dishes that hit all the right notes (sorry!), keeping things playful and a joy to eat, backed up by a front of house that is every bit as good.

Dinner for two with a bottle of wine was €155.

Drink
John
Wilson



Portugal's uncharted territory

These four Portuguese whites will give you a great introduction to wine regions you may not yet have discovered

Consumers in the Irish market are great fans of vinho verde and alvarinho, both refreshing, low-alcohol white wines from northern Portugal. Vinho verde is typically a blend of alvarinho and other grapes, while alvarinho on the label signifies it is made of 100 per cent of the variety. However, Portugal also offers some excellent refreshing dry white wines from other parts of the country. Bucelas is a small historic region close to Lisbon, possibly too close, as urban sprawl is eating away at available vineyard space. The Duke of Wellington was a fan and imported large quantities into England. The grape variety is the indigenous arinto, a variety that is popular as it retains acidity in hot weather.

The Douro Valley is very hot and dry, and generally produces ripe red grapes destined for port production. It hardly seems the place to produce white grapes and make delicate, elegant wines. Yet over the past decade more adventurous producers have planted at altitude on less sunny north-facing slopes. The results have been spectacular. I have featured the wines of Luis Seabra before; they are superb. The Pormenor below is equally good.

Dão lies to the south of the Douro and has a completely different climate. Surrounded by mountains, it is protected from both the maritime rains and the sweltering interior heat. Winters tend to be wet, and summers mild and sunny. Both its red and white wines are known for their elegance. The reds are regarded as some of Portugal's finest; the white wines are less well-known but can be every bit as good. The primary white grape variety is encruzado, grown almost exclusively in the Dão region, it produces high wines with structure, texture and generosity.



M&S Found Encruzado 2024, Dão, 12.5%, €12.50

A refreshing dry white with green apples and lemon zest. Enjoy on its own or with grilled salmon, sardines or mackerel.

From Marks & Spencer



Prova Régia Arinto 2024, Bucelas, 12%, €17.99

Fresh plump green apples, pears and grapefruit zest. Drink by itself, with oysters and other shellfish, or sushi.

From Sweeney's D3, Dublin 3; Pinto Wines, Dublin 9; La Touche Greystones; Matson's, Cork



Pormenor Douro Branco 2024, 12.5%, €26

Quite delicious, succulent light wine with refreshing complex yellow fruits, a touch of almonds and a long dry finish. With white meats or grilled sea bass.

From BaRossa Wines, Dublin 4; Clontarf Wines, Dublin 3



Dão Branco Ideal 2023 Carlos Raposo, 12.5%, €31.50

Very fine aromas, delicate mineral green fruits augmented by subtle toasted almonds. Drink with vegetable gratins or roast salmon.

From Blackrock Cellar, Co Dublin



Put two stars of summer – strawberries and elderflower – centre stage

Nothing speaks truer than the phrase 'what grows together, goes together'

Cook
Mark Moriarty



Summer is in full swing and the scent of elderflower has sweetened the hedgerows. Also hitting the shelves are Irish strawberries, ripening just in time for the peak of summer.

As a chef, you quickly discover that while creativity is key, the real skill is letting Mother Nature dictate what goes on the plate. Nothing speaks truer than the phrase "what grows together, goes together". Strawberries and elderflower are a floral match made in heaven and one we are going to focus on this week.

Elderflower is a product of the elder tree, which grows rapidly across the country. In May and June it produces brilliant white flowers that have a flavour mix similar to honey, lychee and jasmine, with lots of citrus. It retains a savoury quality – unlike some of the other floral ingredients of the season, which tend to be more medicinal or akin to perfume in taste.

In fact, some are more comparable to toilet bleach than anything you would want to eat, especially in the wrong hands.

The best way to extract floral flavours in ingredients is with the addition of lemon juice or vinegar.

For anyone who doesn't have the time or energy to go picking flowers off hedgerows, you can pick up a bottle of elderflower cordial in most supermarkets, and all the hard work is done for you.

Strawberries are a staple of the Irish summer. Thankfully, we still have a lovely climate for ripening fruit from June through to September, particularly on the east coast. Outside of this window we produce fruit the rest of the year in controlled environments under glass, particularly in north county Dublin.

There are more than 600 varieties of strawberries. They spread via the shedding of their seeds – those tiny yellow dots on the skin of the fruit.

In the restaurant, the most prized variety are the tiny wild or alpine strawberries which, as their name suggests, grow in hedgerows across the country and which you're rarely going to beat the birds to. Thankfully, the cultivated varieties are consistent and delicious. The skill is in picking at the perfect time, when there is a beautiful balance of sugar and acid.

From a cooking point of view, produce this good makes life easy.

The first recipe is a great way to show off prime fruit, lathered in rich vanilla creme diplomat (a mix of custard and whipped cream) and tucked up in a duvet of springy sweet meringue.

The second brings elderflower into play, scenting a baked custard and covering it in a blanket of thinly sliced ripe strawberries marinated in icing sugar until their juices begin to bleed, creating a syrupy coating that brings everything together. Don't worry if you can't source the elderflower itself, there will be enough scent in the cordial to carry you to the same result – a stunning showcase of the best Irish summer produce.



Strawberry meringue roulade

Serves: 4

Ingredients:

For the creme diplomat:
400ml cream (hold back 150ml)
4 egg yolks
Seeds from 1 vanilla pod or 1 tbsp vanilla bean paste
70g icing sugar

For the meringue:
6 egg whites
300g caster sugar
2 tsp cornflour
2 tsp clear malt vinegar
2 tsp vanilla extract
A little icing sugar, for dusting
220g fresh strawberries

Method:

1. Start by making the creme diplomat. Place 250ml of the cream in a saucepan and place on the heat. While it's heating, slice the vanilla pod in half lengthways and scrape into a bowl (or add the bean paste), along with the egg yolks and sugar and mix. Heat the cream in the saucepan until almost boiling, then pour it into the bowl with the egg mix in it and stir together. Return the mix to the saucepan. Cook over a low-medium heat while stirring constantly until the liquid begins to thicken and coats the back of a spoon. Then pour into a bowl and allow to cool. Chill in the fridge.

2. Preheat the oven to 150C and line a 35 x 27cm baking tray with parchment paper.

3. Whisk the egg whites using a hand mixer until they form soft peaks. Add one-third of the sugar then continue to whisk before adding the remaining sugar and whisking until you have a thick, glossy meringue.

4. Mix the cornflour, vinegar and vanilla extract into a paste, then whisk this through the meringue for another minute. Spread the meringue evenly across the parchment paper on the baking tray, about 2.5cm thick.

5. Bake for 15 minutes, then remove and cover with a dry cloth until cooled.

6. To finish the creme diplomat, lightly whip the remaining 150ml of cream and fold it through the chilled custard. Then, whisk it together lightly by hand.

7. Dust a separate sheet of parchment paper with some icing sugar and place on a work surface, then carefully turn the meringue sheet on to it. Peel off the parchment that the meringue was baked on, then spread on a layer of the creme diplomat, leaving a small gap all around the edge.

8. Next, slice the strawberries and line them on the creme diplomat.

9. Using the parchment sheet as support, roll the meringue over on itself to create a cylinder. Remove the parchment before dusting the roulade with icing sugar. Slice and serve.

Photographs: Harry Weir



Elderflower custard with macerated strawberries

Makes: 4

Ingredients:

10 elderflower florets
400ml double cream
100ml elderflower cordial
2 vanilla pods or 2 tbsp vanilla bean paste
6 egg yolks
70g icing sugar
220g fresh strawberries
1 tbsp icing sugar
½ tbsp vanilla bean paste
Fresh mint, to garnish

Method:

1. Gently shake the elderflower to remove any dirt. Then pick about 10 elderflower florets off the green stem.

2. Place four 5-inch bowls/dishes in a deep ovenproof dish or tray. In a small saucepan, gently warm the cream and cordial. Scrape the seeds out of the vanilla pods and add them (or the bean paste) to the cream.

3. Separately, add the egg yolks and icing sugar to a large jug and mix until smooth. Add the warm cream with vanilla and mix, then stir in the elderflower florets. Cover and leave to infuse for 30 minutes.

4. Preheat the oven to 120C. Pass the mix into another jug through a fine sieve to strain off the elderflower. Then pour the infused mix into the four bowls, filling them to about a third full.

5. Boil the kettle and fill the tray with hot water until halfway up the bowls/dishes to create a 'bain marie'. Cover in cling film and carefully place in the oven to cook for 45-50 minutes at 120C until the wobble is almost gone. Remove the bowls from the tray and chill in the fridge for at least two hours.

6. While the custard is chilling, thinly slice the strawberries to a bowl. Add the icing sugar and vanilla bean paste and gently stir through to coat the strawberries evenly, then cover and place in the fridge for an hour.

7. To serve, remove the chilled, set custard from the fridge and spoon on some macerated strawberries. Garnish with a few mint leaves.

THE IRISH TIMES TRAVEL

TRAVEL



Serbia, Hungary & Croatia

9 Night Escorted Tour from €1299pps

08 September 2026

The medieval city of Novi Sad on the banks of the river Danube was ranked third on Lonely Planet's list of best city destinations in 2019.

- 2 nights in Budapest & 7 nights in Novi Sad 4-star central hotels with breakfast daily
- Traditional Serbian buffet dinner with entertainment
- Fully guided city coach tours of Budapest & Novi Sad
- Guided visit to the Petrovaradin Fortress
- Full-day tour to Fruska Gora National Park, including Sremski Karlovci and Novo Hopovo Monastery
- Full-day tours to Belgrade & Ilok, Croatia
- Booking advice from your Travel Escapes advisor
- The assistance of our local tour guide
- Return flights with 10kg check-in bag pp & transfers



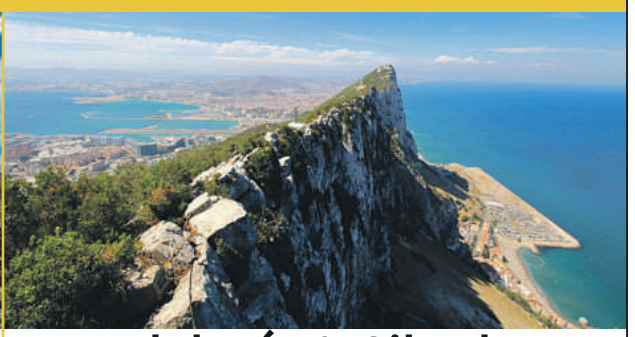
Sorrento, Pompeii & Capri

7 Night Escorted Tour from €1299pps

June to October 2026

Experience the breathtaking landscapes, scented lemon orchards, olive groves, and picturesque fishing villages of the Sorrento Peninsula.

- 7 nights in a 3-star or 4-star Hotel, Kaprun
- Visit the enchanting Island of Capri on a guided day trip
- Uncover the history of Sorrento as an ancient Roman resort on a half day walking tour of the city centre.
- Learn about the volcanic eruption that forever changed Southern Italy on a visit to the ruins of Pompeii.
- Enjoy a scenic boat trip on the legendary Amalfi Coast with a stop in Positano and Amalfi.
- Booking advice from your Travel Escapes advisor
- The assistance of our local tour guide
- Return flights with 10kg carry-on bag pp & transfers



Andalucía & Gibraltar

7 Night Escorted Tour from €1449pps

16 October 2026

This tour really gives you a true taste of the real Spain, Andalucia has a lot more to offer than just fabulous beaches! Staying in a hotel located right on the beachfront with direct access to the gorgeous Playamar Beach. This 9-night tour is a firm favourite and always sells out quickly.

- 9 nights Bed and Breakfast and Evening meal in the 4-star Sol Principe Hotel
- 1 Day tour to Gibraltar
- 1 Day tour to Granada
- 1 Day tour to Nerja and Malaga
- 1 Day tour to Ronda
- Booking advice from your Travel Escapes advisor
- The assistance of our local tour guide
- Return flights with 10kg carry-on bag pp & transfers

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Television



Pick of the Week

Bad: The Song That Saved My Life
Monday, RTÉ One, 9.35pm
It is one of U2's best-known and most-loved songs, but few know much about inspiration behind the song, a friend of the band named Andy "Guck Pants Delaney" Rowen. Rowen's face is well-known: as a child he featured on the cover of U2's debut album Boy and their third album, War. He is the younger brother of Bono's best mate Derek Rowen aka the artist Guggi, and in this feature documentary by film-maker Maurice Sweeney, Andy tells his own extraordinary story of growing up in Dublin in the 1970s, and surviving trauma, addiction and the worst terrorist atrocity the city has ever experienced. He was just 11 when he and his father Robbie Rowen were caught up in the Dublin bombings in 1974, and his experience informed the lyrics of Bad, and U2's later song Raised by Wolves. The documentary features contributions from Bono and Rowen's brothers, and gives an insight into the social history of Ireland in an era of unemployment, repression and rage.

Highlights

Free Nelson Mandela
Sunday, Channel 4, 9pm
He was the world's most famous political prisoner, and the 27-year incarceration of South African activist Nelson Mandela sparked a global campaign that drew in politicians, musicians and Hollywood stars. Everyone knows the song Free Nelson Mandela by The Special AKA, but how much do we know about what went on behind the scenes in the biggest-ever campaign to secure the release of one single prisoner? This four-part documentary series tells the story of this mighty political and cultural battle, from many of the people who were at the forefront of the campaign, and at the centre of the anti-apartheid movement.

Dolly, the World's Most Famous Sheep
Monday, Channel 4, 10pm
In 1996 scientists succeeded in creating the world's first mammal cloned from an adult cell, a sheep named Dolly, and the world, to paraphrase Bart Simpson, had a cow. Dolly became a global sensation, featuring on the cover of Time magazine,



but also sparking panic and protests as people anticipated the end of the world as we know it. This was something straight out of science fiction, and not everyone was on board with this brave new world of genetic tinkering-about. There was even an attempt by anti-GM activists to abduct Dolly, but the eco-warriors couldn't tell her apart from the other sheep in her flock. This documentary tells the story of Dolly and the motley crew of Scottish scientists, working with almost zero budget, who made this world-shattering breakthrough after nearly 300 failed attempts.

Funboys
Monday & Wednesday, BBC3, 10.40pm
The boys of Ballymacnoose are back, as socially awkward, sexually repressed and generally clueless as ever, in the second series of the comedy that knows no taste boundaries. Beware: Funboys will draw you in with gentle comedic charm, then deliver a nightmarish gag that will have you choking on your duck salad. The series is created by and stars Ryan Dylan and Rian Lennon as Callum and Jordan, with Lee R James as Lorcan. We rejoin the trio as they continue to stumble into adulthood while trying to stave off the boredom of this rural backwood. Callum gets a job at the local folk museum, playing a starving peasant during the Famine, with his boss Philip (Steve Coogan) playing the ruthless landlord, but is the method acting getting a little too real?

Meanwhile, the sexually voracious Gemma (Ele McKenzie) continues to wreak hormonal havoc while Jordan's night terrors are making life hell for Callum. Episodes one and two are on Monday, with two more episodes on Wednesday just to give you a day to recover.

Kevin Courtney



Clockwise from far left: Bono and Guck, Bad: The Song That Saved My Life; Charlie Webster, Scamanda; Colin Farrell, Sugar; Funboys. Photographs: RTÉ; BBC/Camden Productions; Apple TV

Scamanda
Tuesday, BBC One, 9pm
In 2012 the US was gripped by a heart-warming story of faith and resilience in the face of illness. Amanda Riley, a beautiful and bubbly young mom living in San Jose, had been diagnosed with cancer and, as she wrote in her blog detailing her treatment journey, she didn't expect to see her 30th birthday. The community quickly rallied round this brave, charismatic young woman, and soon her blog was filled with stories of the generosity shown to her and her family, with cash donations and gifts flowing in from all over the world. To everyone, Riley embodied the American ideal of hope and perseverance, but one person saw something different behind the Hallmark platitudes – all the hallmarks of a good, old-fashioned con job. This four-part documentary series, previously shown on Disney+, tells the story of how Riley built up her vast network of donors and wellwishers, and how the whole edifice began to crumble.

The Light in the Hall: Still Waters
Tuesday, Channel 4, 9pm
This was originally a Welsh-language series called Y Golau: Dwr, but its creators have kindly made an English-language version just so the rest of us can keep up with what's going on. This is the second series of the crime drama set in the fictional Welsh town of Llanemlyn, and brings a new storyline and additional cast of characters to the mix. The story spans two timelines: the mid-1990s and the present day. Sian Reese-Williams is trainee journalist Caryl Huws, and the big story of the day is a plan to expand the town's reservoir, which is churning up lots of controversy. Meanwhile, Rhys Owen (Mark Lewis Jones) returns to Llanemlyn after serving 30 years in jail for a bombing that killed his cousin Llyr. Will long-buried secrets and tensions resurface as protests against the reservoir project escalate? You don't need fluent Welsh to guess the answer to that one.

Streaming



Harlan Coben's I Will Find You
From Thursday, Netflix
David Burroughs is serving a life sentence for a murder he did not commit. The victim? His own son. No one believes him, and he's doomed to rot in jail for the rest of his life. But then he receives word that his son may still be alive, so he vows to find his child and prove his innocence. But first there's going to have to be a jailbreak. What will Burroughs find when he gets outside? A world of lies, deceit, betrayal and danger, of course, plus all the twisty plots we'd expect from this latest telly adaptation of a Harlan Coben thriller. Sam Worthington stars as Burroughs, with a cast that includes Britt Lower as his sister-in-law Rachel, Milo Ventimiglia as Rachel's ex-boyfriend Hayden and Madeleine Stowe as the wealthy heiress Gertrude.

Sugar
From Friday, Apple TV
John Sugar is a private detective in Los Angeles who also happens to be a bit of a cineaste. So it's no surprise that his life resembles a neo-noir detective flick in the style of Elmore Leonard. Colin Farrell returns as Sugar in this second series, and he's still searching for his missing sister, with hope diminishing of ever finding her. But he's still got to work, so he takes on a new client: a boxer who is trying to track down his troubled older brother. Soon Sugar's investigation uncovers a wider conspiracy that could see him getting KO'd – and not getting up again.

The Simplex crossword at 75
Answers and winners

The winners of the Simplex 75 are William O'Donnell, Co. Tipperary and Barry McCarthy, Co Cork.

Both have won a €250 Ireland's Blue Book voucher which can be redeemed at any of their 67 stunning hotels or restaurants. Ireland's Blue Book is a collection of Irish country house hotels, manor houses, castles and restaurants located throughout the island of Ireland. These charming and stylish hideaways are the perfect choice for an unforgettable escape or weekend retreat



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Saturday June 13

LIVE SPORT FIFA World Cup 26 Live RTÉ2, 7.30pm Today's festival of football begins with Qatar v Switzerland (kick-off 8.00pm), before tournament big-hitters Brazil face Morocco (11.00pm). Night-owls can then enjoy Haiti v Scotland (2.00am), the latter appearing at a World Cup finals for the first time since France '98. Then, should you have given up on the idea of sleep entirely, Australia v Türkiye (5am) kicks off after a brief EuroNews interlude.



DARK DRAMA SERIES Two Weeks in August BBC One, 9.25pm Accusations fly when the housekeeper reveals she saw Jon desecrating her local chapel. On a group outing to an ancient temple, Zoe, Solomon and Jacob are caught in a terrible car accident. As Solomon admits his failings to Zoe, Jacob starts to suspect she is the one to blame for all this. Nat desperately tries to undo a drunken mistake – leaving Jess and Dan alone together. Oh dear.



RTÉ One

6.00 EuroNews **7.10** Teleshopping R **7.45** Nationwide R S **8.45** Fair City Omnibus S **10.45** Ros na Rún R S **11.45** The Repair Shop on the Road S **12.40** News S **12.50** Wild Conamara R S **1.50** The Museum of Me R S
2.20 FILM: The Longest Day (1962, Drama, PG) Dir: Ken Annakin, Andrew Marton, Bernhard Wicki. S
5.35 Eid Al Adha S **5.45** Nuacht **5.55** News Followed by The Angelus R S

6.01 **NEWS** S
6.35 **FILM: DESPICABLE ME** (2010, Animation, U) An evil genius adopts three orphans to aid his latest plot, but fatherhood brings out his long-buried caring side. With the voices of Steve Carell, Jason Segel, Russell Brand and Julie Andrews. Dir: Pierre Coffin, Chris Renaud. S
8.15 **DIY SOS: THE BIG BUILD IRELAND** Baz Ashmawy and a team of volunteers renovate the home of 13-year-old Franek, who is severely disabled and relies entirely on his family for his care. R S
9.15 **NEWS** S
9.45 **FILM: ANGEL HAS FALLEN** (2019, Drama, 15) Secret Service agent Mike Banning is framed for an assassination attempt on the President. Pursued by his own agency and the FBI, Banning races to clear his name and uncover the real terrorist threat – which has set its sights on Air Force One. Starring Gerard Butler and Morgan Freeman. Dir: Ric Roman Waugh. S
11.55 **FILM: THE RUSSIA HOUSE** (1990, Thriller, 15) A British publisher falls for a Russian woman while on an intelligence-gathering mission. Starring Sean Connery, Michelle Pfeiffer, Roy Scheider, James Fox, John Mahoney and JT Walsh. Dir: Fred Schepisi. S

2.10 Grantchester R S **3.00** EuroNews

RTÉ2

6.00 EuroNews **8.00** Children's Programmes **9.30** Junior Bake Off S **10.25** News S **10.45** Home and Away R S
12.15 FILM: The Wedding Arrangement (2022, Drama, PG) Dir: Melissa Rundle. S
1.55 Amanda & Alan's Italian Job R S **3.05** Grand Designs R S **5.00** UCL Magazine Show S

6.00 **HOLOCAUST AND RESISTANCE IN VILNIUS** The story of a Viennese electronics retailer with a small shop in Vienna, who, as an ordinary sergeant, saved hundreds of Jews from extermination in occupied Lithuania in 1941/42. R S
7.00 **THE SIMPSONS** Another selection of spooky stories, including a tale of a tree coming to life after Homer chops it down. S
7.30 **FIFA WORLD CUP 26 LIVE** See Choice. S
10.30 **FIFA WORLD CUP 26 LIVE** Brazil v Morocco (Kick-off 11.00pm). Tony O'Donoghue presents coverage of the Group C match at New York/New Jersey Stadium in the USA. Brazil are perennial competitors at the World Cup, having appeared in all 22 previous stagings of the tournament, while their five victories in 1958, 1962, 1970, 1994, and 2002 are more than any other nation has achieved. However, they are far from the dominant force they once were and finished fifth in the CONMEBOL qualification with a record of eight wins, four draws and six losses from their 18 games. In contrast, Morocco finished with an unblemished record in their qualifying campaign, winning all eight matches, while scoring 22 goals and conceding just two. S

1.30 FIFA World Cup 26 Live Haiti v Scotland (Kick-off 2.00am). Clare MacNamara presents coverage of the Group C match at Boston Stadium in the USA. S
4.20 EuroNews
4.45 FIFA World Cup 26 Live Australia v Türkiye (Kick-off 5.00am). S

Virgin One

6.30 Judge Rinder's Crime Stories R **7.20** Don't Look Back in Anger R S **8.10** Cash Trapped R S **9.00** Ireland AM S **12.00** John and Lisa's Weekend Kitchen R **1.00** For the Love of Dogs with Alison Hammond R S **2.00** Call the Cleaners R S **3.00** Tipping Point: Lucky Stars R S **4.00** Celebrity Catchphrase R S **5.00** Week in Review S **5.30** News at 5.30 S

6.00 **DEAL OR NO DEAL** Stephen Mulhern hosts as a contestant tries to open the 22 red boxes in the right order, taking on the infamous Banker for the chance to win a life-changing cash prize.
7.00 **THE CHASE CELEBRITY SPECIAL** Christine Ohuruogu, Max George, Maisie Smith and Owain Wyn-Evans answer general knowledge questions and work as a team to take on a Chasers and secure a charity prize. R S
8.00 **ANT & DEC'S LIMITLESS WIN** Husband-and-wife team Richard and Lorna finish their game before postman David and his partner Aaron get their chance to face the Limitless Ladder and win some major money. R S
9.00 **THE 1% CLUB** Quiz game show hosted by Lee Mack in which the questions are all about logic and common sense, with 100 contestants having a chance of winning up to £100,000. R S
10.00 **WHO WANTS TO BE A MILLIONAIRE?** Another line-up of contestants answer questions that could change their lives. S
11.00 **THE GRAHAM NORTON SHOW** Graham chats to Glen Powell, Michelle Yeoh, Rosamund Pike and Jack Whitehall. Plus, Ed Sheeran chats and performs Camera from his album Play. R S

12.05 The Hotel Inspector R S
1.05 Protection R S **2.01** Close

TG4

6.00 Cúla 4 **10.05** GAA 2026 R
11.05 Killarney Rally of the Lakes 2025 **12.05** Survivor R **1.20** Murder, She Wrote R S **2.15** Bibeanna R

2.50 **PEIL NA MBAN BEO** Live coverage of a match in round two of the TG4 Ladies Football Championship.
4.40 **GAA BEO** Micheál Ó Domhnaill presents live coverage of an Electric Ireland All-Ireland Minor Hurling semi-final.
7.00 **NUACHT TG4**
7.15 **PEIL NA MBAN BEO** Máire Ní Bhraonáin presents live coverage of a match in round two of the TG4 Ladies Football Championship.
9.15 **CROÍ NA FÉILE** This week Hugh Carr is in Kinvarra, Co. Galway helping out at Cruinniú na mBád. This sailing festival is an echo to the past when Galway Hookers laden with turf sailed from An Cheathrú Rua and traded in Kinvarra. R
9.45 **FILM: RAIN MAN** (1988, Drama, 15) Brash yuppie car dealer Charlie discovers his deceased father has left the family fortune to Raymond, the autistic elder brother he never knew he had. In a bid to get his hands on the money, he tracks down and abducts Raymond – but the ensuing cross-country journey proves to be a profound learning experience for them both. Starring Tom Cruise and Dustin Hoffman, with Valeria Golino, Gerald R Molen and Jack Murdock. Dir: Barry Levinson. S

12.15 Furia R **1.15** Carna an Cheoil agus na nAmhrán R **2.15** Nuacht TG4 R **2.30** Abair Amhrán R **3.00** Cúramóirí R **3.30** Hector Caribbean R **4.20** Glór Tíre: Rogha & Togha R **4.50** France 24

BBC One

6.00 News S **9.00** Saturday Kitchen Live S **10.30** Trooping the Colour: The King's Birthday Parade S **1.10** News S
1.25 Tennis: Queen's The HSBC Championships. S
5.20 News S **5.30** Regional News S **5.40** Celebrity Bridge of Lies S

6.25 **BLANKETY BLANK** Panellists include Stephen Mangan, Kimberley Walsh, Jonathan Ross and Craig Revel Horwood. Bradley Walsh hosts. S
7.00 **POINTLESS CELEBRITIES** Steve Backley, Roger Black, Kelly Sotherton, Sally Gunnell, Ashia Hansen, Jo Pavey, Martin Offiah and Gareth Chilcott compete in a sports-themed edition of the celebrity quiz. R S
7.50 **THE WEAKEST LINK** Romesh Ranganathan asks questions against the clock to Gok Wan, Sunetra Sarker, Kate Humble, Asim Chaudhry, Katie Piper, Dermot Murnaghan, Andy Day and Susie McCabe. R S
8.35 **CASUALTY** Dylan discovers the truth about Stevie and Matty's relationship as they work to save the members of a stag party that was on board a boat that capsized. Jacob and Teddy treat a mother who has overdosed, and Siobhan tries to discover if this was an accident or deliberate. S
9.25 **TWO WEEKS IN AUGUST** See Choice. S
10.10 **NEWS** S
10.30 **MOTD LIVE: FIFA WORLD CUP 2026** Brazil v Morocco (Kick-off 11.00pm). Kelly Cates presents coverage of the Group C match at New York/New Jersey Stadium in the USA. With analysis from Joe Hart and Hassan Kachloul. S

1.10 MOTD Live: FIFA World Cup 2026 Haiti v Scotland (Kick-off 2.00am). Kelly Cates presents coverage of the Group C match at Boston Stadium in the USA. S
4.40 News S

BBC Two

6.10 Children's Programmes S
8.05 Countryfile R S **9.00** Gardeners' World R S **10.00 FILM: The Great Caruso** (1951, Musical, U) Dir: Richard Thorp. S
11.50 FILM: The Importance of Being Earnest (2002, Comedy, U) Dir: Oliver Parker. S
1.15 Homes Under the Hammer R S **2.15** Bargain Hunt R S
3.15 FILM: The Magnificent Seven (1960, Western, PG) Dir: John Sturges. S
5.20 Flog It! R S

6.20 **NATURAL WORLD: KILLER BEES OF AFRICA** The truth about the Africanised honey bee, more commonly known as the killer bee, one of the most successful invaders in the natural world. R S
7.05 **TROOPING THE COLOUR HIGHLIGHTS 2026** Clare Balding presents highlights of this morning's military display from Horse Guards Parade in London, including the royal family's balcony appearance. S
8.35 **40 ORIGINALS AT THE BBC: VOLUME 2** Another compilation of songs that became bigger hits for the artists who covered them, including Mick Jackson – who was the first to perform Blame it on the Boogie before his near namesake Michael and his brothers got hold of the song – and Liza Minnelli, who got to New York, New York before Frank Sinatra. Other artists featured include the Osmonds. S
11.00 **40 ORIGINALS AT THE BBC** A compilation of 40 big hits by the artists that originally performed them, such as John Fogerty's Rockin' All Over the World – which became synonymous with 1970s rockers Status Quo – and Lori Lieberman's Killing Me Softly with His Song – covered by many artists, including Roberta Flack. Others featured include Gladys Knight and Neil Diamond. R S

1.20 FILM: Nostalgia (2022, Drama, 12) Dir: Mario Martone.
3.15 Sign Zone: Death Valley R S **4.00** Football's New Generation R S **5.10** This Is BBC Two S

DRAMA Where the Crawdads Sing Channel 4, 9.00pm Daisy Edgar-Jones is superb at the heart of this atmospheric adaptation of Delia Owens' bestseller. Catherine 'Kya' Clark is a young woman who fends for herself in the Deep South. Chase Andrews courts her in opposition to his mother, but when he is found dead, the finger of suspicion points at Kya, so lawyer Tom Milton mounts a robust defence. David Strathairn also stars.



Channel 4

6.15 The King of Queens R S **7.55** Everybody Loves Raymond R S **9.20** Frasier R S **11.20** The Simpsons R S **12.50** Four in a Bed R S **3.25** A Place in the Sun R S **3.55** Location, Location, Location R S **4.55** Kirstie and Phil's Love It or List It R S

6.00 NEWS S
6.30 FORMULA 1: BARCELONA-CATALUNYA GRAND PRIX QUALIFYING HIGHLIGHTS Lee McKenzie presents action from the battle for grid positions for the seventh round of the season at Circuit de Barcelona-Catalunya in Spain. S
8.00 YORKSHIRE BY THE SEA In Hornsea, new recruit Liam joins an independent lifeboat. Can he pass the gruelling tests that will enable him to save lives at sea? In Burton Constable, we discover the remains of an ocean giant washed up on the Holderness shoreline that appears in the literary classic Moby Dick. Glampsite owners Ed and Verity create a bespoke tent with glorious views of Whitby's gothic abbey. Last in the series. R S
9.00 FILM: WHERE THE CRAWDADS SING (2022, Drama, 15) See Choice. S
11.20 FILM: JOJO RABBIT (2019, Comedy, 12) A lonely German boy discovers that his single mother is hiding a Jewish girl in their attic. Aided only by his imaginary friend, Adolf Hitler, Jojo Rabbit must confront his blind nationalism as the Second World War continues to rage on. Starring Roman Griffin Davis and Taika Waititi. Dir: Taika Waititi. S

1.20 Iris Prize Best British Shorts S **1.35** Ramsay's Kitchen Nightmares USA R S **2.25** Make That Movie R S **3.20** Travel Man: 48 Hours in Prague R S **3.30** Couples Come Dine with Me R S **4.40** The Simpsons R S **5.55** The King of Queens R S

Virgin Two

7.00 Unbeatable **8.00** Moneyball R S **9.00** Tipping Point R S **11.00** Yes Chef R S **11.55** Who's Doing the Dishes? R S **12.55** The Finish Line **2.00** In for a Penny R S **3.00** Peter Andre's 60 Minute Makeover R S **4.00** Dress to Impress R S **5.00** Celebrity Catchphrase R S
6.00 THE CHASE: THE BLOOPERS Bradley Walsh presents. R S
7.00 INSIDE PADDINGTON STATION Behind-the-scenes activities at one of the UK's busiest transport hubs. R
8.00 BRADLEY & BARNEY WALSH: BREAKING DAD R S
8.30 BRADLEY & BARNEY WALSH: BREAKING DAD R S
9.00 GEORGIA HARRISON: PORN, POWER, PROFIT R S
10.00 LOVE ISLAND: UNSEEN BITS S
11.05 SCHITT'S CREEK R
11.35 SCHITT'S CREEK R
12.05 Love Island: Unseen Bits R S **1.05** CelebAbility R S **3.00** Close

Sky One

6.00 Hawaii Five-0 R S **9.00** The Simpsons R S **11.30** Deep Dive North America R S **1.30** La Brea R S **3.30 FILM: Eddie the Eagle** (2016, Drama, PG) Dir: Dexter Fletcher. R S **5.30** Formula 1 R
7.30 TED'S NOTEBOOK Ted Kravitz reviews the Barcelona-Catalunya Grand Prix qualifying session. R
8.00 AGATHA RAISIN The detective opens her own agency, but with business slow she goes to a haunted house in search of work. R S
10.00 FILM: BEVERLY HILLS COP (1984, Comedy, 15) A Detroit cop goes to LA to track down the killers of his friend, who are working for an untouchable drug kingpin. With Eddie Murphy. Dir: Martin Brest. R S
12.00 Movie Megastars: Made in the 80s R S **2.00** The Force: North East R S **3.00** Road Wars R S **5.00** Highway Patrol R S

Sky Atlantic

6.00 Richard E Grant's Hotel Secrets R S **8.00** Billions R S **12.30** The Miniature Wife R S
6.15 THE MINIATURE WIFE Lindy becomes convinced she will never be big again. Elizabeth Banks stars. R S
7.10 THE MINIATURE WIFE Lulu faces the college board and must make a decision about her future, and Martin finds Hilton's plans for the research and tries to warn Les before their life's work is lost. R S
8.00 THE MINIATURE WIFE Time rewinds to look back on the wedding day of Les and Lindy 20 years earlier, when the couple got a rude awakening at what family life could look like. R S
9.00 THE MINIATURE WIFE Les must break back into the lab to save his wife. Last in the series. R S
10.00 TRUE DETECTIVE: NIGHT COUNTRY The truth about what happened to Annie and the Tsalal men unfolds. Last in the series. R S
11.30 A KNIGHT OF THE SEVEN KINGDOMS R S
12.10 A Knight of the Seven Kingdoms R S **1.35** Deadwood R S **3.45** The Guest Wing R S **4.35** Sort Of R S **5.05** The Guest Wing R S

UTV

6.00 Dermot's Taste of Ireland R S **6.25 FILM: Dr No** (1962, Thriller, PG) Dir: Terence Young. S **8.25** Ainsley's Fantastic Flavours S **9.25** News S **9.30** James Martin's Saturday Morning R S **12.00** Dermot's Taste of Ireland S **12.30** James Martin's Islands to Highlands R S **1.00** News S **1.15 ITV Racing: Live from York** Coverage from York, Sandown Park and Chester. S **4.15** Capital's Summertime Ball 2026 S **5.55** In for a Penny R S
6.35 NEWS S
6.45 UTV LIVE; WEATHER S
7.00 FIFA WORLD CUP 2026 Qatar v Switzerland (Kick-off 8.00pm). Mark Pougatch presents coverage of the Group B match at San Francisco Bay Area Stadium in Santa Clara. S
10.35 NEWS S
10.50 FILM: TAKEN 3 (2014, Adventure, 12) Starring Liam Neeson. Dir: Olivier Megaton. S
12.45 Shop on TV **3.00** Unwind with ITV S **3.40** Bradley & Barney Walsh: Breaking Dad R S **4.30 FIFA World Cup 2026** Australia v Türkiye (Kick-off 5.00am). Laura Woods presents coverage of the Group D match at BC Place Vancouver in Canada. S

Cable & Satellite

GENERAL

Virgin Three

7.05am Heartbeat. **9.55** Wycliffe. **12.05** Emmerdale. **2.30** Don't Look Back in Anger. **3.05** A Touch of Frost. **5.10** Marcus Wareing's Tales from a Kitchen Garden. **5.50** The Hairy Bikers Go West. **7.00** The Instant Gardener. The team transforms a garden for a Doctor Who fan. **8.00** The Hotel Inspector. Ruth Watson revisits a hotel in Newquay, Cornwall. **9.00** Karen Pirie. The detective looks into a 40-year-old kidnapping cold case. **11.00** Murder in the Outback?

BBC Three

7.00pm Doctor Who. **8.45** Miranda. **9.45** Mrs Brown's Boys New Year Special 2023. Buster and Dermot suspect Cathy's boyfriend is a vampire. **10.15** Mrs Brown's Boys New Year Special 2024. Agnes and the gang attempt a tough new health and fitness regime. **10.45** Funboys.

BBC Four

7.00pm Hurricanes and Heatwaves: The Highs and Lows of British Weather. The evolution of the weather forecast. **8.00** Heatwave. Fictionalised scenario of the hottest summer on record. **9.30** 1976: The Summer of – Heat. Recollections of the longest dry spell on record. **10.30** The Year of the Ladybirds – The World About Us. A look at wildlife during the summer of 1976. **11.20** The Great British Drought – Horizon Special. **12.00** Summer of 76 – Away from It All.

ITV2

6.00am Deal or No Deal. **7.00** Backyard Builds. **7.30** Dress to Impress. **8.25** Million Dollar Listing: LA. **11.20** Deal or No Deal. **1.20** Wheel of Fortune. **2.25** Celebrity Catchphrase. **3.25** Film: Charlotte's Web (2006, Drama, U) **5.15** Film: Ice Age (2002, Animation, U) **6.55** Film: Legally Blonde 2: Red, White and Blonde (2003, Comedy, PG) **9.00** The 1% Club. Quiz, hosted by Lee Mack. **10.00** Love Island: Unseen Bits. Relationship-based reality show. **11.05** Family Guy.

ITV3

6.00am Inspector Morse. **10.25** Endeavour. **12.20** Agatha Christie's Marple. **2.20** Midsomer Murders. **10.05** Vera. The key to a murder lies deep in the memory of the victim's son. **11.55** Inspector Morse.

E4

11.15am Ramsay's Hotel Hell. **1.15** The Simpsons. **6.15** Film: The Simpsons Movie (2007, Animation, PG) **8.00** Supercruising: Life at Sea. Documentary following life on luxury cruise ships. **9.00** Celebrity Gogglebox. American Pie, The Graham Norton Show, Love Island and Killing Eve are appraised. **10.00** Gogglebox.

More4

11.35am A Place in the Sun. **3.45** Come Dine with Me. **6.25** Four in a Bed. **9.00** 24 Hours in A&E. **11.05** 999: On the Front Line.

5

11.30am Catching Up with the Royals with Rev Richard Coles & Emily Andrews. **12.30** Carol Klein's Summer Gardening. **2.25** Loch Lomond: A Year in the Wild. **4.30** Yorkshire Great and Small with Dan and Helen. **6.25** News. **6.30** Cornwall: A Year by the Sea. **7.30** William & Harry: The Unseen Photos. The story of the brothers told through archive photographs. **8.35** Harry & Meghan: Has America Had Enough? How and why the mood in the US has changed towards Harry and Meghan. **10.05** Abba vs Queen: Who Is the Greatest? A look at the relative merits of the bands. **11.30** Abba, the Carpenters & Dolly Parton: The Unseen Tapes.

National Geographic

Noon: Engineering by Catastrophe. **1.00** Air Crash Investigation. **3.00** Construction Fails. **5.00** Seconds from Disaster. **6.00** Air Crash Investigation. **7.00** Seconds from Disaster. The Concorde tragedy in 2000, when one of the aircraft burst into flames 60 seconds after taking off from Paris's Charles de Gaulle airport, killing 109 passengers and crew. **8.00** Tut's Toxic Tomb. **10.00** Witches: Truth Behind the Trials. Re-creating witch trials from Europe and America through expert analysis, beginning with the story of Scotland's first major witch trials, which occurred when storms disrupted ships carrying James VI of Scotland. **11.00** Tucci in Italy. **12.00** Amsterdam Central 24/7.

FILMS

Film4

1.00pm Spies in Disguise (2019, Animation, PG) **3.05** The Lavender Hill Mob (1951, Comedy, U) **4.45** Sister Act (1992, Comedy, PG) **6.50** Sister Act 2: Back in the Habit (1993, Comedy, PG) **9.00** Braveheart (1995, Drama, 15) **12.30** Benedetta (2021, Drama, 18)

Movies 24

1.00pm Kentucky Roses (2026, Drama, PG) **3.00** The Magic of Lemon Drops (2024, Drama, PG) **5.00** Love and Penguins (2022, Drama, PG) **7.00** Love for Starters (2022, Comedy, PG) **9.00** Blind Date Book Club (2024, Drama, PG) **11.00** An Ice Palace Romance (2023, Drama, PG) **1.00** Love Served Here (2023, Drama, PG)

Sky Cinema Premiere

1.00pm Sisu: Road To Revenge (2025, Drama, 15) **2.35** The Choral (2025, Drama, 12) **4.35** Fuze (2026, Thriller, 15) **6.15** They Will Kill You (2026, Drama, 15) **8.00** As 2.35pm. **10.00** As 4.35pm. **11.45** The Bride! (2026, Horror, 15)

Sky Cinema Comedy

12.50pm Bridget Jones: The Edge of Reason (2004, 15) **2.40** Pitch Perfect 3 (2017, 12) **4.25** Dumb and Dumberer: When Harry Met Lloyd (2003, 12) **6.00** Eddie the Eagle (2016, PG) **8.00** Instant Family (2018, 12) **10.10** Ace Ventura: Pet Detective (1994, 12) **11.45** Ace Ventura: When Nature Calls (1995, 12)

Sky Cinema Family

12.35pm The Bad Guys 2 (2025, Animation, PG) **2.25** Paddington (2014, Comedy, PG) **4.10** Paddington 2 (2017, Animation, PG) **6.00** Ghostbusters: Afterlife (2021, Adventure, 12) **8.15** Transformers One (2024, Sci-Fi, PG) **10.05** Teenage Mutant Ninja Turtles: Out of the Shadows (2016, Adventure, 12) **12.10** The Wild Robot (2024, Animation, U)

SPORT

TNT Sports 1

11.00am Live: UCI Mountain Bike World Series Men. Coverage from the men's elite downhill. **1.15** Live: UCI Mountain Bike World Series Women. Coverage from the women's elite downhill. **2.30** Live: The Gallagher PREM. Coverage from a play-off match (Kick-off TBA). **5.30** The Gallagher PREM. **6.30** Original Documentary. **8.00** Live: Women's Cycling Pro Series. The 2026 London Nocturne Criterium. Coverage from the elite women's race around Cheapside and Bank in London. **9.00** Live: Men's Cycling Pro Series. The 2026 London Nocturne Criterium. **10.00** The Gallagher PREM. **11.00** UEFA Champions League Goals Reload. **11.15** One Day International Cricket. **12.15** International T20 Cricket Highlights. **1.15** Live International T20 Cricket. West Indies v Sri Lanka.

Sky Sports Main Event

10.00am Live Women's ICC World T20 Cricket. Ireland v Scotland. **1.30** Live Formula 2 Championship. The Barcelona-Catalunya Grand Prix sprint race (Start-time 1.15pm). **2.10** Live Formula 1. The Barcelona-Catalunya Grand Prix qualifying session (Start-time 3.00pm). **4.00** Live Women's ICC World T20 Cricket. Australia v South Africa. **6.00** Live Women's ICC World T20 Cricket. West Indies v New Zealand. **10.00** Live PGA Tour Golf. The RBC Canadian Open. **11.00** World Cup Report. **12.00** Live Curtis Cup Golf. Coverage of the fourballs on day two at Bel-Air Country Club.

Sky Sports Premier League

11.00am Premier League Review. **2.00** Netbusters. **4.30** Premier League Stories. **5.00** Transfer 360. **6.00** Premier League Review. **11.00** Premier League Years. **1.00** PL Retro.

Sunday June 14

NEW SERIES All Creatures Great and Small RTÉ One, 6.30pm The well-wrought adaptation of James Herriot's books returns for a sixth series. It's May 1945, and things look very different at Skeldale House as James is struggling with a wild and chaotic Siegfried. When Tristan returns from war and is shocked to see the shift in his brother, he and James decide to take action. But there's also some good news around the corner for everyone.



NEW SERIES Outrageous BBC One, 10.30pm Six-part drama following the six aristocratic Mitford sisters as they come of age during the turbulent 1930s, starring Bessie Carter and based on Mary Lovell's biography, The Mitford Girls. It's 1931, and Nancy (Carter) is living in what increasingly seems like a vain hope that her boyfriend Hamish will propose. Meanwhile, her younger sister Diana appears to have it all. Joanna Vanderham also stars.



RTÉ One

6.00 EuroNews **7.00** Teleshopping R **8.10** Nationwide R S **8.40** Sister Boniface Mysteries R S **9.35** Frankie Drake Mysteries R S **10.30** News **11.00** Service **12.00** The Week in Politics S **1.00** News S **1.10** The Good Ship Murder S **2.05** BackStory R S **2.35** Ireland in Music R S
3.10 FILM: Topkapi (1964, Comedy, U) With Peter Ustinov. Dir: Jules Dassin. S
5.40 Nuacht **5.50** News Followed by The Angelus R

6.01 NEWS S
6.30 ALL CREATURES GREAT AND SMALL See Choice. S
7.30 KEYS TO MY LIFE Country star Sandy Kelly revisits her nomadic childhood on the road with her family's Travelling Theatre Show in County Sligo. R S
8.00 FAIR CITY Nikki is shocked when she discovers who betrayed her, Melanie tries to hide her true feelings for Mondo, while Orla annoys Sash when she rejects a voluntary job in prison. Rafferty turns down Tommy's request for help. S
8.30 THE MUSEUM OF ME Kodaline frontman Steve Garrigan curates a one-night-only exhibition of personal objects, tracing the family, music and private stories behind his journey. S
9.00 NEWS S
9.30 THE SUNDAY GAME Des Cahill introduces highlights and studio discussion of the best of the weekend's GAA action.
11.00 MRS BROWN'S BOYS Agnes is feeling down in the dumps as the house is a mess and she can't seem to get any sleep. Comedy, starring Brendan O'Carroll. R S
11.35 THE WEEK IN POLITICS Reflections on the political week, including contributions from journalists, senators and TDs. R S

12.40 Silent Witness R S **1.40** We Hunt Together R S **2.30** EuroNews

RTÉ2

7.05 Children's Programmes **9.10** Jamie Johnson R S **9.45** Junior Bake Off S **10.40** News S **11.00** Home and Away R S **12.00** Up All Night
12.30 The Sunday Game Live Louth v Armagh (Throw-in 1.00pm). S
3.15 The Sunday Game Live Tyrone v Mayo (Throw-in 3.30pm). S
5.45 FIFA World Cup 26 Live Germany v Curaçao (Kick-off 6.00pm). S

8.00 FIFA WORLD CUP 26 LIVE Netherlands v Japan (Kick-off 9.00pm). Peter Collins presents coverage of the Group F match at Dallas Stadium in the USA. There have been three previous meetings between these nations, including a group-stage match at the 2010 World Cup in South Africa when a second-half goal from Wesley Sneijder was enough to give the Dutch a 1-0 victory. Both teams went on to progress to the knockout stage, and while the Japanese would bow out in the last-16, Oranje made it all the way to the final but fell short of victory in a 1-0 loss to Spain. Both teams were present at the previous World Cup in Qatar, and both topped their respective groups. S
11.30 SHORTSCREEN Coming-of-age story about the emotional tug-of-war experienced by a young man, Conor, from an economically deprived part of post-industrial North East England. R S
11.45 FIFA WORLD CUP 26 LIVE Ivory Coast v Ecuador (Kick-off 12.00am). Coverage from Philadelphia Stadium in the USA. This will be the first-ever meeting between these nations, and both will be aiming to get their campaigns off to a winning start having performed admirably in qualifying for this tournament. S

2.10 No Worries If Not! R S **2.40** Frameworks 26 S
2.45 FIFA World Cup 26 Live Sweden v Tunisia (Kick-off 3.00am). Coverage of the Group F match at Monterrey Stadium in Mexico. S
5.10 EuroNews

Virgin One

6.30 Judge Rinder's Crime Stories R **7.20** Don't Look Back in Anger R S **8.10** Cash Trapped R S **9.00** Ireland AM S **12.00** John and Lisa's Weekend Kitchen R **1.00** Long Lost Family R S **2.00** In for a Penny R S **2.30** Deal or No Deal **3.30** The Chase Celebrity Special R S **4.30** Ant & Dec's Limitless Win R S **5.30** News at 5.30 S

6.00 TIPPING POINT: LUCKY STARS Christopher Biggins, Rosemary Shrager and Gareth Chilcott answer questions to win turns on an arcade-style machine. R S
7.00 THE CHASE CELEBRITY SPECIAL Jasmine Harman, Helen Lederer, Jamie Borthwick and Neil Delamere answer general knowledge questions and work as a team to take on a Chasers and secure a charity prize. R S
8.00 CELEBRITY CATCHPHRASE Another charity edition of the game show, with James Acaster, JB Gill and AJ Odudu guessing well-known phrases for the chance to win £50,000. S
9.00 WHO WANTS TO BE A MILLIONAIRE? Another line-up of contestants answer questions that could change their lives – with lifelines, including Ask the Audience, Phone a Friend and 50-50 available to them if they get stuck. S
10.00 IRELAND'S DEADLY ROADS Documentary examining the sharp rise in fatalities on the nation's roads, as well as investigating whether gaps in driver education, enforcement and policy are fuelling the crisis. R S
11.00 MY BOYFRIEND MADE ME DO IT People whose partners forced, tricked and coerced them into committing crimes. R S

12.00 Tour de Fred – Ireland: Part Deux R S **1.00** Secrets of the Spy Whale **1.58** Close

TG4

6.00 Cúla 4 **10.10** Timpeall na Tíre **10.40** The Golden Girls R S **11.10** Gilmore Girls R S **12.50** Buildings Beo R **1.50** Planda go Pláta R **2.20** Geantraí in Omós do Tommy Makem R **3.15** Domhan an Dúlra R
4.20 FILM: Rear Window (1954, Thriller, PG) With James Stewart and Grace Kelly. Dir: Alfred Hitchcock. S

6.25 MOVING WEST Following the life of Anna Sutcliffe, who moved from Dublin to Achill Island during the pandemic and was drawn in by remote work and the lifestyle change. R
7.00 NUACHT TG4
7.15 CUIMHNÍ ÓRGA SPÓIRT Kilkenny v Tipperary. R
7.30 MEITHEAL MARA CHORCA DHUIBHNE Iasc Uí Chatháin add the finishing touches to a new tourist attraction built in the old fish factory and Caitlín de Mórdha waits for the crew of the Misty Dawn to return. R
8.00 GLÚIN Z Documentary examining the challenges facing young people today. This episode features Máirtín in Kerry, who reflects on his difficult journey growing up and the long road ahead. R
8.30 OLLCHLÁR ROS NA RÚN Penny gets her hands on a recording that exposes the truth about Ken's past with Tadhg, and she thinks she's finally found a way to bring him down.
9.30 BLAS BLUEGRASS Features performances from The Cox Family and Sandy Kelly.
10.00 SCOIL SAMHRAIDH WILLIE CLANCY Festival events, featuring Mary Corcoran, Marcas Ó Murchú and Neill Byrne. R
11.00 SLÍ NA MBEAGLAOICH Breanndán and Cormac travel from Leitrim, into Cavan and Fermanagh. R

12.00 Transatlantic Sessions – Togha agus Rogha R **1.00** Iománaíocht Hollywood R **2.00** Nuacht TG4 R **2.15** Meitheal Mara Chorca Dhuibhne R **2.45** Glúin Z R **3.15** Ollchlár Ros na Rún R **4.10** Blas Bluegrass R **4.35** Timpeall na Tíre R **5.00** France 24

BBC One

6.00 News S **9.00** Sunday with Laura Kuenssberg S **10.00** News S **10.30** Prayer and Reflection R S **11.00** Homes Under the Hammer R S **11.30** Bargain Hunt R S **12.10** Songs of Praise S **12.45** Points of View S **1.00** News S
1.15 Tennis: Queen's S
3.45 The Americas R S
4.25 FILM: Shrek Forever After (2010, Animation, U) With the voice of Mike Myers. Dir: Mike Mitchell. S
5.50 News S

6.05 REGIONAL NEWS S
6.15 COUNTRYFILE John Craven and Vick Hope are in the Cotswolds, meeting people helping to support nature and discovering the skills and craftsmanship preserving the region's distinctive character. S
7.15 TIGER ISLAND Part two of two. As monsoon storms loom, the big cats become more active at night. The arrival of a huge dominant male presents a rare opportunity to study tiger family dynamics. S
8.15 ANTIQUES ROADSHOW Fiona Bruce presents the show from Thirlestane Castle in the Scottish Borders, where treasures include a life-size leather tiger and an ice axe signed by famous mountaineers. R S
9.15 DEATH VALLEY Janie runs a course for rule-breaking officers, including Clarke's old boss. When he is found dead in a toilet, Janie is forced to lock down CID to find the killer. S
10.00 NEWS S
10.25 REGIONAL NEWS S
10.30 OUTRAGEOUS See Choice R S
11.15 MOTD LIVE: FIFA WORLD CUP 2026 Ivory Coast v Ecuador (Kick-off 12.00am). Coverage of the Group E match at Philadelphia Stadium in the USA. Featuring analysis from Benni McCarthy and Ellen White. S

2.20 News S

BBC Two

6.30 Beechgrove Garden R S **7.00** Landward S **7.30** MOTD: FIFA World Cup 2026 S **10.55** Saturday Kitchen Best Bites S
12.25 FILM: Strangers on a Train (1951, Thriller, PG) Dir: Alfred Hitchcock. S
2.00 FILM: Dial M for Murder (1954, Thriller, PG) Dir: Alfred Hitchcock. S
3.45 Alfred Hitchcock: Talking Pictures R S **4.25** Flog It! R S **5.15** This Farming Life R S

6.15 EXPEDITION KILLER WHALE The hunting behaviours of killer whales in Antarctica, as a team of scientists and filmmakers travel across freezing waters to find out more about these animals. R S
7.15 THE GAME – THE STORY OF HURLING Exploring eras of great change – not just for hurling, but for Ireland, as newspapers gave way to radio and TV arrived in the 1960s. R S
8.05 CHRONICLES OF THE SPERRINS There's major restoration work on the Black Bog. R S
8.15 EXPEDITION WITH STEVE BACKSHALL Steve teams up with shark scientist Mauricio Hoyos to discover where shark mothers give birth and to protect a new generation of these ocean giants in the Eastern Pacific. R S
9.00 THE MOTHER OF ALL CONS Megan's funeral service is suddenly cancelled as the authorities want to carry out another post-mortem and rumours circulate that the police are now involved. Last in the series. S
10.00 LATER... WITH JOOLS HOLLAND With Mike D, Lola Young, Baby Rose and Wasia Project. S
10.45 NEWS R S
11.15 SURGEONS: AT THE EDGE OF LIFE A surgeon has one chance to tackle a life-threatening tumour. R S

12.15 Weather Watchers with Barra Best R S
12.25 FILM: BlacKkKlansman (2018, Drama, 15) Dir: Spike Lee. S
2.35 Sign Zone: Southbank at 75: You Are Here R S **3.25** Expedition with Steve Backshall R S **4.10** This Is BBC Two S

NEW SERIES Free Nelson Mandela Channel 4, 9.00pm Documentary about the South African leader's 27-year imprisonment during the apartheid era, and how he led his country to democracy from jail. The first episode begins in the 1960s, when Nelson Mandela led the fight against the South African government and was jailed. Soon, a worldwide anti-apartheid movement is taking the struggle global, particularly after the murder of Steve Biko.



Channel 4

6.20 The King of Queens R S **7.10** Everybody Loves Raymond R S **9.00** Frasier R S **10.00** Sunday Brunch S **1.00** The Simpsons R S **2.00** Four in a Bed R S **4.30** Kirstie and Phil's Love It or List It: Brilliant Builds R S **5.00** George Clarke's Amazing Spaces R S

6.00 NEWS S
6.30 FORMULA 1: BARCELONA-CATALUNYA GRAND PRIX HIGHLIGHTS Lee McKenzie presents action from the seventh round of the season at Circuit de Barcelona-Catalunya in Spain. This is an inaugural grand prix by name, but the Spanish Grand Prix, which has now moved to Madrid, was held here last year. Oscar Piastri took the honours in that race 12 months ago, with his McLaren teammate Lando Norris taking second. Featuring analysis from David Coulthard and Billy Monger. S
9.00 FREE NELSON MANDELA See Choice S
10.00 CELEBRITY GOGGLEBOX A rolling cast of famous faces, including the likes of Vernon Kay and Paddy McGuinness, Denise Van Outen and Johnny Vaughan, Vicky Pattison and Pete Wicks, Bez and Shaun Ryder, Ashley Banjo and Perri Kiely, Rylan and his mum Linda, and Roman and Martin Kemp sit down to give their sharp, insightful and funny thoughts on the week's TV. R S
11.00 GOGGLEBOX The armchair critics share their opinions on shows including The Inheritance, You Bet! on Tour, KPopped, Emmerdale, The Guest and 90 Day Fiancé UK. R S

12.00 FILM: Boiling Point (2021, Drama, 15) Dir: Philip Barantini. S **1.45** Ramsay's Kitchen Nightmares USA R S **2.35** The Dog House R S **3.30** The Simpsons R S **4.50** Sarah Beeny's New Life in the Country R S **5.45** Countdown R S

Virgin Two

6.35 Unbeatable **7.30** Moneyball R S **8.30** Week in Review R S **9.00** Tipping Point R S **11.00** Winning Combination R S **12.00** Tipping Point R S **1.00** In for a Penny R S **1.30** Who's Doing the Dishes? R S **2.30 Live Racing** Elegance and excellence combine at Chantillyís classic for fillies. **3.30** Friends R
6.00 HOW TO LOSE WEIGHT WELL More people attempt the most written about diets on the market. R
7.00 M&S: DRESS THE NATION Nine amateur fashion designers compete to win a job at the high-street giant. R S
8.00 OLIVIA AND ALEX: PARENTHOOD
9.00 LOVE ISLAND Relationship-based reality show. S
10.05 LOVE ISLAND: AFTERSUN S
11.05 THE GRAHAM NORTON SHOW R S
12.10 Snowpiercer R **1.05** Love Island R S **3.00** Close

Sky One

6.00 S.W.A.T R S **9.00** Formula 1 R **11.00** Micro Monsters with David Attenborough R S **2.00** The Simpsons R S **3.30** Best Medicine R S **5.30** Formula 1 R
6.30 TED'S NOTEBOOK R
7.00 THE SIMPSONS R S
7.30 THE SIMPSONS R S
8.00 THE SIMPSONS Lisa tries to save her school radio station. R S
8.30 LA BREA Eve, Levi and the rest of the search party explore a mysterious fort. S
9.30 LA BREA With time running out before their window home closes, the survivors hatch a final escape attempt. S
10.30 FILM: RIDDICK (2013, Sci-fi, 15) A fugitive left for dead on a dangerous alien world lures bounty hunters to the planet in a plot to escape. Starring Vin Diesel and Katee Sackhoff. Dir: David Twohy. R S
12.45 Evil S **1.45** The Force: North East R S **3.35** Road Wars R S **5.00** Highway Patrol R S

Sky Atlantic

6.00 Richard E Grant's Hotel Secrets R S **8.00** Billions R S **10.15** The Gilded Age R S
6.50 THE GILDED AGE George faces opposition to his plan to build a train route connecting New York, Chicago and Los Angeles, while Bertha prepares for the duke's imminent arrival. R S
7.55 THE GILDED AGE Concerned about Peggy's worsening condition, Agnes and Ada welcome her parents and their physician Dr Kirkland to 61st Street, while Gladys suffers a heartbreaking disappointment. R S
9.00 TASK An FBI agent heads up a task force to tackle a string of drug-house robberies in Philadelphia. Crime drama, starring Mark Ruffalo. R S
10.15 THE FEAR INDEX A fatal plane crash causes airline stocks to plummet. Alex harbours his own concerns when he finds terrorist websites open on his computer. R S
11.15 UNDER SALT MARSH Old accusations resurface. With Kelly Reilly. R S
12.20 Deadwood R S **4.20** The Guest Wing R S

UTV

7.35 James Martin's French Adventure R S **8.25** Ainsley's Fantastic Flavours S **9.25** News S **9.30** Love Your Weekend with Alan Titchmarsh R S **11.25** Prue Leith's Cotswold Kitchen R S **12.20** News S **12.30 FILM: From Russia with Love** (1963, Thriller, PG) With Sean Connery and Robert Shaw. Dir: Terence Young. S **2.35** Tipping Point: Lucky Stars R S **3.35** The Chase Celebrity Special R S **4.35** News S **4.45** UTV Live; Weather S
5.00 FIFA World Cup 2026 Germany v Curaçao (Kick-off 6.00pm). Mark Pougatch presents coverage of the Group E match at Houston Stadium in the USA. S
8.15 FIFA WORLD CUP 2026 Netherlands v Japan (Kick-off 9.00pm). Laura Woods presents coverage of the Group F match at Dallas Stadium in the USA. S
11.35 NEWS S
11.55 ROMESH RANGANATHAN'S PARENTS' EVENING R S
12.45 Unwind with ITV S **2.00** Celebrity Lingo R S
2.30 FIFA World Cup 2026 Sweden v Tunisia (Kick-off 3.00am). Semra Hunter presents coverage of the Group F match at Monterrey Stadium in Mexico. S
5.35 Goals of the 1990s R S

Cable & Satellite

GENERAL

Virgin Three

6.45am Heartbeat. **9.35** Wycliffe. **11.50** Coronation Street. **2.20** Don't Look Back in Anger. **2.50** A Touch of Frost. **5.00** Home Fires. **6.00** Building Giants. **7.00** My Unique B&B. Simon Parfett and his team help a Cotswolds duo with their horsebox idea. **8.00** The Hotel Inspector. More from the Tasburgh House Hotel near Bath. Last in the series. **9.00** A Cruel Love: The Ruth Ellis Story. Ruth finally agrees to tell her lawyer the full story. Last in the series. **10.00** The Bay. Lisa furiously seeks out Sean. **11.00** Ireland on Empty. **12.00** The Girl Before.

BBC Three

7.00pm EastEnders. **9.00** A Good Girl's Guide to Murder. **10.30** Film: Wedding Crashers (2005, Comedy, 15)

BBC Four

7.00pm Afoot Again in the Past. London's oldest wallpaper factory. **7.15** The Modern Age of the Coach. Exploring Britons' love of coach journeys in recent years. **8.15** Michael Palin Remembers – Michael Palin's Hemingway Adventure. The actor and author reflects on his travelogue. **8.30** Michael Palin's Hemingway Adventure. **10.05** Windrush: Portraits of a Generation. Ten artists create portraits of 10 members of the Windrush Generation. **11.20** Michael Palin's Hemingway Adventure.

ITV2

6.00am Deal or No Deal. **7.00** Backyard Builds. **7.30** Totally Bonkers Guinness World Records. **7.50** Dress to Impress. **8.50** Million Dollar Listing: LA. **10.35** Deal or No Deal. **1.40** Celebrity Catchphrase. **2.45** Film: Sonic the Hedgehog 2 (2022, Adventure, PG) **5.05** Film: Ice Age 2: The Meltdown (2006, Animation, U) **6.50** Film: Dirty Dancing (1987, Drama, 12) **9.00** Love Island. Relationship-based reality show. **10.00** Love Island: Aftersun. Companion programme to the dating show. **11.05** Family Guy.

ITV3

6.00am On the Buses. **6.35** Inspector Morse. **8.50** Agatha Christie's Poirot. **12.05** Agatha Christie's Marple. **2.05** Midsomer Murders. **10.00** Vera. The detective investigates a petrol-bomb attack. **11.50** Protection.

E4

11.20am Ramsay's 24 Hours to Hell and Back. **2.20** The Simpsons. **3.50** Film: Dante's Peak (1997, Adventure, 12) **5.50** The Great Australian Bake Off. **7.00** The Simpsons. **9.00** Film: Venom (2018, Fantasy, 15) **11.05** Naked Attraction.

More4

11.35am A Place in the Sun. **2.05** George Clarke's Old House, New Home. **3.10** Kirstie and Phil's Love It or List It. **4.15** A Place in the Sun. **6.20** Four in a Bed. **9.00** The Emergency Ward. A patient deteriorates with a suspected brain bleed. **10.00** 24 Hours in A&E.

5

11.10am Cruising the Med with Susan Calman. **1.05** Inside the Tower of London. **3.00** 7 Wonders of the World with Bettany Hughes. **5.00** Julie Andrews at 90: In Her Own Words. **6.30** News. **6.35** Secrets of Your Favourite Chocolate Bars. **8.00** Rich House, Poor House. A struggling mum and her partner swap with a millionaire builder. **9.00** Little Disasters. New. Thriller, starring Diane Kruger. **10.00** Murder Suspect No 1. Detectives investigate after a man is beaten to death. **11.00** Film: The Commuter (2018, Mystery, 15)

National Geographic

Noon: Ancient Structures: Secrets Revealed. **1.00** Shipwrecked: Ghost Ships of the Great Lakes. **2.00** Titanic: The Final Secret. **3.00** Titanic: The Digital Resurrection. **4.30** Abandoned. **5.00** Air Crash Investigation. **7.00** Hidden Beneath the Cities. China's mysterious Longyou Caves. **8.00** Engineering by Catastrophe. How the destruction of the World Trade Center changed skyscraper design. **9.00** Inside the CIA: Secrets and Spies. A CIA officer must choose whether to rescue a missing ally. **10.00** Unmasking the Killers of the Third Reich. The radicalisation of a group of young men in the Nazi concentration camp system. **11.00** Air Crash Investigation. **12.00** Amsterdam Central 24/7.

FILMS

Film4

1.25pm Tolkien (2019, Drama, 12) **3.45** Anzio (1968, Drama, PG) **6.15** Bridge of Spies (2015, Thriller, 12) **9.00** The Great Wall (2016, Fantasy, 12) **11.05** Warlock (1989, Fantasy, 15)

Movies 24

1.00pm Paging Mr Darcy (2024, Drama, PG) **3.00** The Greek Aisle (2026, Drama, PG) **5.00** Royal-Ish (2025, Drama, PG) **7.00** CrimeTime: Freefall (2024, Mystery, PG) **9.00** Mystery Island: Winner Takes All (2025, Mystery, PG) **11.00** Making Waves (2023, Comedy, PG) **1.00** The Love Hunt (2023, Drama, PG)

Sky Cinema Premiere

12.35pm They Will Kill You (2026, Drama, 15) **2.25** Fuze (2026, Thriller, 15) **4.10** Dead Man's Wire (2026, Drama, 15) **6.00** The Choral (2025, Drama, 12) **8.00** No Ordinary Heist (2026, Thriller, 15) **9.45** As 2.25pm. **11.25** As 12.35pm.

Sky Cinema Comedy

12.20pm Police Academy (1984, 15) **2.00** Just Go with It (2011, 12) **4.00** Instant Family (2018, 12) **6.10** Little Fockers (2010, 12) **8.00** The Wedding Singer (1998, 12) **9.50** Mean Girls (2004, 12) **11.35** Risky Business (1983, 15)

Sky Cinema Family

12.40pm Paddington (2014, Comedy, PG) **2.20** Paddington 2 (2017, Animation, PG) **4.10** Paddington in Peru (2024, Animation, PG) **6.00** Pokemon: Detective Pikachu (2019, Fantasy, PG) **7.50** Cats & Dogs (2001, Comedy, PG) **9.20** Monster Trucks (2016, Fantasy, PG) **11.10** Daddy Day Care (2003, Comedy, PG) **12.45** Paulie (1998, Adventure, U)

SPORT

TNT Sports 1

1.30pm Live: Premiership Women's Rugby. Coverage of a semi-final match (Kick-off TBA). **4.15** Live: Premiership Women's Rugby. Coverage of a semi-final match (Kick-off TBA). **6.45** Original Documentary. **7.45** TNT Sports Reload. **8.00** Live MLB. San Francisco Giants v Chicago Cubs (Start-time 8.10pm). **11.00** TNT Sports Cricket Reload. **11.15** The Topuria's. **12.15** What Went Down. z**12.30** UFC Breakdown. **1.00** Live UFC. Coverage of UFC Freedom 250 held on the South Lawn of the White House.

Sky Sports Main Event

10.00am Live Women's ICC World T20 Cricket. Bangladesh v Netherlands. **12.30** Live Formula 1. Build-up to the Barcelona-Catalunya Grand Prix. **1.55** Live Formula 1. The Barcelona-Catalunya Grand Prix (Start-time 2.00pm). Coverage of the seventh round of the season at Circuit de Barcelona-Catalunya in Spain. **4.00** Live Women's ICC World T20 Cricket. India v Pakistan. Coverage of both teams' opening Group A match, held at Edgbaston in Birmingham. **6.00** Live World Cup of Darts. Coverage of the evening session on day four of the tournament, featuring the semi-finals and final at Eissporthalle in Frankfurt, Germany. **10.00** Live PGA Tour Golf. The RBC Canadian Open. Coverage of the fourth and final day of the tournament, which takes place at TPC Toronto at Osprey Valley in Caledon, Ontario. **11.00** Live Curtis Cup Golf. Coverage of the singles matches on the third and final day at Bel-Air Country Club in Los Angeles, California, where Great Britain and Ireland compete against the United States.

Sky Sports Premier League

11.00am Premier League Review. **2.00** Netbusters. **4.30** Transfer 360. **5.30** Premier League Stories. **6.00** Premier League Review. **11.00** Premier League Years. **1.00** PL Retro.

Monday June 15

REAL LIVES BackStory RTÉ One, 8.30pm Victor Rabei and his mum Rodica travel back to Moldova to reconnect with family and explore the complex history of the country and their heritage. They moved from Moldova to Ireland in the 2000s when Victor was nine-years-old. Now aged 32 and a professional boxer from Dublin, Victor returns to Moldova with his mum and learns about the lasting impact of the Soviet era on the landscape and architecture.



WARTIME ACTION Inglourious Basterds TG4, 9.30pm Quentin Tarantino's Second World War adventure holds little back for the sake of decency, but it is a thrilling ride. American officer Aldo Raine (Brad Pitt) leads a squad of soldiers into occupied France on a mission to kill as many Nazis as possible and spread fear through the Third Reich. They become involved in a Jewish resistance plan to blow up an event due to be attended by Hitler himself.



RTÉ One

6.00 EuroNews **7.05** Teleshopping R **7.40** Casualty R S **8.40** Doctors R S **9.50** The Drew Barrymore Show R S **10.40** The Kelly Clarkson Show S **11.35** Diagnosis Murder R S **12.25** Great Coastal Railway Journeys R S **1.00** News S **1.30** Home and Away S **2.00** Shortland Street S **2.30** Fair City R S **3.30** The Money List R S **4.30** MasterChef Australia S **5.40** Nuacht **5.55** News Followed by The Angelus R

6.01 NEWS S
7.00 NATIONWIDE Looking back 50 years to the Brendan Voyage, which demonstrated that Ireland's Saint Brendan could have made the journey to the Americas as early as the 6th-century. Richard Downes hosts. S
7.30 EASTENDERS Jack tries to find a way to get through to Denise. Everyone gathers to celebrate Kim and Howie's engagement. S
8.00 MARK MORIARTY: COOK LIKE A CHEF Mark heads out to meet the farmers raising lamb on Ireland's lush pastures, then brings that quality home with three bold, flavour-packed dishes. S
8.30 BACKSTORY See Choice. S
9.00 NEWS S
9.35 BAD: THE SONG THAT SAVED MY LIFE The story of Andy 'Guck' Rowen, a Dublin man whose life is shaped by violence, trauma, addiction, and ultimately redemption. A life that would inspire three U2 songs. S
11.05 BUILD YOUR OWN HOME Young couple Sean and Jess O'Tuama from County Limerick are restoring a parochial house in rural County Limerick to its former glory. They plan to do some major structural repairs, tear apart the inside, reveal the original stonework and design their kitchen and bedrooms. R S

12.10 Joan R S **1.05** Sherwood R S **2.10** Nationwide R S **2.40** The Kelly Clarkson Show R S **3.25** EuroNews

RTÉ2

7.50 Children's Programmes **4.30 FIFA World Cup 26 Live** Spain v Cape Verde (Kick-off 5.00pm). S

7.30 FIFA WORLD CUP 26 LIVE Belgium v Egypt (Kick-off 8.00pm). Group G gets under way with this fixture at Seattle Stadium, between two sides who will expect to progress to the knockout stages. Iran and New Zealand are the other nations in this group and, while Belgium may seem to be a little past their best, following the relative failures of their 'Golden Generation', they still possess a squad that can compare with most of the entrants. The vast majority of the Egyptian squad ply their trade in their homeland, but two notable exceptions to that can be found in their attacking threat, in Liverpool's Mo Salah, and Omar Marmoush of Manchester City. S
10.30 FIFA WORLD CUP 26 LIVE Saudi Arabia v Uruguay (Kick-off 11.00pm). All the action from both teams' first match in Group H, held at Miami Stadium in the USA. The Saudis caused an upset against South American opposition in their opener four years ago in Qatar when they prevailed 2-1 against eventual champions Argentina, but defeats at the hands of Poland and Mexico ensured that 1994 remained the only time they had progressed beyond the group stage, when the tournament was also held in the USA. S

1.30 Shortscreen R S
1.45 FIFA World Cup 26 Live Iran v New Zealand (Kick-off 2.00am). Coverage of the opening Group G fixture for both sides, which takes place at Los Angeles Stadium in Inglewood, USA. S
4.10 EuroNews

Virgin One

6.15 The Six O'Clock Show R S **7.00** Ireland AM S **10.00** This Morning S **12.30** News S **1.00** The Chase R S **3.00** Lorraine S **3.30** Loose Women S **4.30** Judge Judy S **5.30** News at 5.30 S

6.05 THE SIX O'CLOCK SHOW Chat show featuring celebrity interviews, food from leading chefs and guidance on a wide range of topics. S
7.00 NEWS S
7.30 FRIENDS Phoebe asks Chandler to help her convince Gary that it is too soon for them to live together. Guest starring Michael Rapaport. R
8.00 EMMERDALE Kerry and Archie use 'Al Steph' to attempt another scam on Caleb, but are caught in the act when Pollard walks in on them. S
8.30 EMMERDALE Manpreet checks in on Charity, who lies that her breakdown is postnatal depression. S
9.00 CORONATION STREET Nick is rocked by the extent of Sam's plight. S
9.30 CORONATION STREET Ronnie puts his scheme into action, and Maria suspects Gary and Sarah of conducting an affair. S
10.00 MONDAY WITH GAVAN REILLY Gavan and guests break down the week's political diary, key Cabinet issues, major stories shaping the national agenda, and the impact of upcoming decisions. S
11.00 THE AU PAIR After a chaotic day, seamstress Zoe agrees to her husband's suggestion of bringing in an au pair – but the newcomer has her own agenda. Drama, starring David Suchet. R S

12.00 Living with Lucy R S **1.00** Vigil R S **2.05** Close

TG4

6.00 Cúla 4 **11.40** Timpeall na Tíre R **12.10** Malcolm in the Middle R S **12.35** Cheers R S **1.05** Geantraí R **1.35** Murder, She Wrote R S **2.30** Scoil Samhraidh Willie Clancy R **3.30** Taste of Australia with Hayden Quinn R S **4.00** Glór Tíre: Rogha & Togha R **4.30** Gilmore Girls R S **5.25** Malcolm in the Middle R S **5.55** Anfa R S

6.25 ÉADAÍ SOS Caoimhe Ní Chathail and Proinsias Ó Coinn head to Swords in Co Dublin to offer fashion advice to Dáithí, who is always buying clothes but finds it difficult to achieve the look he wants. Proinsias and the team confiscate his clothes for further analysis, leaving Dáithí with just 15 items of clothing for a fortnight. And to make things more challenging, he's also on a shopping ban. In Irish. R
7.00 NUACHT TG4
7.30 SONAS Áine Ní Bhreisleáin continues her exploration of the wellness industry in Ireland, by trying out forest bathing in Wicklow and heading to the biggest wellness festival in Europe, Wellfest, where she tries techno yoga with Naoise Ní Bhriain. She also meets with Kayte O'Malley, one of the founders of the Cosy Club, and 'howls at the moon' in Galway Bay. R
8.00 GAA 2026 GAA championship highlights including men's and ladies' football and hurling action.
9.00 CHEERS Carla and her ex-husband Nick enter a dancing competition, determined to relive their glory days as a prize-winning couple. Bar-room comedy, starring Rhea Perlman. R S
9.30 FILM: INGLOURIOUS BASTERDS (2009, Adventure, 18) See Choice. S

12.20 Nashville, Seo Muid ag Teacht! R **1.20** Goirt Órga R **2.20** Nuacht TG4 R **2.50** Sonas R **3.20** GAA 2026 R **4.15** Wwoofáil Oz R **4.45** France 24

BBC One

6.00 News S **9.30** Morning Live S **10.45** Doorbell Detectives S **11.15** Homes Under the Hammer R S **12.15** Bargain Hunt S **1.00** News S **1.35** Regional News S **1.45** News S **2.00** Policing Paradise S **2.30** Scam Interceptors R S **3.00** Escape to the Country S **3.45** Garden Rescue S **4.30** The Travelling Auctioneers S **5.15** Pointless R S

6.00 NEWS S
6.30 REGIONAL NEWS S
7.00 THE ONE SHOW Alex Jones and Roman Kemp present the first visit of the week to the One Show studio, featuring the usual mix of topical stories and celebrity chat. S
7.30 MOTD LIVE: FIFA WORLD CUP 2026 Belgium v Egypt (Kick-off 8.00pm). Group G gets under way with this fixture at Seattle Stadium in the USA, between two sides who will expect to progress to the knockout stages of the expanded competition. Mark Chapman presents, with analysis from Micah Richards, Theo Walcott and Olivier Giroud. S
10.15 NEWS S
10.45 REGIONAL NEWS S
10.55 FUNBOYS New. The gang learn about the Great Famine as Callum gets a new job at the Ballymac Folk Museum. S
11.25 FUNBOYS Comedy series. Strange things are afoot in Ballymacnoose: animals in small clothing, paranormal sightings of leprechauns, and most bizarrely of all, Callum gets his first match on a dating app. S
11.50 FILM: A SIMPLE FAVOUR (2018, Comedy, 15) When PR director Emily Nelson goes missing, her friend attempts to get to the bottom of the mystery. Starring Anna Kendrick, Blake Lively and Henry Golding. Dir: Paul Feig. S

1.45 Chronicles of the Sperrins R S
1.50 MOTD Live: FIFA World Cup 26 Iran v New Zealand (Kick-off 2.00am). Coverage of the opening Group G fixture for both sides, which takes place at Los Angeles Stadium in Inglewood. S
4.15 News S

BBC Two

6.15 Homes Under the Hammer R S **7.15** Bargain Hunt R S **8.00** Sign Zone: Making Life on Earth: Attenborough's Greatest Adventure R S **9.00** News S **12.15** Politics Live S
1.00 Tennis: Queen's The HSBC Championships. S

6.00 RICHARD OSMAN'S HOUSE OF GAMES Ben Bailey Smith, Robin Ince, Lara Ricote and Helen Skelton test their general knowledge skills. R S
6.30 GREAT CONTINENTAL RAILWAY JOURNEYS Michael Portillo embarks on a Scandinavian railway adventure. R S
7.00 VILLAGES BY THE SEA Ben Robinson explores St Margaret's on the Kent coast. R S
7.30 EASTENDERS As RTÉ One, 7.30pm. S
8.00 MARCUS WAREING SIMPLY PROVENCE The renowned chef celebrates the south of France, unlocking the secrets of simple cuisine. S
9.00 BREXIT: A VERY BRITISH CIVIL WAR Remain's economic scare tactics fail to win over voters, while Vote Leave sends Boris Johnson around the country on a bus that claims Britain sends the EU £350 million a week. S
10.00 GIORRAÍONN BEIRT BÓTHAR Tessa Fleming and Cormac Ó hÁdhmaill head to Navan Fort. Last in the series. R S
10.30 NEWSNIGHT S
11.05 THE MOTHER OF ALL CONS Megan's funeral service is suddenly cancelled as the authorities want to carry out another post-mortem and rumours circulate that the police are now involved. Last in the series. R S

12.05 FILM: The Power of the Dog (2021, Western, 12) Starring Benedict Cumberbatch. Dir: Jane Campion. S
2.05 Sign Zone: Countryfile R S **3.00** Springwatch R S **4.00** Just One Thing R S **4.30** This Is BBC Two S

NEW ONE-OFF DOC Invasion of the Parakeets
Channel 4, 8.00pm Long a familiar sight in London, the ring-necked parakeet is now being spotted around urban areas of Ireland with sightings in North Dublin and Belfast. Here Chris Packham follows a family of parakeets as they grow, investigating whether they are ecological villains – they are classified an "invasive species with risk of high impact" in Ireland – or are unfairly targeted outsiders.



Channel 4

6.25 Cheers R S **7.45** Everybody Loves Raymond R S **9.10** Frasier R S **11.10** American Pickers R S **12.05** News S **12.10** Car S.O.S R S **1.10** Help! We Bought a Village R S **2.10** Countdown S **3.00** A Place in the Sun R S **4.00** Narrow Escapes S **5.00** Chateau DIY R S

6.00 SUN, SEA AND SELLING HOUSES Fun-loving Bedfordshire couple Kevin and Sarah are searching for a party pad in Almeria that's in the thick of the action, for a budget of 250,000 euros. R S
7.00 NEWS S
8.00 INVASION OF THE PARAKEETS See Choice. S
9.00 24 HOURS IN A&E New. Documentary following life inside an A&E department. At Queen's Medical Centre in Nottingham, a patient is rushed to Resus with multiple stab wounds to his chest and back. Also in Resus, 87-year-old Eunice is coughing up large amounts of blood, while 15-year-old Tyler is in A&E with his mum Claire after injuring his foot playing football. S
10.00 DOLLY: THE WORLD'S MOST FAMOUS SHEEP The story of the cloned sheep that was the first mammal to be created from an adult cell, and the unassuming lab that changed scientific history, leading to press stampedes, presidential panic, protests and even a failed kidnapping plot. S
11.00 999: ON THE FRONT LINE The paramedics find a man experiencing a life-threatening diabetic hypoglycaemia. It takes the efforts of the fire service to reach the patient through an upstairs window. R S

12.05 Emergency Helicopter Medics R S **1.00** Gypsy Rose: Life After Lock Up S **2.40** Ramsay's Kitchen Nightmares USA R S **3.30** Couples Come Dine with Me R S **4.25** Find It, Fix It, Flog It R S **4.35** Hollyoaks Omnibus R S **5.45** Countdown R S

Virgin Two

7.00 Winning Combination R S **8.00** Tipping Point R S **9.00** The Chase R S **11.00** Riddiculous **12.00** Cash Trapped R S **1.00** Britain's Brightest Family R S **1.30** Friends R **2.00** Who's Doing the Dishes? R S **3.00** Inside Paddington Station R **4.00** Tipping Point S **5.00** The Chase R S **5.55** Tipping Point R S

7.00 THE CHASE Claire, Connor, Ella and Mal take part in the quiz show. S
8.00 THE FLOOR The 65 remaining contestants fight for more squares. R S
9.00 LOVE ISLAND Presented by Maya Jama. S
10.05 LOVE ISLAND: THE DEBRIEF With Shakira Khan, Toni Laites and Yasmin Pettet. S
10.35 FRIENDS The gang celebrates New Year's Eve. Starring Courteney Cox. R
11.05 THE REAL HOUSEWIVES OF NEW YORK CITY
12.00 The Real Housewives of New York City **12.55** Love Island. Maya Jama hosts. R S **1.45** Transaction R S **3.00** Close

Sky Atlantic

6.00 Fish Town R S **8.00** Homicide: Life on the Street R S **10.00** Hacks R S **11.15** Westworld R S **12.15** Deadwood R S **2.25** Mussolini: Son of the Century R S **3.35** Westworld R S **4.35** Deadwood R S

6.45 THE GILDED AGE Negotiations with the duke start to disintegrate. R S
7.50 THE GILDED AGE Gladys and the duke's wedding is imminent. R S
9.00 A KNIGHT OF THE SEVEN KINGDOMS Dunk exercises his right to request a trial by combat. R S
9.40 A KNIGHT OF THE SEVEN KINGDOMS Dunk's mettle is put to the test in the brutal trial of seven. R S
10.20 A KNIGHT OF THE SEVEN KINGDOMS As Ashford mourns a great loss, Dunk considers his next move and decides whether to keep Egg as his squire. Starring Peter Claffey. Last in the series. R S
11.00 TASK An FBI agent heads up a task force to tackle a string of drug-house robberies in Philadelphia. Starring Mark Ruffalo. R S

12.15 Hacks R S **12.50** The Gilded Age R S **2.00** Rosa Elettrica S **4.05** Homicide: Life on the Street R S **5.05** Urban Secrets R S

Sky One

6.00 Mornings R **7.00** Mornings with Ridge and Frost R **8.00** Stargate SG-1 R S **9.00** NCIS: Los Angeles R S **10.00** Will & Grace R S **11.00** The Simpsons R S **12.00** Wildlife ER R S **1.00** Hawaii Five-0 R S **2.00** NCIS: Los Angeles R S **3.00** S.W.A.T R S **5.00** The Simpsons R S

6.00 THE OFFICE (US) R S
6.25 THE OFFICE (US) R S
7.10 THE SIMPSONS R S
7.35 THE SIMPSONS R S
8.00 DAVID ATTENBOROUGH'S GALAPAGOS The unique species that live in the isolated habitat. R S
9.00 NEVER MIND THE BUZZCOCKS With Courtney Love, Abi Harding and Glen Matlock. R S
10.00 LAST WEEK TONIGHT WITH JOHN OLIVER
10.45 LUCY BEAUMONT: LIVE FROM THE ROYAL COURT THEATRE R S
11.45 GRIMM R S
12.40 Road Wars R S **2.00** Best Medicine **3.00** Bear Grylls Is Running Wild **4.00** S.W.A.T R S

UTV

6.00 News S **9.30** Lorraine S **10.00** This Morning S **12.30** Loose Women S **1.30** News S **1.55** UTV Live; Weather S **2.00** Dickinson's Real Deal R S **3.00** Deal or No Deal. Game show. R S
4.00 FIFA World Cup 2026 Spain v Cape Verde (Kick-off 5.00pm). Mark Pougatch presents coverage of the opening match in Group H, held at Atlanta Stadium in the USA. With analysis from Juan Mata, Emma Hayes and Ange Postecoglou, and commentary by Sam Matterface and Lee Dixon. S
7.35 UTV LIVE; WEATHER S
7.45 NEWS S
8.00 EMMERDALE S
9.00 CORONATION STREET S
10.00 NEWS S
10.05 UTV LIVE; WEATHER S
10.15 FIFA WORLD CUP 2026 Saudi Arabia v Uruguay (Kick-off 11.00pm). Laura Woods presents all the action from both teams' first match in Group H, held at Miami Stadium in the USA. With analysis from Duncan Ferguson, Karen Carney and Jobi McAnuff, and commentary by Joe Speight and Lucy Ward. S

1.35 All Elite Wrestling: Dynamite S **3.25** The Chase R S **4.20** Unwind with ITV S **5.35** James Martin's American Adventure R S

Cable & Satellite

GENERAL

Virgin Three
6.55am Heartbeat. **7.50** A Touch of Frost. **10.00** John and Lisa's Weekend Kitchen. **11.00** Peter Andre's 60 Minute Makeover. **12.00** Paddington Station 24/7. **12.55** Don't Look Back in Anger. **1.55** Impossible Engineering. **2.55** Emmerdale. **3.55** Coronation Street. **4.55** The Royal. **5.55** Endeavour. **7.55** Heartbeat. Nick meets Jo's parents. Starring Nick Berry and Derek Fowlds. **9.00** Cold Feet. David celebrates his 40th birthday. **10.05** Coronation Street. **11.05** Emmerdale. **12.00** Cleaning Up.

BBC Three
7.00pm The Catch Up. **7.05** Raising Sancho: Natural World. The story of a giant otter cub. **7.10** Walking with Dinosaurs. The evolution of the prehistoric giants. **8.00** Sort Your Life Out with Stacey Solomon. Dan and Kelly Waller declutter their home. **9.00** OnlyFans: Inside the Machine. Documentary on the content-sharing website OnlyFans. **10.00** Dating Apps: The Inside Story. **11.00** Confessions of a Teenage Fraudster.

BBC Four
7.00pm University Challenge. The first of the quarter-final matches. **7.30** Only Connect. The Polymaths compete against the Strategists. **8.00** Stonehenge: The Lost Circle Revealed. A hidden secret of the bluestones of Stonehenge. **9.00** Art of America. How artists challenged the status quo of post-war America. Last in the series. **10.00** American Visions. **11.00** Vienna: Empire, Dynasty and Dream. **12.00** Hurricanes and Heatwaves: The Highs and Lows of British Weather.

ITV2
6.00am Backyard Builds. **6.25** Deal or No Deal. **7.25** Dress to Impress. **8.25** Billie and Greg: The Family Diaries. **9.25** The Only Way Is Essex. **10.25** The Real Housewives of Salt Lake City. **11.15** The Real Housewives of Orange County. **12.10** The Real Housewives of Cheshire. **1.10** Celebrity Catchphrase. **2.10** The Floor USA. **3.10** The Only Way Is Essex. **4.10** The Real Housewives of Salt Lake City. **5.00** The Real Housewives of Orange County. **6.00** Celebrity Catchphrase. **7.00** The Floor USA. Rob Lowe hosts the American version of the dramatic and fast-paced game show. **8.00** Million Dollar Listing: LA. Altman throws a lavish launch event for a $48 million listing. **9.00** Love Island. Relationship-based reality show. **10.05** Love Island: The Debrief. **10.35** G'wed. **11.10** Family Guy.

ITV3
6.00am George and Mildred. **7.05** Classic Emmerdale. **8.05** Classic Coronation Street. **9.10** Inspector Morse. **11.20** Heartbeat. **1.30** Midsomer Murders. **3.35** Classic Emmerdale. **4.40** Classic Coronation Street. **5.50** Heartbeat. **8.00** Midsomer Murders. A man is found dead at a new age commune, brining old secrets to light. **10.00** Law & Order: UK. **11.50** Shetland.

E4
Noon: The Simpsons. **2.00** Brooklyn Nine-Nine. **3.00** Modern Family. **5.00** The Simpsons. **6.30** Hollyoaks. **7.30** The Simpsons. Animated comedy. **8.00** Below Deck: Mediterranean. Chaos ensues when bad weather rolls in out of nowhere. **9.00** Gogglebox. **11.05** Naked Attraction.

More4
11.55am Four in a Bed. **1.35** Come Dine with Me. **4.15** Four in a Bed. **6.50** Location, Location, Location. **7.55** PopMaster TV. With contestants from Milton Keynes, Bristol, Crewe, Leconfield and London. **9.00** Britain's Railway Empire in Colour. Part one of two. The story of how Britain gave railways to the world. **10.00** 24 Hours in A&E. The stories of two motorcyclists reveal how bonds can be strengthened through adversity. **11.05** The Emergency Ward. Documentary series.

5
11.30am Storm & Alexis. **12.45** News. **12.50** Matt Allwright. **2.00** Vanessa. **3.00** Castle. **4.50** Love Nature. **5.00** News. **6.00** Norfolk and Suffolk: Country & Coast. **6.55** News. **7.00** Motorway Cops: Catching Britain's Speeders. Reports come in of a cloned car with a balaclava-wearing driver in Newcastle. **7.55** News. **8.00** Police Interceptors. Officers try to stop a high-performance getaway car. **9.00** Little Disasters. Police and social services jointly investigate the Carrisfords. **10.00** Police: Suspect No 1. Hull detectives investigate when people are subject to two attacks in their home. **11.05** Police: Night Shift 999.

National Geographic
Noon: Seconds from Disaster. **1.00** Air Crash Investigation. **2.00** Nazi Megastructures: Battle Ready. **3.00** Engineering by Catastrophe. **4.00** Best of the World with Antoni Porowski. **5.00** Inside Sydney Airport. **6.00** Hitler's Last Stand: Seize and Hold. **7.00** Air Crash Investigation. A collision between a passenger plane and a small private aircraft. **8.00** Amsterdam Central 24/7. A nautical event is visiting the capital. **9.00** Air Crash Investigation. A plane explodes shortly after taking off. **10.00** To Catch a Smuggler. **11.00** Air Crash Investigation. **12.00** Toronto Airport Uncovered.

FILMS

Film4
1.15pm The Guns of Fort Petticoat (1957, Western, PG) **2.55** The Admirable Crichton (1957, Comedy, U) **4.45** The Ghost and Mrs Muir (1947, Fantasy, U) **6.50** The Lost City (2022, Adventure, 12) **9.00** Die Hard (1988, Thriller, 15) **11.40** Darkman (1990, Thriller, 18)

Movies 24
1.00pm My Dreams of You (2024, Drama, PG) **3.00** Return to Office (2025, Drama, PG) **5.00** A Case for the Winemaker (2024, Mystery, PG) **7.00** Finding Love In Saint Lucia (2023, Drama, PG) **9.00** A Whitewater Romance (2024, Drama, U) **11.00** The Love Issue (2023, Drama, PG) **1.00** Write Place, Write Time (2023, Comedy, PG)

Sky Cinema Premiere
12.40pm The Choral (2025, Drama, 12) **2.40** Dead Man's Wire (2026, Drama, 15) **4.30** They Will Kill You (2026, Drama, 15) **6.15** Fuze (2026, Thriller, 15) **8.00** As 12.40pm. **10.00** No Ordinary Heist (2026, Thriller, 15) **11.50** Him (2025, Horror, 18)

Sky Cinema Comedy
12.50pm The Wedding Singer (1998, 12) **2.40** Little Fockers (2010, 12) **4.20** American Pie (1999, 15) **6.10** American Pie 2 (2001, 15) **8.00** You've Got Mail (1998, PG) **10.00** Two Weeks Notice (2002, 12) **11.45** About Last Night (1986, 18)

Sky Cinema Family
12.50pm Pokemon: Detective Pikachu (2019, Fantasy, PG) **2.40** Paddington in Peru (2024, Animation, PG) **4.30** Cats & Dogs (2001, Comedy, PG) **6.00** The Smurfs (2011, Comedy, U) **7.50** Karate Kid: Legends (2025, Drama, 12) **9.35** Jackie Chan's The Tuxedo (2002, Comedy, 12) **11.25** Free Willy (1993, Drama, PG)

SPORT

TNT Sports 1
10.30am Premier League Review. **4.30** Premier League Stories. **5.00** One Day International Cricket. Bangladesh v Australia. **6.00** Live: Ultimate Pool. Coverage of the Group 1 matches in the Champions League tournament. **9.30** UFC. **12.30** UFC Fight Flashback. **1.00** World Superbike Highlights.

Sky Sports Main Event
11.00am World Cup Matchday. **7.00** World Cup Show. **10.00** World Cup Report. **1.00** Live WNBA. Dallas Wings v Las Vegas Aces (Tip-off 1.00am). Coverage of the Commissioner's Cup match at College Park Center in Arlington.

Sky Sports Premier League
11.00am Premier League Highlights. **6.00** MNF Hlts. **6.30** Premier League Stories. **7.00** Premier League Review. **8.00** Netbusters. **9.00** Premier League Review. **11.00** Premier League Years. **1.00** PL Retro. Leicester City v Manchester United.

Tuesday June 16

DRAMA SERIES Wild Cherry RTÉ One, 10.15pm
The tightly plotted BBC drama continues, with the police hunting for Iris – and the mothers refusing to listen to Lorna's concerns about what the girls are really up to. Elsewhere Juliet falls out with Lorna and begins to get closer to Gigi. Meanwhile Allegra does a secret deal with K Rizz, and the App gets more dangerous, with serious consequences as a photo circulates. Carmen Ejogo and Eve Best star.



NEW SERIES Scamanda BBC Two, 9.00pm
A beautiful young mother is given a devastating cancer diagnosis; her community and church rally around her as she inspires thousands more with a blog, bravely chronicling her journey. However when a reporter starts digging into Amanda's story, she finds that things are not adding up. Then, someone else joins the investigation too. This compelling new true-crime docuseries begins with a double-bill.



RTÉ One

6.00 EuroNews **6.20** Shopping **7.25** Casualty R S **8.25** Doctors R S **9.35** The Drew Barrymore Show R S **10.25** The Kelly Clarkson Show S **11.15** Diagnosis Murder R S **12.10** Great Coastal Railway Journeys R S **12.45** Telly Bingo S **1.00** News S **1.30** Home and Away S **2.00** Shortland Street S **2.30** Best Place to Be R S **3.00** EastEnders R S **3.35** The Money List R S **4.40** MasterChef Australia S **5.40** Nuacht **5.55** News Followed by The Angelus R

6.01 NEWS S
7.00 CHEAP IRISH HOMES Maggie Molloy and Tadhg Casey search for an affordable property with Debbie and Tony Da Silva, who are from South Africa, but moved to Ireland to be near family. Last in the series. R S
7.30 EASTENDERS Walford rallies behind Jack and Denise, and Vinny makes a declaration to Penny. S
8.00 FAIR CITY Nikki attempts to buy her way out of trouble, Melanie's mortified when Claire tries to get her a date for a work event, and Orla is surprised when Sash sings her praises. S
8.30 EAR TO THE GROUND Magazine show for farmers and rural residents, exploring the ever-changing nature of country life and landscape. Featuring topics including food safety, rural development, planning and environmental issues. R S
9.00 NEWS S
9.35 PRIME TIME In-depth analysis of current affairs and topical reports hosted by Miriam O'Callaghan and Sarah McInerney. S
10.15 WILD CHERRY See Choice S
11.20 ANY GIVEN DAY: CORK UNIVERSITY HOSPITAL Following staff shifts and patient journeys across the hospital. Together, they tell a bigger story of Cork University Hospital on 'any given day'. R S

12.25 Traces R S **1.20** Prime Time R S **1.55** The Kelly Clarkson Show R S **2.40** EuroNews

RTÉ2

6.00 EuroNews **7.50** Children's Programmes **4.30** The Simpsons R S **5.00** The Big Bang Theory R S **5.30** Georgie and Mandy's First Marriage R S

6.00 SHORTLAND STREET Harper reconnects with her party girl. R S
6.30 HOME AND AWAY Sonny refuses to play by the rules, Cash's turnaround is short-lived, and Justin catches a lucky break. R S
7.00 UP ALL NIGHT Reagan fears her busy schedule is affecting her parenting.
7.30 FIFA WORLD CUP 26 LIVE France v Senegal (Kick-off 8.00pm). Tony O'Donoghue presents all the action from the opening match in Group I, held at New York/New Jersey Stadium in the USA. These teams famously met in the opening match of the 2002 finals, when Senegal produced one of the great World Cup upsets by prevailing 1-0 against the then holders thanks to a goal by Papa Bouba Diop. S
10.30 FIFA WORLD CUP 26 LIVE Iraq v Norway (Kick-off 11.00pm). Tony O'Donoghue presents coverage of both teams' first match in Group I, held at Boston Stadium in the USA. Iraq are making only their second appearance in the finals, with the other coming back in 1986, when they lost all three games in the group stage. It will be a big ask for them to fare better this time around with Senegal and France also in this group, but a positive result tonight would give them a fighting chance of progressing. S

1.30 Shortscreen R S
1.45 FIFA World Cup 26 Live Argentina v Algeria (Kick-off 2.00am). S
4.10 EuroNews
4.45 FIFA World Cup 26 Live Austria v Jordan (Kick-off 5.00am). At San Francisco Bay Area Stadium in the USA. 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 S **1.00** This Morning S
1.30 Live Racing Further coverage of day one of Royal Ascot.
5.30 News at 5.30 S

6.05 THE SIX O'CLOCK SHOW Chat show featuring celebrity interviews, food from leading chefs and guidance on a wide range of topics, from consumer affairs to the latest trends, with viewers invited to contribute with pictures, comments and stories. S
7.00 NEWS S
7.30 FRIENDS Joey turns up in Las Vegas to begin filming his first major movie role, but receives disappointing news. R
8.00 EMMERDALE Cain and Moira are devastated to hear it is highly likely the cancer has spread beyond the prostate. S
8.30 EMMERDALE Caleb pressures a reluctant Billy into doing a pick-up for their illegal side hustle. S
9.00 CORONATION STREET Tyrone and Ronnie are trapped as Kevin and Carl try to call the shots. S
9.30 CORONATION STREET Brody welcomes protection from some formidable females. S
10.00 THE TONIGHT SHOW Comment and analysis on the big stories of the day in Ireland and abroad with a panel of guests covering the key issues. S
11.00 THE 1% CLUB Quiz game show presented by Lee Mack in which the questions are all about logic and common sense, with 100 contestants having a chance of winning up to £100,000. R S

12.00 Living with Lucy R S **1.00** Vigil R S **2.05** Close **5.25** The Tonight Show R S

TG4

6.00 Cúla 4 **11.40** Comhrá R **12.10** Malcolm in the Middle R S **12.35** Cheers R S **1.05** Geantraí R **1.35** Murder, She Wrote R S **2.30** Meitheal Mara Chorca Dhuibhne R **3.00** Glúin Z R **3.30** Taste of Australia with Hayden Quinn R S **4.00** Glór Tíre: Rogha & Togha R **4.30** Gilmore Girls R S **5.25** Malcolm in the Middle R S **5.55** Siar Linn R S

6.25 POBAL RÁTH CHAIRN Life in the community located between Trim and Athboy in Co Meath. R
7.00 NUACHT TG4
7.30 MOVING WEST Following Anne Marie Staunton who left Dublin for Monsteraden.
8.00 7 LÁ Politics and the economy, regional, national and international affairs. Live debate on the major issues of the day with a panel of analysts, experts and political pundits.
8.30 ROS NA RÚN Laoise goes out of her way to make things easier for Micheál, determined to keep the peace and support him. But when he continues to dismiss and disrespect her, her patience snaps.
9.00 CHEERS Diane and Sam go flying with a daredevil pilot famed for his high-altitude exploits - but unfortunately he dies at 20,000ft. R S
9.30 JOHNNY CASH – BEHIND PRISON WALLS Recording of the country star's concert at the Tennessee State Prison, in 1977. R
10.30 A LIFE'S WORTH The four young soldiers have been kidnapped and taken hostage by Serbian ultra-nationalist extremists. R S
11.25 ROS NA RÚN Laoise goes out of her way to make things easier for Micheál, determined to keep the peace and support him. R
11.55 FÍORSCÉAL Pau Gasol searches for solutions to childhood obesity. R

1.00 Oíche i gCorcaigh R **2.00** Nuacht TG4 R **2.30** Pobal Ráth Chairn R **3.00** Planda go Pláta R **3.30** Moving West R **3.55** Feirmeoirí R **4.25** 7 Lá R **4.50** France 24

BBC One

6.00 News S **9.30** Morning Live S **10.45** Doorbell Detectives S **11.15** Homes Under the Hammer S **12.15** Bargain Hunt R S **1.00** News S **1.35** Regional News S **1.45** News S **2.00** Policing Paradise S **2.30** Scam Interceptors R S **3.00** Escape to the Country S **3.45** Garden Rescue R S **4.30** The Travelling Auctioneers S **5.15** Pointless R S

6.00 NEWS S
6.30 REGIONAL NEWS S
7.00 THE ONE SHOW Alex Jones and Roman Kemp present another mix of nationwide reports and live studio-based chat. S
7.30 MOTD LIVE: FIFA WORLD CUP 2026 France v Senegal (Kick-off 8.00pm). Gabby Logan presents all the action from the opening match in Group I, held at New York/New Jersey Stadium in the USA. These teams famously met in the opening match of the 2002 finals, when Senegal produced one of the great World Cup upsets by prevailing 1-0 against the then holders thanks to a goal by Papa Bouba Diop. With analysis from Wayne Rooney, Gael Clichy and Olivier Giroud. S
10.15 NEWS S
10.35 REGIONAL NEWS S
10.45 MOTD LIVE: FIFA WORLD CUP 2026 Iraq v Norway (Kick-off 11.00pm). Coverage of both teams' first match in Group I, held at Boston Stadium in the USA. Iraq are making only their second appearance in the finals, with the other coming back in 1986, when they lost all three games in the group stage. It will be a big ask for them to fare better this time around with Senegal and France also in this group, but a positive result tonight would give them a fighting chance of progressing. S

1.20 News S
4.50 MOTD Live: FIFA World Cup 2026 Austria v Jordan (Kick-off 5.00am). Coverage of the Group J match at San Francisco Bay Area Stadium in the USA, as both sides make their tournament bow. S

BBC Two

6.30 Bargain Hunt S **7.15** Garden Rescue R S **8.00** Sign Zone: Farm 999 R S **8.30** Lost and Found in the Lakes R S **9.00** News S **12.15** Politics Live S
1.00 Tennis: Queen's The HSBC Championships. S

6.00 RICHARD OSMAN'S HOUSE OF GAMES Ben Bailey Smith, Robin Ince, Lara Ricote and Helen Skelton test their general knowledge skills in a variety of trivia-based games across the week. R S
6.30 GREAT CONTINENTAL RAILWAY JOURNEYS Michael Portillo travels from Myrdal to Heddal. R S
7.00 VILLAGES BY THE SEA Archaeologist Ben Robinson investigates how Cornish village St Agnes became a world-famous centre of tin mining, where people made and lost huge fortunes. R S
7.30 EASTENDERS As RTÉ One, 7.30pm. S
8.00 DIGGING FOR BRITAIN Alice Roberts investigates the best archaeological discoveries of 2018 from the West of the UK, including the biggest maritime excavation since the Mary Rose. R S
9.00 SCAMANDA See Choice S
9.40 SCAMANDA See Choice S
10.20 IT HAPPENED TO ME A man who fell 2,000ft off a mountain. S
10.30 NEWSNIGHT S
11.05 BREXIT: A VERY BRITISH CIVIL WAR Remain's economic scare tactics fail to win over voters, while Vote Leave sends Boris Johnson around the country on a bus that claims Britain sends the EU £350 million a week. R S

12.05 FILM: Letter to Brezhnev (1985, Drama, 15) Starring Peter Firth and Alfred Molina. Dir: Chris Bernard. S
1.30 Sign Zone: Springwatch R S **2.30** Surgeons: At the Edge of Life R S **3.30** Interior Design Masters with Alan Carr R S **4.30** This Is BBC Two S

NEW SERIES The Light in the Hall: Still Waters
Channel 4, 9.00pm The gripping first series of this psychological drama series concluded on RTÉ2 last week. No waiting around, then, for its follow-up with a largely new cast. Rhys Owen (Mark Lewis Jones) returns home after serving 20 years in prison for his cousin's murder. As protests erupt over a reservoir, journalist Caryl Huws (the returning Siân Reese-Williams) is asking the wrong questions.



Channel 4

6.25 Cheers R S **7.45** Everybody Loves Raymond R S **9.10** Frasier R S **11.10** American Pickers R S **12.05** News S **12.10** Car S.O.S R S **1.10** Help! We Bought a Village R S **2.10** Countdown S **3.00** A Place in the Sun R S **4.00** Narrow Escapes S **5.00** Chateau DIY R S

6.00 SUN, SEA AND SELLING HOUSES The Rodriguez sisters help a couple from Glasgow find their ideal holiday home and Joanne and Andrew Alderton help a couple from Manchester relocate. R S
7.00 NEWS S
8.00 BAKE OFF: THE PROFESSIONALS Ellie Taylor and Liam Charles present as the teams make 24 identical tarte aux agrumes meringuée - or in simple terms, citrus tarts. But with no recipe to rely at their disposal, they must rely on pure skill, instinct and experience to achieve perfection. The second challenge sees them creating edible showpieces based on their childhood hobbies, hiding a classic within a chocolate fudge cake-inspired dessert that must serve 24 people. S
9.00 THE LIGHT IN THE HALL: STILL WATERS See Choice S
10.00 24 HOURS IN A&E The stories of people who changed the course of their lives by taking huge risks, including a consultant who swapped an army career for the frontline of emergency medicine. R S
11.05 24 HOURS IN A&E At Queen's Medical Centre in Nottingham, a patient is rushed to Resus with multiple stab wounds, while 87-year-old Eunice is coughing up large amounts of blood. R S

12.05 Emergency R S **1.00** Ramsay's Kitchen Nightmares USA R S **1.55** Free Nelson Mandela R S **2.50** Hunting the Debt Predators – Dispatches R S **3.45** Grand Designs R S **4.40** Couples Come Dine with Me R S **5.35** Find It, Fix It, Flog It R S **5.45** Countdown R S

Virgin Two

7.00 Winning Combination R S **8.00** Tipping Point R S **9.00** The Chase R S **11.00** Riddiculous **12.00** Cash Trapped R S **1.00** Britain's Brightest Family R S **1.30** Friends R **2.00** Who's Doing the Dishes? R S **3.00** Lorraine S **3.30** Inside Paddington Station R **4.25** Tipping Point S
5.25 Live Racing Further coverage of day one of Royal Ascot. R
6.30 HARBOUR COPS R S
7.00 THE CHASE Steve, Pat, Michael and Louisa take part in the quiz show. S
8.00 THE CHASE CELEBRITY SPECIAL With contestants Mark Chapman, Gillian Joseph, Ryan Sidebottom and Fred MacAulay. R S
9.00 LOVE ISLAND Maya Jama hosts the show. S
10.05 LOVE ISLAND: THE DEBRIEF S
10.35 FRIENDS R
11.05 MONDAY WITH GAVAN REILLY R S
12.05 The Real Housewives of New Jersey **12.55** Love Island R S **1.45** Transaction R S **3.00** Close

Sky Atlantic

6.00 Fish Town R S **8.00** Homicide: Life on the Street R S **10.00** Hacks R S **11.15** Westworld R S **12.15** Deadwood R S **2.20** Mussolini: Son of the Century R S **3.30** Westworld R S **4.35** Gomorrah R S
6.45 THE GILDED AGE Gladys has trouble adjusting to her new circumstances, Larry runs into a familiar face, Peggy gets an opportunity from an old colleague and there is drama at Mrs Fish's luncheon. R S
7.50 THE GILDED AGE Bertha encourages Gladys to stand up for herself and her new husband, while George faces an uphill battle to secure the rail line that runs through Chicago. R S
9.00 ROSA ELETTRICA A new witness protection agent must protect a repentant member of the Camorra. S
10.05 ROSA ELETTRICA Italian thriller, starring Maria Chiara Giannetta and Francesco Di Napoli.
11.05 PONIES Bea and Twila enlist an unlikely ally to pose as Vera, but the victory could actually be a trap. R S
12.05 Ponies R S **1.05** Hacks R S **3.00** The Gilded Age R S **5.05** Urban Secrets R S

Sky One

6.00 Mornings R **7.00** Mornings with Ridge and Frost R **8.00** Stargate SG-1 R S **9.00** NCIS: Los Angeles R S **10.00** Will & Grace R S **11.00** The Simpsons R S **12.00** Wildlife ER R S **1.00** Hawaii Five-0 R S **2.00** NCIS: Los Angeles R S **3.00** S.W.A.T R S **5.00** The Simpsons R S
6.00 THE OFFICE (US) R S
6.30 THE OFFICE (US) R S
7.00 THE SIMPSONS R S
7.30 THE SIMPSONS R S
8.00 BEST MEDICINE Martin accidentally breaks the arm of a baseball team's star player.
9.00 BEAR GRYLLS IS RUNNING WILD Bear takes actor Rhys Darby on a trek deep into Canyonlands National Park in Utah.
10.00 FILM: FINAL SCORE (2018, Thriller, 15) Starring Dave Bautista, Pierce Brosnan and Martyn Ford. Dir: Scott Mann. R S
12.00 A League of Their Own Road Trip: Southeast Asia R S **1.00** Grimm R S **2.00** Hawaii Five-0 R S **4.00** S.W.A.T R S

UTV

6.00 News S **9.30** Lorraine S **10.00** This Morning S **1.00** News S **1.20** UTV Live; Weather S
1.30 ITV Racing Live: Royal Ascot Coverage of today's race meetings. S
6.00 UTV LIVE; WEATHER S
6.30 NEWS S
7.30 CHANGING ENDS It is 1989 and Alan has been bitten by the love bug, but a chance encounter leaves him with a decision to make. Comedy, starring Oliver Savell. R S
8.00 EMMERDALE S
9.00 CORONATION STREET S
10.00 NEWS S
10.30 UTV LIVE; WEATHER S
10.45 VIEW FROM STORMONT The latest political developments in Belfast, London and Dublin. S
11.45 THE ASSEMBLY Gary Lineker faces autistic and learning-disabled interviewers. R S
12.10 G'wed R S **12.40** Eamonn Mallie: Face to Face With R S **1.05** Hidden Northern Ireland R S
1.15 FIFA World Cup 2026 Argentina v Algeria (Kick-off 2.00am). Laura Woods presents coverage of the Group J match at Kansas City Stadium in the USA. S
4.35 Celebrity Lingo R S **5.00** Unwind with ITV S **5.35** Fletchers' Family Farm R S

Cable & Satellite

GENERAL

Virgin Three
6.45am Heartbeat. **7.40** A Touch of Frost. **9.50** John and Lisa's Weekend Kitchen. **10.50** Peter Andre's 60 Minute Makeover. **11.50** Paddington Station 24/7. **12.50** Heartbeat. **1.55** Impossible Engineering. **2.55** Emmerdale. **3.55** Coronation Street. **4.55** The Royal. An ice-cream parlour is targeted by vandals. **5.55** Endeavour. The detective investigates a series of peculiar accidents. Drama, with Shaun Evans. Last in series. **7.55** Heartbeat. Blaketon is threatened with demotion. Rural police drama, starring Nick Berry. **9.00** Vera. The detective investigates the death of a school teacher. **11.00** Coronation Street. **12.00** Emmerdale.

BBC Three
7.00pm The Catch Up. **7.05** Tiger Dynasty: Natural World. Two tigers are released into the wild to breed. **7.10** Walking with Dinosaurs. A spinosaurus must embark on a dangerous voyage to feed his babies. **8.00** Film: Divergent (2014, Sci-Fi, 12) **10.10** Film: Divergent: Insurgent (2015, Sci-Fi, 12) **11.55** Film: Divergent: Allegiant (2016, Sci-Fi, 12)

BBC Four
7.00pm University Challenge. The second of the quarter-finals. **7.30** Only Connect. Three choir singers compete against a trio of postgraduates. **8.00** Keeping Up Appearances. Richard dreads early retirement. **8.30** One Foot in the Grave. Victor and Margaret return from holiday to a shock. **9.00** A History of Britain by Simon Schama. The lives of Winston Churchill and George Orwell. Last in series. **10.00** The American Revolution. **12.00** Heatwave.

ITV2
6.00am Backyard Builds. **6.25** Deal or No Deal. **7.30** Dress to Impress. **8.25** Billie and Greg: The Family Diaries. **9.30** The Only Way Is Essex. **10.30** The Real Housewives of Salt Lake City. **11.20** The Real Housewives of Orange County. **12.10** The Real Housewives of Cheshire. **1.10** Celebrity Catchphrase. **2.10** The Floor USA. **3.10** The Only Way Is Essex. **4.10** The Real Housewives of Salt Lake City. **5.00** The Real Housewives of Orange County. **6.00** Celebrity Catchphrase. **7.00** The Floor USA. Rob Lowe hosts the American version of the dramatic and fast-paced game show. **8.00** Million Dollar Listing: LA. Altman and Tracy list a historic Hollywood estate. **9.00** Love Island. Relationship-based reality show. **10.05** Love Island: The Debrief. **10.35** Family Guy. **11.35** American Dad!

ITV3
6.00am George and Mildred. **7.05** Classic Emmerdale. **8.05** Classic Coronation Street. **9.10** Inspector Morse. **11.20** Heartbeat. **1.30** Midsomer Murders. **3.30** Classic Emmerdale. **4.40** Classic Coronation Street. **5.50** Heartbeat. **8.00** Vera. A social worker is murdered. Starring Brenda Blethyn. **10.00** Law & Order: UK. **11.50** Shetland.

E4
Noon: The Simpsons. **2.00** Brooklyn Nine-Nine. **3.00** Modern Family. **5.00** The Simpsons. **6.30** Hollyoaks. **7.30** The Simpsons. Santa's Little Helper disappears. **8.00** Below Deck: Mediterranean. A bachelor charters the yacht to find love at sea. **9.00** Gogglebox. **11.05** Naked Attraction.

More4
11.55am Four in a Bed. **1.35** Come Dine with Me. **4.15** Four in a Bed. **6.50** Location, Location, Location. **7.55** PopMaster TV. With contestants from Winchester, Seaham, Salford, Stoke-on-Trent and Reigate. **9.00** Ancient Greece by Train with Alice Roberts. The Ancient Greek culture that thrived in Türkiye over 2000 years ago. Last in the series. **10.00** Castle Secrets. A manor is stripped of its former glory under the curse of the world's most expensive necklace. **11.00** 999: On the Front Line.

5
11.30am Storm & Alexis. **12.45** News. **12.50** Matt Allwright. **2.00** Vanessa. **3.00** Castle. **4.50** Love Nature. **5.00** News. **6.00** Isle of Wight: Jewel of the South. **6.55** News. **7.00** A Yorkshire Farm. Farmers explore their woodland and plant new trees for future generations. **7.55** News. The latest reports. **8.00** Reuben Owen: Life in the Dales. A new recruit learns just how quickly a straightforward job can go awry. **9.00** Little Disasters. As the investigation continues, shocking discoveries are uncovered. **10.00** HMP Whitemoor: Evil Behind Bars. Documentary examining the Category A prison. **11.30** Prime Suspect: Hunting the Predators.

National Geographic
Noon: Seconds from Disaster. **1.00** Air Crash Investigation. **2.00** WW2: Hell Under the Sea. **4.00** Ancient Structures: Secrets Revealed. **5.00** Inside Sydney Airport. **6.00** Hitler's Last Stand: Medal of Honor. **7.00** Air Crash Investigation. A plane that crashed into a seawall. **8.00** Cleopatra's Final Secret. Kathleen Martinez unlocks the story of Cleopatra's last days. **9.30** Egypt's Sun King: Secrets and Treasures. The first newly discovered burial place since Tutankhamun. **10.30** Lost Tombs of the Pyramids. **11.30** Air Crash Investigation.

FILMS

Film4
12.55pm To Hell and Back (1955, Drama, PG) **3.15** Sign of the Pagan (1954, Drama, U) **5.05** Destination Gobi (1953, Adventure, U) **6.55** Behind Enemy Lines (2001, Drama, 12) **9.00** The King's Man (2021, Adventure, 15) **11.40** Knives Out (2019, Comedy, 12)

Movies 24
1.00pm CrimeTime: Freefall (2024, Mystery, PG) **3.00** Mystery Island: Winner Takes All (2025, Mystery, PG) **5.00** Mr Pawsitively Perfect (2023, Drama, PG) **7.00** An American In Austen (2024, Drama, PG) **9.00** The Heiress and the Handyman (2024, Drama, PG) Starring Jodie Sweetin. **11.00** An Easter Bloom (2024, Drama, PG) **1.00** The Honeymoon Pact (2023, Comedy, PG)

Sky Cinema Premiere
12.45pm The Choral (2025, Drama, 12) **2.45** Gabby's Dollhouse: The Movie (2025, Drama, U) **4.30** Fuze (2026, Thriller, 15) **6.15** No Ordinary Heist (2026, Thriller, 15) **8.00** As 12.45pm. **10.00** They Will Kill You (2026, Drama, 15) **11.45** As 4.30pm.

Sky Cinema Comedy
12.25pm You've Got Mail (1998, PG) **2.30** LaRoy, Texas (2023, 15) **4.25** Big Daddy (1999, 12) **6.05** Mamma Mia! (2008, PG) **8.00** Mamma Mia! Here We Go Again (2018, PG) **10.05** About Last Night (2014, 15) **11.55** Adulthood (2025, 15)

Sky Cinema Family
12.35pm The LEGO Movie (2014, Animation, U) **2.20** The Smurfs (2011, Comedy, U) **4.10** The Smurfs 2 (2013, Comedy, U) **6.00** Sing (2016, Animation, U) **8.00** Annie (2014, Musical, PG) **10.00** Mousehunt (1997, Comedy, PG) **11.50** Teen Titans Go! To The Movies (2018, Animation, PG)

SPORT

TNT Sports 1
11.00am Premier League Review. **3.00** The Breakdown. **3.15** The Gruppetto. **3.30** Live: IFSC Climbing World Series. Coverage of the men's and women's para climbing final in Innsbruck, Austria. **8.30** World Superbike Rewind. **8.45** The Gallagher PREM. **10.45** World Superbike Rewind. **11.00** MLB Highlights. **12.00** MLB Lead Off. **12.30** Live MLB.

Sky Sports Main Event
11.00am World Cup Matchday. **2.00** Live Women's ICC World T20 Cricket. New Zealand v Sri Lanka. **6.00** Live Women's ICC World T20 Cricket. England v Ireland. **10.00** World Cup Report. **12.00** Live WNBA. Indiana Fever v Toronto Tempo.

Sky Sports Premier League
11.00am Premier League Highlights. **1.00** MNF Hlts. **1.30** Premier League Highlights. **3.00** SNF. **3.30** Premier League Highlights. **5.30** MNF Hlts. Sunderland v Burnley. **6.00** Premier League Review. **8.00** Netbusters. **9.00** Premier League Review. **11.00** Premier League Years. **1.00** PL Retro.

Wednesday June 17

LIVE SPORT FIFA World Cup 26 Live RTÉ2, 5.30pm Today's wall of football from across the pond begins with Portugal v DR Congo held at Houston Stadium in the USA (kick-off 6.00pm), before England face Croatia at Dallas Stadium (9.00pm). Then it's off to Canada for Ghana v Panama at Toronto Stadium (12am) and then Mexico, as Uzbekistan take on Colombia at Mexico City Stadium (2.45am). Joanne Cantwell presents the first two games.



COSY CRAFTSMANSHIP The Repair Shop BBC Two, 8.00pm Bumped from its usual BBC One slot for the football, we follow the artisanal miracle-workers as they fix up a Dutch doll given to visitor Annette when she stayed with a host family during the Troubles. Other storied pieces in need of attention include a children's car, a fez from Egypt and a soap sculpture carved in a prisoner-of-war camp in Thailand during the Second World War.



RTÉ One

6.00 EuroNews **6.50** Teleshopping R **7.25** Casualty R S **8.25** Doctors R S **9.35** The Drew Barrymore Show R S **10.25** The Kelly Clarkson Show S **11.15** Only Fools and Horses R S **11.50** Leaders' Questions S **1.00** News S **1.30** Home and Away S **2.00** Shortland Street S **2.30** Fair City R S **3.00** EastEnders R S **3.40** The Money List R S **4.40** MasterChef Australia S **5.40** Nuacht **5.55** News Followed by The Angelus R

6.01 NEWS S

7.00 NATIONWIDE Ahead of the Special Olympics Ireland games, this edition hears from some of those who will participate and who hope to win medals. With Blathnaid Ní Chofaigh. S

7.30 NEVEN'S ENGLISH FOOD TOUR Neven Maguire takes a walking tour around Lindisfarne, also known as Holy Island, and later meets a chef who shows his a recipe for pan fried fillet of beef with cod cheeks. R S

8.00 DONAL'S REAL TIME RECIPES R S

8.30 EASTENDERS Penny worries about telling Gina her plans with Vinny, Chelsea becomes overwhelmed by mounting worries, and Ian fears one mistake could cost him everything. S

9.00 NEWS S

9.35 ROOM TO IMPROVE Dermot Bannon helps Louis and Norita O'Donoghue, who are hoping to future-proof their beloved Raheny family home, which is old, cold and growing mould. R S

10.35 MAIGRET Tragedy strikes in Saint-Fiacre as Maigret digs into secrets. Back in Paris, Maigret's talks with the killer have terrifying consequences. Last in the series. S

11.40 CALL THE MIDWIFE The Sisters welcome a new trainee midwife to Nonnatus House. R S

12.45 Turbulence – The Story of Ryanair R S **1.45** The Money List R S **2.40** Masters: Keepers of Tradition R S **3.05** Cheap Irish Homes R S **3.35** Build Your Own Home R S **4.25** Hooked: How Addiction Hijacks Your Brain R S **5.15** An Ghig Mhór R S **5.45** EuroNews

RTÉ2

6.00 EuroNews **7.10** Children's Programmes **11.35** The Imagination Machine R S **11.45** Go Jetters R S **12.00** Open Season: Call of Nature R **12.10** Open Season: Call of Nature R **12.30** Malory Towers R S **1.00** Holt R S **1.10** Holt R S **1.30** Millie Inbetween R S **2.00** Holly Hobbie R S **2.30** Bush Kids R S **2.50** A Kind of Spark R S **3.15** Storybud R S **3.25** Lagging R S **3.50** United FC R S **4.20** news2day S **4.30** Shortland Street R S

5.00 HOME AND AWAY R S

5.30 FIFA WORLD CUP 26 LIVE See Choice S

8.30 FIFA WORLD CUP 26 LIVE England v Croatia (Kick-off 9.00pm). Joanne Cantwell presents coverage of the Group L match at Dallas Stadium in the USA, as both sides get their campaign under way. These two teams last met at the European Championships held in 2021, with England winning a group stage encounter 1-0 at Wembley Stadium thanks to a second-half finish from Raheem Sterling. They also met in the semi-finals of the 2018 World Cup in Russia, when Croatia came from behind to win 2-1 in extra-time and reach their first major final. Kieran Trippier scored a fifth-minute free-kick in that meeting to give England the lead but The Checkered Ones replied in the 68th minute thanks to Ivan Perisic's goal to take it to another 30 minutes. Mario Mandzukic then scored with 11 minutes of extra time to play, ending the Three Lions' quest to reach their first World Cup final since 1966. S

11.45 FIFA WORLD CUP 26 LIVE Ghana v Panama (Kick-off 12.00am). Coverage of the Group L match at Toronto Stadium in Canada, as these two sides get their tournaments under way in their first-ever meeting. S

2.15 No Worries If Not! R S **2.45 FIFA World Cup 26 Live** Uzbekistan v Colombia (Kick-off 3.00am). Coverage of both teams' opening match in Group K, held at Mexico City Stadium. S **5.10** EuroNews

Virgin One

6.15 The Six O'Clock Show R S **7.00** Ireland AM S **10.00** This Morning S **12.30** News S **1.00** This Morning S **1.30 Live Racing** Day two of Royal Ascot. **5.30** News at 5.30 S

6.05 THE SIX O'CLOCK SHOW Chat, features and consumer affairs. S

7.00 NEWS S

7.30 FRIENDS Part one of two. The pals visit Las Vegas, where surprises await them, while Ross misinterprets Rachel's intentions and embarks on a campaign to humiliate her in public. R

8.00 LONG LOST FAMILY: WHAT HAPPENED NEXT Davina McCall and Nicky Campbell revisit more searches featured previously on the show, beginning with the stories of people desperate to find their birth parents. R S

9.00 I'LL BE WATCHING YOU Two-part documentary in which victims of some of Britain's most prolific voyeuristic predators speak out, revealing how powerful men used their statuses to hide their crimes. S

10.00 THE TONIGHT SHOW Comment and analysis on the big stories of the day in Ireland and abroad with a panel of guests covering the key issues. S

11.00 THE GAME Huw is adamant that he heard Patrick admit to being the Ripton Stalker, but Patrick bluffs, later boasting to Steve about Huw's drunken antics. Jenny and Martin find Ruth dead, and Patrick charms his way into chatting with Alice and Margot. R S

12.00 Living with Lucy R S **12.55** Vigil R S **2.00** Close **5.25** The Tonight Show R S

TG4

6.00 Cúla 4 **11.40** Comhrá R **12.10** Malcolm in the Middle R S **12.35** Cheers R S **1.05** Geantraí R **1.35** Murder, She Wrote R S **2.30** Blas Bluegrass R **3.00** Moving West R **3.30** Taste of Australia with Hayden Quinn R S **4.00** Glór Tíre: Rogha & Togha R **4.30** Gilmore Girls R S **5.25** Malcolm in the Middle R S **5.55** Domhan an Dúlra

7.00 NUACHT TG4

7.30 SCOIL SAMHRAIDH WILLIE CLANCY Traditional music from Scoil Samhraidh Willie Clancy in July 2024, featuring entertaining performances and interesting conversation at the festival. With music from Mary Corcoran, Marcas Ó Murchú, Neill Byrne, Tomás Ó Gealbháin, Odí Ní Cheilleachair and Damhnait Ní Fhatharta. R

8.30 RÉABHLÓID AR CHÚL AN TÍ Aedín Ní Thiarnaigh and Mary Reynolds turn every day gardeners into environmental changemakers, starting with Eimear Ní Mhathúna and Des Fegan's garden in Donegal. R

9.00 CHEERS Norm and the gang go over to Sam's to watch The Magnificent Seven, but accidentally leave Diane out of their plans – and feel so guilty they decide to take her to the opera instead. R S

9.30 POGROM BHÉAL FEIRSTE The records of Catholic priest, Father Hassan, following the founding of the Northern Irish state. They were hidden away in archives, until being rediscovered in recent years. R

10.30 THE HUNT Inge's husband is arrested. R

11.30 SURVIVOR An unexpected twist for the castaways sends the trajectory of the game in a new direction.

12.45 Cúramóirí R **1.15** Dáil Éireann **2.00** Nuacht TG4 R **2.30** Pogrom Bhéal Feirste R **3.30** Éadaí SOS R **3.55** Scoil Samhraidh Willie Clancy R **4.50** France 24

BBC One

7.15 News S **9.30** Morning Live S **10.45** Doorbell Detectives R S **11.15** Homes Under the Hammer R S **12.15** Bargain Hunt R S **1.00** News S **1.35** Regional News S **1.45** News S **2.00** Policing Paradise S **2.30** Scam Interceptors R S **3.00** Escape to the Country R S **4.00** Garden Rescue S **5.00** News S **5.15** Regional News S **5.30 MOTD Live: FIFA World Cup 2026** Portugal v DR Congo (Kick-off 6.00pm). S

8.30 EASTENDERS As RTÉ One, 8.30pm. S

9.00 DEATH IN PARADISE When a seemingly simple kidnapping ends in murder, Neville and the team must work out what went wrong and how someone wound up dead. Drama about a British cop posted to the Caribbean island of Saint Marie, where he is totally unsuited to a life of sun, sea and sand, but finds his brilliant investigative skills come in handy for solving murder. Starring Ralf Little and Josephine Jobert. R S

10.00 NEWS A round-up of today's headlines. S

10.30 REGIONAL NEWS S

10.40 FUNBOYS Life gets sticky in Ballymacnoose when Callum walks in on Gemma and Lorcan in bed. S

11.00 FUNBOYS As Callum begins slowly unravelling under the strain of Jordan's relentless night terrors about baldness, he stumbles upon a flyer for Ballymacbot Wars - a local competitive robot combat tournament offering a generous cash prize and potential ticket out of Jordan's bedroom. Last in the series. S

11.25 ONLYFANS: INSIDE THE MACHINE Documentary on the content-sharing website OnlyFans. Reporter Amber Haque uncovers allegations of exploitation, coercion, violence and the potential for modern slavery. R S

12.30 Reported Missing R S **1.30** Celebrity Bridge of Lies R S **2.15** Blankety Blank R S **2.50 MOTD Live: FIFA World Cup 2026** Uzbekistan v Colombia (Kick-off 3.00am). Coverage of both teams' opening match in Group K, held at Mexico City Stadium. S **5.15** News S

BBC Two

6.00 News S **7.15** Garden Rescue R S **8.00** Sign Zone: Great Japanese Railway Journeys R S **8.30** Great Central Asian Railway Journeys R S **9.00** News S **11.15** Politics Live S **1.00 Tennis: Queen's** The HSBC Championships. S

6.00 RICHARD OSMAN'S HOUSE OF GAMES With Ben Bailey Smith, Robin Ince, Lara Ricote and Helen Skelton. R S

6.30 GREAT CONTINENTAL RAILWAY JOURNEYS Michael Portillo travels from Larvik to Holstebro. R S

7.00 CRICKET: TODAY AT THE TEST England v New Zealand. Highlights of day one of the Second Test in the three-match series, held at The Kia Oval in London. S

8.00 THE REPAIR SHOP See Choice R S

9.00 QI XL Sandi Toksvig looks at saints and sinners in an extended edition of the comedy panel game, with Bridget Christie, Mark Watson, Johnny Vegas and Alan Davies. R S

9.45 LIVE AT THE APOLLO Loyiso Gola introduces fellow comedians Scott Bennett and Helen Bauer to the stage of the legendary Hammersmith venue. R S

10.30 NEWSNIGHT S

11.00 UNSPUN WORLD WITH JOHN SIMPSON The BBC's world affairs editor reflects on the week's major global news stories, talking to local experts from around the world to go behind the headlines. S

11.30 BRITNEY: IN TEN PICTURES A journey through Britney Spears' life in 10 photos. Last in the series. R S

12.30 Sign Zone: The Future with Hannah Fry R S **12.55** Do You Know Your Place? R S **1.25** Peelers: The PSNI for Real R S **1.55** Two Weeks in August R S **2.40** This Is BBC Two S

HORROR COMEDY Happy Death Day 2U Channel 4, 2.05am College student Tree (Jessica Rothe) repeatedly lived through her own murder at the hands of a killer in a baby mask, until she learned how to outwit him and escape her fate. However, she is stuck in another murderous time-loop, and has to face up to a fresh killer. This sequel to the inventive 2017 slasher leans more into the humour than the shock value but recaptures the original's spark effectively.



Channel 4

6.25 Cheers R S **7.45** Everybody Loves Raymond R S **9.10** Frasier R S **11.10** American Pickers R S **12.05** News S **12.10** Car S.O.S R S **1.10** Help! We Bought a Village R S **2.10** Countdown S **3.00** A Place in the Sun R S **4.00** Narrow Escapes S **5.00** Chateau DIY R S

6.00 SUN, SEA AND SELLING HOUSES Mother-and-son team Sharon and Shaun help retired IT professional Chrissy find a holiday home while Darren and Natalie help a couple from Hampshire upgrade their Spanish dwelling. R S

7.00 NEWS Including sport and weather. S

8.00 LOCATION, LOCATION, LOCATION A catch-up with two couples who were searching east and south London respectively, to see how they got on after the cameras stopped rolling – and where they are living now. S

9.00 THE LIGHT IN THE HALL: STILL WATERS As Caryl digs deeper, she encounters Mabli, a young activist protesting reservoir expansion. Rhys's quest for answers leads him to a confrontation with Eve. S

10.00 NIGHT COPPERS Night Copper and former MMA fighter Robbie takes on the police response to a large fire that has engulfed a seafront hotel. Hannah is called out to a victim of an attempted mugging who is reluctant to receive help with a head injury. R S

11.05 CELEBRITY GOGGLEBOX A cast of famous faces, including Vernon Kay and Paddy McGuinness, Denise Van Outen and Johnny Vaughan and Bez and Shaun Ryder give their thought on the week's TV. R S

12.05 Tip Toe R S **1.00** Best of Iris: Cardiff Charm 2026 S **2.05 FILM: Happy Death Day 2U** (2019, Horror, 15) See Choice. Dir: Christopher Landon. S **3.45** Iris Prize Best British Shorts: Hot Young Geek Seeks Blood-Sucking Freak S **3.55** Sarah Beeny's New Life in the Country R S

Virgin Two

7.00 Winning Combination R S **8.00** Tipping Point R S **9.00** The Chase R S **11.00** Riddiculous **12.00** Cash Trapped R S **1.00** Britain's Brightest Family R S **1.30** Friends R **2.00** Who's Doing the Dishes? R S **3.00** Lorraine S **3.30** Inside Paddington Station R **4.25** Tipping Point S **5.25 Live Racing** Further coverage of day two of Royal Ascot. S

6.30 HARBOUR COPS R S

7.00 THE CHASE Matt, Jodie, Jack and Trish take part. S

8.00 HELP ME BUY A HOME Liz tackles a tight budget for a young mother in Cork. R S

9.00 LOVE ISLAND Relationship-based reality show. S

10.05 LOVE ISLAND: THE DEBRIEF Daily Love Island reactions with Shakira Khan, Toni Laites and Yasmin Pettet. S

10.35 FRIENDS R

11.05 BELOW DECK SAILING YACHT

12.00 Below Deck Sailing Yacht **12.55** Love Island R S **1.45** Transaction R S **3.00** Close

Sky Atlantic

6.00 Fish Town R S **8.00** Homicide: Life on the Street R S **10.00** Hacks R S **11.15** House of the Dragon R S **12.20** Deadwood R S **2.20** Mussolini: Son of the Century R S **3.20** House of the Dragon R S **4.35** Gomorrah R S

6.45 THE GILDED AGE Larry shares a promising discovery with George. R S

7.50 THE GILDED AGE Bertha finalises the guest list for the ball and finally faces the fall-out from her actions. Last in the series. R S

9.00 THE WHITE LOTUS Belinda negotiates a deal with Zion that could secure her future, Gaitok shares his plans with Mook, and Timothy comes up with a shocking plan for his family. Last in the series. R S

10.30 A KNIGHT OF THE SEVEN KINGDOMS Dunk exercises his right to request a trial by combat. R S

11.15 A KNIGHT OF THE SEVEN KINGDOMS Dunk's mettle is put to the test in the brutal trial of seven. R S

12.00 A Knight of the Seven Kingdoms R S **12.40** Hacks R S **2.00** The Gilded Age R S **4.10** Homicide: Life on the Street R S **5.05** Urban Secrets R S

Sky One

6.00 Mornings R **7.00** Mornings with Ridge and Frost R **8.00** Stargate SG-1 R S **9.00** NCIS: Los Angeles R S **10.00** Will & Grace R S **11.00** The Simpsons R S **12.00** Wildlife ER R S **1.00** Hawaii Five-0 R S **2.00** NCIS: Los Angeles R S **3.00** S.W.A.T R S **5.00** The Simpsons R S

6.00 THE OFFICE (US) R S

6.30 THE OFFICE (US) R S

7.00 THE SIMPSONS R S

7.30 THE SIMPSONS The dogs of Springfield assert their dominance. R S

8.00 FILM: BLITHE SPIRIT (2020, Comedy, 12) A spiritualist medium holds a seance for a writer, but accidentally summons the spirit of his deceased first wife. Starring Isla Fisher and Dan Stevens. Dir: Edward Hall. R S

10.00 THE SIMPSONS R S

10.30 THE SIMPSONS R S

11.00 MICKY FLANAGAN – AN' ANOTHER FING LIVE R S

12.45 Grimm R S **1.35** Road Wars R **2.00** From S **3.00** Hawaii Five-0 R S **4.00** S.W.A.T R S

UTV

6.00 News S **9.30** Lorraine S **10.00** This Morning S **1.00** News S **1.20** UTV Live; Weather S **1.30 ITV Racing Live: Royal Ascot** Ed Chamberlin and Francesca Cumani present coverage of day two of the festival. S

6.00 UTV LIVE; WEATHER S

6.30 NEWS S

7.30 CHANGING ENDS The Carrs head to London and that can only mean one thing, quality time with Terri. R S

8.00 FIFA WORLD CUP 2026 England v Croatia (Kick-off 9.00pm). Mark Pougatch presents coverage of the Group L match at Dallas Stadium in the USA, as Thomas Tuchel's side get their campaign under way. These two teams last met at the European Championships held in 2021, with England winning a group stage encounter 1-0 at Wembley Stadium thanks to a second-half finish from Raheem Sterling. S

11.40 FIFA WORLD CUP 2026 Ghana v Panama (Kick-off 12.00am). S

2.35 All Elite Wrestling: Collision R S **4.20** Unwind with ITV S **5.30** James Martin's American Adventure R S

Cable & Satellite

GENERAL

Virgin Three

6.35am Heartbeat. **7.30** A Touch of Frost. **9.35** John and Lisa's Weekend Kitchen. **10.35** Hairy Bikers: Route 66. **11.50** Paddington Station 24/7. **12.50** Heartbeat. **1.55** Impossible Engineering. **2.55** Emmerdale. **3.55** Coronation Street. **4.55** The Royal. **5.55** Endeavour. **7.55** Heartbeat. A man admits to killing his wife. **9.00** Out There. Drama, starring Martin Clunes. **10.00** Brianna: A Mother's Story. Documentary exploring the brutal murder of teenager Brianna Ghey. **11.00** Malpractice. **12.00** The Girl Before.

BBC Three

7.00pm The Catch Up. A round-up of the day's news. **7.05** Planet Earth: A Monkey's Tale. The history of the planet. **7.10** Walking with Dinosaurs. In Utah, 130 million years ago, a band of armoured dinosaurs battle to reach adulthood. **8.00** Top Gear. Searching for the world's best four-seat supercar. **9.00** Film: Children of Men (2006, Thriller, 15) **10.40** Thailand: The Dark Side of Paradise.

BBC Four

7.00pm University Challenge. The third of the quarter-finals. **7.30** Only Connect. Three philosophers compete against three Hitchhiker's Guide to the Galaxy fans. **8.00** Universe. Professor Brian Cox examines the hunt for extra-terrestrials. **9.00** The Nazis: A Warning from History. Grassroots support for the Gestapo. **9.50** One Foot in Arthur's Seat. Actor Ian Richardson walk up the dormant volcano in Edinburgh. **10.00** W Stephen Gilbert Remembers – Only Connect. **10.15** Only Connect – Play of the Week. **11.05** Alison Steadman Remembers – Girl. **11.20** Second City Firsts: Girl. **11.50** Vienna: Empire, Dynasty and Dream.

ITV2

6.00am Backyard Builds. **6.25** Deal or No Deal. **7.30** Dress to Impress. **8.25** Billie and Greg: The Family Diaries. **9.30** The Only Way Is Essex. **10.30** The Real Housewives of Salt Lake City. **11.20** The Real Housewives of Orange County. **12.10** The Real Housewives of Cheshire. **1.10** Celebrity Catchphrase. **2.10** The Floor USA. **3.10** The Only Way Is Essex. **4.10** The Real Housewives of Salt Lake City. **5.00** The Real Housewives of Orange County. **6.00** Celebrity Catchphrase. **7.00** The Floor USA. Rob Lowe hosts the American version of the dramatic and fast-paced game show. **8.00** Million Dollar Listing: LA. Tracy tries to sell a property that no one is allowed to set foot in. **9.00** Love Island. Relationship-based reality show. **10.05** Love Island: The Debrief. **10.35** Family Guy. **11.35** American Dad!

ITV3

6.00am George and Mildred. **7.05** Classic Emmerdale. **8.05** Classic Coronation Street. **9.10** Inspector Morse. **11.20** Heartbeat. **1.30** Midsomer Murders. **3.30** Classic Emmerdale. **4.40** Classic Coronation Street. **5.50** Heartbeat. **8.00** Midsomer Murders. Barnaby and Troy investigate the murder of a terminally ill property developer. **10.00** Law & Order: UK. **11.50** Shetland.

E4

Noon: The Simpsons. **2.00** Brooklyn Nine-Nine. **3.00** Modern Family. **5.00** The Simpsons. **6.30** Hollyoaks. **7.30** The Simpsons. With the guest voice of Tom Waits. **8.00** Below Deck: Mediterranean. The deck team come under fire for being too lax on the job. **9.00** Gogglebox. **11.05** Naked Attraction.

More4

11.55am Four in a Bed. **1.35** Come Dine with Me. **4.15** Four in a Bed. **6.50** Location, Location, Location. **7.55** PopMaster TV. With contestants from London, Banbury, Doncaster, Southport and Newcastle-under-Lyme. **9.00** Our Yorkshire Shop: A Victorian Restoration. The hunt for stock starts in earnest. **10.00** 24 Hours in A&E.

5

11.30am Storm & Alexis. **12.45** News. **12.50** Matt Allwright. **2.00** Vanessa. **3.00** Castle. **4.50** Love Nature. **5.00** News. **6.00** Isle of Wight: Jewel of the South. **6.55** News. **7.00** GPs: Behind Closed Doors. A war veteran's old biking injury has come back. **7.55** News. The latest reports. **8.00** Inside the Tower of London. Tracy Borman investigates what happened to Henry VIII's flagship, the Mary Rose. **9.00** Surgeons: A Matter of Life or Death. A man in need of a liver transplant gives surgeons cause for concern. **10.00** Trauma Room One. A patient with a blood clot on the brain undergoes emergency surgery. Last in the series. **11.05** A&E After Dark.

National Geographic

Noon: Seconds from Disaster. **1.00** Air Crash Investigation. **2.00** Liberation: D-Day to Berlin. **4.00** Pirates: Behind the Legends. **5.00** Inside Sydney Airport. **6.00** World War II: Secrets from Above. **7.00** Air Crash Investigation. A plane that crashed into an apartment complex in the Netherlands. **8.00** Ancient Structures: Secrets Revealed. The Colosseum and the Great Wall of China. **9.00** Colosseum: Rise and Fall. Archaeologists uncover the remains of ancient beasts. **10.00** Witches: Truth Behind the Trials. **11.00** Air Crash Investigation. **12.00** Toronto Airport Uncovered.

FILMS

Film4

1.05pm Magnificent Obsession (1954, Drama, U) **3.15** The Enemy Below (1957, Drama, PG) **5.15** The Lavender Hill Mob (1951, Comedy, U) **6.55** Dad's Army (2016, Comedy, PG) **9.00** Braveheart (1995, Drama, 15) **12.30** The Hunt (2019, Horror, 15)

Movies 24

1.00pm Home Turf (2025, Drama, PG) **3.00** Branching Out (2024, Drama, PG) **5.00** Sugarplummed (2024, Drama, PG) **7.00** The Finnish Line (2024, Drama, PG) **9.00** Something's Brewing (2023, Drama, PG) **11.00** The Proposal Spot (2023, Drama, PG) **1.00** Paging Mr Darcy (2024, Drama, PG)

Sky Cinema Premiere

1.00pm No Ordinary Heist (2026, Thriller, 15) **2.45** Sisu: Road To Revenge (2025, Drama, 15) **4.25** They Will Kill You (2026, Drama, 15) **6.15** As 1pm. **8.00** The Choral (2025, Drama, 12) **10.00** Fuze (2026, Thriller, 15) **11.40** One Last Deal (2026, Drama, 18)

Sky Cinema Comedy

12.55pm Big Daddy (1999, 12) **2.30** Mamma Mia! (2008, PG) **4.20** Mamma Mia! Here We Go Again (2018, PG) **6.20** Arthur (1981, 15) **8.00** Bridget Jones's Diary (2001, 15) **9.50** Two Weeks Notice (2002, 12) **11.45** Fords on Water (1983, 15)

Sky Cinema Family

12.15pm DC League of Super-Pets (2022, Animation, PG) **2.10** Sing (2016, Animation, U) **4.05** The Smurfs 2 (2013, Comedy, U) **6.00** Smurfs: The Lost Village (2017, Animation, U) With the voices of Demi Lovato and Julia Roberts. **7.40** Jumanji: Welcome to the Jungle (2017, Comedy, 12) Starring Dwayne Johnson. **9.45** Peter Rabbit (2018, Comedy, PG) **11.30** Sonic the Hedgehog 3 (2024, Adventure, PG)

SPORT

TNT Sports 1

8.45am Live: One Day International Cricket. **5.30** Live MLB. Cincinnati Reds v New York Mets (Start-time 5.40pm). **8.30** Live MLB. Los Angeles Dodgers v Tampa Bay Rays (Start-time 8.10pm). **11.00** TNT Sports Reload. **11.30** MLB Plays of the Week. **12.00** Live MLB.

Sky Sports Main Event

10.00am Live Test Cricket. **6.30** Live Women's ICC World T20 Cricket. South Africa v Pakistan. **10.00** World Cup Report. **1.00** Live WNBA.

Sky Sports Premier League

11.00am Premier League Highlights. **12.00** SNF. **12.30** Premier League Highlights. **3.30** SNF. **4.00** Premier League Highlights. **6.00** MNF Hlts. **6.30** Transfer 360. **7.00** Premier League Stories. **7.30** Gary Neville's Soccerbox. **8.00** Netbusters. **9.00** Premier League Review. **11.00** Premier League Years. **1.00** PL Retro.

Thursday June 18

NEW TWO-PARTER Brexit: A Very British Civil War RTÉ One, 10.15pm The events surrounding the referendum to leave the EU, beginning as David Cameron won a shock majority at the 2015 general election, with the implications immediately dawning on all concerned. There is no coalition talks to stop the Conservatives from having to fulfil an election pledge to hold a referendum on whether to leave the EU. Shown last week on BBC Two.



LAST IN SERIES Reported Missing BBC One, 9.00pm A landlady reports that her lodger, 22-year-old international student Santra, has not been seen for ten days. Officers initially hope that she may have simply left without telling anyone but a troubling note triggers a high-risk investigation. Meanwhile Sgt David Tainsh is on duty at Howdenhall Police Station in Edinburgh when a call comes in alerting him to the disappearance of 52-year-old Laura.



RTÉ One

6.00 EuroNews **6.20** Teleshopping **7.25** Casualty R S **8.25** Doctors R S **9.35** The Drew Barrymore Show R S **10.25** The Kelly Clarkson Show S **11.15** Only Fools and Horses R S **11.50** Leaders' Questions S **12.45** Telly Bingo S **1.00** News S **1.30** Home and Away S **2.00** Shortland Street S **2.30** EastEnders R S **3.10** The Money List R S **4.10** MasterChef Australia S **5.40** Nuacht **5.55** News Followed by The Angelus R

6.01 **NEWS** S
7.00 **HIGH ROAD, LOW ROAD** National treasures Daniel and Majella O'Donnell head to the lively city of Zadar on Croatia's Dalmatian coast. From a natural mud bath to a luxury spa, and a speed boat to a bell tower, one of them enjoys a luxury holiday, while the other explores the city on a budget. R S
7.30 **NICO'S COOK IN, COOK OUT** S
8.00 **FAIR CITY** Nikki has her official meeting with the council, Mel scrambles to find a date to save face, and Emma pressures Con to show interest in renovating the Men's Shed. Orla reconsiders doing the prison workshop. S
8.30 **EASTENDERS** Chelsea receives an unexpected offer, Ian turns to Kathy for help, and Bea meddles with Honey and Billy. S
9.00 **NEWS** S
9.35 **PRIME TIME** In-depth analysis of current affairs and topical reports, presented by Miriam O'Callaghan and Fran McNulty. S
10.15 **BREXIT: A VERY BRITISH CIVIL WAR** See Choice S
11.30 **HIDDEN ASSETS** When a reporter is murdered in Bilbao, DS Claire Wallace is drawn into a case that links the killing to a CAB raid. Return of the crime drama, starring Nora-Jane Noone. R S

12.25 Death in Paradise R S **1.30** Prime Time R S **2.10** The Kelly Clarkson Show R S **2.55** EuroNews

RTÉ2

7.50 Children's Programmes **4.30 FIFA World Cup 26 Live** Czechia v South Africa (Kick-off 5.00pm). S

7.30 **FIFA WORLD CUP 26 LIVE** Switzerland v Bosnia and Herzegovina (Kick-off 8.00pm). Coverage of the Group B match at Los Angeles Stadium in Inglewood, USA. The Swiss won two of their three group matches in Qatar four years ago, overcoming both Cameroon and Serbia as they finished second to Brazil on account of their loss to the South Americans, but they then suffered a heavy 6-1 loss to Portugal in the last-16. However, having progressed beyond the group stage at every World Cup and Euro tournament finals since 2014, the Rossocrociati will have high hopes of continuing that streak. The Bosnians failed to progress from the group stage at their only previous finals in Brazil in 2014, when a 3-1 victory over Iran in their final group game proved to be too little, too late after suffering losses to Argentina and Nigeria. S
10.30 **FIFA WORLD CUP 26 LIVE** Canada v Qatar (Kick-off 11.00pm). Coverage of the Group B match at BC Place Vancouver in Canada. There has only ever been one previous meeting between these nations, a 2022 friendly match in Vienna that saw just 150 people in attendance as Canada claimed a 2-0 victory. S

1.30 Shortscreen R S **1.45 FIFA World Cup 26 Live** Mexico v South Korea (Kick-off 2.00am). Coverage of the Group A match at Guadalajara Stadium in Mexico. S **4.10** EuroNews

Virgin One

6.15 The Six O'Clock Show R S **7.00** Ireland AM S **10.00** This Morning S **12.30** News S **1.00** This Morning S **1.30 Live Racing** Day three of Royal Ascot. **5.30** News at 5.30 S

6.05 **THE SIX O'CLOCK SHOW** Chat, features and consumer affairs. S
7.00 **NEWS** S
7.30 **FRIENDS** Rachel makes Ross regret playing a prank on her, while Monica and Chandler have a spot of good luck and Joey tries out a get-rich-quick scheme. Last in series. R
8.00 **FOR THE LOVE OF DOGS WITH ALISON HAMMOND** Alison meets a bulldog who has one of the worst breathing problems the vets have ever encountered and helps a collie cross get over a past trauma. S
8.30 **CALL THE CLEANERS** Maxine and Jasmine help a man who is caring for his elderly father, while Yvonne and Angela have their work cut out with the worst toilet they have ever encountered. R S
9.00 **THE CROW GIRL** Jeanette turns to Sophia as her world begins to crumble. Victoria arrives at the Burkeman farm ready to confront her past and makes a terrible discovery. Last in the series.
10.05 **TOUR DE FRED – IRELAND: PART DEUX** Fred Sirieix cycles around Co Waterford, taking on the Comeragh Mountains as far as the Mahon Falls, and reconnecting with nature in Crough Woods as he tries forest yoga. R S
11.05 **PROTECTION** Liz sets out to unravel the conspiracy. Last in the series. R S

12.05 My Boyfriend Made Me Do It R S **1.00** McDonald & Dodds R S **2.44** Close

TG4

6.00 Cúla 4 **11.40** Comhrá R **12.10** Malcolm in the Middle R S **12.40** Cheers R S **1.10** Geantraí R **1.40** Murder, She Wrote R S **2.35** Domhan an Dúlra **3.35** Taste of Australia with Hayden Quinn R S **4.05** Glór Tíre: Rogha & Togha R **4.35** Gilmore Girls R S **5.30** Malcolm in the Middle R S

6.00 **CAMPA FIÁIN** This week on Campa Fiáin Colm and his friends John, Ultan and Colm learn how to make a Dakota fire pit. Colm will also show the boys how to start a fire. R S
6.25 **RÉABHLÓID AR CHÚL AN TÍ** Aedín Ní Thiarnaigh and Mary Reynolds turn every day gardeners into environmental changemakers, starting with Eimear Ní Mhathúna and Des Fegan's garden in Donegal. R
7.00 **NUACHT TG4**
7.30 **PLANDA GO PLÁTA** A visit to McNally's family farm near the seaside town of Balbriggan. R
8.00 **CROÍ NA FÉILE** Hugh Carr heads to Cúil Aodha to volunteer at Féile na Laoch, which celebrates the life and artistic contribution of the musical legend and composer, Seán Ó Riada.
8.30 **ROS NA RÚN** Tadhg grows wary of Sonny.
9.00 **CHEERS** Woody fears for his job. R S
9.30 **RÚN NA BÓINNE** In a dramatic search across the Irish landscape, Seán Mac an tSíthigh undertakes an epic quest to uncover the location of a long-suspected second chamber at Newgrange. R
10.30 **FÍORSCÉAL** This documentary follows three youth workers in a therapeutic residential home in Germany.
11.35 **ROS NA RÚN** Tadhg grows wary of Sonny. R

12.05 Call My Agent! R **1.15** Dáil Éireann **2.00** Nuacht TG4 R **2.30** Croí na Féile R **3.00** Rún na Bóinne R **3.55** Geantraí in Omós do Tommy Makem R **4.50** France 24

BBC One

6.00 News S **9.30** Morning Live S **10.45** Doorbell Detectives R S **11.15** Homes Under the Hammer S **12.15** Bargain Hunt R S **1.00** News S **1.35** Regional News S **1.45** News S **2.00** Policing Paradise S **2.30** Scam Interceptors R S **3.00** Escape to the Country R S **3.45** Garden Rescue S

4.30 **MOTD LIVE: FIFA WORLD CUP 2026** Czechia v South Africa (Kick-off 5.00pm). Mark Chapman presents coverage of the Group A match at Atlanta Stadium in the USA. Czechia have only appeared at one previous World Cup finals since Czechoslovakia was dissolved in 1992, that being the 2006 tournament in Germany when they were eliminated in the group stage after finishing third. S
7.30 **NEWS** S
8.00 **REGIONAL NEWS** S
8.30 **EASTENDERS** As RTÉ One, 8.30pm. S
9.00 **REPORTED MISSING** See Choice S
10.00 **NEWS** S
10.30 **REGIONAL NEWS** S
10.40 **THE VIEW** Mark Carruthers presents a review of the week's political news, including reports on the latest events at Stormont and Westminster. Plus, comment and analysis with studio guests. S
11.20 **ELECTION 26: BY-ELECTION SPECIAL** Laura Kuenssberg presents as three constituencies choose a new MP, Chris Mason is at the count in Makerfield and correspondent Alex Forsyth keeps an eye on reactions from the studio. Professor Sir John Curtice analyses the key electoral trends and a panel of senior politicians give their reactions to the verdicts. S

4.00 News S

BBC Two

6.30 Escape to the Country R S **7.15** The Travelling Auctioneers R S **8.00** Sign Zone: Gardeners' World R S **9.00** News S **12.15** Politics Live S **1.00 Tennis: Queen's** The HSBC Championships. S

6.00 **RICHARD OSMAN'S HOUSE OF GAMES** Ben Bailey Smith, Robin Ince, Lara Ricote and Helen Skelton test their general knowledge skills in the penultimate round of challenges. R S
6.30 **GREAT CONTINENTAL RAILWAY JOURNEYS** Michael Portillo explores Denmark's second city, Aarhus. R S
7.00 **THE ONE SHOW** Alex Jones and Roman Kemp present. S
7.30 **CRICKET: TODAY AT THE TEST** England v New Zealand. Highlights of day two of the Second Test in the three-match series, held at The Kia Oval in London. England have lost their last two Tests at this venue, falling to an eight-wicket defeat at the hands of Sri Lanka in 2024 and losing to India by six runs last year, but they had won five of their last six games in this format here before those contests. S
8.30 **VILLAGES BY THE SEA** How Buckler's Hard in Hampshire became a bustling naval shipyard. R S
9.00 **QUEEN JAMES** See Choice S
10.00 **SWIPE RIGHT FOR SPERM** Gemma Dunstan investigates the unregulated world of sperm donation. S
10.30 **NEWSNIGHT** S
11.05 **GODS OF TENNIS** The golden age of tennis during the 1970s and 1980s. R S

12.05 **FILM: The Phantom of the Open** (2021, Comedy, 12) Dir: Craig Roberts. S **1.50 MOTD Live: FIFA World Cup 2026** Mexico v South Korea (Kick-off 2.00am). Coverage of the Group A match at Guadalajara Stadium in Mexico. S **4.10** This Is BBC Two S

NEW ONE-OFF DOCUMENTARY Queen James BBC Two, 9.00pm Author and historian Gareth Russell reveals the story of King James VI and I, who oversaw the creation of the King James Bible, was patron to Shakespeare, stepped up the plantation of Ulster and narrowly escaped being blown up in the Gunpowder Plot. Meanwhile, in court circles, James was known as having 'favourites'; young, attractive men whom me welcomed into his inner sanctum.



Channel 4

6.25 Cheers R S **7.45** Everybody Loves Raymond R S **9.10** Frasier R S **11.10** American Pickers R S **12.05** News S **12.10** Car S.O.S R S **1.10** Help! We Bought a Village R S **2.10** Countdown S **3.00** A Place in the Sun R S **4.00** Narrow Escapes S **5.00** Chateau DIY R S

6.00 SUN, SEA AND SELLING HOUSES In Almería, Steve and Sharon Garner assist recently retired couple Nigel and Nickola, who have sold up in the UK and are moving to Spain full-time with a budget of 220,000 euros. R S
7.00 NEWS S
8.00 GEORGE CLARKE'S BEAUTIFUL BUILDS After living in a 'doer-upper', with no experience of renovation, Michelle from Windsor asks George Clarke to help make her undesirable bungalow into the home of her dreams. S
9.00 24 HOURS IN POLICE CUSTODY DCI Adam Gallop believes a man declared missing in 2015 has been murdered - but has so far been unable to locate his body, and the more time passes, the less chance there is of new witnesses or forensic evidence turning up. R S
10.00 THE ACCUSED: BEYOND REASONABLE DOUBT? New. Following individuals fighting convictions that they believe are a miscarriage of justice, beginning with a look at the case of Jason Moore. S
11.05 MURDERED: THE BABY ON THE BEACH How the discovery of a five-day-old boy's body on a lonely Co Kerry beach in April 1984 set in train a chain of events that brought shame on the State and the Gardai. R S

12.05 Murdered: The Baby on the Beach R S **1.50** Ramsay's Hotel Hell R S **2.40** Iris Prize Best British Shorts S
2.55 FILM: Crawl (2019, Horror, 15) Dir: Alexandre Aja. S
4.25 Travel Man: 48 Hours in Rovaniemi R S **4.50** Couples Come Dine with Me R S

Virgin Two

6.55 Winning Combination R S **7.55** Tipping Point R S **8.55** The Chase R S **10.55** Riddiculous **11.55** Cash Trapped R S **12.55** Britain's Brightest Family R S **1.25** Friends R **1.55** Who's Doing the Dishes? R S **2.55** Lorraine S **3.25** Inside Paddington Station R **4.25** Tipping Point S
5.25 Live Racing Further coverage of day three of Royal Ascot. S
6.30 HARBOUR COPS R S
7.00 THE CHASE Sheila, Alex, Robbie and Amanda take part. S
8.00 CELEBRITY CATCHPHRASE With Jack P Shepherd, Olivia Attwood and Adam Woodyatt. R S
9.00 LOVE ISLAND Relationship-based reality show. S
10.05 LOVE ISLAND: THE DEBRIEF S
10.35 FRIENDS R
11.05 UNDERCOVER GIRLFRIENDS R
12.00 Love Island R S **1.00** I Kissed a Girl R **1.50** Transaction R S **3.00** Close

Sky Atlantic

6.00 Fish Town R S **8.00** Homicide: Life on the Street R S **10.00** Hacks R S **11.15** House of the Dragon R S **12.20** Deadwood R S **2.25** Mussolini: Son of the Century R S **3.25** House of the Dragon R S **4.35** Gomorrah R S
6.45 THE WHITE LOTUS A group of demanding vacationers arrive at a luxury resort in Sicily, where Tanya turns up with her new assistant, and a family deals with a conspicuous absence. R S
7.55 THE WHITE LOTUS Harper questions Cameron and Daphne's claims about their marriage. R S
9.00 UNDER SALT MARSH Old accusations resurface as Jackie and Bull must put aside years of mistrust before the town's tensions ignite into violence. Starring Kelly Reilly. R S
10.05 TRUE DETECTIVE: NIGHT COUNTRY The truth about what happened to Annie and the Tsalal men unfolds. Last in the series. R S
11.25 HACKS Jimmy and Kayla seek to grow their company. R S
12.05 Hacks R S **12.40** The White Lotus R S **2.55** The Gilded Age R S **4.10** Homicide: Life on the Street R S **5.05** Urban Secrets R S

Sky One

6.00 Mornings R **7.00** Mornings with Ridge and Frost R **8.00** Stargate SG-1 R S **9.00** NCIS: Los Angeles R S **10.00** Will & Grace R S **11.00** The Simpsons R S **12.00** Wildlife ER R S **1.00** Hawaii Five-0 R S **2.00** NCIS: Los Angeles R S **3.00** S.W.A.T R S **5.00** The Simpsons R S
6.00 THE OFFICE (US) R S
6.30 THE OFFICE (US) R S
7.00 THE SIMPSONS R S
7.30 THE SIMPSONS R S
8.00 SHARK WITH STEVE BACKSHALL R S
9.00 FROM S
10.00 FILM: BEVERLY HILLS COP (1984, Comedy, 15) A Detroit cop goes to Los Angeles to track down the killers of his friend, who are working for an untouchable drug kingpin. Starring Eddie Murphy and Judge Reinhold. Dir: Martin Brest. R S
12.00 Evil S **1.00** Bear Grylls Is Running Wild R **2.00** Grimm R S **3.00** Hawaii Five-0 R S **4.00** S.W.A.T R S

UTV

6.00 News S **9.30** Lorraine S **10.00** This Morning S **1.00** News S **1.20** UTV Live; Weather S
1.30 ITV Racing Live: Royal Ascot Coverage of day three. S
6.00 UTV LIVE; WEATHER S
6.30 NEWS S
7.00 FIFA WORLD CUP 2026 Switzerland v Bosnia and Herzegovina (Kick-off 8.00pm). Laura Woods presents coverage of the Group B match at Los Angeles Stadium in Inglewood, USA. The Swiss won two of their three group matches in Qatar four years ago, overcoming both Cameroon and Serbia as they finished second to Brazil on account of their loss to the South Americans, but they then suffered a heavy 6-1 loss to Portugal in the last-16. S
10.30 FIFA WORLD CUP 2026 Canada v Qatar (Kick-off 11.00pm). Laura Woods presents coverage of the Group B match at BC Place Vancouver in Canada. S
1.35 The Essex Millionaire Murders R S **2.30** TikTok: Murder Gone Viral: The Mother and Daughter Killers R S **3.20** Celebrity Lingo R S **3.45** Unwind with ITV S **5.30** Fletchers' Family Farm R S

Cable & Satellite

GENERAL

Virgin Three
6.35am Heartbeat. **7.30** A Touch of Frost. **9.35** John and Lisa's Weekend Kitchen. **10.30** Hairy Bikers: Route 66. **11.50** Paddington Station 24/7. **12.50** Heartbeat. **1.55** Impossible Engineering. **2.55** The Hotel Inspector. **3.55** Million Pound Pawn. **4.55** The Royal. **5.55** Endeavour. **7.55** Heartbeat. Nick rescues a woman from a burning house. **9.00** ER. **11.00** Andrew and Fergie: An Unusual Relationship. **11.55** Safe Harbour. Crime thriller, with Alfie Allen.

BBC Three
7.00pm The Catch Up. A round-up of the day's news. **7.05** Deadly 60. **8.00** Top Gear USA Special. Jeremy Clarkson, Richard Hammond and James May travel to America. **9.00** The Traitors US. **12.00** Film: A Simple Favour (2018, Comedy, 15)

BBC Four
7.00pm University Challenge. The fourth of the quarter-finals. **7.30** Only Connect. Three neuroscientists pit their wits against a trio of rugby fans. **8.00** Tim Peake: How to be an Astronaut – Horizon Special. A video diary filmed over two years by astronaut Tim Peake. **9.00** Film: The Magnificent Seven (1960, Western, PG) Starring Yul Brynner. **11.05** Parkinson with Yul Brynner.

ITV2
6.00am Backyard Builds. **6.25** Deal or No Deal. **7.25** Dress to Impress. **8.20** Billie and Greg: The Family Diaries. **9.20** The Only Way Is Essex. **10.20** The Real Housewives of Salt Lake City. **11.10** The Real Housewives of Orange County. **12.05** The Real Housewives of Cheshire. **1.05** Celebrity Catchphrase. **2.05** The Floor USA. **3.00** The Only Way Is Essex. **4.10** The Real Housewives of Salt Lake City. **5.00** The Real Housewives of Orange County. **6.00** Celebrity Catchphrase. **7.00** The Floor USA. Rob Lowe hosts the American version of the dramatic and fast-paced game show. Last in the series. **8.00** Million Dollar Listing: LA. Flagg lists a tear down on a great piece of land. **9.00** Love Island. Relationship-based reality show. **10.05** Love Island: The Debrief. Daily Love Island reactions with Shakira Khan, Toni Laites and Yasmin Pettet. **10.35** Family Guy. **11.35** American Dad!

ITV3
6.00am George and Mildred. **7.05** Classic Emmerdale. **8.05** Classic Coronation Street. **9.10** A Touch of Frost. **11.20** Heartbeat. **1.30** Midsomer Murders. **3.35** Classic Emmerdale. **4.40** Classic Coronation Street. **5.50** Heartbeat. **8.00** Vera. The ugly truth about a murder victim's past begins to emerge when the body of a drug dealer washes up on a beach. **10.00** Law & Order: UK. **11.50** Shetland.

E4
Noon: The Simpsons. **2.00** Brooklyn Nine-Nine. **3.00** Modern Family. **5.00** The Simpsons. **8.00** Below Deck: Mediterranean. The shock news of a romantic tryst is causing havoc among the stewards. **9.00** Gogglebox 2023. Emotional critiques of 2023's biggest and best shows. **11.00** Naked Attraction. Hosted by Anna Richardson.

More4
11.55am Four in a Bed. **1.35** Come Dine with Me. **4.15** Four in a Bed. **6.50** Location, Location, Location. **7.55** PopMaster TV. With contestants from Abington, Leeds, Newtownabbey, Stevenage and London. **9.00** Lorraine Kelly's Norwegian Odyssey. The presenter travels through Norway to learn about their culture, food and traditions of the country. **10.00** 24 Hours in A&E. Documentary.

5
11.30am Storm & Alexis. **12.45** News. **12.50** Matt Allwright. **2.00** Vanessa. **3.00** Castle. **4.50** Love Nature. **5.00** News. **6.00** Isle of Wight: Jewel of the South. **6.55** News. **7.00** Build Your Dream Home in the Country. Mark Millar helps families around Britain who are building their dream homes. **7.55** News. National and international news headlines. **8.00** Cornwall: A Year by the Sea. Port Isaac's volunteer lifeboat crew head out on a demanding exercise. **9.00** The Hardacres. Harry gets a letter, inviting him to interview at Oxford. Last in the series. **10.00** Soham: The Murder of Holly & Jessica.

National Geographic
Noon: Seconds from Disaster. **1.00** Air Crash Investigation. **2.00** World War II: The Apocalypse. **4.00** Pirates: Behind the Legends. **5.00** Inside Sydney Airport. **6.00** World War II: Secrets from Above. **7.00** Air Crash Investigation. A plane jeopardised by a fire on board. **8.00** Apocalypse: Hitler Takes on the West. **10.00** Engineering by Catastrophe. How the destruction of the World Trade Center changed skyscraper design. **11.00** Air Crash Investigation. Documentary series. **12.00** Toronto Airport Uncovered. Documentary series.

FILMS

Film4
12.50pm It Should Happen to You (1954, Comedy, U) **2.35** The Incredible Shrinking Man (1957, Sci-Fi, PG) **4.15** The Kid Who Would Be King (2019, Adventure, PG) **6.40** Ad Astra (2019, Sci-Fi, 12) **9.00** Commando (1985, Adventure, 18) **10.50** Mission: Impossible – Ghost Protocol (2011, Adventure, 12)

Movies 24
1.00pm An American In Austen (2024, Drama, PG) **3.00** Been There All Along (2023, Drama, PG) **5.00** An Easter Bloom (2024, Drama, PG) **7.00** Retreat to You (2023, Drama, PG) **9.00** The Marry Me Pact (2023, Drama, PG) Starring Meggan Kaiser. **11.00** Love Marks the Spot (2023, Drama, PG) **1.00** My Dreams of You (2024, Drama, PG)

Sky Cinema Premiere
12.45pm The Choral (2025, Drama, 12) **2.45** Fuze (2026, Thriller, 15) **4.25** Dead Man's Wire (2026, Drama, 15) **6.15** They Will Kill You (2026, Drama, 15) **8.00** As 12.45pm. **10.00** No Ordinary Heist (2026, Thriller, 15) **11.45** As 2.45pm.

Sky Cinema Comedy
12.55pm Bridget Jones's Diary (2001, 15) **2.45** Two Weeks Notice (2002, 12) **4.35** Billy Madison (1995, 12) **6.15** Blazing Saddles (1974, 12) **8.00** Caddyshack (1980, 15) **9.45** Bridget Jones: The Edge of Reason (2004, 15) **11.45** Miss Congeniality (2000, 12)

Sky Cinema Family
12.55pm Smurfs: The Lost Village (2017, Animation, U) **2.30** Peter Rabbit (2018, Comedy, PG) **4.10** The Bad Guys 2 (2025, Animation, PG) **6.00** Teenage Mutant Ninja Turtles (2014, Adventure, 12) **7.50** Jumanji: The Next Level (2019, Fantasy, 12) **10.00** The Last Airbender (2010, Fantasy, PG) **11.45** The Mountain (2024, Comedy, PG)

SPORT

TNT Sports 1
11.00am Live AFL. Fremantle v Geelong Cats (Bounce-up 11.10am). **2.00** Premier League Stories. **2.30** Live: Men's Cycling World Tour. Coverage of stage two of the Tour of Switzerland. **5.30** MLB Plays of the Week. **6.00** MLB Highlights. **7.00** Live MLB. Boston Red Sox v Toronto Blue Jays (Start-time 6.35pm). **10.00** World Superbike Rewind. **10.15** TNT Sports Cricket Reload. **10.30** MLB Highlights. **11.30** Live MLB. Philadelphia Phillies v New York Mets (Start-time 11.40pm).

Sky Sports Main Event
10.15am Live Test Cricket. England v New Zealand. Coverage of day two of the Second Test in the three-match series, held at The Kia Oval in London. **6.30** Live US Open Golf. Coverage of day one of the 126th staging of the Major, held this year at Shinnecock Hills Golf Club in Southampton, New York. **1.00** World Cup Report.

Sky Sports Premier League
11.00am SNF. **11.30** Premier League Highlights. **3.00** SNF. **3.30** Premier League Highlights. **5.30** MNF Hlts. Brentford v Wolverhampton. **6.00** Premier League Stories. **6.30** Premier League Review. **7.30** Netbusters. **9.00** Premier League Review. **12.00** Premier League Years.

Friday June 19

FACT-BASED DRAMA Philomena RTÉ One, 9.35pm A teenager in 1950s Ireland becomes pregnant, and is sent to a home for 'fallen women', while her baby is forcibly taken from her and sent to America to be adopted. Fifty years later, she meets a disillusioned political journalist who attempts to reunite her with her son. Stephen Frears' highly acclaimed fact-based drama stars an Oscar-nominated Judi Dench alongside Steve Coogan.



ACTION THRILLER Road House BBC One, 11.55pm This is a surprisingly serviceable remake from The Bourne Identity director Doug Liman, with Jake Gyllenhaal perfectly cast in the Patrick Swayze role from the 1989 film. He plays a former UFC fighter who accepts a position as head bouncer at an ailing roadhouse in the Florida Keys. He would like a quiet life, but circumstances – and an over-the-top Conor McGregor – dictate otherwise.



RTÉ One

6.50 Teleshopping R **7.25** Casualty R S **8.25** Doctors R S **9.35** The Drew Barrymore Show R S **10.25** The Kelly Clarkson Show R S **11.15** Diagnosis Murder R S **12.10** Great Coastal Railway Journeys R S **12.45** Telly Bingo S **1.00** News S **1.30** Home and Away S **2.00** Shortland Street S **2.30** Fair City R S **3.00** EastEnders R S **3.40** The Money List R S **4.40** MasterChef Australia S **5.40** Nuacht **5.55** News Followed by The Angelus R S

6.01 **NEWS** S
7.00 **NATIONWIDE** S
7.30 **FAIR CITY** Nikki faces devastating consequences for renting out her council house, Claire urges Melanie to move on from Mondo, and Orla spots an opportunity to make a name for herself. S
8.00 **FLEADH CHEOIL** The first programme in a new series from Fleadh Cheoil na hÉireann, comes from Drogheda, Co Louth for the first time ever. With John Creedon and Muireann Nic Amhlaoibh. R S
8.30 **IRELAND IN MUSIC** Irish poet Celaviedmai leads viewers to Kilbaron Castle in Donegal as part of this edition's journey. S
9.00 **NEWS** S
9.35 FILM: **PHILOMENA** (2013, Drama, 12) See Choice.
11.25 FILM: **FOUR WEDDINGS AND A FUNERAL** (1994, Comedy, 15) A London man's misfortunes in love look set to change when he meets an American beauty. However, the prospect of a transatlantic relationship succeeding seems slim, so the pair go their separate ways - only for him to realise he is unable to get her out of his mind. With Hugh Grant, Andie MacDowell, John Hannah, Charlotte Coleman, Kristin Scott Thomas, Simon Callow and James Fleet. Dir: Mike Newell. S

1.35 Nationwide R S **2.05** The Kelly Clarkson Show R S **2.50** EuroNews

RTÉ2

6.00 EuroNews **7.50** Children's Programmes **4.30** The Simpsons R S **5.00** The Big Bang Theory R S **5.30** Georgie and Mandy's First Marriage R S

6.00 **SHORTLAND STREET** Chris is caught unawares, Marty and Monique draw closer, and Vili makes a costly mistake. R S
6.30 **HOME AND AWAY** Harper avoids a hard truth, Alf and Roo work to heal, and Tane supports Mackenzie. R S
7.00 **ST DENIS MEDICAL** New. Comedy about an eclectic team of underfunded yet dedicated doctors, nurses and medical staff trying not to lose their patience in an Oregon hospital overrun with patients. Starring Wendi McLendon-Covey, David Alan Grier, Allison Tolman, Josh Lawson, Kahyun Kim, Mekki Leeper and Kaliko Kauahi. S
7.30 **FIFA WORLD CUP 26 LIVE** USA v Australia (Kick-off 8.00pm). Marie Crowe presents coverage of the Group D match at Seattle Stadium in the USA. These nations have faced each other on four previous occasions, but this is the first competitive fixture between the two, with all others being friendlies. S
10.30 **FIFA WORLD CUP 26 LIVE** Scotland v Morocco (Kick-off 11.00pm). Marie Crowe presents coverage of the Group C match at Boston Stadium in the USA. This is the second World Cup meeting between these nations, with the previous one also being a group-stage match at France '98, the last time Scotland appeared at the finals. S

1.25 FIFA World Cup 26 Live Brazil v Haiti (Kick-off 1.30am). S **3.40** Frameworks: Red Rabbit R S **3.45 FIFA World Cup 26 Live** Türkiye v Paraguay (Kick-off 4.00am). Coverage of the Group D match at San Francisco Bay Area Stadium in Santa Clara, USA. S

Virgin One

6.10 The Six O'Clock Show R S **7.00** Ireland AM S **10.00** This Morning S **12.30** News S **1.00** This Morning S
1.30 Live Racing Day four of Royal Ascot.
5.30 News at 5.30 S

6.05 **THE SIX O'CLOCK SHOW** Chat, features and consumer affairs. S
7.00 **NEWS** S
7.30 **FRIENDS** Ross and Rachel wake up the morning after their impromptu marriage and regret the hasty circumstances of the ceremony, while Joey and Phoebe have a cross-country adventure. R
8.00 **EMMERDALE** Vinny surprises Lewis with a spontaneous trip to Madeira but Lewis's anxiety with the spontaneity of the trip causes him to pull out. S
8.30 **CORONATION STREET** Recent events set Debbie's nerves on edge at the hotel, Betsy informs Carla and Lisa of her decision to study in London, and Sam asks to see Roy. S
9.00 **GRACE** New. The aftermath of ACC Cassian Pewe's betrayal hangs heavily over East Sussex Police several months on as the team is in the midst of an anti-corruption enquiry while Roy wrestles with whether to trust Cassian's intel about Sandy's murder and the threat to Bruno's life. S
11.00 **ER** Lewis faces criticism from a private doctor concerned that her treatment of a heart patient was inappropriate. Liz continues her seduction of Carter, and Hathaway returns to work. Drama, with Sherry Stringfield. R

12.00 ER R **1.00** The Hotel Inspector R S **1.55** Close

TG4

6.00 Cúla 4 **11.35** Comhrá R **12.05** The Golden Girls R S **1.05** Geantraí R **1.35** Murder, She Wrote R S **2.30** Rún na Bóinne R **3.30** Taste of Australia with Hayden Quinn R S **4.00** Glór Tíre: Rogha & Togha R **4.30** Gilmore Girls R S **5.25** The Golden Girls R S **5.55** Scéalta na gCorn R

6.25 **GLÚIN Z** Social affairs documentary examining the challenges facing young people today. R
7.00 **NUACHT TG4**
7.25 **GAA BEO** Micheál Ó Domhnaill presents live coverage of an Electric Ireland All-Ireland Minor Football semi-final.
9.20 **BLAS BLUEGRASS** Features performances from The Cox Family, Sandy Kelly, Cup O'Joe, Liam Purcell & Cane Mill Road, and Jig Jam's Jamie McKeogh, as well as a visit to the Ulster American Folk Park in Omagh, Co Tyrone. R
9.50 FILM: **DECISION AT SUNDOWN** (1957, Western, U)A gunslinger rides into a backwoods town intent on finding his dead wife's former lover and exacting revenge for her death. The man he blames now has total control of the town and has the sheriff at his beck and call. Undeterred, the drifter offers his enemy an ultimatum - he has until sundown to leave the town or face retribution for his crimes. With John Carroll. Dir: Budd Boetticher. S
11.20 FILM: **REAR WINDOW** (1954, Thriller, PG) A housebound photographer watches the comings and goings of his neighbours, and becomes convinced one of them is a murderer. With James Stewart. Dir: Alfred Hitchcock. S

1.25 Imeall R **2.00** Nuacht TG4 R **2.25** Réalta Agus Gaolta R **3.25** Scéalta na gCorn R **3.55** Comhrá R **4.20** Bibeanna R **4.45** France 24

BBC One

6.00 News S **9.30** Morning Live S **10.45** Doorbell Detectives R S **11.15** Homes Under the Hammer R S **12.15** Bargain Hunt S **1.00** News S **1.35** Regional News S **1.45** News S **2.00** Under the Vines S **2.45** Escape to the Country R S **3.45** Garden Rescue S **4.30** The Travelling Auctioneers S **5.15** Pointless R S

6.00 **NEWS** S
6.30 **REGIONAL NEWS** S
7.00 **THE ONE SHOW** Alex Jones and Roman Kemp present the usual mix of celebrity guests and stories about people in extraordinary circumstances. S
7.30 **MOTD LIVE: FIFA WORLD CUP 2026** USA v Australia (Kick-off 8.00pm). Coverage of the Group D match at Seattle Stadium in the USA. These nations have faced each other on four previous occasions, but this is the first competitive fixture between the two, with all others being friendlies. With analysis from Olivier Giroud, Wayne Rooney and Theo Walcott. S
10.30 **NEWS** S
11.00 **REGIONAL NEWS** S
11.10 **ST DENIS MEDICAL** Bruce gets an offer that's hard to refuse, Serena finds out how much everyone loves a baby and Matt helps Ron log on to his computer. S
11.30 **ST DENIS MEDICAL** The birthing centre is finally ready to open, and Alex is helping Joyce hire a head midwife, but Joyce has a problem with one of the applicants. Bruce joins Matt for his first ambulance ride-along. Serena and Ron butt heads over the emergency ward's best pen. S
11.55 FILM: **ROAD HOUSE** (2024, Thriller, 15) See Choice.

1.50 News S

BBC Two

6.30 Escape to the Country R S **7.15** Garden Rescue R S **8.00** Sign Zone: Hidden Treasures of the National Trust R S **9.00** News S **11.45** Political Thinking with Nick Robinson S **12.15** Politics Live S **1.00 Tennis: Queen's** The HSBC Championships. S

6.00 **RICHARD OSMAN'S HOUSE OF GAMES** Ben Bailey Smith, Robin Ince, Lara Ricote and Helen Skelton take part. R S
6.30 **GREAT CONTINENTAL RAILWAY JOURNEYS** Michael Portillo travels from Roskilde to Copenhagen. R S
7.00 **CRICKET: TODAY AT THE TEST** England v New Zealand. Highlights of day three of the Second Test in the three-match series, held at The Kia Oval in London. S
8.00 **GARDENERS' WORLD** A special programme from Birmingham in the heart of Gardeners' World Live. S
9.00 **HIDDEN TREASURES OF THE NATIONAL TRUST** Cameras focus on designer Gertrude Jekyll's legacy, and the work of Oliver Messel at Nymans, West Sussex. Toby Jones narrates. Last in the series. S
10.00 **INSIDE NO 9** Obsessive fan Simon Smethurst decides to visit show-runner Spencer Maguire to help put things right after being disappointed by the ending of fantasy TV epic The Ninth Circle. R S
10.30 **NEWSNIGHT** S
11.00 **TRNSMT 2026** Highlights of the first day of the festival from Glasgow Green, where Richard Ashcroft, Wolf Alice, Nile Rodgers & Chic and the Beta Band were due to feature. S

1.00 Sign Zone: Reported Missing R S **2.00** Gareth Southgate: Changing the Game for Young Men R S **3.00** This Is BBC Two S

HORROR THRILLER The Invitation Channel 4, 12.10am After the death of her mother, Evie (Nathalie Emmanuel) is approached by an unknown cousin who invites her to a lavish wedding in the English countryside. Soon, she realizes a gothic conspiracy is afoot and must fight for survival as she uncovers all manner of dark and twisted secrets in her family's history. Thomas Doherty, Sean Pertwee, Hugh Skinner and Carol Ann Crawford also star.



Channel 4

6.25 Cheers R S **7.45** Everybody Loves Raymond R S **9.10** Frasier R S **11.10** American Pickers R S **12.05** News S **12.10** Car S.O.S R S **1.10** Help! We Bought a Village R S **2.10** Countdown S **3.00** A Place in the Sun R S **4.00** Narrow Escapes S **5.00** Chateau DIY R S

6.00 SUN, SEA AND SELLING HOUSES In Calp, husband-and-wife team Jo and Andrew Alderton search for the Spanish dream with Vicky and Mac who, with a budget of 350,000 euros, are looking for a retirement home that they can enjoy with their dogs and tortoises. In Almería, Steve Garner and his son Shaun revisit former clients Taz and Nicky, who, having sold their business, were embracing their newfound freedom and hunting for a Spanish party pad. R S

7.00 NEWS S

8.00 OUR FARM NEXT DOOR: AMANDA, CLIVE AND KIDS After a busy lambing season, the sheep return to the moor in the spring, and Amanda takes the chance to dig deeper into the recently transcribed Anthony Clarkson diary. R S

9.00 CELEBRITY GOGGLEBOX A cast of famous faces, including Vernon Kay and Paddy McGuinness, Denise Van Outen and Johnny Vaughan and Bez and Shaun Ryder give their thoughts on the week's TV. S

10.00 FIRST DATES Outdoor lover Carmen and hairstylist Eddie bond over camping, fitness and fun. R S

11.05 SARAH MILLICAN: HOME BIRD LIVE Stand-up show recorded at Newcastle's Tyne Theatre & Opera House. R S

12.10 FILM: The Invitation (2022, Horror, 15)
See Choice.
1.55 Iris Prize Best British Shorts S **2.10** Ramsay's Hotel Hell R S **3.00** Four in a Bed R S **5.10** Couples Come Dine with Me R S

Virgin Two

6.55 Winning Combination R S **7.55** Tipping Point R S **8.55** The Chase R S **10.55** Riddiculous **11.55** Cash Trapped R S **12.55** Britain's Brightest Family R S **1.25** Friends R **1.55** Who's Doing the Dishes? R S **2.55** Lorraine S **3.25** Inside Paddington Station R **4.25** Tipping Point S
5.25 Live Racing Further coverage of day four of Royal Ascot.

6.30 HARBOUR COPS R S

7.00 THE CHASE Gordon, Miriam, Rachel and Selwyn take part. S

8.00 BEAT THE CHASERS Contestants from across the UK take on the five Chasers. R S

9.00 LOVE ISLAND Relationship-based reality show. S

10.05 LOVE ISLAND: THE DEBRIEF S

10.35 FRIENDS R

11.05 TEN YEAR OLD TOM

11.35 TEN YEAR OLD TOM

12.05 Love Island R S **1.05** Bump R S **1.35** Transaction R S **3.00** Close

Sky Atlantic

6.00 Fish Town R S **8.00** Homicide: Life on the Street R S **10.00** Hacks R S **11.15** House of the Dragon R S **12.20** Deadwood R S **2.25** Mussolini: Son of the Century R S **3.25** House of the Dragon R S **4.35** Gomorrah R S

6.45 THE WHITE LOTUS Harper decides that she is going to change her tack and be a more pleasant version of herself for the day, a move which throws the other guests completely. R S

7.55 THE WHITE LOTUS Tanya and Portia spend a day with charming British expat Quentin and his nephew Jack, while Harper is blindsided by shocking evidence from Ethan's night out. R S

9.00 PONIES A stake-out across Moscow pushes Bea and Twila to their limits and reveals there is a mole inside the embassy. S

10.00 PONIES Bea, Twila and Sasha flee the city. Last in the series. S

11.00 UNDER SALT MARSH Jackie and Bull are forced into an uneasy alliance. R S

12.00 Hacks R S **1.20** The White Lotus R S **3.40** Homicide: Life on the Street R S **4.35** Sort Of R S **5.05** Urban Secrets R S

Sky One

6.00 Mornings with Jones and Melbourne R **8.00** Stargate SG-1 R S **9.00** NCIS: Los Angeles R S **10.00** Will & Grace R S **11.00** The Simpsons R S **12.00** Wildlife ER R S **1.00** Hawaii Five-0 R S **2.00** NCIS: Los Angeles R S **3.00** S.W.A.T R S **5.00** The Simpsons R S

6.00 THE OFFICE (US) R S

6.30 THE OFFICE (US) R S

7.00 THE SIMPSONS R S

7.30 THE SIMPSONS R S

7.55 THE SIMPSONS R S

8.20 JOE LYCETT'S UNITED STATES OF BIRMINGHAM The comedian visits cities with the same name as his home town. R S

9.20 ALAN CARR: REGIONAL TRINKET A stand-up show by the comedian. R S

10.35 ISLE OF WIGHT FESTIVAL 2026 Coverage of the Big Top set by Perrie.

11.00 ISLE OF WIGHT FESTIVAL 2026

12.40 Isle of Wight Festival 2026 **1.05** Grimm R S **2.00** Road Wars R S **3.00** Hawaii Five-0 R S **4.00** S.W.A.T R S

UTV

6.00 News S **9.30** Lorraine S **10.00** This Morning S **12.55** News S **1.20** UTV Live; Weather S
1.30 ITV Racing Live: Royal Ascot Coverage of day four. S

6.00 UTV LIVE; WEATHER S

6.30 NEWS S

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

7.30 CHANGING ENDS Alan gets a shock about his future. R S

8.00 EMMERDALE As Virgin One, 8pm. S

8.30 CORONATION STREET As Virgin One, 8.30pm. S

9.00 UNBELIEVABLE MOMENTS CAUGHT ON CAMERA New. Eyewitness footage filmed by members of the public. S

10.00 FIFA WORLD CUP 2026 Scotland v Morocco (Kick-off 11.00pm). Coverage of the Group C match at Boston Stadium in the USA. S

1.15 FIFA World Cup 2026 Brazil v Haiti (Kick-off 1.30am). Coverage of the Group C match at Philadelphia Stadium in the USA. S

3.50 FIFA World Cup 2026 Türkiye v Paraguay (Kick-off 4.00am). Coverage of the Group D match at San Francisco Bay Area Stadium in Santa Clara, USA. S

Cable & Satellite

GENERAL

Virgin Three

6.40am Heartbeat. **7.35** A Touch of Frost. **9.40** John and Lisa's Weekend Kitchen. **10.35** Hairy Bikers: Route 66. **11.55** Paddington Station 24/7. **12.50** Heartbeat. **1.55** My Unique B&B. **2.55** The Hotel Inspector. **3.55** Million Pound Pawn. **5.00** Endeavour. **7.00** Don't Look Back in Anger. The highs and lows of 2025. **7.30** Live SSE Airtricity Men's Premier Division. Bohemians v Dundalk (Kick-off 7.45pm). **10.30** Coronation Street. Recent events set Debbie's nerves on edge at the hotel. **11.00** Emmerdale. **11.30** Out There.

BBC Three

7.00pm The Catch Up. A round-up of the day's news. **7.05** Deadly 60. Steve Backshall goes in search of the puma in Patagonia. **7.35** Film: Shrek Forever After (2010, Animation, U) **9.00** Funboys. **10.40** The Young Offenders.

BBC Four

7.00pm TOTP: Christmas 1999. Featuring DJ Jurgen Presents Alice Deejay, and more. **8.00** TOTP: 1987. Music by Sam Fox, Whitesnake, Tom Jones, ABC, Chris Rea and Janet Jackson. **8.30** TOTP: 1990. Featuring Magnum, Yazz and Elton John. **9.00** Elvis Presley: '68 Comeback Special. The singer's classic TV special. **10.15** Chuck Berry in Concert. The rock 'n' roll pioneer performs at the BBC Television Theatre in 1972. **11.35** Tales of Rock 'n' Roll: Heartbreak Hotel.

ITV2

6.00am Totally Bonkers Guinness World Records. **6.10** Deal or No Deal. **7.10** Dress to Impress. **8.10** Billie and Greg: The Family Diaries. **9.10** The Only Way Is Essex. **10.25** The Real Housewives of Salt Lake City. **11.15** The Real Housewives of Orange County. **12.10** The Real Housewives of Cheshire. **1.10** Celebrity Catchphrase. **2.10** The Floor USA. **3.10** The Only Way Is Essex. **4.10** The Real Housewives of Salt Lake City. **5.00** The Real Housewives of Orange County. **6.00** Celebrity Catchphrase. **7.00** The Floor USA. New. Rob Lowe hosts the American version of the dramatic and fast-paced game show. **8.00** Million Dollar Listing: LA. James and David find themselves at odds with each other. **9.00** Love Island. Relationship-based reality show. **10.05** Love Island: The Debrief. Daily Love Island reactions with Shakira Khan, Toni Laites and Yasmin Pettet. **10.35** Family Guy. **11.35** American Dad!

ITV3

6.00am George and Mildred. **7.05** Classic Emmerdale. **8.05** Classic Coronation Street. **9.10** A Touch of Frost. **11.20** Heartbeat. **1.30** Midsomer Murders. **3.35** Classic Emmerdale. **4.40** Classic Coronation Street. **5.50** Heartbeat. **8.00** Doc Martin. **10.00** Law & Order: UK. **11.50** Shetland.

E4

Noon: The Simpsons. **2.00** Brooklyn Nine-Nine. **3.00** Modern Family. **5.00** The Simpsons. **8.00** Below Deck: Mediterranean. Chef Josh has to contend with yet another strange dish. **9.00** Film: Venom (2018, Fantasy, 15) **11.05** Naked Attraction.

More4

11.55am Four in a Bed. **1.35** Come Dine with Me. **4.15** Four in a Bed. **6.50** Location, Location, Location. **7.55** PopMaster TV. With contestants from Poole, Leeds, Manchester, Birmingham and Shrewsbury. **9.00** The Sommerdahl Murders. The body of a teenager is found in the local castle's garden. **11.00** 24 Hours in A&E.

5

11.30am Storm & Alexis. **12.45** News. **12.50** Matt Allwright. **2.00** Vanessa. **3.00** Castle. **4.50** Love Nature. **5.00** News. **6.00** Isle of Wight: Jewel of the South. **6.55** News. **7.00** Croatia: Jewel of the Mediterranean. A look at Hvar, the Croatian island in the Adriatic Sea. **7.55** News. National and international news headlines. **8.00** Draining Loch Ness: In Search of the Monster. Advanced scanning technology is used to explore the depths of Loch Ness. **9.00** Milan with Michael Portillo. Michael explores the Italian city of Milan. **10.30** Piers Morgan: Uncensored. A selection of highlights from the presenter's YouTube show.

National Geographic

Noon: Seconds from Disaster. **1.00** Air Crash Investigation. **2.00** Hitler's Death Army: Das Reich. **4.00** Lost Treasures of Egypt. **5.00** Inside Sydney Airport. **6.00** World War II: Secrets from Above. **7.00** Air Crash Investigation. **10.00** Disaster Autopsy. Highlights from the series. **11.00** Air Crash Investigation. **12.00** Engineering by Catastrophe.

FILMS

Film4

12.55pm The Frogmen (1951, Drama, U) **2.50** The Man from Colorado (1948, Western, PG) **4.50** Anzio (1968, Drama, PG) **7.10** The Old Man & the Gun (2018, Drama, 12) **9.00** Terminator: Dark Fate (2019, Sci-Fi, 15) **11.30** New Life (2023, Horror, 15)

Movies 24

1.00pm The Finnish Line (2024, Drama, PG) **3.00** Eat, Love, London (2024, Drama, PG) **5.00** Mountain Rescue Romance (2023, Drama, PG) **7.00** The Dancing Detective: A Deadly Tango (2023, Mystery, PG) **9.00** The Greek Aisle (2026, Drama, PG) **11.00** Fourth Down and Love (2023, Drama, PG) **1.00** Royal-Ish (2025, Drama, PG)

Sky Cinema Premiere

12.40pm Dead Man's Wire (2026, Drama, 15) **2.30** Fuze (2026, Thriller, 15) **4.15** The Choral (2025, Drama, 12) **6.15** They Will Kill You (2026, Drama, 15) **8.00** No Ordinary Heist (2026, Thriller, 15) **9.45** Black Phone 2 (2025, Horror, 18) **11.45** As 2.30pm.

Sky Cinema Comedy

12.55pm Bridget Jones: The Edge of Reason (2004, 15) **2.45** Honey Don't (2025, 15) **4.20** Caddyshack (1980, 15) **6.10** Mean Machine (2001, 15) **8.00** Mean Girls (2004, 12) **9.40** Bridget Jones's Baby (2016, 15) **11.45** Just Go with It (2011, 12)

Sky Cinema Family

Noon: Teenage Mutant Ninja Turtles (2014, Adventure, 12) **1.50** Jumanji: The Next Level (2019, Fantasy, 12) **4.00** Sonic the Hedgehog 3 (2024, Adventure, PG) **6.00** Peter Rabbit 2: The Runaway (2021, Adventure, U) **7.40** The LEGO Movie (2014, Animation, U) **9.25** The Lego Movie 2: The Second Part (2019, Animation, U) **11.15** Pets on a Train (2025, Animation, PG) **12.45** The Ant Bully (2006, Animation, U)

SPORT

TNT Sports 1

9.00am Live: Women's Cycling World Tour. Coverage of stage three of the Tour of Switzerland. **12.00** Live: Men's Cycling Pro Series. Coverage of stage three of the Tour of Slovenia. **2.00** The Cycling Show. **2.30** Live: Men's Cycling World Tour. Coverage of stage three of the Tour of Switzerland. **5.30** Live: UCI Mountain Bike World Series Men. Coverage of the men's elite cross-country short track race in Lenzerheide, Switzerland. **6.45** TNT Sports Cricket Reload. **7.00** Live MLB. Chicago Cubs v Toronto Blue Jays (Start-time 7.20pm). Coverage of the inter-league match at Wrigley Field. **10.00** MLB Plays of the Week. **10.30** MotoGP. **11.00** Premier League Stories. **11.30** TNT Sports Reload. **12.00** International T20 Cricket Highlights. **1.00** Live MLB. Houston Astros v Cleveland Guardians (Start-time 1.10am).

Sky Sports Main Event

10.15am Live Test Cricket. England v New Zealand. **6.30** Live US Open Golf. Coverage of day two. **1.00** World Cup Report.

Sky Sports Premier League

11.00am Premier League Highlights. **12.30** FNF. **1.00** Premier League Highlights. **3.00** SNF. **3.30** Premier League Highlights. **4.30** MNF Hlts. **5.00** Premier League Review. **7.00** Premier League Stories. **7.30** Netbusters. **9.00** Premier League Review. **12.00** Premier League Years.

TUDOR



DAVID BECKHAM







BLACK BAY 58

BORN TO DARE

PAUL SHEERAN

CHATHAM STREET, DUBLIN 2