

THE IRISH TIMES Magazine

Saturday, July 12, 2025

Barbecue basics Mark Moriarty makes lamb kofta and smash burgers

Relationships 'I'm the only single one in my friend group'

Rosie's second act

Rosie O'Donnell on escaping Trump's America for a new life in Ireland

SUMMER GIVEAWAY

For details see page 28

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Darker homes, lighter wallets. Is this really the best we can do?

Brianna Parkins



Something peculiar is going on. By this stage we all know the housing crisis is coming down on the country from all sides.

The asking price of rooms (yes rooms, not flats) for rent in Dublin has leapt up to €1,000 a month. Families are camping out in cars overnight for a chance to buy houses priced at more than €400,000. Young people are emigrating not because they can't find work, but because they can't afford to stay and rent. Headlines chart the rise of "sex for rent" scandals and bunk beds being jammed into flats as dodgy landlords seek to exploit desperate people.

We know things are bad. But are they trying to convince us that things are so bad that the only solution is to make them worse?

The latest Government proposal to solve the housing crisis is to allow developers to build smaller, darker homes. It has been reported that the shiny new guidelines from Minister for Housing James Browne will reduce minimum floor area for apartments, while "requirements for design features such as dual aspects and balconies would be relaxed".

The idea is that by dropping certain building standards, new apartments will be cheaper to build and cheaper for people to buy, because developers and builders will definitely pass on those savings. They're mad for that.

The last big government scheme to help improve housing affordability and incentivise the private sector to build new homes – the Help to Buy scheme – had absolutely no impact on prices. (Everyone in the real estate industry approached the scheme in the most scrupulous way. Definitely not offering to put down kitchens as "extras" to manoeuvre their way around the eligibility pricing cap.)

Lowering standards is rarely a good move in any situation in your life – romantic relationships, personal hygiene, food safety – doing so will likely impact your quality of life. So why would we allow it for homes? The places where we spend the majority of our time. Our sanctuaries, our safe places.

Dropping the percentage of units that must have two windows facing out of two outside walls might not sound that bad on paper. Until you have to live in one, and it's summer and you can't get a cross breeze on a stifling night. Or you have to keep them shut because of the noise of the

street but they're the only windows. Or you can't tempt the sun in.

Communal and cultural space requirements are also expected to creep back. It's all in the hope of attracting more investment, but is it at the price of making the lives of Irish citizens that little bit miserable?

Yes, I hear you, reader who is spitting jammy toast crumbs all over this article as you say: "Sure, a smaller home with less windows is better than no home at all!"

But why are we being cornered between the rock and hard place of "homes that are not as good or no homes at all"? Is it possible the housing crisis is being used to justify the return of things we tried to get rid of in the last century – like co-living (bedsits). Or to sell us solutions like "modular homes", ie a Portakabin in the back garden. Yes, living in one is better than being homeless but that shouldn't be the only other option people have. This kind of "well, would you rather" thinking is usually weaponised by Irish mummies: "Yes, I know you hate the dinner I've made, but think of the poor starving children with nothing – stop your crying or I'll give you something to cry about."

We shouldn't be this desperate. The chorus across cities in Ireland is that we need to give up our front yards and embrace high density living. Families can be raised in apartments. We'll form a village at the communal playgrounds. It'll be just like the show *Friends*, popping in and out of each other's apartments. Except they'll maybe be smaller, a bit darker and have less air flow. The communal garden didn't get built. Neither did the promised "cultural space". There's a Centra underneath if you want to take the kids for some sensory play at the deli. Reducing apartment standards is going to undermine further trust in high density living in Ireland, a country that has traditionally eyed it with suspicion.

Perhaps we would accept the new standard of apartments if the Minister for Housing or developers or investors traded in their (probably very tastefully decorated) homes to rent one of these. Let us see how they attempt to get their washing dry in winter in a small studio with little airflow before the guidelines are approved for the rest of us.

We would, of course, allow them an Aldi dehumidifier; we're not monsters. ●

“
Lowering standards is rarely a good move in any situation in your life, so why would we allow it for homes?

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On the cover: Rosie O'Donnell, page 10.

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Tour de force

Artists Liliane Puthod and Ingrid Lyons are on the road in a 1960s Renault 4, popping up at spots round the country for music, art and chats across 11 counties. Find them today at Fossey Mountain Springs Ranch, Co Laois, and see all stops at tourdeforce.club

Chill out

Two words for you: frozen grapes. Seriously, pop 'em in the freezer and they come out tasting like ice cream.

Funtropolis

Dublin City Council's brilliant festival for kids returns to Merrion Square this weekend, with live music, crafts, circus performances, carousels and a whole lot more, all completely free.

WHAT'S HOT

Clean coats

Eleven Australia's Wash & Woof duo works on paws and people.

So now you can take your dog into the shower with you - whether they enjoy the experience is another matter. €46 at elevenaustria.ie



In full colour

Got a community project that could do with a lick of paint? Send the story to Dulux's Let's Colour Ireland before July 21st and it could get you covered in colour. See dulux.ie

Lovely lodgings

Three more of Mount Congreve's gate lodges have now been restored, adding to the cabins and glamping in the gorgeous gardens. Wake up to nature in fine style, they're pet friendly too. From €379 per night, mountcongreve.com

Fail better

Encounters with Failure could be the exhibition to make you feel better about your own life's missteps. Six artists explore the idea of less than best at South Tipperary Arts Centre until August 1st as part of the Clonmel Junction Festival, southtipperaryartscentre.ie

She sells sea shells

Surf's up as Martina Hamilton's Golden Shore jewellery is inspired by beach finds, pendants are €85 from thecatandthemoon.ie



We Love...



Moment to shine

▲ Among the Irish designers showcased at this year's Create in Brown Thomas is Clodagh Leavy, a talented 2025 NCAD graduate whose intricately embellished, painted and printed collection was inspired by her grandmother Anna Marie Leavy, a watercolour artist for more than 60 years. Also featured are Caroline Duffy, Kindred of Ireland, Emerald & Wax and Urban Aran, with each designer, according to BT's head of Fashion Concession Fiona Gallagher, "given their own moment in the spotlight" for two weeks throughout July and August. Create runs until August 25th.

DEIRDRE McQUILLAN

Home adorned

► This pendant with matching earrings called "Abhaile" meaning "home" is the result of a unique collaboration between Stonechat Jewellers and the Royal Institute of Architects of Ireland. Seeing a natural synergy between architectural training and jewellery design, Ann Chapman of Stonechat launched a competition for RIAI members in which entrants were asked to create a pendant inspired by their everyday surroundings. The winning design, which plays with light and shadow, by architect Joanne Maher (currently working in Dún Laoghaire-Rathdown County Council) drew on the forms of traditional vernacular architecture and the shape of the gable end of Irish cottages for her winning entry. Handcrafted in sterling silver in Stonechat's in-store workshop, the pieces – €200 for the pendant and €180 for the earrings – can be found in the Westbury shop and online.

stonechatjewellers.ie

DEIRDRE McQUILLAN



All shook up

► Reckon your cocktail making could do with a bit of zing? Not sure when to go all cordial or switch to the bitter side of things? Galway's swishy g Hotel has a masterclass on August 7th. Whet your appetite with a cocktail on arrival, then craft a classic from start to finish, after which you'll sip away with snacks. €39 per person. Add a sleepover on the night from €329 for two. theghotel.ie.

GEMMA TIPTON



Smells like Dublin spirit

▲ Turning scent into a fine art, Erin Quinn's projects explore one of our most powerful senses. Her latest aroma, Scent of the Liberties, came about as a result of workshops at IMMA's Creativity Hub. With notes of hay, black peppercorns, hops, honey, church incense and rose – as a tribute to the late Meath Street flower seller Kathleen Farrell – you can catch a sniff at her warm and intimate hand-holding performance,

Holding Space, from July 22nd to 24th. Free, but ticketed, it is part of The Liberties Festival. Or dip into the making of the scent at Quinn's workshop at IMMA on July 26th. You can also buy her gorgeous limited edition prints, such as Raspberries (pictured), from €180 at eqfactories.com. The Liberties Festival runs from July 21st to 27th. thelibertiesfestival.com.

GEMMA TIPTON

One Plate for Palestine

► Keep an eye out from July 22nd to 27th for hospitality operators participating in One Plate for Palestine, an initiative aimed at lightening the burden of hunger weighing on Palestinian children. Stemming from a small group in Co Cork including Beverley Mathews of L'Atitude 51 wine bar and Saint Francis Provisions, all kinds of Irish food and drink businesses will feature a Palestinian-themed dish or drink on their menus for a week, with funds raised going directly to Gaza. The group suggests creating a bespoke dish using Palestinian ingredients such as hummus or olive oil, or simply following its recipe for Prátaí do Phalaistín/Potatoes for Palestine, which is based on new Irish potatoes. Other participating outlets include L Mulligan Grocer and Kicky's in Dublin, MacCurtain Wine Cellar and Glass Curtain in Cork, and The Twelve and Ruibín in Galway. Instagram: [@OnePlateForPalestine](https://www.instagram.com/OnePlateForPalestine)

UNAMCCAFFREY



Seán Moncrieff

Irish people are great with words but we're terrible communicators



There was one weekend when I attempted to get all my children around the same dinner table. They were all in the country, though that window of opportunity didn't last long. Son Number One had just returned from Colombia, only to get on to another plane to attend a wedding in Portugal.

Then Daughter Number Two couldn't come because it was weekend of the Pride Festival and "we have the Estonian lesbians staying over".

I had no idea what that meant, but subsequently learned that she and her partner had found themselves in a typically Irish situation. On holidays some months before, they had befriended some Estonian women and had extended an invitation to them to visit Ireland.

But this was an Irish holiday promise, the kind we've all made and don't believe will ever be accepted. You mean it at the time, of course, but it's likely that the following day, you've forgotten all about it. If they had invited some Irish lesbians – or Irish people of any sexuality – they would have instinctively known that several more steps would be required to establish the veracity of the offer. Regular contact over subsequent weeks and, crucially, a reissuing of the invitation at least twice.

I'm not saying that Daughter Number Two and her partner didn't enjoy having their new Estonian friends come to stay; just that they were a little shocked at the northern European predilection for

assuming that if you say something, that's what you actually mean.

That's the thing foreigners don't get about the Irish. We're great with words. But that doesn't mean we're great at communicating.

My get-the-kids-together plan now completely scuppered, Daughter Number Three then pulled out, but in a refreshingly un-Irish way. She said she was tired and "socially drained". She had returned from London a couple of days before, met various friends and had to answer questions from them that she would be asked again by me if she had come over for dinner. And she didn't have the energy to do it.

It's a rare day when someone refuses your invitation and you admire them for it, but I did. My day job is to talk for a living on the radio, and when I'm finished my professional nattering, I often feel I have nothing left to say.

Except, unlike Daughter Number Three, I wouldn't have the courage to admit it. No matter how carefully you phrase it, saying to an Irish person that you don't feel like talking can all too often be construed as a bit insulting – that you don't feel like talking to them.

Because we're Irish, and when we communicate, it's not entirely clear what we actually mean.

The guest list was now reduced to Daughter Number One, her partner and Granddaughter Number One: a situation we both handled in the typically Irish way of trying to second-guess each other. She messaged me to ask if they should still come over, or did I want to leave it to another day when all the others could come?

She was providing me with an escape route. But I didn't want one, and I certainly didn't want her to think that I didn't want her to come, just because the others couldn't. So I replied: come over.

But almost immediately, I became plagued with doubt. Perhaps she didn't want to give me an escape route, but for me to provide her with one. Perhaps they were tired, or stressed and were quietly relieved that my dinner plan had disintegrated. But, being Irish, they were never going to say that out loud.

I became so transfixed with this idea that when they arrived, I immediately apologised for dragging them across Dublin. But they said they were happy to come. We had dinner, and when they were leaving, they said they'd had a nice time. And they meant it.

At least, I think they did. ●



It's a rare day when someone refuses your invitation and you admire them for it, but I did

Rosie's Irish odyssey

After a decades-long spat with Donald Trump, comedian and actor Rosie O'Donnell left America for Dublin in January. Ahead of her new show at The Olympia, she talks about fame and fortune, motherhood and her new life in Sandymount - which she's shocked to hear is 'posh'

Róisín Ingle

I'm outside the Olympia Theatre on Dame Street in Dublin with comedian, actor, philanthropist and - since she moved here in January - latter-day Dubliner Rosie O'Donnell. She has just finished a photo shoot and we're waiting for a taxi. The star, who turns heads on a Dublin street, is talking entertainingly about some of the Irishisms she has discovered since moving to Ireland to escape Donald Trump's second presidential term last January. For example, our fondness for the long drawn out farewell, saying "bye bye, bye, bye bye" at the end of a phone call. "People here think I'm very abrupt because I end the call when I have nothing else to say, and meanwhile they are still saying 'buh, bye, buh bye, bye'," she muses in that distinctive New York drawl.

The taxi arrives. O'Donnell congratulates the driver for having a clean car, having recently been in a "dirty, smelly taxi". The taxi driver asks about the race of the person who owned the dirty taxi. O'Donnell is having none of it. "Well, that's a bit racist," she admonishes. "But thank you for having a clean car."

We're heading to Sandymount, the place O'Donnell now calls home. She lives there with Clay, who at 12 is the youngest of her five children. Clay is nonbinary and autistic and excited to start secondary school here in September. The other four - two daughters and two sons - are grown-ups based in the US, not that their grown-up status means she doesn't worry about them. ("News flash: you never stop worrying as a mother," she says. She's been thinking of starting a new podcast called Mommy Guilt).

The driver seems to be taking the long way round, which suits me fine. It means more time with O'Donnell. Full disclosure:

I've been a fan for decades. It began when she starred as a sassy-mouthed baller with Tom Hanks and Madonna in the baseball movie *A League of Their Own* in 1992. It continued when she hosted *The Rosie O'Donnell Show* - think Oprah but with more gags - which ran for six seasons from 1996 to 2002. Back then O'Donnell was known as the Queen of Nice. "That soon came to bite me in the ass," she says. Celebrities loved her warm, enthusiastic interviewing style. Viewers adored her joyful demeanour, comedic flair and passion for musical theatre. For many of us it was refreshing to see a woman on television who had a larger body in an era of supermodels and slogans such as, "Nothing tastes as good as skinny feels".

So when I heard that O'Donnell had announced on TikTok in March that she had moved to Ireland to escape the second incarnation of President Donald Trump, I said to my husband "I'm going to try to be friends with Rosie O'Donnell". He laughed. Who's laughing now, I think to myself in the taxi sitting beside actual



People here think I'm very abrupt because I end the call when I have nothing else to say, and meanwhile they are still saying 'buh, bye, buh bye, bye'

Rosie O'Donnell at the Olympia Theatre in Dublin wearing gold jacket, Zadig & Voltaire from Costume. Photograph: Naomi Gaffey. Styling: Corina Gaffey

Rosie O'Donnell who, to jog your memory, also had starring roles in *Sleepless in Seattle* and *The Flintstones*, not to mention more recent cameos in *Curb Your Enthusiasm*, *And Just Like That*, and *Hacks*. On Broadway, among other gigs, she played Rizzo in *Grease* and Golde in *Fiddler on the Roof*.

She is here on a work visa while waiting for an Irish passport - she's in the process of applying for citizenship by descent. At the end of this month, O'Donnell will star in the world premiere of her one-woman show *Common Knowledge* at the Olympia. In August the show travels to the Edinburgh Festival for 10 nights. *Common Knowledge* is something of a catchphrase of Clay's, a smart and clued-in child who often comes out with facts O'Donnell is surprised they know. It was through Clay that O'Donnell, who describes herself as "an OG lesbian bitch", learned how Ireland recently celebrated 10 years of equal marriage. "How did you know that?" O'Donnell asked Clay. "Common knowledge, Mom," Clay replied. The show explores O'Donnell's childhood, her decision to leave the US and her new life in Ireland.

The taxi arrives in Sandymount. I tell her I grew up here and point out where my house used to be. "You could be poor in Sandymount back then, but not any more," I say. O'Donnell says she was shocked to hear the village is an affluent place. "It looks like a normal little town, you know?" she says. Now I'm looking at Sandymount through Rosie O'Donnell's eyes, the Mace on the corner, the Tesco. I can see how it must look quite ordinary compared with the swanky homes with swimming pools she has owned in New York, Miami and Florida. Lately she





◆ has been working on material for the new show in The Comedy Cellar at The International Bar in town. “When I tell audiences I moved to Sandymount, everyone goes ‘Oooh’.” She loves the area. She’s got a great relationship with the school lollipop lady and the local pharmacist. But Sandymount as a posh place? O’Donnell isn’t buying it.

We’re lunching at Crudo, where O’Donnell is a regular. She orders a panino with fries, explaining that she will eat half and get half in a doggy bag to take home for dinner. She doesn’t cook. Also, she has been on the weight-loss drug Mounjaro for three years, which has curbed her appetite and resulted in a weight loss of several stones. “I’m now the weight I was when I filmed *A League of Their Own*,” she says. The best thing the drug has done for her is “remove the shame [of being overweight]. Because you can feel your whole life like it’s your fault. And then you get on this medicine and you go, holy crap, there’s a plate of chocolate chip cookies and they are no longer calling my name. The ‘food noise’ is the number one thing that changes. It just disappears.”

Her weight struggles are tied in with the depression she has lived with for most of her life. She was originally prescribed the drugs for diabetes, and the weight-loss side effect came as a shock. “I lost nine pounds the first week. I rang my doctor saying, ‘I think I have cancer’.” She’s enjoying being able to choose clothes in shops more easily, but the weight loss is for health reasons. The 63-year-old wants to live as long as possible to be around for Clay. “I have to make it to my 80s.”

In the new show she talks about how depressed she became when Trump got into office the first time around. She knew she couldn’t handle a second term. “I was going to have to be mentally well in order to take care of Clay going through puberty and school, so I had to leave,” she says. She tells me about the selfies she took towards the end of Trump’s first term, photos that will be projected in a slide show behind her in the new show. “I was in shock when I looked through them.” She takes out her phone, pointing to the ones she thought she looked best in. She looks awful. Her face is puffy, her eyes empty and sad.

O’Donnell, as fierce and outspoken as she can be, is open about her vulnerabilities. She was abused as a child growing up in Commack, Long Island. She has explored this in other interviews, but today, we talk more about the other big trauma of her life: the death of her mother, aged 39, from breast cancer on St Patrick’s Day, 1973. The funeral was held on O’Donnell’s 11th birthday. Afterwards, her father – whose parents had emigrated from Co Tyrone to the US just before he was born – made the interesting choice to bring his five motherless children under 13 back to Northern Ireland to stay with cousins at the height of the Troubles. “He didn’t mean to f**k us up but he absolutely did,” is how O’Donnell puts it in the new show. She still has a strong relationship with these cousins and has visited them regularly since moving here.

As a child she was bolshie and smart but also sensitive and empathetic. When she came to Ireland after her mother’s death



“ They offered me \$100 million to stay for two more seasons and I said no. Because by then I already had \$100 million in the bank, and if you have \$100 million and you’re thinking you want more, then you are missing the point of your life

she remembers being appalled by the poverty here, and back home in the US she would cry watching news reports from the Vietnam War. Her father would say: “No more news for you. Go to your room.”

“That’s how we dealt with having emotions,” says O’Donnell. “It was very Irish.” (She is 100 per cent Irish according to a genealogy test.)

While the family were away in Ireland, neighbours removed every trace of her mother from the house, apart from her Barbra Streisand records (O’Donnell grew up obsessed with Streisand). Her mother’s name (Roseann, the name she gave her eldest daughter) was never mentioned in their home again. In that confusing, lonely vacuum, 11-year-old O’Donnell decided

her mother was not really dead. “It was around the time of Patty Hearst, and I thought my mother was being held captive somewhere,” she says. “I thought she would come back if I excelled. I taught myself things like juggling. I can balance a chair on one finger. I taught myself tricks.”

She was an overachiever at high school. Voted senior class president, homecoming queen, prom queen and – no surprise here – class clown. At 16 she began performing stand-up routines in local clubs. In her early 20s she was scouted for the *Star Search* television programme and flown to Los Angeles. She was on the show for weeks, narrowly missing out on the \$100,000 prize. But by then she had made a name for herself, and the film and television offers were rolling in.

Left: Rosie O'Donnell at the Olympia Theatre in Dublin wearing teal blazer from Max & Co, Arnotts. Right: Madonna and O'Donnell on an episode of The Rosie O'Donnell Show in March, 1998.
Photographs: Naomi Gaffey and Frank Micelotta/Getty Images. Styling: Corina Gaffey

The Rosie O'Donnell Show, beginning in 1996, was her big break. She earned tens of millions of dollars and rewrote the rule book for daytime TV, winning multiple Emmy awards. She didn't know how to handle her wealth. She continued to shop from the sale racks. "And people would ask why, and I'd say because I have four kids. I never got used to it." Why did she leave her show? "They offered me \$100 million to stay for two more seasons and I said no. Because by then I already had \$100 million in the bank, and if you have \$100 million and you're thinking you want more, then you are missing the point of your life."

"What are the chances," she said once in an interview "that a little, chubby, gay girl from Long Island, tough talking, with no mom, would grow up and be me? Every single time when people say, 'Oh, that could never happen,' I'm, like, 'Never happen' happens to me a lot."

Something occurred to me when I read that quote. Does she think that "little, chubby, gay girl" Roseann would have become Rosie O'Donnell comedian, TV and movie star, Broadway performer and presidential pin cushion if her mother had not died so young? "No," she says. "I'd be married to a man in Long Island, probably an Irish firefighter, and struggling with my sexuality but not brave enough to face it. I think I would have tried to fit in and be the daughter she wanted me to be."

Although it was an open secret in the industry, O'Donnell officially came out as gay in 2006, using her platform to protest a law in Florida that forbade same-sex couples from adopting. O'Donnell, who is a grandmother of four, has five children, just as her mother did. She adopted three children with her first wife Kelli Carpenter, who also gave birth to the couple's biological daughter, and adopted another child with her second wife, the late Michelle Rounds.

"I don't think I'd have this career if my mother hadn't died," she says. "I don't think I would have been as driven. I wanted to succeed because she died at 39 and I thought I'd be dead at 40." It's not a coincidence that she left her talkshow at that age. "I'd made millions of dollars, I had these kids, I wanted to go to their school plays and basketball games." She missed her children as they got older. "They didn't need me as much any more so, at 50, I adopted another one."

She doesn't need to work, so why is she doing Common Knowledge? "Because I'm an artist," she says, sipping on her Diet Coke. "I need to spend my time creating something positive, and if I'm not doing that I get a little lost and obsessional about the world's maladies." If she's not creating, she's not being herself? "Correct." It's not about money. "In Edinburgh I'm making no money, pretty much." She hopes to take the show to the West End and eventually Broadway, "when the wrongs get righted over there".

"The wrongs" are mostly Trump-related so inevitably, we talk about him. They've had a long-running feud that began back when she co-hosted The View with Barbara Walters and later Whoopi Goldberg. The acrimony began in the mid-2000s when Trump was presenting The Apprentice. O'Donnell had his number from the beginning, calling him out for his dubious finances and saying: "Left the first wife, had an affair. Left the second wife, had an affair – but he's the moral compass for 20-year-olds in America."

"Since then, any way he can take a shot at me he has done it." His favourite anti-O'Donnell insults are "wacko" and "fat". The latest attack came last March in the White House when President Trump disparaged her in front of Taoiseach Micheál Martin. O'Donnell was watching it live from her home in Howth where she was living at the time. "I wrote the Taoiseach a letter, apologising, explaining the context." There are people who wish she'd stop banging on about Trump. "They say to me, 'Don't you have anything better to do?' And I'm like 'how can this not be the focal point of your life when we have a Hitler-esque leader in our country who is robbing the country blind in broad daylight? How can you not care? I don't understand people who say, well you moved to Ireland, just forget about it. I can't. That is my country where I was born and raised and I'm not going to forget about it ... The crimes are endless." But engaging with it must take a toll? "I feel it's my responsibility to talk about it. But I don't watch the news." She watches gameshows for distraction. The Chase. Tipping Point. "I love that any time you turn on the television here, there's a gameshow to be watched," she says.

O'Donnell has always found it difficult to cope with troubling events. She first went on antidepressants in reaction to the Columbine school shootings in 1999. "I will never come off them." Her compassion for others can sometimes lead to unhealthy compulsions. She writes about this in her extraordinary 2002 memoir, Find Me. She was given a \$3 million advance for the book. Her second memoir Celebrity Detox, published in 2007, was also a New York Times bestseller – the proceeds for both books were donated to the children's charities she set up.

She often uses art as therapy. Affected by the horrors in Gaza, she made hundreds of art pieces. "The compulsion wasn't healthy." She was the same during the Iraq war. She would make collages. "I couldn't stop ... I was bombarding people with them. And then I'll go to writing and poetry and reading and I'll just consume a lot on one topic." Her latest platform is Substack. She wrote a piece on there recently about the puzzle of Oprah attending the Bezos wedding, which made headline news in Variety.

She can't stay quiet even though it often causes her problems. "I got into a lot of trouble with my friends in Los Angeles for my pro-Palestine stance. They were angry with me, saying you're hurting Jewish people. I told them 'my son had a Bris [a Jewish ritual] performed by a rabbi and we buried the foreskin in the backyard, don't tell me again that I'm anti-Semitic'. I'm



“

At the height of my fame I felt like I'd gone too high and it took me a long time to settle back on planet Earth

anti-genocide. How people can't get that, I don't know."

Growing up she believed fame and money would put her in a position where she could help fix all the world's ills. "I genuinely thought that when I got rich and famous I was going to get together with all these other powerful and wealthy women and form a Justice League and we were going to save the children of the world. That was my plan." After 9/11 she called all the rich celebrities she knew asking would they donate a million dollars each, "and then I thought the next day I'd have \$100 million to throw some light into the darkness. These people all had millions to spare. But I was the only one who did it." Did it change how she felt about them? "Yeah. It was crushing disillusionment." (Later she mentions one other celebrity who donated: Julia Roberts.)

She says "fame is a drug, make no mistake". Did she ever get addicted? "I don't know if I got addicted, but you can't be in that universe for too long without it affecting you in ways you can't really determine while you are in it. At the height of my fame I felt like I'd gone too high and it took me a long time to settle back on planet Earth." The more blasé Irish attitude to celebrity is another thing she enjoys about Ireland.

She has endless celebrity anecdotes – Gloria Estefan was a neighbour, more disturbingly so was P Diddy – but makes a firm distinction between casual celebrity interactions and genuine friendship. Madonna, for example, is a proper friend, because O'Donnell can "identify her family members without them being around. That's how I determine who my real friends are." Others she describes as "friends in the celebrity vernacular".

While she's enjoyed incredible success-

es, not everything in the garden has been rosy, career-wise. Along with the talkshow there was an initially successful magazine called Rosie, which became mired in legal battles. Her chat show for Oprah's OWN network, The Rosie Show, only lasted from October 2011 to March 2012 after it failed to attract a large enough audience. In 2003 she attempted to fulfil a lifelong dream of being a Broadway producer, bringing Boy George's musical Taboo to New York. The reviews were not kind and it closed after 100 shows. She lost \$10 million of her own money. She's not shy about discussing her failures. "I did it the wrong way but don't regret it," she says.

O'Donnell is constantly surprising people, even those who know her well. In recent years, she has developed an unlikely friendship with Lyle Menendez. Lyle and his younger brother Eric have been in jail for 35 years for the murder of their parents in 1989. "I believed them then and I believe them now," O'Donnell says of the brothers who claim the murders in California were self-defence following years of sexual abuse. In May a judge in Los Angeles reduced their sentences, making them eligible for parole. O'Donnell's recent documentary Unleashing Hope, about the power of service dogs for autistic children, came from her connection with Menendez. When the O'Donnells moved to Dublin, Clay's cherished service dog, a black Labrador called Kuma, travelled with them.

When I ask whether she thinks she involves herself in other people's pain as a way to avoid her own, she disagrees. "That's not true, I've been in my pain for a very long time. It's gets dark in there." What would she like her legacy to be? "I'd like people to see I did a lot more for people than maybe they knew. But my legacy is going to be what it is. I am an incendiary soul in the United States, and I speak up about things in a way that women are not supposed to."

A week after our lunch, I go to see one of O'Donnell's shows in the International Bar as she fine-tunes her material for Common Knowledge. She's half an hour late, having flown in from London where she saw the new production of Evita. "I cried five times." She sends a voice note from the taxi on her way to the show which is played down the microphone to the delight of the tiny audience in the packed Cellar Bar.

The show, even as an evolving piece on a small stage, is brilliant. There are plenty of laughs and Clay, with their "common knowledge" refrain, emerges as a knowing hero of the piece. It gets dark too, with themes of loss and unprocessed trauma. "I know what you're thinking," O'Donnell says at one point. "You thought this was a f**king comedy." She does more than an hour on stage and brings the house down.

Life has been a wild ride for O'Donnell but you get the sense, listening to her talk so enthusiastically about her new life in Ireland, that she has found a soft landing place for her curious, sensitive, compassionate and sometimes troubled soul. She's safe. She's home. ●

The world premiere of Rosie O'Donnell's Common Knowledge is at The Olympia Theatre on July 27th

**‘I’ve been
branded a
hypochondriac
so many times,
been gaslit into
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but I, Lisa, was
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Endometriosis is as common as diabetes and asthma, yet in Ireland it takes an average of eight to 10 years to get diagnosed. It took me 28, and like many other Irish women, I had to travel abroad for treatment





Lisa Tierney-Keogh

My eyes flutter open, and drift shut. Voices and words move near me, a running interference on the beeps and boops surrounding my body. They are saying things to me but I am too deep down the rabbit hole of anaesthesia to respond.

“Lisa how are you, my dear?” One voice seems to have fallen down the hole with me. It is kind and warm. How curious.

“I think she’s talking to you,” a creature in my head whispers, “you need to climb out.” I open my eyes and attach the kind and warm voice to the blurry vision of a woman, a nurse.

A different voice sounds now, this one deeper and colder. “How’re you doing, Lisa?” And like that first rush on a roller-coaster, I am bolted into consciousness and met with a severe, punishing pain stretched across my belly and pelvis. Who parked a bus on my body?

“I’m in a lot of pain, it really hurts,” I whimper, embarrassed to sound so weak, my throat raw from intubation. A man in blue scrubs responds in a Georgia drawl: “You just had surgery. It’s going to hurt.” He’s the anaesthesiologist I met briefly before I went under. He’d run his checks and administered one of those warm, fuzzy drugs to relax me before holding my life in his hands in the operating room I’ve just come from. I will be charged handsomely for his services.

In the US, where I’m currently lying, beeping and booping, there are two specialities that bill separately from a hospital surgery: anaesthesia and pathology. The former sometimes charge by the minute in the operating room. “Oh don’t worry, honey, we’ll round it down if it goes over the hour,” an administrator had explained on the phone when I’d called to inquire about billing. When I rang the pathology department, I was told it would be \$176 for testing one evicted ovary, or \$305 for the two. That’s a bargain, right?

I come to in a different room with a window. A young nurse sets up a morphine pump on a tall metal frame beside my bed. I am in a hospital in Atlanta, thousands of kilometres from home in Dublin. It is my second time in this hospital in two years. On my first visit, I left minus my uterus, cervix, Fallopian tubes and a whole heap of endometriosis. A disease so horrible and painful, it has upended my life. This time, I am discarding my ovaries and whatever flesh they’re stuck to.

Lying in this hospital bed, catatonic with drugs and pain, I am now empty of the internal organs that make me female. My world has got smaller over the last four years as the pain has intensified, and now in this hospital room in Atlanta, my world is just me, my machines, and Elizabeth.

Elizabeth is my dear friend from

Left: Playwright Lisa Tierney-Keogh.
Photograph: Nick Bradshaw

◆ Texas, who I met in New York when we both lived there. She has flown to be with me for the surgery. This is the second time she has dropped everything and flown to take care of her Irish friend. Elizabeth is a nurse, and when I told her in 2021 that I was going alone to the US for endometriosis excision surgery and a hysterectomy for adenomyosis (the evil twin disease of endo), her response was: “No, M’am, not on my watch.”

This whole fiasco started in 2019 with a period so heavy, I turned a hotel bathroom into an abattoir. They’d been heavy since my first, at age 14, and painful. But this one was so bad, I decided to go to the doctor. I was told it was stress, that there was nothing wrong. That visit to the doctor was a different version of the same experience I have repeated over the course of my lifetime. Something feels wrong, something *is* wrong, I go to the doctor, and no cause is found. I get sent home believing the thing that is wrong is, in fact, me. And that I shouldn’t believe my own intuition. I doubt myself, think I’m broken, and move on, until the next experience occurs. Rinse and repeat.

In my teens, my periods were so heavy I routinely bled through clothes. I was perpetually anaemic, my iron levels chronically low. When I played my beloved basketball, I had to wear two or three pairs of underwear with multiple pads, cycling shorts, and thank the heavens my gear was black. At 18 I developed knee pain so bad in both legs my father coined them the Million Pound Knees because they cost him so much in medical bills. It effectively ended my basketball playing and I was told I would never run again. Did you know leg pain is a common symptom of endometriosis? I didn’t.

This continued into my 20s, 30s and early 40s. There were other symptoms, like “flooding”, which is exactly what it sounds like. You stand, and gush blood. I ruined more clothes, car seats and upholstery than I care to remember. At gigs, in pubs, in clubs, the whole body pain from standing would get so bad, I’d drink heavily to numb it. Alcohol is probably the worst thing you can give endometriosis, due to its inflammatory nature. The day after, my hangovers were so severe, and the pain in my legs so bad, I sometimes found it difficult to walk. I laughed it off with my friends. I was just a weakling who couldn’t hack the pace.

In my early 20s, I developed a mystery hip pain that exists to this day. In my mid-30s, when I lived in New York, I spent two years in physio, sometimes twice, three times a week. I had fancy scans and saw expensive doctors. At no point did anyone I saw consider it might not be a musculoskeletal issue. It affected my ability to sleep, sit, stand, work, exercise, and despite all the treatment and surgeries I had, I still didn’t know what the pain was. It was with me every single day.

“It’s stress. There’s nothing wrong.” I repeat the doctor’s words in my head the month after the hotel abattoir incident. But this time, there’s dizziness and I have to lie down for days. I see another doctor and I’m sent for an ultrasound. I am in the



‘The amount of money I’ve spent is unbelievable’

After years of suffering “sharp stabbing pains, crippling nausea and mid cycle bleeding”, Sarah Jane Allen (31), from Co Laois, was diagnosed with endometriosis in 2018 following a laparoscopy. She is receiving treatment at the Priory Hospital in Birmingham.

“In Ireland, the level of care is not up to the gold standard of what it should be,” she says.

“After the diagnosis the gynaecologist here said there was not much more he could do for me.

“I spent years just to get the diagnosis. I was in an out of A&E, hospital appointments with severe pelvic and

abdominal pain and every time I was met with some sort of negative attitude or gaslighting, being like ‘it’s just period pains, it’s part of being a woman or it’s all in your head’.

“My parents were so supportive. They kept believing me, and fighting for me.

“My mam would say ‘the girl hasn’t eaten in a week, she can’t keep down food because the pain is so bad, it’s making her vomit. There’s something wrong’.”

Allen has undergone a number of laparoscopic procedures abroad, whereby endometriosis tissue was removed or destroyed. She says she has spent more than

€15,000 on treatment.

“I now pay for MRI scans privately and send them on to my specialist in Birmingham and do most of the calls with him online,” she says.

“My specialist has said it looks like I will need constant monitoring for the rest of my life due to the extent of my condition and how bad my kidneys and bowel are.

“The amount of money I’ve spent on trying to get adequate care is unbelievable. My partner and I are trying to buy a house but we’ve been trying for three years because of the amount of money I have to put towards my health.”

SARAH BURNS

toilet roll aisle of Dunnes when I get a call to tell me I have something I’ve never heard of called adenomyosis. I fumble in my bag for a pen. “It often means you also have endometriosis,” the doctor says, my head pressing the phone to my shoulder as I misspell the word on my hand. “I’m going to refer you to a consultant.”

Endometriosis is as common as diabetes and asthma, yet in Ireland it takes eight to 10 years on average to get diagnosed. It took me 28 years. With symptoms as wide ranging as leg and back pain, shoulder pain, fertility issues, painful bowel issues, headaches, brain fog, chronic fatigue, shortness of breath – and there’s more – the NHS has ranked it in the top 20 most painful conditions. It’s woefully under-researched, despite the fact that the disease affects one in 10 women and people assigned female at birth, according to the World Health Organisation.

Within the patient community, it is believed to be even more common – we

know too many women who are fighting for a diagnosis, or who describe the symptoms and don’t yet know they have it.

Endo-metri-osis. The word bangs around my brain. I start researching and read through the symptoms. Puzzle pieces click into place as my chest tightens. “I have endometriosis,” I think to myself, silently, daring not to speak it out loud. With all the health problems I’ve endured since childhood, I’ve been branded a hypochondriac so many times, been gaslit into believing what was wrong was me, that my body was fine, but I, Lisa, was the problem.

February 2020 rolls in with news of a strange new virus in China. I’m at my first appointment with the consultant I’ve been referred to. I’m told I’ll need diagnostic laparoscopic surgery to confirm the presence of endometriosis, and whatever is found will be removed. Was this a solution to 28 years of pain?

The system, and I use that word lightly,

for diagnosing, managing, and treating endometriosis in Ireland is in its infancy, despite the prevalence of the disease. There are long waiting lists for the few gynaecological surgeons that treat it, who are themselves overstretched by the necessity to also treat general gynae patients. There are currently two supra-regional endometriosis centres at Tallaght University Hospital and Cork University Maternity Hospital (CUMH), supported by regional endometriosis hubs in each of the five maternity networks, but figures reported in June show that half of the staff posts in these clinics remain unfilled.

The Enhanced Endometriosis Centre at the Coombe states on its website “we only accept women with a definitive diagnosis of endometriosis”. But the only way to *get* a definitive diagnosis is through surgery – a diagnostic laparoscopy – with an endometriosis specialist. It’s a vicious catch-22 circle created by a Department of Health forcing physicians to work with impossible wait times and limited resources. Despite a Women’s Health Action Plan, and an increase in funding for women’s health, there remains a giant, gaping chasm into which many women are falling.

I show up at a Dublin hospital on a Monday, unsure if my surgery will go ahead with all the talk of something called a shutdown. I’m brought to an operating theatre and when I wake in the recovery room, the surgeon claims “one spot of endometriosis” has been found and burned off. My procedure is declared a success and I am sent home. But you know when you see an ant, there’s never just one? Endo is like that.

After this surgery, the s**t hits the fan in every possible way. My pain increases. Sensationally. As the pandemic rages on, so too do all of my symptoms and now I can’t walk for more than 15 minutes. I can’t sit and I can barely sleep with the pain. I become a shell of myself. I cry all the damn time because my body hurts so much. Nobody can understand it, how I can be this bad despite my surgery and all the doctors I’m seeing. I see that word floating in the air again: hypochondriac. I see it in the eyes of loved ones who don’t understand how bad women’s healthcare in Ireland is. I develop a lovely new doubling over kind of pain. A mixture of feeling like I’m in early stage labour while being stabbed with a hot poker. I call the surgeon to describe the pain: sharp, burning, dull, aching. I’m told to see my pain consultant. They are growing increasingly frustrated with me and when I’m cc’d on a letter that includes the sentence, “she thinks she’s in constant pain”, I realise I’m in trouble.

I call the office, begging for ideas, but the surgeon tells me bluntly I should see a gynaecological oncologist. “But ... I don’t have cancer,” I say, in disbelief. Months later, I’m at yet another appointment, crying, when I hear “there’s no reason for you to be in this much pain”. An alarm bell goes off in my head, and I realise I’m not going to get the care I need in Ireland. So I start to look abroad for answers, and that’s when I learn about all the other women who are leaving the country for surgery, who are tired of waiting and waiting, of

being told their case is too complex, of living in pain with no help or cavalry on the horizon. I am fortunate to have health insurance, so I put together an application with irrefutable proof that the care I needed is not available in Ireland, which is approved.

In June 2021, after an extraordinary battle with the Department of Health and their Covid travel restrictions, against the wishes of my family and friends, I travel alone to Atlanta, Georgia for surgery. After decades of not being believed, I place trust in my intuition, and follow my gut.

It turns out to be a good call. Not only does my US surgeon discover more than one spot of endometriosis, he finds lots of it, in all kinds of places. He detaches my bowel from my uterus, which had glued together. He removes adhesions, lesions, my appendix, cervix, Fallopian tubes, and uterus. Elizabeth minds me after my surgery, feeds me, makes me drink, forces me to walk, wipes my tears, and insists on monitoring my bowels. “Imagine a plate of spaghetti,” she says in her gorgeous Texas accent, “and pushing it from one side of the plate to the other ... that’s what just happened to your guts, girl.”

On day 10 post-op, I fly home from Atlanta to Dublin by myself, unable to walk more than a few steps. It is a harrowing, horrible journey.

I get support when I’m home. I try my best to take it easy, but I’ve lost so much of my life at this point, I desperately want it back. People tell me I look better every time I see them. I was told it would take six months to recover, but the women who know say it will be a year. At least.

So I don’t know that the pains that have started aren’t a normal part of the healing. Sharp, stabbing pains for days, followed by an excruciating feeling of eruption and then crippling exhaustion. My ovaries are growing and popping large cysts but it takes another two years before any doctor in Ireland will concede that maybe yes, maybe there’s something else going on.

One particularly wild, cyst-popping day, I am sent to the emergency department of a Dublin hospital to rule out a stomach explosion or some such emergency. A doctor prods at my belly. “It’s an ovarian cyst,” I say. I am ignored. “All I need is an ultrasound,” I say. I am ignored. I wait 10 hours for pain relief and receive it only *after* an ultrasound confirms what I’ve been saying. Because as a woman, you need proof, receipts. You need evidence of your own suffering. Your word, your intuition is not enough.

As I lie in the ED cubicle, staring at the ceiling light, I think of my daughter at home, and about how I am going to explain my absence. I have shielded her from as much of my illness as I can but it’s taking its toll. This latest hospital visit needs an explanation. “What if I name my ovaries?” I think. “Something unusual that’ll make her smile.” It comes to me in a flash. Enid and Eunice. Every time a cyst pops, and I am sick or in pain, I’ll tell my daughter that Enid and Eunice are acting the maggot again. And she’ll smile. I take tiny mercies where I can get them.

In September 2023, the pain is so bad I

can’t physically take it any more. Something is wrong in my body. I know it in my aching bones. I briefly consider surgery in Ireland, given how arduous the journey home from the US had been after my last. But when I am told I’ll need a stoma for six months post-op, I stop dead in my tracks. Essentially, this is an admission that my bowel will be injured in an operation to remove my ovaries. I contact my surgeon in the US to get his opinion. It is Friday night. He writes back, immediately, all caps: DO NOT DO THIS. NO NEED FOR STOMA. PLEASE.

Three weeks later, I am on board another flight to Atlanta. Elizabeth, unwilling to miss Part Deux, again drops everything to be with me. As we sit in the pre-op cubicle, she laughs as I try to convince the staff to let me have my ovaries as a keepsake. We make each other giggle to hide the nerves. My ovaries have been increasingly active for a long time. In plain terms: they are growing things so much, something bad, very bad, might have grown. But we don’t talk about it. As I’m wheeled away from Elizabeth, she holds my hand until our fingertips leave each other.

It is from this surgery that I must climb

out of the rabbit hole. It is this surgery that reveals my right ovary had glued stuck to my pelvic wall like a barnacle on a rock, preventing surrounding tissue from moving, and my left ovary adhered to a nerve, causing sharp pain every time I step. It is this surgery that puts me in menopause. The \$305 pathology deal reports that nothing sinister has grown.

Elizabeth watches me like a hawk. She doesn’t like the settings of the aggressively beeping machine monitoring my heart rate and blood pressure. She changes them and positions her chair to watch me and the machine more closely. My blood pressure and heart rate go down. A lot. The morphine feeding my blood pain relief puts me into respiratory depression but I don’t know this until later, when Elizabeth can bring herself to tell me.

The room is quiet when I wake during a shift change. A nurse I haven’t met checks my vitals. I introduce myself, and thank her for taking care of me. “You’re welcome,” she smiles. I ask for her name. “I’m Enid,” she replies. I look over to Elizabeth, who sits up in disbelief. I tell Enid the story of my badly behaved ovaries, and how I’d named them to help my daughter navigate

her mother’s ailing body. Enid is quiet for a moment and I feel embarrassed for telling her. Then, she looks at me, and tells me that her mother’s name is Eunice.

Recovery from this surgery is a different beast. Harder. Much harder. And lonelier. I lose my sense of self. I lose my sense of belonging in my group of friends, and in my family. There’s a strong feeling in the air that if I’ve had this many surgeries, and seen that many doctors, surely I must be better by now. The invisibility of the ravages of endometriosis and surgical menopause rage on inside my body. But on the outside, I look fine. But I am not. People drop out of my life. I didn’t choose this body, but others can choose not to be around it. In sudden onset menopause, after years of “health stuff”, I navigate total bodily change, memory loss, cognition change, hormonal upheaval, mostly by myself. And I get it. It’s sad.

Healing is happening. Slowly. Surely. There are bumps. Like a recent diagnosis of Ehlers Danos Syndrome, a connective tissue disorder, which, again, explains lifelong issues and symptoms, including some of my pain. It turns out I’m not a clumsy hypochondriac, I have a condition that means my joints aren’t always stable enough to hold themselves together, and the ligaments, tendons and muscles in my body have a tendency to dislocate, strain, or just hurt like hell.

The upshot of all of this is a deep, tragic wisdom about the fragility of health. A knowing in your bones that happiness is in the small details of life: blooming daffs in spring, the smell of salty sea air on a summer day, leaves turning colours not seen before, the first crunchy frost of winter.

Every season that passes is one you made it through. Maybe it was easy, maybe this one was harder, but damn it, you’re still here.

In March 2025, I succumb and add testosterone to my HRT regime. Within weeks, a spark is lit within me. My memory improves, my cognition changes, and I feel a new version of myself take hold. I grab the spark, find a match, and set it on fire.

It’s taken a plethora of things to get me through these past five years. Pharmaceuticals, physio, surgeries, nerve blocks, procedures, injections, blood tests, Pilates, acupuncture, manicures, therapy, dog walks, blow-drys, reality TV, podcasts, supplements, healers, meditation. It has taken my lifetime of living in this body to learn to lean into the particles of hope floating in the air around me.

Whispers from magical places, like hearing the name of a nurse is Enid, and her mother’s Eunice.

When dark times visit us, we have to lean into that knowing part inside us, our gut, our source, that tells us something is wrong. We have to believe ourselves, even when no one else does. And we must never, *ever* give up on finding the people who will listen to your story, look back into your eyes, and tell you, “I believe you”. ●

Lisa Tierney-Keogh is a playwright. She writes about her health experiences on [Substack](https://lisatierneykeogh.substack.com) at lisatierneykeogh.substack.com.

Endometriosis in Ireland

What is the condition?

Endometriosis is a debilitating gynaecological disease where tissue, similar to the lining of the womb (uterus), grows in other parts of the body. In most cases, it grows in the pelvic region, including on the ovaries, fallopian tubes and around the pelvic cavity. It can also affect nearby organs like the bladder and bowel, and cause ovarian cysts. Less commonly, it can spread to other areas.

Symptoms can include severe, life-impacting pain during periods, sexual intercourse, bowel movements and/or urination. Patients often have chronic pelvic pain, abdominal bloating, nausea, fatigue and sometimes depression, anxiety and infertility.

How many people have it?

The World Health Organisation (WHO) estimates that endometriosis affects roughly 10 per cent of women and girls of reproductive age globally. Patients and advocacy groups believe the true prevalence is much higher. There is no known way to prevent or cure endometriosis, but the WHO says early diagnosis “may slow or halt the natural progression of the disease”. According to the HSE, it is a “difficult condition to diagnose and treat because of the variation

of presentations, impacting the physical and mental wellbeing of patients at varying levels”.

The time it takes to diagnose the condition varies due to its “varying and ambiguous symptoms”. However, the Dáil heard in May that it can take nine years to get a diagnosis. Women are often required to undergo a laparoscopy – where a surgeon passes a thin tube through a small cut in a person’s stomach – to get a definitive diagnosis.

How is it treated?

Women are often prescribed hormonal contraceptives to treat the symptoms. The pill is prescribed most often in the first instance, with many women later having a hormonal contraceptive coil implanted into their uterus. Some women undergo keyhole surgery to remove patches of endometriosis tissue via ablation, whereby the tissue is “burned away”, or through excision, where it is cut out.

Due to waiting times or complexity of cases, some women have opted to travel abroad for excision surgery for endometriosis, either funded through private health insurance, their own means or crowdsourced funding.

No person has received such surgery abroad under the HSE’s Treatment Abroad

scheme, according to a spokesman, but some women may have availed of such care under the Cross Border Directive, which does not record information on the type of treatment sought.

In 2023, then-minister for health Stephen Donnelly announced the development of the national endometriosis framework, which, when published, will set out for the first time a defined clinical care pathway. It proposes operating on a “presumed diagnosis”, meaning women with symptoms will be treated under the assumption they have the condition, without the need for a surgical diagnosis.

Two supra-regional complex endometriosis services have been set up, in Tallaght University Hospital and Cork University Maternity Hospital. They are supported by a network of five endometriosis hubs in maternity hospitals around the country. However, it was reported in this newspaper in June that half of the funded staff posts at these centres are currently unfilled.

After a series of public meetings around the country, Sinn Féin is due to bring forward a motion in the Dáil this month calling for improved services for endometriosis diagnosis and treatment.

SHAUNA BOWERS



Derry carers find their rhythm

In a quiet corner of a Derry industrial estate, a group of carers come together to play Japanese Taiko drums

Jeananne Craig

In a far-flung corner of a Derry industrial estate, the Thursday morning calm is interrupted by the sound of thunderous drumming.

A group of women are banging huge, cowskin-covered Japanese taiko drums in a mirror-walled dance studio, tucked between a kitchen showroom and a tyre shop. As they play in unison – wearing yellow foam earplugs to protect their hearing – they utter chants, or “kiaï”, to encourage each other and release energy.

Beyond this room, their responsibilities are heavy. Each one of these women is a carer: for family members with special needs, foster children, children in kinship care, or elderly parents. During breaks between songs, someone will have to slip outside to answer a phone call that can’t wait, leave early for an appointment or share a message from a friend who is

unable to attend. But from the moment they lower their arms ceremonially, and their sticks make contact with the drum, their sole focus is the beat.

Taiko drumming has been part of Japanese culture for centuries, with its powerful rhythms and rousing shouts heard everywhere from religious ceremonies to battlefields.

Derry woman Fiona Umetsu, who runs the Taiko for Carers group and the local Japanese arts organisation Foyle Obon, first encountered the ancient art form in the 1990s. She was teaching English in Tokyo when a friend took her to see the world-renowned taiko group Kodo at a festival.

“In my mind’s eye I can still see [that performance]. You just felt it, all through your body,” recalls Umetsu, who decided there and then to learn taiko for herself, and joined an all-female group in Tokyo.

She also fell in love with a Japanese man, Katsu, at about the same time, after

meeting him at a house party on St Patrick’s Day. The couple married, started a family and moved to Ireland in 2000, when Umetsu assumed she would have to bid farewell to the beautiful (and big) barrel-shaped drums for good. “I broke my heart thinking, ‘That’s it now, my taiko world is over’,” she says.

But on a trip back to Japan to visit Katsu’s parents in 2009, Umetsu had the opportunity to buy a taiko drum at a bargain price. After a quick phone call to Virgin Atlantic, the family found themselves flying home with “a drum instead of a suitcase, three children under the age of five and two prams”. Derry was soon introduced to the rich sound of taiko.

More drums were acquired by the couple on subsequent visits, and Katsu was even able to make some himself using a neighbour’s old floorboards.

“It’s been such a labour of love,” says Umetsu, who established Foyle Obon with Katsu and other friends more than a decade ago. In addition to the Taiko for Carers project, the charity has run cross-community workshops for Catholic and Protestant schoolchildren, LGBTQ+ teens and people looking to improve their mental wellbeing.

A number of scientific studies have highlighted the health benefits of taiko, which requires deep concentration as well as physical exertion. In an Ulster University research project into Taiko for Mental Health and Wellbeing, published in 2024, respondents reported “a wide range of mental and emotional health benefits”, as well as help with emotional regulation, anger management, stress and anxiety.

The Taiko for Carers project, which began with a grant from the Department

Taiko for Carers performing at the Foyle Obon Festival in May. The Taiko for Carers project has introduced more than 150 northwest carers to the art form.

Photograph: Gav Connolly

of Health in Northern Ireland’s Support for Carers fund, has introduced more than 150 northwest carers to the art form. There are more than 20 members in the current group.

For many participants, it’s their first time discovering taiko. “We had one girl who thought she was coming to do martial arts,” Umetsu says with a laugh. “We have others who say, ‘I haven’t got a notion what we’re here to do, but someone’s roped me into it’, or you get people who are quite shy. But once we get started, there’s a real development in people’s focus.”

Donna Large joined the project a year and a half ago, shortly after leaving a career in retail management to become a foster carer.

“I had a tough placement the first few months, and the only thing I could get out to was to this group,” she says.

“I had been very sociable before that, and to go to suddenly feeling trapped in your own house, this – it probably sounds a bit silly, but it was my only escape. The one night in the week I could sleep was after coming to taiko. You could just come in and switch off and have a laugh. It was the only time my brain stopped, and I think it’s one of the few reasons I managed to get through the first placement.”

For Large, who insists she is “not musical at all”, the fun and connection have been the best part of the experience.

At the start of every session, each person will share how their week has gone, and

what wins or challenges they've had. With funding from housing association Radius Housing's Good Relations programme, the group has also watched presentations about life in Japan, and learned origami and traditional festival dances.

After the drumming, over a cup of tea or some lunch, the carers offer each other support and advice, and laugh at any blunders they made during practise.

There is also a WhatsApp group, which was "popping" in May when the carers performed at the annual Foyle Obon Festival. A Derry park was transformed into a "Little Tokyo" for the celebration of Japanese culture, with drumming, traditional dance and storytelling, and sushi-making and calligraphy demonstrations.

The Taiko for Carers group played in front of about 350 people in a large amphitheatre, joined on stage by two members from Kodo – the famed act who Umetsu first saw in Tokyo 30 years ago.

It was Large's second time performing at the festival. "I have no co-ordination whatsoever and last year, when my friends came to see me, they ripped me to shreds that day. They loved watching me fumbling about," says Large. "But it was the best thing, because when you're fostering, your family and friends might meet the kids, but they don't meet the other carers. They got a huge insight that day into how big the network is."

Two children who Large was providing respite foster care for also came to watch this year, and had "an absolute ball".

Kelly Brown, a supervising social worker for foster carers, and a carer herself, has been with the project since its inception.

"When carers are mentally fit and mentally healthy, they can do a really good job of caring for our children. A big part of my focus is on wellbeing," she says.

"The idea was to find something to unify the carers, to give them somewhere to come together and share common ground. Being a carer is a 24/7 job and at times it can be quite lonely and isolating, whereas this is somewhere that you can chat to other people who get where you're coming from. You can share your stories, and hints and tips about how to manage difficult situations."

Brown adds: "A lot of our carers don't get the opportunity to travel; they never get a night away. A lot of the people we work with, through illness or because they are young children from an adverse background, they've never had a chance to go anywhere outside of the city walls, basically."

"Having the experience of going to Little Tokyo was outstanding for them and opened their awareness of different cultures and different ethnicities."

Aine McFadden is a kinship carer to her grandson and granddaughter, aged 11 and 10.

"We do everything around the kids, and this was for us. I loved it," she says. "I blocked out my time, and I was so precious about it that I wouldn't allow anyone to interrupt it. If I had to miss it once, I felt that I didn't get my energy out that day."



I did this amazing thing in front of people that I would never have done in my wildest dreams. You just get into the excitement and passion

Before the festival performance, McFadden was "terrified" with nerves.

"I couldn't look at my grandchildren," she admits. "And then while I was doing it, I just forgot about the audience. I put myself back into playing here and how it makes me feel and why I'm doing it."

"Afterwards, seeing the two kids clapping and really excited just gave me a real sense of achievement. I did this amazing thing in front of people that I would never have done in my wildest dreams. You just get into the excitement and passion, and you feel all right because Fiona's there."

Back in the dance studio, the carers have put down their drumsticks for the morning. This is their last meet-up for now; the project will go on pause while Umetsu seeks funding for more sessions.

There are cups of tea and boxes of buns waiting for them in the room next door, and she, Katsu and their son Forton will soon start packing up the drums.

But first, the group must finish together in the traditional Japanese way, by uttering the words, "otsukaresama deshita".

"At the end of everything you do in Japan, whether it's the end of a workday or playing a game of sports together, whatever you do as a team, you say it to each other," says Umetsu.

"It means, 'thank you for making yourself so honourably tired'. You can't play taiko by yourself. It's an acknowledgment that we all put our energy in, and we did this thing together." ●

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Travel

A kaleidoscope of experiences

Is it ever a good idea to go camping at a music festival with your children?

Joanne Hunt

I have a friend who says when it comes to music festivals and her children, there's a Venn diagram. "I could never be that parent," she says. "The Venn diagram would show us at a festival; them at a festival, but a big empty overlap in the middle: never us and them at a festival together."

This makes total sense. Music festivals are loud and crowded, there's camping, mud, rain, sun, booze, broken sleep, queuing, expensive food and increasingly unspeakable toilets – why on earth would you bring your kids?

Music festivals are better when you're not responsible for someone else's fun. Go with friends, and you don't need to accompany them to the toilet, or praise their endeavours therein. You don't have to pack snacks, manage naps or (generally) put up with their whingeing.

Surely the draw of a three-day music festival is having no responsibilities? Apart from the big acts, that's kind of what you pay for – admission to this liminal space where for three whole days, you can live without routines, lose track of time, step out of roles and unyoke from responsibilities. You get to drink pints in fields with your mates; have long, uninterrupted conversations; roam between the stages and your biggest decision is who to see next.

Yes, kids at music festivals are all wrong – except at Kaleidoscope, that is, a family music festival, where the kids are all right.

This festival, staged at Russborough House in Co Wicklow last weekend, has been going since 2019. Billed variously as "Ireland's favourite family music festival" and "Ireland's favourite family music camping festival", it's fun and a bit of a mash-up. Just don't expect Glastonbury or Electric Picnic.

This looks like a music festival, it sounds like one, and it certainly smells like one, but this time, you're carrying nappy sacks and Calpol. The vibe is relaxed and family-oriented – but hip and edgy it's not. If you were a hardcore music festival aficionado before kids and are still chasing the dragon, you might just hate it. Others here, less haunted by their past, will probably have a better time. Maybe

they've never been to a music festival before.

At Kaleidoscope they can cosplay with their kids going to one. For others Kaleidoscope is a straight-up camping festival. They've come with 15 other families. Their friends are in neighbouring tents, and their neighbours are in neighbouring tents, and they will spend two-thirds of their time in the campsite, cooking. They will make a night-time foray to the main stage for the headliner, convening with their tween and teen kids who have had the glorious freedom to roam all day.

My husband and I are fresh from Glastonbury. And by that I mean, we ordered takeaways and watched the highlights on BBC from the sofa, as we've done every year since having kids. We used to go to music festivals, but that life seems far in the past, and far in the future.

Kaleidoscope is our first festival since having children, and our first time camping with them. Arriving at the festival site at about 6pm on a rainy Friday, we're grateful for the comfort of a pre-pitched Yippee boutique glamping tent, complete with air mattresses and hotel bedding. This is cheating. We can just drop our stuff and head into the main stage.

Hermitage Green plays soon, but eight and nine year-olds only have eyes for the fun fair, which dominates the main field – we're suckered in by "the world's biggest bouncy castle". It's €5 per child for a 10-minute bounce. That's €1 a minute for two kids. You'll get no financial lessons here, mind – they thoroughly enjoyed themselves and we returned three times over the weekend.

The Zozimus tent bings proper festival nostalgia. It's a big, dark tent with a glitter ball, banging tunes, dry ice – and double buggies too. There's no more beautiful vision of Irish motherhood than a mammy here getting her freak on to Daft Punk. Twin toddlers in snug onesies stare up from their buggy, agog at what's come over her. Dad looks on admiringly, sipping a beer.

There's joy right there, and triumph too among parents – hey, we're at a music festival, and for these minutes at least, no one is crying, no one needs anything. That's enough some days. You'll find no surge towards the main stage here, no mosh, but there's dancing and commun-



Above: Kaleidoscope at Wicklow's Russborough House. Below: Joanne Hunt and her family at the festival.

Photograph: Anamaria Meiu

ing over great music.

I can see by my nine-year-old's face that there's something pretty new and thrilling about this for him too. The silent disco with the kids is also a hoot. It's wet outside and there's a gale blowing, so we head back to the camp site via the 'Ickle Big Top' – the Minecraft movie is playing to a packed house of children in coats sitting on mats and in camp chairs. It's like the nation's sittingroom where mostly mothers dart in and out at intervals to check their offspring, whisper-shouting: "Are you warm enough?" "Do you need a pee?" "Do you want your water?"

Returning to their camp chairs, which mark the tent's exits, they sit in the drizzle drinking beer, chatting with other parents



to the strains of Steve's Lava Chicken.

It's 5am, and I'm woken by a man with a low, gravelly voice: "Do you need a wee-wee?" This voice is not my husband's. The man's entreaty is gentle, but has a slightly pleading insistence to it. "Do you need a wee-wee?" he repeats. Who is this man? Why is he in my tent, why is he asking if I need a wee-wee?

"Daddy's going, and Seán is going, do you want to come with us?" This is coming from the tent next door, I realise. With a sheet of canvas between us, I'm reminded that when camping, a neighbour's plight becomes yours.

Whatever about his daughter, next-door-daddy has done a number on me: do I need a wee-wee? A "just-in-case" one? And so the day begins. Early. There are clean, hot showers in the glamping area too, and a Pamper Tent, complete with mirrors, hair dryers and hair straighteners.

At a family festival, these go unused and unplugged. Instead, there are dads sitting sentinel as teens' devices charge, mums are boiling kettles for their daughters' hot water bottles. I wouldn't be surprised to see a chicken cooking in an air fryer here.

There's about 20,000 weekend attendees at the festival, organisers say, 1,000 of them are in campervans. Some pitch tents as big as bungalows. It's a damp and cool morning, so we make for a 10am Porridge Party to warm us up.

Is free porridge a problem for the Portaloo's? By Saturday night, the system is under strain, but that's every music festival ever. After porridge, I join a 21-person queue for a €4 cappuccino, chatting to Clare Corrigan from nearby Donard. She and a gang of mums and



their kids have come every year since 2019. “It’s all the mums of my daughters’ friends,” says Corrigan. “We get the presale tickets, it’s good value.”

The mums arrive on Friday morning to pitch their six tents around a central gazebo, then they go home and pick up the kids, she says. “The dads come after with the beer.” There are 16 in the group, with children aged six to 16. “They are up there eating pancakes now, happy out,” she says.

“Yesterday, before we went down to the main stage, they all got in one tent and were braiding each other’s hair, putting on face paint and glitter, that’s what they love doing.” It gets easier as the kids get older, she says. The kids have more freedom to roam and can help with camping logistics. “It’s safe for kids. That’s the whole thing.”

A bearded man in shorts with a tattooed calf limps past in the drizzle. He’s walking from the Portaloos back to the campsite, a crutch in one hand, a pink plastic potty in the other. Conor Roe from Artane is here with his wife, Laura, and three kids, Isaac (8), Kayla (6) and Lilly (3). It’s their first time at Kaleidoscope.

“We’re camping with friends – they have all been here several times and they convinced us this year to come,” says Conor. This dad is in pain. “I woke up on Wednesday and it looks like I have a bulging disk. I have awful pain down through my left leg, but I couldn’t not go, the kids were so hyped up. It’s their first time.”

They saw Ocean Colour Scene on the main stage last night. “The kids were going strong until 11pm,” he says. “I’m getting through this on painkillers and

anti-inflammatories.” There are examples of epic parenting everywhere. Parents are doing it for the kids. And to be fair to them, the kids are doing this for the parents too.

Spend your day at the funfair here and the cost can rack up, but the Wonderland area of the festival has lots of free activities, a respite from sensory overload. We spend an hour at the excellent Fighting Words creative writing workshop where a solid crew of about 40 kids is expertly facilitated. Heads down, pencils twitching with ideas, they are in total flow.

Throughout the weekend there are experiments with Mark, the Science Guy, a chance to pilot robots with Munster Technological University and a reptile rendezvous. The Sports Field is a big draw for our kids, too, where on a pitch edged with straw bales, a rolling football match runs all weekend. Like a kind of neighbourhood game from the 1980s, players aged four to 14 drop in and out all day. Old-school fun.

Nearby, School Fitness Ireland holds hurdles, boxing and dance competitions. For the sack race, the dads don’t need to be asked twice to compete. Anyone for the mums’ sack race? Anyone who has given birth will know that this can be a risky business. A urogynaecologist could have cleaned up here.

By the time Jerry Fish is on the main stage, with circus performers adding visual spectacle for the kids, the sun is shining and warm. Before Texas headlines later, we head to the campsite for some downtime. The kids loll in the tent with the iPad and sort out football cards. For the sleep-loving, schedule-abiding parents we have become, this return to festivals is going pretty well. Sitting outside on camp chairs in the warm evening sun with a ham, cheese and crisp sandwich and a beer, and the Riptide Movement playing in the distance, it’s all working out.

We head back to the main stage for the Saturday headliner. Beside us, Des McCarthy from Bandon deftly unpacks miniature camping chairs for his children, Evie (5) and Ruairi (3), and serves them a takeaway pizza. With the kids occupied, he starts assembling chairs with complicated telescopic parts for himself and wife, Danielle, who is getting more food.

Indeed, everywhere you look, there are women getting things, holding things – wipes, water, sun cream, snacks, nappies, babies, beer. The men are doing it too. With the reflexes of a cat, or a multitasking parent at a music festival, McCarthy dives to rescue the pizza box, just before it slides off Evie’s knees on to the grass. Sharleen Spiteri delivers her stonking set, to a chilled-out audience on picnic blankets and camping chairs.

“It’s our first time coming, it’s very good. It’s brilliant,” says McCarthy. “The kids love it. I think there is enough going on that has their interest.” He hasn’t been to a music festival since becoming a dad. “Just now, we are beginning to venture out in the world again,” he says. “It’s a bit scary, but it’s good.” ●



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A passage through time and taste

Ditch any notions of a stuffy, floating retirement home: the joy of a cruise is the chance to sample many cities in style

Conor Power

There's nothing like a sea cruise to divide opinion. I know many people for whom the whole notion sounds like a great bore; imagining a distinctly older generation on board, shuffling around slowly upon a huge floating retirement home and thinking that every port call en route will be brief and heavily chaperoned.

The truth is far more nuanced and for those considering dabbling in the world of cruising, the Mediterranean is a kind of gateway drug to the wonderful world of luxury cruises. Here, you can put all your prejudices to the test in what should be one of the safest places to do so – where the weather is nice and the ports of call are usually highlight city destinations. Plus, you're on the sea (rather than the ocean), where there's less chance of a heavy swell.

We start our cruise in Palma, Mallorca and it was to finish one week later at Civitavecchia, north of Rome. Often overlooked by visitors rushing to the island's seaside resorts or to its magnificent mountainous regions, Mallorca's

capital, Palma, is a thoroughly charming city, with impressive sites to see; the high point being its towering gothic cathedral (Basílica de Santa María), whose interior floods with colourful light during a bright day.

Cruise ships these days are very big – something you only realise when you come alongside and find yourself craning your neck and staring open-mouthed at it like a modern-day wonder of the world.

We are on Princess Cruises' (the original Love Boat company from the 1980s TV series) newest and largest vessel, The Sun Princess. There are other larger ones again – mainly plying the Caribbean Ocean – but this vessel is up there, with its 345m-long bulk accommodating 4,200 passengers.

When you step on board, you enter a kind of village and a highly social one at that. The blend of passengers is also far more varied than one might expect. The age profile is certainly higher than what you'll find, say, in a caravan park resort on the Vendée coast in summer, but you'll find people in their 20s and 30s, young families and teenagers too, with plenty to keep representatives of all age groups occupied.

You also step into a world of luxury. These days the main trends in the world of ocean cruising are towards more sustainability (more use of liquefied natural gas, which burns more cleanly, and far better waste management systems) and a race to the top in terms of added luxury value. Our newly constructed ship is a case in point, with its massive amount of natural light courtesy of the great glass sphere shape that bulges out on both sides in the middle of the shipforward of midships.

The breezy, more nautical, decor with cleaner lines repeats throughout the ship to the bright cabins, which have a luxurious interior and (in our "outside state room") a sliding door leading to a roomy balcony.

That evening as we bid farewell to the Balearics – magnificent in the evening sunlight – we call to O'Malley's Irish Pub. There seem to be far more Americans than any other nationality in our floating local but we do run into a few fellow Irish citizens, including a first-time cruiser, who shouts the praises of the cruise experience over the sound of live music. Between sips of stout, he explains that he has come on board at the invitation of a friend, celebrating a significant birthday.

The following morning, we awake to find ourselves on the industrial outskirts of Barcelona. Having been there before, we opt for an extended lie-in by the main swimming pools at the Lido on Deck 17. The sun shines and the mercury is touching 21 degrees. And, with the protective glass walls surrounding the multilevel Lido area, the sun trap is complete, with



bar, snack bar and restaurant within a 10-second stroll and a film playing on the big screen.

Marseilles, our next port of call, is a city we haven't seen properly before. We opt for a guided city bus tour, including a visit to the Notre Dame de la Garde – the spectacularly sited church overlooking the Phoenician city.

The tour is very informative, as it snakes through the streets of France's second city to the great white church at the top. Marseilles has been associated with a good deal of negative press over the years,



Clockwise from main: The Sun Princess; Boccadasse neighborhood of Genoa; Porto Venere; and Conor Power in Marseilles

making me half-expect a shambolic metropolis full of snarling gangsters and screaming fishwives. The less-written-about side of Marseilles, however, is the one we see – an energetic Mediterranean city with a charming historical centre, gathered around a picturesque port.

That evening, as our vessel sails smoothly towards the Italian coast, we dine at The Butcher’s Block by Tuscan chef/butcher Dario – one of the Sun Princess’s themed restaurants collaborating with celebrity chefs. The full tasting menu features a tad too much red meat for my palate, but there is no denying how delicious the beef tartare and slow-cooked beef belly is. The other standout speciality restaurant for me is the Umai Teppanyaki Japanese restaurant.



Pulling into Genoa is a real treat because unlike certain other ports, you moor in the heart of the city, with a classic multicoloured Italian urban-scape right before your eyes. The Church of San Lorenzo is just a 15-minute walk away.

La Spezia is not too much farther south. Here we elect to disembark and take the local shuttle boat down the peninsula to the gorgeous town of Porto Venere. At the southern tip of the famous Cinque Terre walking route, the ancient town – once the haunt of pirates and corsairs – is buzzing with local Sunday strollers and walkers from the four corners of the globe. It is nice enough for a swim in the waters of the Mediterranean, drawing bemused smiles and comments from locals.

Back on board, the entertainment is nonstop and there is something for everyone – from movies under the stars to a high-end gym, yoga classes, Zumba, quizzes, comedians and live shows. The Spellbound by Magic Castle experience gives you a superb evening of food, cocktails and mind-bending magic. The exceptionally high-standard musical shows are performed at The Princess Arena, which can accommodate up to 1,000 seated guests. There is also the new Dome performance space – another superb theatre space with a curved fish-scale glass roof and where the Montreal-based Cirque Éloize perform extraordinary gymnastic routines framing fantasy storylines.

There’s no doubt that one of the big

advantages of taking a cruise is that you get to see places that you wouldn’t always manage to get to in one holiday. The western Mediterranean cruise is certainly more focused on the destinations rather than on the cruise, taking you to a new destination every day through three different countries. For the entire duration of the cruise, I hardly felt any motion and even though you’re only getting a taster of each place, the guided tours allow you to make the most of your time and to “bookmark” places that you might want to come back to for a longer stay.

Overall, the experience is immense fun. It’s far removed from the backpacker’s dream but the essence of a cruise revolves around simply kicking back, meeting people and letting others do the cooking and the serving all week long on a floating five-star resort. ●

Conor Power travelled as a guest on the Sun Princess. Sailing from Naples, a seven-night Mediterranean cruise with Greek Isles & Turkey, on board the Sun Princess, to Athens (Piraeus) departs on September 27th, 2025, calling at Sicily (Palermo), Crete (Chania), Istanbul and Mykonos. Standard fares from €1,101pp, based on two people sharing an inside stateroom. Prices are excluding flights and subject to availability. See princess.com for details on Princess Plus and Princess Premier packages



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Fashion



Clockwise from right: Coat by Loumi, shirt corset by Angel Kelly, earrings by Shock of Grey via The Collective; silk and knit dress by Cosima Augustin, earrings by Iskin Sisters at The Collective, crystal boots, stylists own; leather dress by Siobhan Curtis, red leather gloves Izabela Z via Zeda the Architect, earrings by Kybalion Jewellery via The Collective and loafers by Tela via Beautiful South; hat by Kadju via Zeda the Architect; and hat, shirt and heels by Sadbh O'Neill. Photographs: Sarah Doyle. Styling: Eoin Gavin. Hair and make-up: Lisa Redmond. Styling assistant: Genevieve Fakunle-Bakare. Model: Abigail, Morgan the Agency



Shaping style through the lens

Photographer Sarah Doyle and stylist Eoin Gavin team up for a joyful photoshoot

Deirdre McQuillan

Dublin photographer Sarah Doyle has a gift for creating striking images. Since graduating from the University of the Arts in London, where one of her tutors was the acclaimed iconoclastic photographer and film-maker Mark Lebon, she has established a singular reputation both at home and abroad for her work.

Regularly profiled in the art and culture magazine *Aesthetica*, as well as *Acumen*, the magazine of the Galerie Joseph in Paris, her wide-ranging list of clients includes the Abbey Theatre, Brown Thomas, An Post, Sony Music, Universal Music and the Galway Arts Festival

What marks her out is a distinctive and energising use of colour, form and often surreal graphic style. Her portraiture tends to be mostly in black and white. "I see myself as a photographer who makes art," she says, explaining how her love of colour is instinctive, "a place where I can express myself and create my own world. It has endless possibilities and combinations, and each one has a story to tell." Her favourite colour is blue. "I almost always start my pictures with blue. I love being in the studio on a dull day and working with a vivid blue. It transports you to a new reality."

Her exhibition *Make the World Go Away* at Atelier Now in 2021 displayed her compelling visual arrangements and



intriguing storytelling skills. Everyday objects in strange placements – a tiny pink staircase going nowhere on a blue background, a supermarket wire basket forlorn on a solid red background, a green clothes peg on an undulating base – make these images a conversation with objects. “It was a response to the visual overload of work and about creating your own world,” she says.

Her many portraits have included activist Sinéad Burke (for the cover of the Observer magazine), actor-director Antonia Campbell Crawford, singer CMAT with whom she has worked for years, and President Michael D Higgins, for which she was shortlisted for the Zurich prize in 2022. It now hangs in Áras an Uachtaráin.

This shoot, prompted by her interest in the work of Dublin stylist Eoin Gavin, is a joint personal project rather than a commercial one. “I wanted to do something with Irish fashion with freedom and experimentation. I feel it is essential to get things fresh and open. I love working with models and casting; I see them as artists and treat them as such. Abby [the model in this shoot] is great company, playful and open. It’s important to make space for people to bring part of themselves, and I feel that is something that I do.”

The clothing, selected by Gavin, in-

cludes pieces by avant-garde designers such as Cosima Augustin and Laura Barrett, recent graduates from Limerick School of Art and Design, textile designer Sadbh O’Neill, knitter Ariane Sloan of University of Ulster, along with high-street finds. Doyle’s composition, colour and gaiety encapsulates its joyful spirit. “I am more interested in style than fashion,” she says.

Her influences are wide ranging – she cites photographers like Diane Arbus and Sarah Moon as inspirational, and admires how much Moon, a former model, could capture the essence of a garment. “I photograph every day. I absolutely love it and it’s an addiction that I just can’t get over. The thing about photography is that you have to take pictures all the time to find the one you want.”

Her next project, focusing on the Irish draught horse, is to feature in a French photographic magazine later this summer. Her images of the animals, capturing movement, muscularity and shape, are commanding. “I have a passion for the Irish draughts and started taking pictures of them at the Dublin Horse Show just before Covid. What I find appealing about them is their combination of strength and gentleness, beautiful in any creature. [Such projects] give me some respite working away from commercial work.” ●



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‘Make-up should be easy and fun for everyone’

On Beauty
Simone Gannon



Celebrity make-up artist Katie Jane Hughes brings her playful, skin-first beauty brand to Ireland

Celebrity make-up artist Katie Jane Hughes was in Dublin recently while on tour with Dua Lipa, doing the pop star’s make-up in her inimitable style. Just a few weeks earlier, Hughes had hit one million followers on TikTok.

If you don’t know Hughes by name, you know her techniques. Your friends use them. You’ve watched videos inspired by them. Her teaching is so accessible, her knowledge so extensive, that her influence spreads far beyond her own channels. A celebrated artist for many years, Hughes has painted the famous faces of Hailey Bieber, Rosie Huntington-Whiteley, Ashley Graham and many more. But it was the announcement of her own brand, KJH.Brand, two years ago that catapulted her into a new realm of influence. In person, she’s striking. Her skin is smooth and glowing, and her make-up, unsurprisingly, is flawless. She’s also incredibly warm and friendly. A few minutes into our chat, I feel like we’ve known each other for years. She’s generous with her time and more so with her knowledge.

“I feel like KJH.Brand is solving a bit of an education problem. I work with so many brands and they’re like ‘oh just show people how easy our product is to use.’ I’d think to myself, well it is easy to use for somebody that knows how – it’s not easy to use if they don’t know how, or if it’s never been shown by an aunt or a cousin or a relative or whoever. So, education had to be the foundation of the brand. I was adamant about that.”

One of Hughes’ most viral TikTok videos demonstrates “how to do skin well” - teaching you how to make full-coverage foundation look like real skin. It showcases one of her signature and now most loved techniques: “priming the brush”. She pumps foundation onto the back of her hand, works it into a fluffy foundation brush until the product is almost invisible on the bristles, and then begins applying. The effect is instant - like the foundation is lightly photoshopping her skin in real-time. To date the video has racked up more than 13 million views.

“I really just want to simplify beauty. But at the beginning, I almost want to overcomplicate it. Here’s what I mean by that. People will say to me, I need a new bronzer. The one I have isn’t working. And I’ll say OK, what one are you using now, what do you like, what do you not like, what’s your skin type - are you dry? Because if you’re dry and you’re using a full coverage matte bronzing cream then that’s not going to work. I want to help people to really think about the make-up they’re using - to figure out what they like, what they don’t and what works for them. I don’t really like holding back information on tips and techniques – I don’t know why others do that. It makes no sense to me. Make-up should be easy and fun for everyone.”

The products Hughes has created for KJH.Brand are certainly fun. They’re also functional and innovative. The range is still small but

Katie Jane Hughes with her KJH.Brand Soft Smudge Lip and Cheek Sticks

growing: four multi-use make-up brushes, Soft Smudge Lip & Cheek Sticks (available in five shades), Hyper Shine Lite Pigment pots (in four shades), and her personal favourite, Hyper Shine Serum.

“It’s something that you can use with everything - you use it on your lips, you can use it at night as a balm, it’s essentially a massive mixing medium. And if you’re a ‘no make-up make-up’ person, and you don’t want any colour, it’s a gorgeous gloss for the cheeks,” she says.

“The goal with the products is to teach people how to play, to almost get their hands dirty when they’re doing their make-up - if you’re not manipulating products with others, mixing your blush and your highlighter, or your highlighter with your serum, or your blush with your serum, you’re not stretching the products as far as they can go.”

Her next launch is an eye and lip contour crayon, followed by a brow gel. “It’s really simple, not like a brow lamination, it’s not tinted, it’s simple but effective. You’ll love it.” ●

KJH.Brand now ships directly to Ireland



This week I’m loving... **Laura Mercier Tinted Moisturiser Blurred Matte SPF30**

The latest addition to Laura Mercier’s line of tinted moisturisers is Tinted Moisturiser Blurred Matte SPF30 (€44 from Cult Beauty). It comes in 20 shades and is formulated to help reduce excess shine while providing a smooth, soft matte finish.

The texture is creamy and consistent with the luxurious quality of the brand’s previous base products. With a soft focus, medium coverage finish, it’s an excellent option for those with combination or oily skin, or anyone looking for a way to manage oil throughout the day.



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Relationships

‘I’m the only single one in my friend group and I feel completely neglected’

Ask Roe
Roe
McDermott



Dear Roe,
Having been largely single has meant a lot of time on my own as friends got married and had families. Over the last decade, it has been a real struggle to have my needs attended to in friendships as I am always trumped by family commitments. Even getting texts back could take days, much less getting to do an activity with them that hasn’t involved child minding. Some couples are now beginning to separate and expect me to just be available. In one case, I got a heartfelt message about meeting up more, only for them to reveal months later that they had decided to separate

from their partner at that time, which made it feel far less genuine thereafter. Also included in this are difficulties where they have presented a very different public front from what they now say was going on at home – it’s not that it’s not believable, but it is surprising, as they played the other role well and it’s taking me time to adjust to that rather than what was previously presented. They aren’t happy that wasn’t fully accepted right away. What is the best way to navigate this?

What you’ve been going through is common and painful. Being the single, unmarried, and/or childfree person in a friend group where that’s unusual can be deeply isolating.

Priorities shift, availability dwindles, and emotional energy becomes scarce. As you’ve experienced, there’s often an unspoken assumption that your time and energy are limitless, that you can be



cancelled on or called upon at will. Many people have stood where you are now, feeling sidelined, deprioritised, and taken for granted. That pain and disappointment are entirely valid. When you’ve shown up consistently for years, only to have messages ignored, to feel reduced to a babysitter, or left out of significant life updates, it hurts. Friendships that once felt balanced and dependable may now feel one-sided and unrewarding. It’s no wonder you’ve felt disoriented.

However, here’s the hard truth: you may be deepening your hurt by clinging to the idea that things should stay the same. Time passes. People grow and change. Relationships evolve. Nothing stays static, and your unwillingness to accept this and adapt is leading to resentment toward people who likely still care for you, just differently. You can either embrace the transformation in your friendships or risk losing them entirely.

Your friends’ shifting roles, messy

THE IRISH TIMES

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transitions, and new priorities may frustrate or upset you, but the truth is that their lives have undergone large, seismic shifts. You're so invested in how you are being affected by these changes that you're forgetting that your friends, like you, are just people living life for the first time, trying to figure it out, and stumbling along the way. What you're perceiving as neglect is likely just your friends simply being overwhelmed, flawed, or consumed by their own changing needs.

You express a sense of betrayal that some of your friends kept serious life events from you while presenting a curated version of their lives, but again, here you're overly invested in how this affects you to recognise their humanity.

Maybe their less consistent communication and requests for childcare were the signs they were struggling. Maybe their silence about their relationship issues is the sign that it was too serious and potentially life-upending to speak about casually. Maybe they were just trying to survive and figure it all out in their own way, and don't need judgment about how they went about it.

I want you to think about what you're showing them about the kind of friend you are. They're now offering you honesty, vulnerability, and asking for support – and instead of responding with emotional support and embracing this chance to connect with them authentically, you're offering themjt, anger and resentment

that they didn't tell you sooner.

I understand you're catching up emotionally, and that sometimes emotionally adjusting to the big shifts in the lives of those we love takes time. But don't let your discomfort with change become a wall against the humanity of others. Let go of the idea that your friends owe you the people they used to be. They don't. Just as you've changed, so have they. They owe you honesty now, not continuity with the past. Let them be who they are now.

That doesn't mean you have to agree with all their choices, or absorb their emotional upheaval, or be their lifeline through crises they didn't invite you into earlier. You can witness without taking on, and you can care without being consumed. But don't let your unrealistic

“ **Get out there. Build friendships with people whose lives look more like yours – other single or childfree folk who can offer the spontaneity, attention, and shared experience**

expectation that old friendships will never change close you off to the friendships being offered to you now. Maybe with less time, with more talk about toddlers' developmental milestones, some without the presence of a now ex-partner, but still friendship.

This is a good time to take stock of what you need in your life and friendships, and start acting in accordance with those needs. You need to take responsibility for tending to your own needs, instead of neglecting yourself and getting angry at others when you start crumbling.

Start by re-centring your energy. If you're giving far more than you receive in a relationship, it's time to take a step back. A connection that no longer nourishes you may not be broken – just different. You can speak your needs, or adjust your expectations, or even let the relationship fade. Sometimes, telling someone you feel a bit neglected and need some quality time with them is all that's needed, and they'll embrace the chance to readjust. Sometimes they won't be able to meet you, and you can let the relationship drift. But ending things entirely is rarely the only – or wisest – option.

Our culture often confuses setting boundaries with cutting people off. But the solution to feeling lonely or under-supported is not to enforce more isolation by cutting people off. It's to accept the reality of what someone can give you now and then, crucially, to make space for more

people in your life rather than fewer. No single relationship will meet all your emotional needs, nor should it. Friendship, especially in adulthood, is often a web, not a lifeline. If you're feeling isolated, the answer is to expand the web, not tear it apart strand by strand because each thread isn't strong enough to carry the whole weight of your heart.

Get out there. Build friendships with people whose lives look more like yours – other single or childfree folk who can offer the spontaneity, attention, and shared experience you're missing. That will help ease your longing and make it easier to see your older friends for who they are now, not who they were.

And use this time to build a better relationship with yourself. Accept that people evolve. Speak your needs before they curdle into bitterness. Learn to say no, to guard your peace, and to focus on your own life. Ask what you need now, instead of ruminating on what someone should've given you last year. It's not wrong to want more. But wanting more starts by giving more to yourself, not by waiting for others to finally notice what you've been quietly starving for.

Let this be the beginning of something new. Not just for your friendships, but for yourself. ●

Have a question for Roe McDermott? Submit it anonymously at [irishtimes.com/dearroe](https://www.irishtimes.com/dearroe)



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■ Preserve the flavour of fresh garden-grown herbs for use later in the year by drying tied bunches in a cool, dry room, freezing the chopped leaves in ice cubes, or adding some sprigs of leaves to small, sealed bottles or jars of olive oil.

■ The last of the summer bedding plants are often for sale at bargain prices in garden centres and supermarkets at this time of year. Give them a fighting chance by cutting back all faded flower stems, gently loosening their root-balls and thoroughly soaking the latter in a solution of liquid seaweed before planting them into weed-free, friable, fertile ground, or a container filled with a very good quality compost. Take precautions against slugs and snails.



A quick and easy way to add contemporary elegance to your garden

Restaurant Review
Corinna Hardgrave



As well as their good looks, umbellifers are also famously attractive to a diverse range of pollinating insects

Some plants have an uncanny ability to add contemporary elegance to a garden, magically leavening the visual weightiness of trees, shrubs and more traditional perennials with the airy grace of their growth habit and flowers. Umbellifers are without equal in this regard. Threaded through an otherwise conventional mixed border, or used in a gravel garden, or a display of summer pots, they quickly

transform any outdoor space in a way that feels distinctly modern.

Part of the reason for this is their umbel-shaped flowers, which are similar to those of some of our loveliest and best-known wildflowers, such as cow parsley, hedge parsley, alexanders, pignut and wild carrot. Each umbel – technically known as a “compound inflorescence” – is a thing of precise geometric beauty made up of a series of umbellets that radiate out from its centre, with each umbellet typically comprising a number of tiny flowers.

But it’s not just their good looks that earns them a place in many gardens. Umbellifers’ nectar and pollen-rich, umbrella-shaped, decorative blooms are also famously attractive to a diverse range of pollinating insects.

Yet another part of their great charm is that long after they have faded, the handsome silhouettes of those distinctive flowers can continue to provide long-lasting interest right until the first harsh frosts, while their often tall, hollow, grooved stems offer a safe berth for beneficial garden insects to overwinter.

All are members of what was long

known as the Umbelliferae plant family but is now classed as Apiaceae. This huge group includes well-known garden favourites such as fennel, dill, lovage, coriander, celery, culinary parsley, angelica, ammi, bupleurum, astrantia and orlaya, as well as other lesser-known but equally graceful umbelliferous species. Examples of the latter include the pink-flowering *Pimpinella major* ‘Rosea’; Baltic parsley (*Cenolophium denudatum*); the towering, yellow-flowered giant fennel (*Ferula communis*); the stately Himalayan cow parsley (*Selinum wallichianum*); the statuesque, lime-flowered *Peucedanum verticillare*; and the lilac-pink flowering hairy chervil (*Chaerophyllum hirsutum* ‘Roseum’).

These plants, often used in naturalistic planting combinations, have become the hallmark of a now established style of gardening that’s less strait-laced and more in tune with the planet.

Some, it should be said, are easier to grow than others. For example, the exquisite *Bupleurum longifolium* ‘Bronze Beauty’, a sun-loving perennial prized for its intricately beautiful flowers that look as if they were dusted in powdered gold, is notoriously short-lived as well as challenging to raise from seed (the latter must be sown fresh and exposed to cold winter temperatures). Meanwhile, fashionable annual and biennial umbellifers such as *Orlaya grandiflora* and ornamental carrot (*Daucus carota*), loved equally by gardeners and florists, can frustratingly fall victim to carrot fly.

Pollinators are highly attracted to umbellifers as the nectar can be quickly and easily accessed.

Photographs: Gettyimages





Others, such as dill and common fennel, can become invasive when growing conditions are too much to their liking, self-seeding themselves around the place with abundance, or in the case of sweet cicely (*Myrrhis odorata*), also spreading via their very vigorous root systems.

Another case in point is the famously persistent perennial weed known as ground elder (*Aegopodium podagraria*), originally introduced as a medicinal herb used to treat gout before its unwelcome ability to rapidly colonise large areas of ground was recognised. That said,



there's no denying the graceful beauty of its pale umbelliferous flowers, while it's also quite delicious fried in butter and garlic.

I should add another word of warning when it comes to this group of plants, which is to be ultra wary of those wild umbelliferous species that pose a risk to human health. Chief among them is giant hogweed, *Heraclium mantegazzianum*, a non-native perennial now naturalised through large parts of Ireland and found growing in damp ditches, woodland edges and along riversides.

Originally introduced as a garden ornamental – a cautionary tale if ever there was one – it's what's known as a phytotoxic species, where a combination of exposure to bright sunlight and direct contact with its sap quickly results in very painful blistering and then scarring of the skin. While easy to identify at this time of year when its lofty flower stems can reach a height of 5m, that task is more challenging when it's in its earlier stages of growth, making accidental injury more of a risk.

Others, such as hemlock (*Conium maculatum*), hemlock water-dropwort (*Oenanthe crocata*), fool's parsley (*Aethusa cynapium*) and lesser water parsnip (*Berula erecta*) are poisonous both to humans and animals (the Greek philosopher Socrates famously died of poisoning by drinking hemlock tea). Great care should be taken not to confuse them if foraging for other edible umbelliferous species such as alexan-



ders (*Smyrnum olusatrum*) and wild angelica (*Angelica sylvestris*).

On the other hand, and as mentioned above, many of our kitchen garden favourites are also umbellifers. If you've ever let parsley, parsnip, coriander, celery or carrot go to seed rather than harvesting them, for example, then you've probably been both charmed and surprised by the beauty of their pollinator-friendly flowers, proof that they can be every bit as decorative and beneficial to nature as they are useful. ●

Dates for your diary

■ **A Fiesta of Dahlias at June Blake's garden:** Tinode, Blessington, Co Wicklow, every Saturday and Sunday in July from 2pm. A celebration of this remarkable genus of plants with free workshops, expert talks, plus tours of the garden. juneblake.ie

■ **Carlow Garden Festival:** Saturday, July 26th to Sunday, August 3rd, with expert guest speakers including Financial Times gardening correspondent and author, Robin Lane Fox (Huntington Castle, August 2nd); author and head gardener of Kilmacurragh, Seamus O'Brien (Burtown House, July 30th); British garden designer Sarah Eberle (Borris House, July 31st); organic kitchen gardener Tanguy de Toulgoët (Shankill Castle, July 30th); and Peter O'Mahony in conversation with Adam Frost (Arboretum Garden Centre, Leighlinbridge, July 26th), booking essential. carlowgardentrail.com

Readers' questions

Will my new hedge survive?

Q I planted a beech hedge in March using young bare-root plants. I made sure to water it during the very warm dry weather in late spring, but even so, some of the leaves turned brown and many of the plants now look tatty. Do they need to be replaced?
Ciarán O'Hara, Wexford

A The unseasonably dry, hot weather in Ireland in April and May caught a lot of gardeners out. It also put recently planted hedges and young trees under stress just as they were coming into leaf and the pressure on their immature root systems was at its highest. This was especially true of bare-root specimens. Although these are much more affordable and environmentally friendly than container-grown specimens, unfortunately their one downside is their greater vulnerability to drought for at least a year after being planted.

You mention being careful to water the plants, but even so, it's all too easy to underestimate how much water a young bare-root hedge will need (at least 10-15 litres per plant every couple of days), especially when exposed to drying winds and sustained high temperatures.

Young bare-root plants can also easily suffer stress even before they go in the ground. This can happen, for example, if their vulnerable root systems aren't protected from drying out by damping them down with water and keeping them wrapped and in a cool, shady spot until you're ready to plant them.

It's not unusual to have some browning of leaves on young hedges where bare-root plants have been used, so I wouldn't assume they need replacing. Start by gently scratching a few of the stems to see if they're still green beneath the outer layer, a very good sign that the plant tissue is still alive and viable. Make sure to keep watering your hedge regularly throughout the summer and early autumn months, ideally in the evening, especially whenever drought or higher-than-normal temperatures are forecast.

As a deciduous species, beech trees naturally drop their leaves in late autumn, but beech hedging is more likely to retain its dead leaves until spring when it bursts back into leaf again. It's only then that you'll be able to properly gauge the extent of any possible long-term damage. But the chances are good that your plants will have recovered and established stronger root systems capable of properly sustaining healthy growth. ●

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

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



West African tradition with a twist

Christine Walsh from Tipperary plays a big part in Adejoké Bakare's Michelin-starred west African place in Fitzrovia



It's not often a tasting menu floors you – but Chishuru has been top of my London list for good reason. Adejoké Bakare made history as the first black female chef in the UK to win a Michelin star, which she got in 2024 – and her head chef is Christine Walsh from Tipperary. Walsh comes with real pedigree, having worked at Enda McEvoy and Sinead Meacle's Loam, Galway's Michelin-starred restaurant that was one of Ireland's most influential until it closed in 2022. She was subsequently the chef behind Éan.

Her move to London is typical for Irish chefs keen to build skills – but here there's the thrill of working with spices rarely seen outside west Africa.

Chishuru in Fitzrovia is Bakare's first permanent restaurant, built off a Brixton pop-up she started in 2019. She was born in west Africa – not a generic “Nigeria” but a region of kingdoms. Her father is Yoruba, her mother Igbo, and she grew up in a Hausa area. Those influences run through her food – Yoruba heat, Igbo spice and Hausa fire cooking.

You don't need a primer on west African cooking to eat here. Bakare shows you – offering a sharp, modern take on overlapping traditions. The £105 (€123) tasting menu opens with a snack that sets the tone: a delicate tartlet of puréed celeriac, smoke and spice drifting out in a single, tight note.

Nothing looks familiar when it lands. Abàchà – a cassava salad – gives little away at first: shredded dried cassava over plantain ash, pickled daikon and a dressing of ehuru – African or Calabash nutmeg – for a lightly pungent lift. It's all about texture and control – a quiet smoke that doesn't swamp but lingers enough to let you know it's there.

Then móinmóin – a dish that wrecks your sense of what beans can do. A soft,

steamed black-eyed bean cake sits on a bean milk salsa with anchovy-red pepper sauce, touched with a gentle funk. On top is a scallop and monkfish boudin blanc – classic technique, clever spice – and then you're hit with toast soaked in beef fat, rich with that aged tang you would normally find under a dry-aged rib cap.

We pass on the £68 wine flight and choose from a list that's short but serious – mostly Jura, Loire and Alsace, low-intervention, fair prices, good by-the-glass options. A lightly chilled Brouilly – Domaine Crêt des Garanches (£47.50, about €56) – does everything you want with all this spice and depth.

The pepper soup is another highlight. It's more broth than soup – spiced with uziza peppers and finished with torched line-caught mackerel. There's a clean heat – restrained but persistent – in a stock built from chicken, beef and fish bones, layered for depth without weight. Vegetables are sliced to near invisibility – radish, apple, maybe squash. It is, perhaps, the most intricate thing on the menu.

Then the main courses; you get a choice, which is rare. We go for both the

Dinner at Chishuru is brilliantly creative without ever showing off.

Photograph: Harriet Langford

9/10

VERDICT
THE MOST EXCITING FOOD
I'VE EATEN IN YEARS

Chishuru: 3 Great Titchfield Street, London

Food provenance: Seafood from Bethnal Green Fish Supplies and Fin & Flounder, meat from HG Walter, Billfields and Farmer Tom and vegetables from Oui Chef, Shrub and Albion.

Vegetarian options: Vegetarian tasting menu available.

Wheelchair access: Accessible room with no accessible toilet.

Music: Afrobeat, Amapiano and Fela Kuti

monkfish (mbongo tchobi) and the hogget (ayamase). The monkfish is poached, served with a blackened tomato and spice sauce that brings slow, earthy depth, balanced by pickled greens and confit plantain. There's heat, but it's measured.

Slices of hogget leg and shoulder, pink and yielding, sit on a green pepper and irú stew – thick, savoury, tangled with fermented locust beans, crispy tripe and smoked lamb's tongue, all deepened with fat and a steady heat that grows as you eat. It's an unfiltered expression of technique and place.

Dessert is egúsi ice cream – melon seed, usually found in stews – with meringue sponge, caramelised brittle and a soaked blackberry. It's refreshing and textural. The ice cream is subtly nutty, not too sweet, and the brittle has a delightful crack. It's a smart, well-judged finish.

Chishuru calls itself “modern west African”, but that barely covers it. Bakare isn't playing at concept. There's no forced nostalgia or claim to purist authenticity. She cooks what she knows – Yoruba, Igbo, Hausa – with discipline learned outside the system, using ingredients hauled from Brixton or Dagenham when the big suppliers fall short. It's personal.

This isn't one of those bloated tasting menus that lose the plot halfway through. It's lean, alive and narratively sharp – each plate knowing exactly when to stop. The €45 lunch is a steal – different dishes, same jolt of energy. Dinner is the full tilt; it's refined, original, and brilliantly creative without ever showing off. It's a sharp, precise record of where she comes from and where she's going. A thrill to eat.

Dinner for two with a bottle of wine and 12.5 per cent service charge was £289.68 (€339). ●



Takeaway Review

Just enough spice to make your lips tingle

Al Rahman Fast Food and Indian:
48 Ranelagh, Dublin 6
Website: alrahmanfoods.ie

What's on offer?
Al Rahman is your classic neighbourhood Indian restaurant. It has a familiar line-up, hefty portions, and a tendency to do the basics well enough to keep you coming back. It's built on reliable Indian and Pakistani classics. There's a broad spread of curries – bhuna, madras, jalfrezi, korma, rogan josh, vindaloo – mostly in chicken, lamb, prawn or vegetable versions, with rich onion gravies, tomato-based sauces and the odd mild coconut dish.

It offers a small line-up of tandoori and grilled options too: sheek kebabs, chicken tikka, and mixed grills. For something more substantial, there are hearty biryanis in chicken, lamb or prawn, alongside basic pilau or boiled rice. Vegetarian dishes include daal tadka, saag paneer, vegetable curries and the standard fried starters such as samosas and onion bhajis.

What did we order?
Meat samosa, vegetable samosa, sheek kebab, daal tadka, garlic naan, prawn vindaloo with pilau rice, and lamb bhuna with pilau rice.

How was the service?
Ordering online was straightforward. The food arrived hot and in good condition. However, there were no dips for the samosas and kebab.

Was the food nice?
The samosas were a highlight, particularly the vegetable one, which had proper chunks of carrot, peas, lentils, and coriander seeds. It was more aromatic and complex than you'd expect from a standard takeaway.

The sheek kebab was another winner: nicely charred, juicy inside, but the lack of a dipping sauce to drag it through did detract.

The bhuna was the star – five chunky, tender pieces of lamb in a deeply savoury,



At Al Rahman in Ranelagh, the basics are done well

slightly sweet sauce with good onion richness and curry leaves floating through. The vindaloo did its job, bringing the heat with a tomato-onion base and enough spice to make your lips tingle. The prawns were a bit sparse but fine. Next time I'd opt for lamb instead.

The daal tadka was the weak link: watery, bland and outclassed by everything else. Not terrible, just uninspired. The pilau rice and garlic naan did a good job of mopping up the sauces.

What about the packaging?
Everything came in foil or plastic containers inside a paper bag. They're reusable, but, like most households, we're not in need of more plastic containers.

What did it cost?
€68.85 for dinner for three people: meat samosa, €5.99; vegetable samosa, €5.99; sheek kebab, €5.99; daal tadka, €12.99; garlic naan, €3.00; vindaloo with pilau rice, €16.45; bhuna with pilau rice, €15.45; and service fee, €2.99.

Where does it deliver?
Open Mon-Fri, 4pm–midnight; Sat-Sun, 4pm–3am. Delivery within a 5km radius.

Would I order it again?
Yes, but I'd stick to the meatier options and include the vegetable samosa. The mains come with pilau rice, which makes the pricing decent. ●



Drink John Wilson

Beyond the bubbly

French wine is no longer as dominant in Ireland as it once was but it still offers immense range and diversity

For many consumers, France is wine. The country vies with Italy and Spain to be the largest producer in the world. It has a lot of the best-known names, including Bordeaux, Burgundy and Champagne, as well as most of the most popular grapes

such as the cabernet sauvignon, merlot, pinot noir, sauvignon and chardonnay. These days, it no longer enjoys the dominant position it once had (in Ireland it lags behind Chile, Spain, and Australia in volume) but France is still the point of reference for most wine lovers and producers around the world.

One of the great pleasures of French wine is its sheer range and diversity. Every region seems to have its own set of specialties and grape varieties, often only known locally. You are more likely to find value for money here, although quality wines from small producers will always cost a little more.

As a pre-celebration of Bastille Day on July 14th, this week we have four wines from lesser-known parts of France.

The Roussillon, usually lumped in with the Languedoc, is the Catalan part of France, adjacent to the border with Spain. It the best known for fortified wines as well as some rich, full-bodied, fruit-filled reds.

Bergerac lies next door to Bordeaux. This picturesque region, which is well worth a visit, produces red and white wines using the Bordelais grapes. They can offer great value. Another area worth visiting is the Savoie, in the French Alps. White wines dominate here – usually aromatic and fresh. I am a big fan. ●

			
Château de Jou 2022, Côtes du Roussillon Villages, Organic, 14.5%, 14.95	Parcelles Pinot Gris 2023, Val de Loire, Rethore Davy, 13%, €17.50	Château Le Payral 2022, Bergerac, 12.5%, €18.50	Roussette de Savoie 2023, Domaine Lupin, 12.5%, €23.40
New to O'Briens, a lovely big, rich and supple red with a sprinkling of black pepper. Perfect with roast, grilled or barbecued red meats and Mediterranean vegetables.	Lightly aromatic with succulent, fresh red apple and apricot fruits. This would be great with Asian seafood or mixed summer salads.	A classic merlot/cabernet blend with cool, concentrated plum and blackcurrant fruits and light tannins on the finish. With grilled or roast red meats.	A delightful light wine with luscious pear fruits, hazelnuts and honey. A lovely aperitif, with fruits de mer, or local cheeses.
From: O'Briens	From: Wicklow Wine Co, Wicklow; Blackrock Cellar, Blackrock, Co Dublin; Red Island, Skerries, Co Dublin	From: Green Man, Dublin 6; McCurtain, Cork; Ennis Butcher, Dublin 8; Kari Stores, Dublin 8	From: Blackrock Cellars; Delgany Wine Cottage, Co Wicklow; The Drinks Store, Dublin 7; The Corkscrew, Dublin 2; LeCaveau.ie

Perfect your summer barbecue basics

Cook
Mark
Moriarty



Simple steps to add flavour to your summer staples

This week we are back on the barbecue, using up cost-effective minced meat to produce two quick and delicious dinners. While there are many recipes for koftas and burgers on the market, elements such as pickled red onion and burger sauce will really elevate your home cooking. Flavour is often found in the less fashionable ingredients.

The word koftas, from Persian culture, translates as “to grind”. I’ve taken inspiration here from acclaimed Turkish chef Ahmet Dede of Dede restaurant in Baltimore, Co Cork, whom I’ve long admired for his talent, work ethic and ability to make complex food look incredibly simple to prepare while making it taste incredibly complex. It’s quite the skill. His staff food is legendary and I’ve no doubt these have appeared a few times. The key is an even split of lamb and pork mince; the lamb is packed with flavour while the fat content of the pork mince prevents them from drying out. Toast your spices to reactivate them before blending it all together. Try not to overwork the meat when mixing – it should be ground and tender when you cut into it. Remember, we don’t want meat paste. Pickled red onion is another go-to in my house during the summer. It can be made in a large batch and kept in the fridge, adding vibrancy and colour to so many dishes. In fact, the same recipe can be applied to loads of different vegetables that are sliced thinly. By pickling, you are also adding shelf life and saving on waste, as well as adding flavour options.

The second recipe is a classic smash burger, where the meat patty is pressed into the grill or grate to encourage browning and crisping of the edges. Note the specific cuts of meat for the mince. You can ask your butcher to do this for you. Going the extra mile will repay you handsomely in flavour – all you need to do is add some salt and pepper. Like the kofta, the aim is to avoid overworking the meat so it doesn’t turn into paste. The real magic lies in the sauce. The addition of chopped capers, gherkins and dill will remind you of a very famous burger from a notable fast-food chain. This is delicious; once you try it, you’ll never go back. Now, all we need is proper sunshine. ●



Barbecue smash burgers with dill pickle sauce

Makes: 2

Ingredients:

For the burger sauce:

1tbs mayonnaise
1tbs tomato ketchup
1tbs Dijon mustard
1tbs capers
1tbs diced pickled gherkins
1tbs chopped dill

For the burgers:

400g beef mince 10% fat, ideally

ground chuck or short rib beef
Salt and black pepper
4 slices American-style cheese
2 brioche buns
Sliced gherkins, to garnish
Pickled red onion (see kofta recipe) to garnish

Method:

1. To make the burger sauce, place the mayonnaise, ketchup, mustard, capers, gherkins and dill in a bowl and stir to combine.

2. Preheat the barbecue to a medium-high heat. Place the mince in a bowl and season well with salt and pepper, then divide it into four and roll into four balls.

3. Place the mince balls on the barbecue and press down firmly using a burger press or spatula to flatten them and get them caramelising. Flip the burgers over when caramelised (about two minutes) and place a slice of cheese on each. Then, close the lid

and cook for two to three minutes to ensure the cheese is melted and the meat cooked through. Then lift one patty on to another with a spatula to create two double patties, and remove from the heat. **4.** To assemble the burgers, slice the buns in half and toast lightly. Spread some burger sauce on the base of the buns before adding a double patty. Top with some pickled red onions and slices of pickled gherkins.

Barbecue lamb kofta with pickled red onion

Serves: 2

Ingredients:

For the pickled onions:
2 red onions, peeled
150ml red wine vinegar
50g caster sugar
Pinch sea salt

For the kofta:

- 200g lamb mince
- 200g pork mince
- 8g sea salt
- 2tsp harissa paste
- 1tsp ground cumin
- 2tsp ground coriander
- Handful picked flat parsley leaves
- Handful picked mint leaves
- Handful picked dill fronds
- 30g feta cheese, crumbled
- Greek yoghurt, to serve

Method:

1. Start by making the

pickled red onions. Slice the red onion thinly using a sharp knife or mandolin and place in a bowl. Add the red wine vinegar, sugar and a pinch of salt to a small pot and heat until the sugar has dissolved. Allow to cool, then pour the mix over the red onion slices. Cover and place in the fridge.

2. Preheat the barbecue to a medium-high heat. In a large bowl, add the lamb mince, pork mince, salt, harissa, cumin and coriander and mix until evenly combined. Place a large sheet of parchment paper on a chopping board or work surface. Divide the mince mixture into four, then roll and mould each into a long sausage shape one by one on the parchment. Carefully place the

skewer through the middle of each kofta and roll lightly to smooth.

3. Place the koftas on the barbecue and cook for two minutes until charring, then roll them 90 degrees and cook for two minutes, keeping the lid down in between turns. Do this twice more until evenly charred and cooked through—about eight to 10 minutes total, then remove and allow to rest for three minutes while you assemble the salad.

4. Add the picked leaves, some pickled red onion and the feta cheese to a mixing bowl and mix lightly by hand. Lightly drizzle with some olive oil, then serve in a small bowl alongside the barbecue koftas, with some yoghurt on the side.



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Pick of the Week

The Last Irish Missionaries

Monday, RTÉ One, 9.35pm

The once-mighty Irish missionary movement is in decline, and in this two-part documentary series, Bryan Dobson and Dearbhail McDonald set out in search of the lesser-spotted Irish Catholic missionary, travelling around Ireland and the world to learn how the movement evolved and how it changed the religious and political landscape around the globe over the past couple of centuries. At its peak in the 1960s, the movement saw 6,000 Irish missionaries scattered to the four corners of the world, exerting huge moral and cultural influence in some of the world's poorest countries, but now there are fewer than 450 active missionaries in the field, most of them nearing retirement age, and the ranks of new missionaries are fast dwindling. Dobson and McDonald look at the origins of the missions and how the movement grew to become a fixture of Irish life, with almost every Irish family having a son "in the missions". Dobson and McDonald meet many former and current missionaries to get insights on the legacy of the movement, and to glean some clues as to what the future may hold for the Irish missions in an age when vocations are falling away.



Highlights

Live Aid 40: The Concert

Saturday, BBC Two, 7pm & 10.25pm

Hard to believe it's been 40 years since the Live Aid concerts in London and Philadelphia; we remember spending a bleary-eyed day in our trackie bottoms in front of the telly as the world's greatest pop stars strutted on stage at Wembley and JFK stadiums, in the biggest-ever concerted effort to tackle famine in Ethiopia. To celebrate this anniversary, the Beeb has taken 16 hours of concert footage and pared it down to a two-part special running to just over seven hours of classic rock and pop. Part one features performances from Status Quo, U2, Dire Straits, Spandau Ballet, Sting and Phil Collins, while part two includes performances by Queen, David Bowie, Madonna, Mick Jagger and Tina Turner. The two-parter will also feature rarely seen backstage footage from this day to remember.

The Couple Next Door

Monday, Channel 4, 9pm

How do you follow up a dark psychological thriller in which new neighbours are caught up in a web of lust, lies and maybe even murder? Simple: just turn it into an anthology series, introducing a new foursome and a new storyline into the same street. This second series stars Sam Palladio, Annabel Scholey, Aggy K Adams and Sendhil Ramamurthy in a brand new love rectangle, with one returning cast member – Hugh Dennis as creepy neighbour Alan. Heart surgeon Charlotte (Scholey) and consultant anaesthetist Jacob (Palladio) are having



a busy married life, but when their new colleague at the hospital, the mysterious Mia (Adams), moves in next door, their relationship is put to the ultimate test. Soon Mia has insinuated herself into their lives – and into their bed, but when patients at the hospital start dying, things take a darker, deadlier turn.

The Veil

Monday, RTÉ2, 10.30pm

Elisabeth Moss stars in a globe-trotting spy series written by Steven Knight, the creator of Peaky Blinders, and if you can get past Moss's dodgy Brit accent, you might just enjoy this romp, which has been called a love child of Homeland and Killing Eve. Moss is MI6 operative Imogen Salter, whose special skills include adopting different identities and extricating targets from tricky situations. Her assignment is to get suspected Isis agent Aldilah El Idrissi



(Yumna Marwan) out of a Syrian refugee camp in Turkey and get information out of her that could prevent a huge terrorist attack, but who's on whose side? The two women soon become locked in a cat-and-mouse game where the only winners may be the dogs of war.

Mix Tape

Tuesday, BBC Two, 9pm

Adapted from the novel by Jane Sanderson, and filmed in Sydney and Dublin, Mix Tape is a romantic drama that time-jumps between the 1980s and the present day. Teresa Palmer stars as Alison, with Jim Sturgess as Daniel, former girlfriend and boyfriend who are now living different lives on opposite sides of the world. But there's always those classic 1980s tunes to remind them of their past romance – and one tune in particular reopens the connection between them. Is it Hungry Like the Wolf? Girls Just Wanna Have Fun? She Drives Me Crazy? You'll just have to watch it to find out. Safe to say this effervescent four-parter will be soundtracked by lots of bangers from the era, as the action flashes back to the blossoming romance between the teenage Alison and Daniel, played by Florence Hunt and Rory Walton-Smith.

Death of a Showjumper

Wednesday, Sky Documentaries & Now, 9pm

In August 2020, a promising young showjumper from Co Armagh, 21-year-old Katie Simpson, died following an incident in a house in Co Derry. Despite the suspicious circumstances of her death, it

was initially treated as a suicide, and it was months before the PSNI was persuaded to upgrade it to a murder investigation. The spotlight quickly fell on showjumper turned horse trainer Jonathan Creswell, who was in a relationship with Katie's eldest sister at the time. What emerged was a shocking story of coercive control, deception and murder, and this three-part documentary series pieces together the events leading up to Katie's death, and the twists and turns in the investigation and trial. The series gathers personal recollections from family, friends and many in Northern Ireland's showjumping industry, and reveals how a local journalist made a connection with an earlier case, leading to the arrest of Creswell for rape and murder. Hanging over the whole series, though, is a huge unanswered question: why was Creswell's version of events accepted for so long?

Home – The Story of Zak Moradi
Wednesday, RTÉ One, 10.35pm
It's been the strangest path to GAA glory for Iraqi-born Zak Moradi. He was born in a Kurdish refugee camp in Ramadi, Iraq, in 1991, on the same day the Gulf War began, and in 2002 he and his family fled the country to settle in Ireland. Growing up in Carrick-on-Shannon, Moradi found his tribe among the Leitrim hurling community, becoming a senior hurler for the county. Now retired from GAA, Moradi takes an emotional journey into his past, recalling the challenges his family faced as they set out in search of a

Clockwise from left: Bryan Dobson and Dearbhail McDonald, The Last Irish Missionaries; . Eric Bana, Untamed; Elisabeth Moss, The Veil; Teresa Palmer and Jim Sturgess, Mix Tape.
Photographs: RTÉ; BBC; Netflix; FX

better life in Ireland. This documentary film is directed by Trevor Whelan, and had its premiere at the 2024 Galway Film Fleadh. "It was an honour being trusted to lead this documentary and tell Zak's story of resilience and hope," says Whelan.

Listen to the Land Speak
Thursday, RTÉ One, 10.10pm
Lend an ear to the landscape around you and you may hear some profound truths. That's what Manchán Magan believes, and in this two-part series, he shows how Ireland's rivers, mountains, lakes and valleys harbour deep knowledge and wisdom – we just have to learn how to attune ourselves to it. Magan's journey of rediscovery will take him through four seasons, from the winter solstice through Bealtaine, Reek Sunday and Samhain, and will see him travel through some of Ireland's most stunning scenery, beginning with his home in the ancient site of Loughcrew, Co Meath, where he recalls how he first became enamoured of ancient folklore and legend. For Magan this is a deeply personal odyssey as he deals with his own cancer diagnosis, and seeks spiritual healing by reconnecting with nature.

Streaming



The Summer I Turned Pretty
From Wednesday, Prime Video
Get the sunblock, swimsuit and tissues ready for one last visit to Cousins Beach. Lola Tung returns as Isabel "Belly" Conklin, a teenager who just can't seem to make up her mind. She's locked in a puppy-love triangle with brothers Conrad and Jeremiah Fisher, but now it looks as if she's decided that Conrad is her past and Jeremiah her future.

As the third and final series of the romantic teen drama begins, Belly has finished her junior year in college and is looking forward to an idyllic summer with Jeremiah. The stakes are raised when he proposes marriage, sending their moms into a bit of a tailspin. And when Conrad unexpectedly comes back on the scene, all bets are off.

Untamed
From Thursday, Netflix
Kyle Turner is a special agent for the National Park Service, and his beat is the vast and untamed wilderness of Yosemite National Park, in California, one of the most popular tourist attractions in the US. The thousands of visitors who come here every week see only "maybe 10 per cent of the park", Turner tells rookie park ranger Naya Vasquez, adding ominously: "Things happen different out here." When someone is murdered in the park, Turner and Vasquez – who knows about policing in the city – must pool their disparate talents to track down a killer whose knowledge of this wilderness seems almost as good as Turner's. Eric Bana is the gimlet-eyed Turner, with Lily Santiago as Vasquez and Sam Neill as chief park ranger Paul Souter.

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Saturday July 12

SPORT The Saturday Game Live RTE2, 2.15pm Joanne Cantwell is at Croke Park for the Tailteann Cup final between Kildare and Limerick. That's followed by the All-Ireland Senior Football Championship semi-final, with Kerry taking on Tyrone. While the Kingdom are looking to go one better than last year when they were runners-up to Armagh, the Red Hand County are hoping to emulate their 2021 triumph. Meath v Donegal takes place on Sunday.



MUSIC Live Aid at 40: The Concert BBC Two, 7.00pm On Saturday, July 13 1985, Wembley Stadium in London and John F Kennedy Stadium in Philadelphia hosted two legs of a star-laden benefit concert to raise funds for famine relief in Ethiopia. Fans are being treated to seven hours of extended highlights from that momentous day, including performances from U2, Dire Straits, Spandau Ballet, Sting, Phil Collins. David Bowie, Madonna, Mick Jagger and Queen.



RTÉ One

6.00 EuroNews **6.30** Teleshopping **7.05** Nationwide R S **7.35** Fair City Omnibus S **9.30** Ros na Rún R S **10.30** European Parliament Report S **11.05** The Great British Sewing Bee S **12.15** MasterChef S **12.50** News S **1.00** Songs of Ireland R S **2.00** An Ghig Mhór R S **2.30** Amish Affair S **4.05 FILM: Aloha With Love** (2022, Drama, PG) With Tiffany Smith. Dir: Brian Herzlinger. S **5.45** Nuacht **5.55** News Followed by The Angelus R

RTÉ2

6.00 EuroNews **8.00** Children's Programmes **8.55** Shaun the Sheep R S **9.00** Malory Towers R S **9.30** Louise Lives Large R S **10.00** Home and Away R S **11.30 FILM: Free Willy 2: The Adventure Home** (1995, Adventure, U) With Jason James Richter and Michael Madsen. Dir: Dwight H Little. S **1.15** Grand Designs R S

Virgin One

6.10 Who's Doing the Dishes? R S **7.00** The Chase Australia R **9.00** Ireland AM S **12.00** Gary Barlow's Wine Tour: South Africa R **1.00** Paul O'Grady: For the Love of Dogs R S **1.30 Live Racing** Coverage of day three of the July Meeting from Newmarket. **5.30** News at 5.30 S

TG4

6.00 Cúla 4 **10.00** GAA 2025 R **11.00** The Wonder Years R S **11.30** The Golden Girls R S **12.30** Tour de France: Súil Siar R **1.00 Tour de France Beo** Stage 8, from Saint-Méen-le-Grand to Laval Espace Mayenne.

BBC One

6.00 News S **10.00** Saturday Kitchen Live S **11.30** The Great Food Guys R S **12.00** News S **12.15 Wimbledon 2025** Coverage of the 13th and penultimate day. S **4.00 Wimbledon 2025** The ladies' singles final. S

BBC Two

6.30 Children's Programmes S **9.00** Around the World in 80 Gardens R S **10.00** Earth's Wildest Waters: The Big Fish R S **11.00 Wimbledon 2025** Coverage of wheelchair finals. S **12.50** Best Bakes Ever R S **1.35** Butterflies: A Very British Obsession – Natural World R S **2.20 FILM: Battle of Britain** (1969, Drama, PG) With Laurence Olivier and Michael Caine. Dir: Guy Hamilton. S

6.01 NEWS S
6.30 FILM PREMIERE: SONIC THE HEDGEHOG 2 (2022, Comedy, PG) After settling in Green Hills, Sonic is ready for more freedom, and Tom and Maddie agree to leave him at home while they go on vacation. However, Dr Robotnik soon returns, this time with a new partner, Knuckles the Echidna, in search for an emerald that has the power to both build and destroy civilisations. Sonic teams up with his own sidekick, Tails, and together they embark on a journey to find the emerald before it falls into the wrong hands. With James Marsden. Dir: Jeff Fowler. S
8.50 KILLINASKULLY German film-maker Dieter competes with Mr Cantwell to secure the affections of Miss Fahy. R S
9.20 NEWS S
9.50 FILM: FAST & FURIOUS 9 (2021, Drama, 12) Dom Toretto is leading a quiet life off the grid with Letty and his son, little Brian, but they know that danger always lurks just over their peaceful horizon. His crew must soon join together to stop a world-shattering plot led by the most skilled assassin and high-performance driver they've ever encountered – who also happens to be Dom and Mia's estranged brother, Jakob. Starring Vin Diesel. Dir: Justin Lin. S
12.25 FILM: A Quiet Place Part II (2020, Horror, 15) The Abbotts face the outside world, and realise the creatures that hunt by sound are not the only threats lurking. Starring Emily Blunt. Dir: John Krasinski. S **2.00** Grantchester R S **2.55** EuroNews

2.15 THE SATURDAY GAME LIVE See Choice S
7.25 LIVE UEFA WOMEN'S EURO 2025 Marie Crowe presents coverage of a match from the final round of Group C fixtures (Kick-off 8.00pm), featuring Sweden v Germany at Stadion Letzigrund in Zurich or Poland v Denmark at Allmend Stadion Luzern. Sweden and Germany were the pre-tournament favourites to progress from the group, but with at least one of those teams guaranteed to drop points, the Poles and Danes will be looking to capitalise. With analysis from Caragh Hamilton and Richie Sadlier. S
10.20 FILM: LAKEVIEW TERRACE (2008, Thriller, 15) A bigoted police officer appoints himself guardian of his suburban neighbourhood. When a mixed-race couple move into the house next door, his disapproval of their relationship leads him to begin a campaign of intimidation against them that spirals into violence. Starring Samuel L Jackson, Patrick Wilson, Kerry Washington, Ron Glass, Justin Chambers, Jay Hernandez, Regine Nehy and Jaishon Fisher . Dir: Neil LaBute. S
12.20 FILM: Still Breathing (1997, Comedy, 12) A street performer bumps into a woman he saw in a vision and thinks they are destined to fall in love. Starring Brendan Fraser and Joanna Going. Dir: James F Robinson. S **2.35** Lost: Those Who Kill R S **3.20** EuroNews

6.00 BRADLEY & BARNEY WALSH: BREAKING DAD The duo's road trip continues as they arrive in Costa Rica, where Brad's fear of heights is tested as Barney arranges a flight in a tiny, roofless helicopter to take in some of Costa Rica's breathtaking coastal views. Later, the pair meet a quirky animal lover, before heading to the capital city of San Jose, where they join a local Roller Derby team for a match against their biggest rivals. R S
6.30 IRELAND SUMMER TESTS See Choice
9.15 BEAT THE CHASERS Bradley Walsh hosts as more studio audience members are called down to compete against the Chasers, choosing whether they play against two, three, four or all five Chasers at once. R S
10.15 THE GRAHAM NORTON SHOW Robert De Niro, Alan Carr, Holly Willoughby and Mikey Madison discuss their latest projects. Plus, Elton John is joined by Grammy-winning singer-songwriter Brandi Carlile for a special performance. R
11.20 WHO WANTS TO BE A MILLIONAIRE? Big-prize quiz hosted by Jeremy Clarkson in which another line-up of contestants answer questions that could change their lives.
12.20 TikTok: Murder Gone Viral R **1.20** Evil in the Room: The Ashling Murphy Story R S **2.22** Close

4.50 SCEITSE _ AN LIATHRÓID CRIOSTAL The winners of the Sceitse competition at Oireachtas na Gaeilge 2022. R
5.10 SURVIVOR A vote at the last tribal council launches a blame game throughout camp. Players must keep their balance to keep their contest alive. R
6.25 IRISH ROWING CHAMPIONSHIPS 2025 Highlights from the 2025 Irish Rowing Championships from the National Rowing Centre in Co Cork.
7.00 NUACHT TG4
7.15 SACAR NA MBAN BEO Treaty United v Shamrock Rovers (Kick-off TBA). Máire Treasa Ní Cheallaigh introduces live coverage from Markets Field of the Women's Premier Division match.
9.50 TOUR DE FRANCE: SÚIL SIAR Highlights from stage 8 of the 2025 race, from Saint-Méen-Le-Grand to Laval Espace Mayenne. Commentary by Páidí Ó Lionáird and Pádraic Ó Cuinn.
10.20 FILM: STEEL MAGNOLIAS (1989, Drama, PG) The close friendship of six women from different generations, living in a backwoods town in America's Deep South, sustains them through life's joys and disappointments. Starring Sally Field, Julia Roberts and Dolly Parton. Dir: Herbert Ross. S
12.30 Bloody Sunday 1920 R **1.30** Beidh Aonach Amárach R **2.00** Nuacht TG4 R **2.15** Ceol ón Earagail R **3.15** Éire ag Athrú R **3.45** Comhrá R **4.15** Seal le Dáithí R **4.45** France 24

7.00 NEWS S
7.10 REGIONAL NEWS S
7.20 POINTLESS CELEBRITIES Anton Du Beke, Emma Barton, Will Kirk, Lucia Scalisi, Eric Knowles, Caroline Hawley, YolanDa Brown and Jonathan Ansell compete in the star-studded general knowledge quiz. R S
8.05 CELEBRITY BRIDGE OF LIES Ross Kemp presents the high stakes quiz, with Sara Davies, Tyler West, Nikki Fox and Gordon Smart playing to win money for their chosen charities. S
8.50 THE CHRONICLES OF ARMAGH During summer in Armagh, an archaeological dig is taking place at Navan Fort. In Gilford, Cyril and his grandson Nathaniel are preparing for a big pigeon race. R S
9.05 THE TWELFTH 2025 Coverage of the Orange Order's annual Twelfth of July parades, including the Belfast event. Presented by Helen Mark, with commentary from Dr David Hume and Mervyn Jess. S
10.10 NEWS S
10.30 CASUALTY Iain and Teddy are exposed to danger from a high-risk patient. S
11.20 BARRA ON THE FOYLE Barra Best travels along the Foyle river network. R S
11.30 TRNSMT 2025 Shereen Cutkelvin presents highlights of the second day of the festival from Glasgow Green. S
1.30 In the Arena: Serena Williams S **3.05** News S

4.25 ALL-IRELAND CHAMPIONSHIP Kerry v Tyrone (Throw-in 5.00pm). Sarah Mulkerrins presents coverage of the All-Ireland Senior Football Championship semi-final at Croke Park. Kerry are looking to go one better than last year when they were runners-up to Armagh, and they avenged that defeat when they eliminated the holders in the quarter-finals. Tyrone are looking to emulate their last triumph in this competition in 2021 and they overcame Dublin in the last eight. With analysis from Philly McMahon, Oisín McConville and Conor McManus, and commentary by Thomas Niblock and Mickey Harte. S
7.00 LIVE AID AT 40: THE CONCERT – PART 1 See Choice S
10.25 LIVE AID AT 40: THE CONCERT – PART 2 Second of two programmes of highlights from the concerts at London's Wembley Stadium and John F Kennedy Stadium in Philadelphia in July 1985, with performances by Queen, David Bowie, Madonna, and Mick Jagger and Tina Turner, as well as more backstage footage and interviews with stars. S
2.05 Sign Zone: Live Aid at 40: When Rock 'n' Roll Took on the World R S **3.05** This Is BBC Two S

SPORT Ireland Summer Tests Virgin Media One, 6.30pm Following last week’s game in Georgia, Ireland’s interim coach Paul O’Connell will be expecting a convincing victory tonight when his youthful side take on Portugal at Estádio Nacional do Jamor in Oeiras. However, the Portuguese are no pushovers these days and did well at the 2023 World Cup, drawing 18-18 with Georgia and claiming a surprise 24-23 victory over Fiji in Toulouse.



Channel 4

6.10 Cheers R S **8.00** Everybody Loves Raymond R S **8.55** Frasier R S **10.25** The Simpsons R S **12.25** Four in a Bed R S **3.00 FILM: Little Women** (2019, Drama, U) Starring Saoirse Ronan, Emma Watson and Florence Pugh. Dir: Greta Gerwig. S **5.40** Kirstie and Phil’s Love It or List It R S

6.40 NEWS S
7.10 MYSTERIES OF STONEHENGE The first in a series of documentaries exploring places with a mysterious past through a combination of history, archaeology and mythology, starting with Stonehenge. The programme takes a look at the site’s origins, from tales of Merlin to African giants in Ireland, and traces how prehistoric peoples harnessed the power of the sun to make profound statements about the cycle of life and death. R S
9.00 FILM PREMIERE: A MAN CALLED OTTO (2022, Drama, 15) A man who’s given up on life following the loss of his wife and wants to end it all. When a young family moves in nearby, he meets his match in quick-witted Marisol, leading to a friendship that will turn his world around. Starring Tom Hanks. Dir: Marc Foster. S
11.30 FILM: THE MECHANIC (2011, Drama, 15) A professional hitman lets his emotional detachment slip when his mentor is murdered, and puts his skills to the task of getting revenge. The solitary assassin finds an ally in his teacher’s son, who also yearns for vengeance and persuades the killer to teach him the tricks of the trade. With Jason Statham. Dir: Simon West. S

1.10 Ramsay’s Hotel Hell R S **2.00** The Simpsons R S **4.05** The Dog Academy R S **5.00** Kirstie’s Fill Your House for Free R S **5.15** Amazing Spaces: George’s Icelandic Adventure R S

Virgin Two

6.25 Pressure Pad R S **8.00** Tipping Point R S **10.00** River Monsters R **11.00** The Restaurant R S **12.00** Who’s Doing the Dishes? R S **1.00** Tipping Point R S **2.00 Live: Formula E** Race one of the Berlin ePrix (Start-time 3.05pm). **4.30** Golf’s Greatest Holes **6.05 WHO’S DOING THE DISHES?** Lady Colin Campbell shares her opulent London pad with a new team of diners. R S **7.05 DRESS TO IMPRESS** Lucy, Sasha and Jenny choose outfits for Toby from Cheshire. R S **8.00 JOHN AND LISA’S WEEKEND KITCHEN** Comforting and warming autumn dishes. R **9.00 LOVE ISLAND: UNSEEN BITS** Another edition of Unseen Bits that is bursting at the seams. S **10.05 THE ARRANGEMENT** **11.00 IAIN STIRLING’S CELEBRABILITY** R **11.40 AUTOPSY USA** R **12.39** Close

Sky Atlantic

6.00 Fish Town R S **9.00** Westworld R S **3.30** Game of Thrones R S **6.45 GAME OF THRONES** Tyrion strikes a deal, while Jorah and Daario undertake a difficult task, and back across the Narrow Sea, Jaime and Cersei try to improve their situation. Peter Dinklage stars. R S **7.55 GAME OF THRONES** Tyrion seeks a new, strange ally, and Brienne goes on a mission while Arya is given a chance to prove herself. Peter Dinklage stars. R S **9.00 THE WHITE LOTUS** Rachel shares some harsh truths with Shane and confides in Belinda. Armond goes on an all-out bender and exacts the ultimate revenge on his nemesis. R S **10.10 THE GILDED AGE** As negotiations with the duke start to disintegrate, George confronts Bertha about her vision for Gladys and its inadvertent impact on his business. R **11.20 HOMICIDE: LIFE ON THE STREET** A man who has a twin is murdered. R S **12.15** Homicide: Life on the Street. Police drama. R S **4.10** Richard E Grant’s Hotel Secrets R S

Sky Showcase

6.00 The Pingu Show R S **6.30** Funny Talking Animals R S **6.50** The Brilliant World of Tom Gates R S **7.05** Monkey Life R S **9.00** The Simpsons R S **12.00** Big Cat Country R S **2.00** David Attenborough’s Galapagos R S **5.00** Discovered by Disaster R S **6.00 WHAT ON EARTH?** A ‘Christ-like’ face is spotted in a field in Hungary. R S **7.00 FILM: MAN OF STEEL** (2013, Sci-fi, 12) An alien living in secret on Earth uses his extraordinary powers to defend the human race from a genocidal invasion. With Henry Cavill and Amy Adams. Dir: Zack Snyder. R **9.40 ROB & ROMESH VS ANDY MURRAY** Rob Beckett and Romesh Ranganathan meet the tennis star. R S **10.40 POKER FACE** Charlie is on the run. Last in series. R S **11.40 THE OFFICE (US)** R S **12.10** The Office (US) R S **1.35** The Force: North East R S **2.35** Road Wars R S **4.00** Nothing to Declare R S **5.30** Monkey Life R S

UTV

6.00 Ainsley’s Food We Love R S **6.30** Love Your Weekend with Alan Titchmarsh R S **8.25** Jimmy & Shivi’s Farmhouse Breakfast S **9.25** News S **9.30** James Martin’s Saturday Morning R S **11.40** John and Lisa’s Weekend Kitchen S **12.40** Raymond Blanc’s Royal Kitchen Gardens S **1.10** News S **1.30 ITV Racing Live from Newmarket** Coverage of day three of the July Meeting. S **5.10** Tipping Point: Best Ever Finals R S **5.45** News S **6.00 UTV LIVE S** **6.10 THE CHASE CELEBRITY SPECIAL** With Mark Chapman, Gillian Joseph, Ryan Sidebottom and Fred MacAulay. R S **7.10 UEFA WOMEN’S EURO 2025** Sweden v Germany (Kick-off 8.00pm). S **10.20 NEWS S** **10.40 THE TWELFTH S** **11.10 RARE BREED – A FARMING YEAR** It’s November and the end of the line for the turkeys. R S **11.45 FROM THE GROUND UP** New. Ian Wright’s involvement in launching a girls’ team at his childhood club. S **12.40** Shop on TV **3.00** Noel Edmonds’ Kiwi Adventure R S **3.50** Unwind with ITV S **5.05** Tour de France Highlights R S

Cable & Satellite

GENERAL

Virgin Three

7.00am Heartbeat. **9.45** Vera. **11.40** Bling. **12.40** Emmerdale. **2.50** Agatha Christie’s Marple. **4.45** My Unique B&B. **6.45** Alex Polizzi’s Secret Italy. **7.40** The Real Marigold Hotel. Paul Chuckle tries driving on the chaotic Indian roads. **9.00** Mr Selfridge. The store hosts a major fashion event. **10.00** Rig 45. A murder on the rig confirms suspicions that someone on board has been causing the accidents. **11.00** Film: The Lost Valentine (2011, Drama, PG)

Virgin More

7.55am Live: Formula E. **9.00** Classic UEFA Champions League. **10.00** Live: Formula E. **12.10** Classic UEFA Champions League. **1.10** Best of Women’s Guinness Six Nations 2025. **4.30** Golf’s Greatest Holes. **5.00** UEFA Man in the Middle. **5.50** Classic UEFA Champions League. **6.45** Six Nations Under-20s. **8.30** Classic UEFA Champions League. Memorable matches involving Lionel Messi. **9.00** Hell’s Kitchen. **10.45** Impossible Engineering. The world’s tallest roller coaster. **11.35** UCL Defining Moments. Celebrating 65 years of European Cup and UEFA Champions League football.

BBC Four

7.00pm Today at the Test. England v India. **8.00** Today at Wimbledon. Highlights of the penultimate day’s play, where the ladies’ singles final was the main attraction on Centre Court. **9.00** Miss Marple: The Moving Finger. **10.35** The Gone.

ITV2

6.00am CITV. **7.45** Dress to Impress. **8.45** Gordon Ramsay’s Food Stars USA. **10.30** Deal or No Deal. **1.30** Celebrity Catchphrase. **2.35** Film: Spy Kids (2001, Adventure, U) **4.25** Film: Nanny McPhee and the Big Bang (2010, Comedy, U) **6.35** Film: Star Trek Beyond (2016, Sci-Fi, 12) **9.00** Love Island: Unseen Bits. Another edition of Unseen Bits that is bursting at the seams. **10.05** Olivia Attwood: The Price of Perfection. Olivia investigates the causes of a rise in male cosmetic surgery. **11.05** Family Guy.

ITV3

6.00am George and Mildred. **6.30** Lewis. **8.40** Film: Carry On Henry (1971, Comedy, PG) With Sid James and Kenneth Williams. **10.40** Doc Martin. **12.40** Midsomer Murders. **9.00** Vera. DCI Vera Stanhope finds a kindred spirit in the son of a murdered woman and comes to realise the key to the case is hidden deep in his memory. **11.00** Shetland.

E4

11.55am The Big Bang Theory. **2.20** Film: Transformers: Age of Extinction (2014, Sci-Fi, 12) Starring Mark Wahlberg and Stanley Tucci. **5.30** The Simpsons. **9.00** Celebrity Gogglebox. Matt Hancock’s apology – and then resignation – is assessed. **10.00** Gogglebox.

More4

11.30am Ugly House to Lovely House with George Clarke. **12.35** George Clarke’s Amazing Spaces. **1.35** George Clarke’s Old House, New Home. **2.40** Location, Location, Location. **3.40** Come Dine with Me. **6.20** Four in a Bed. **9.00** 24 Hours in A&E. **11.05** 999: On the Front Line.

5

11.05am Bargain-Loving Brits in the Sun. **1.05** Dogs Behaving (Very) Badly. **4.05** Reuben: Life in the Dales. **6.00** News. **6.05** Michael Portillo’s Sicily. **7.00** 1977: When Virginia Wade Won Wimbledon. A look at the British tennis player’s triumph. **8.00** Highgrove House: The King’s Private Home. A look at Charles III’s family home. **9.00** William & Kate: The Royal Wedding Minute by Minute. A look at the Prince and Princess of Wales’ wedding day. **10.30** 1979: Those Were the Days. A look at key events in TV, film, showbusiness and politics in 1979.

National Geographic

Noon: Air Crash Investigation. **1.00** World War II: Secrets from Above. Documentary series. **3.00** Nazi Megastructures: Battle Ready. **4.00** Hitler’s Teen Killers. **5.00** Liberation: D-Day to Berlin.

7.00 Seconds from Disaster. An investigation into the 1999 Paddington train crash. **8.00** Car S.O.S. **11.00** Ice Road Rescue. Thord’s skills are put to the test with the rescue of an excavator, but there is trouble when rookie Terje’s reckless driving ends in disaster. **12.00** Air Crash Investigation.

FILMS

Film4

12.50pm Dr Who and the Daleks (1965, Sci-Fi, U) **2.30** Romancing the Stone (1984, Comedy, 12) **4.35** A Beautiful Day in the Neighborhood (2019, Drama, PG) **6.45** Jumanji: Welcome to the Jungle (2017, Comedy, 12) **9.00** Moonfall (2022, Sci-Fi, 12) **11.35** The Innocents (1961, Horror, 12)

Movies 24

1.00pm The Christmas Brew (2024, Drama, PG) **3.00** A Very Vermont Christmas (2024, Drama, PG) **5.00** A Christmas Star (2021, Drama, PG) **7.00** A Carol For Two (2024, Drama, PG) **9.00** Deck the Walls (2024, Drama, PG) **11.00** The Gift of Peace (2022, Drama, PG) **1.00** Holiday Crashers (2024, Comedy, PG)

Sky Cinema Premiere

12.40pm Sew Torn (2024, Thriller, 15) **2.25** William Tell (2024, Drama, 15) **4.40** Joker: Folie à Deux (2024, Thriller, 15) **7.00** Wicked (2024, Musical, PG) **9.40** Gladiator II (2024, Epic, 15) **12.10** Sharp Corner (2024, Thriller, 15)

Sky Cinema Comedy

12.45pm Anyone But You (2023, 15) **2.45** Kangaroo Jack (2003, PG) **4.25** Horrible Bosses (2011, 15) **6.10** Beetlejuice Beetlejuice (2024, 12) **8.00** Crazy Rich Asians (2018, 12) **10.05** Zombie Town (2023, 12) **11.40** The First Wives Club (1996, PG)

Sky Cinema Family

12.25pm The Smurfs 2 (2013, Comedy, U) **2.15** Zathura: A Space Adventure (2005, Sci-Fi, PG) **4.00** The Flintstones (1994, Comedy, U) **5.35** The Flintstones in Viva Rock Vegas (2000, Comedy, PG) **7.10** Cats & Dogs (2001, Comedy, PG) **8.45** IF (2024, Fantasy, U) **10.35** Harriet the Spy (1996, Comedy, PG) **12.20** Breaking Point (2023, Drama, 12)

SPORT

TNT Sports 1

11.00am Tour de France Men Highlights. **12.00** Live: Tour de France Men. Coverage from the eighth stage of this year’s race, a 171.4km route from Saint-Méen-le-Grand to Laval. **4.45** Women’s Giro d’Italia. **5.45** Playing for Our Future – Cycling. **6.00** Live MLB. New York Yankees v Chicago Cubs (Start-time 6.05pm). Coverage of the inter-league match from Yankee Stadium. **9.15** MLB: Off the Bat. **9.45** TNT Sports Reload. **10.00** Wimbledon. **11.30** MotoGP. **12.00** Live UFC. Coverage of the preliminary bouts from UFC Fight Night, which takes place at Bridgestone Arena in Nashville.

Sky Sports Main Event

10.00am Live British and Irish Lions Tour. Invitational Australia & New Zealand XV v British & Irish Lions (Kick-off 11.00am). Coverage of the warm-up match at Adelaide Oval. **2.00** Live Test Cricket. England v India. Coverage of the third day of the Third Test in the five-match series from Lord’s in London. **6.30** Live Women’s International T20 Cricket. England v India. Coverage of the fifth and final T20 in the series from Edgbaston, Birmingham. **8.30** Live International Rugby Union. Argentina v England (Kick-off 8.40pm). Coverage of the Second Test, held at Estadio San Juan del Bicentenario. **10.40** Live PGA Tour Golf. The ISCO Championship. Coverage of day three from Hurstbourne Country Club Championship Course in Louisville, Kentucky. **12.00** Sky Sports News.

Sky Sports Premier League

11.00am Premier League Stories. **11.30** The Big Interview. **12.00** Premier League Highlights. **7.00** MNF: Wayne Rooney Special. **7.30** MNF Special. **8.00** Transfer 360. **9.00** Gary Neville’s Soccerbox. The presenter is joined by Steven Gerrard. **10.00** Class of ’92: Full Time. **1.00** Premier League Years.

SPORT Wimbledon 2025 BBC One, from 1.05pm Twelve months ago, Carlos Alcaraz retained the men's singles title at the All England Club, comfortably beating Novak Djokovic 6-2 6-2 7-6 in a one-sided final. The 22-year-old Spaniard also won his second straight title at Roland Garros last month, but has he made it through to the showpiece on Centre Court? Clare Balding also presents the climax of the ladies' doubles and wheelchair competitions at SW19.



DRAMA All Creatures Great and Small RTÉ One, 6.30pm It appears that James needs a crash course in parenting as Helen notices him struggling to juggle his veterinary duties with caring for baby Jimmy. She is also concerned about the influence Doris, a land girl working on a neighbouring farm, is having on Jenny. Meanwhile, Mrs Hall acts as a referee when an argument over safety tactics breaks out between Siegfried and her overzealous boss Mr Bosworth.



RTÉ One

6.00 EuroNews **7.25** Teleshopping R **8.00** Keeping Up Appearances R S **8.35** Casualty S **9.35** Father Brown R S **10.30** News **11.00** National Day of Commemoration **12.15** The Week in Politics S **1.15** News S **1.25** Pat Shortt's Music from D'Telly: Christmas Special R S **2.00** **FILM PREMIERE: Shifting Gears** (2024, Drama, U) S **3.35** **FILM: Sweet November** (2001, Drama, 12) Dir: Pat O'Connor. S **5.40** Nuacht **5.50** News Followed by The Angelus R

RTÉ2

6.00 EuroNews **8.00** Children's Programmes **10.40** Home and Away R S **11.40** **FILM PREMIERE: The Wish Swap** (2025, Fantasy, PG) Emily Tennant, Jake Foy. Starring Emily Tennant and Jake Foy. Dir: David I Strasser. S **1.15** Penguins – Spy in the Huddle R S **2.15** Hidden Kingdoms R S **3.15** **The Sunday Game Live** Meath v Donegal (Throw-in 4.00pm). S

Virgin One

6.30 Who's Doing the Dishes? R S **7.20** The Chase Australia R **9.00** Ireland AM S **12.00** John and Lisa's Weekend Kitchen R **12.55** Long Lost Family: Born Without Trace R S **2.00** Bradley & Barney Walsh: Breaking Dad R S **3.25** Tipping Point: Lucky Stars R S **4.30** The Chase Celebrity Special R S **5.30** News at 5.30 S

TG4

6.00 Cúla 4 **9.55** Timpeall na Tíre **10.25** Curfá R **11.30** Tour de France: Súil Siar R **12.00** **Tour de France Beo** Coverage of the leg from Chinon to Châteauroux. **4.50** Hit the Wall R **5.25** Uachtaráin R

BBC One

6.00 News S **9.00** Sunday with Laura Kuennsberg S **10.00** Scam Interceptors R S **10.30** Homes Under the Hammer R S **11.30** Bargain Hunt R S **12.00** Points of View S **12.15** Songs of Praise S **12.50** News S **1.05** **Wimbledon 2025** See Choice S

BBC Two

6.20 A to Z of TV Gardening R S **7.05** Take a Hike R S **7.35** Life in a Cottage Garden with Carol Klein R S **8.05** Countryfile R S **9.00** Beechgrove Garden R S **9.30** Weatherman Walking: The Welsh Coast R S **10.00** This Farming Life R S **11.00** **Wimbledon 2025** S **12.50** A Cook Abroad: Rachel Khoo's Malaysia R S **1.50** **FILM: Passport to Pimlico** (1949, Comedy, U) S **3.10** Weather Watchers with Barra Best R S

6.01 **NEWS** S **6.30** **ALL CREATURES GREAT AND SMALL** See Choice S **7.30** **IRELAND'S COAST** Documentary revealing the origin story of Ireland's coast, exploring the significance of sea level rise and fall. This edition looks at the country's territorial waters and cold water coral reefs and follows a journey with the Marine Institute of Ireland to the Porcupine Bank, examining the role of weather buoys in the deep Atlantic. R S **8.30** **FAIR CITY** Ger's new business venture hits an early speed bump, gossip about Dean and Ger leaves Mairead uneasy and Renee is peeved when Emma fails to ask her to join the new book club. Ray accuses Pete of doing illegal side deals. S **9.00** **NEWS** S **9.30** **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. With Gerard Butler. Dir: Ric Roman Waugh. S **11.40** **THE WEEK IN POLITICS**, Reflections on the political week. R S

12.40 European Parliament Report R S **1.10** Red Eye R S **2.05** Boiling Point R S **3.10** EuroNews

6.25 **CLOCH LE CARN – MICHEÁL** A portrait of GAA legend Micheal O Muircheartaigh, featuring contributions from members of the O Muircheartaigh family, former president Mary McAleese and many more. R S **7.25** **LIVE UEFA WOMEN'S EURO 2025** Peter Collins presents coverage of one of the final matches in Group D (Kick-off 8.00pm), featuring either England v Wales at Arena St Gallen or Netherlands v France at St Jakob-Park. Holders England will have been expected to claim bragging rights against a Welsh side playing in this tournament for the first time, while the match between 2017 champions the Netherlands and 2022 semi-finalists France promised to be a closely fought contest. With analysis from Caragh Hamilton and Niamh Fahey. S **10.15** **THE SUNDAY GAME** Jacqui Hurley is joined by guests for highlights and analysis of the All Ireland Senior Football Championship semi-finals and the Tailteann Cup Final. S **11.45** **HELL FOR LEATHER: THE STORY OF GAELIC FOOTBALL** Cora Staunton, Jim McGuinness and Jack McCaffrey share their passion. R S

12.45 SAS Rogue Heroes R S **2.00** EuroNews

6.00 **THE BLETCHLEY CIRCLE** Drama about four fictional ex-Bletchley Park operatives who team up to solve murders. With Anna Maxwell Martin, Rachael Stirling, Julie Graham and Sophie Rundle. R S **7.00** **THE CHASE CELEBRITY SPECIAL** Cheryl Baker, Laura Tobin, Jason Bell and Mark Steel answer general knowledge questions and work as a team to take on a Chaser and secure a charity prize. R S **8.00** **THE SALVAGE SQUAD** Brian Dowling and his design team continue their mission to prove to the nation that it is possible achieve a dream home renovation at little cost. R S **9.00** **WHO WANTS TO BE A MILLIONAIRE?** Big-prize quiz hosted by Jeremy Clarkson in which another line-up of contestants answer questions that could change their lives. **10.00** **THE GUARDS** Following the Guards during a landmark conviction for coercive control. R S **11.00** **CRASH SCENE INVESTIGATES** Cyclist Olivia Keating looks back at her collision with a car in West Cork, showing the dent in the road sign made when her head collided with it. In Donegal, Jimmy McKennie describes the loss of his fiancée, Orla, in a crash caused by a drunk driver. R S

12.00 Grace R S **2.00** Close

6.25 **IS MISE LE MESS** Cleaning fanatics Derena, Síle and Colleen seek out mess and clutter. In Belfast the trio clean Faoileann's house. R **7.00** **NUACHT TG4** **7.15** **POBAIL NA PÁIRCE** A visit to Pearse Stadium in Galway as the County Senior Hurling final takes place. This is a major day in the club calendar as St Thomas' and Loughrea compete. R **8.15** **SEAN-NÓS** Singers from the Donegal Gaeltacht, including Gearóidín Breathnach, Caitlín Uí Dhónaill, Éamonn Mac Ruaidhrí and Brian Ó Dónaill. R **9.15** **IRISH ROWING CHAMPIONSHIPS 2025** Highlights from the 2025 Irish Rowing Championships from the National Rowing Centre in Co Cork. Last in the series. **9.45** **TOUR DE FRANCE: SÚIL SIAR** Highlights from stage 9 of the Tour de France 2025. **10.15** **CEOL ÓN EARAGAIL** Featuring performances by Flook, Miadhachlughain O'Donnell, Bríd Harper and Marty Barry. R **11.15** **HUP!** Sean McElwain introduces music from Scotstown, Co Monaghan, featuring a duet between local fiddler Donal McCague and flautist Tommy Fitzharris. R **11.45** **CEOL NA TALÚN** Documentary following the rural year. R

12.20 Finné R **1.20** Is Olc an Ghaoth R **2.05** Nuacht TG4 R **2.20** Sean-Nós R **3.20** Hup! R **3.45** Pobail na Páirce R **4.40** Timpeall na Tíre R **5.05** France 24

4.00 **WIMBLEDON 2025** See Choice S **9.00** **THE REPAIR SHOP: FAVOURITE FIXES** Bill Paterson reminisces about the most unusual fixes to come though the barn including a hovering vacuum cleaner from the 1960s, a Victorian lightning machine that owner Nick had never seen working, a 1950s car jack that had seized shut and a giant stuffed lion named Leo. R S **10.00** **NEWS** S **10.25** **REGIONAL NEWS** S **10.30** **NOT GOING OUT** Lee and Lucy look to a career in the movies when they play background elves on the set of a popular TV mini-series, Dragon Castle. Their aspirations to become leading actors, however, are thwarted by their lack of talent. S **11.00** **FILM: ROBIN HOOD** (2010, Adventure, 12) An archer fighting in Richard the Lionheart's crusading army returns home to England and assumes the identity of a nobleman killed in battle. His new-found status draws him into a dangerous conflict with members of the newly crowned King John's court, and a traitorous knight plots to aid the French in conquering England. Starring Russell Crowe, Cate Blanchett, Mark Strong, Oscar Isaac and William Hurt. Dir: Ridley Scott. S

1.15 News S

3.30 **ALL-IRELAND CHAMPIONSHIP** Meath v Donegal (Throw-in 4.00pm). Coverage of the All-Ireland Senior Football Championship semi-final at Croke Park. S **6.00** **FLOG IT!** Paul Martin and the team are at Stockport Town Hall. R S **6.30** **TRUE NORTH: HIGH STAKES** The work of rope-access crews who tackle extreme height jobs. R S **7.00** **COUNTRYFILE** Adam Henson is in the Vale of Evesham to meet the Padda family. S **8.00** **THE GREAT HOUSE REVIVAL** A couple restore what they think is a modest Georgian farmhouse. R S **8.50** **MEET THE BEARS** The habits and skills of bears. R S **9.00** **LIVE AID AT 40: WHEN ROCK 'N' ROLL TOOK ON THE WORLD** The Live 8 concerts in July 2005. Last in the series. S **10.00** **FILM: THE COURIER** (2020, Mystery, 12) A salesman is recruited to infiltrate Cold War Moscow, from where he carries Russian intelligence to the CIA and MI6. Starring Benedict Cumberbatch, Merab Ninidze, Rachel Brosnahan. Dir: Dominic Cooke. S **11.45** **TODAY AT WIMBLEDON** A look back at highlights of the men's singles final, where the third Grand Slam title of the year was set to be decided. S

12.45 Golf: Scottish Open Highlights 2025 S **1.45** Today at the Test R S **2.45** Sign Zone: The Moment of Proof R S **3.15** Live Aid at 40: When Rock 'n' Roll Took on the World R S **4.15** This is BBC Two S

DOCUMENTARY Jimmy Doherty's Big Bear Rescue Channel 4, 8.00pm A pack of 12 arctic wolves need a new home, so Jimmy builds a vast enclosure. But as the team tries to keep the balance of power in the pack stable, one of the animals rips open the top of the wolf house and gets out onto the roof. However, it's not long before the wolves are happily exploring the pools and woodlands in the reserve. Meanwhile, Ewa the polar bear is joined by two old friends.



Channel 4

6.10 Cheers R S **8.00** The Simpsons R S **8.55** Bake Off: The Professionals R S **10.00** Sunday Brunch S **1.00** The Simpsons R S **2.55** Four in a Bed R S **5.30** News S

6.00 FILM: FISHERMAN'S FRIENDS (2019, Comedy, 12) A music executive heads out to a Cornish fishing village on a mission to recruit a group of 10 local fishermen into recording an album of sea shanties. He struggles to win over the unlikely boy band and their families, but begins to gain a new appreciation for their traditional values. Starring James Purefoy. Dir: Chris Foggin. S

8.00 JIMMY DOHERTY'S BIG BEAR RESCUE See Choice S

9.00 24 HOURS IN POLICE CUSTODY: LOST BOYS Following Bedfordshire police as they investigate the drug gangs that are recruiting children to sell for them in order to make it harder for the police to catch them. S

10.00 CELEBRITY GOGGLEBOX Some of Britain's best-known personalities turn their hand to being the country's most opinionated viewers, critiquing the week's TV. R S

11.00 FIRST DATES It's a night of personality, passion and surprise pairings as Rebecca, a Boris Johnson fan, finds her political match in Bradley. Paris and Serena navigate chemistry and chaos over a spilled drink, while seaside-loving midwife Anna meets her sensitive surfer in Luke. Cormac. R S

12.00 Walter Presents: Arcadia S **1.00** Ramsay's Hotel Hell R S **1.45** The Simpsons R S **3.50** Dover 24/7: Britain's Busiest Port R S **4.40** Jamie's Comfort Food R S **4.50** Location, Location, Location R S **5.45** Countdown R S

Virgin Two

6.20 Pressure Pad R S **8.00** Tipping Point R S **9.55** River Monsters R **11.00** The Restaurant R S **12.00** Who's Doing the Dishes? R S **1.00** Tipping Point R S **2.00 Live: Formula E** Race two of the Berlin ePrix (Start-time 3.05pm).

4.30 Golf's Greatest Holes

6.05 WHO'S DOING THE DISHES? With former EastEnders actor Ricky Groves. R S

7.05 BAD CHEFS The four finalists cook a roast dinner. Last in series. R S

8.00 PAUL O'GRADY: FOR THE LOVE OF DOGS Paul meets a chihuahua-pug cross that has been returned to Battersea for a second time. R S

8.30 PAUL O'GRADY: FOR THE LOVE OF DOGS R S

9.00 LOVE ISLAND S

10.00 LOVE ISLAND: AFTERSUN

11.05 THE GRAHAM NORTON SHOW R

12.10 The Jonathan Ross Show. Chat show. R **1.12** Close

Sky Atlantic

6.00 Fish Town R S **8.00** Urban Secrets R S **9.00** Westworld R S **3.20** Game of Thrones R S

6.35 GAME OF THRONES As the Starks prepare to fight, Davos loses something dear, while Ramsay plays a game and Daenerys faces a choice. R S

7.45 GAME OF THRONES As Cersei awaits judgement, Walder Frey and Jaime celebrate at Riverrun. Meanwhile, winter finally arrives. Lena Headey and Peter Dinklage star. R S

9.00 TRUE DETECTIVE Four individuals from both sides of the law become wrapped up in a murder inquiry and find their paths converging. Starring Colin Farrell and Rachel McAdams. R S

10.10 THE WIRE A renewed commitment to the police brings much-needed new recruits to Daniels' squad. Carcetti makes a deal with Senator Davis, and Bunk obtains a murder warrant for Chris. R S

11.20 THE STAIRCASE In 2017, Michael faces another hearing. R S

12.45 Succession R S **2.05** The Gilded Age **3.15** The Leftovers R S **4.20** Richard E Grant's Hotel Secrets. Documentary. R S

Sky Showcase

6.00 The Pingu Show R S **6.30** Funny Talking Animals R S **6.50** The Brilliant World of Tom Gates R S **7.05** Monkey Life R S **8.30** Sunday Morning with Trevor Phillips R **10.00** The Office (US) R S **11.15 FILM: Extinct** (2021, Drama, PG) Featuring the voice of Adam Devine. Dir: David Silverman, Raymond S Persi. R S

1.00 FILM: Hitsville: The Making of Motown (2019, Documentary, 12) Dir: Gabe Turner, Benjamin Turner. R S

3.00 The Simpsons R S

6.00 ROB & ROMESH VS ART R S

7.00 ROB & ROMESH VS DRAG R S

8.00 AN IDIOT ABROAD R S

9.00 FILM: BLACKLIGHT (2022, Thriller, 12) With Liam Neeson. Dir: Mark Williams. R S

11.00 THE WALKING DEAD: DEAD CITY R S

12.00 And Just Like That R **1.00** Brassic R S **2.00** The Gilded Age **3.10** Road Wars R S **4.00** Nothing to Declare. Documentary. R S

UTV

6.00 John and Lisa's Weekend Kitchen R S

7.00 FILM: Shark Tale (2004, Animation, U) Featuring the voices of Will Smith, Robert De Niro and Martin Scorsese. Dir: Rob Letterman, Vicky Jenson, Bibi Bergeron. S

8.25 Katie Piper's Weekend Escape S **9.25** News S **9.30** Love Your Weekend with Alan Titchmarsh R S **11.25** Ninja Warrior UK R S **12.25** News S

12.35 FILM: Tomorrow Never Dies (1997, Adventure, 12) Starring Pierce Brosnan, Jonathan Pryce, Teri Hatcher and Michelle Yeoh. Dir: Roger Spottiswoode. S

2.50 Live Pre-Season Football Preston North End v Liverpool (Kick-off 3.00pm). S

5.10 In for a Penny R S **5.40** The Chase Celebrity Special R S

6.30 NEWS S

6.45 UTV LIVE S

7.00 UEFA WOMEN'S EURO 2025 England v Wales (Kick-off 8.00pm). S

10.30 NEWS S

10.45 FILM: JAWS (1975, Horror, 12) Starring Roy Scheider, Richard Dreyfuss and Robert Shaw. Dir: Steven Spielberg. S

1.10 Shop on TV **3.00** Motorsport UK R S **3.50** Unwind with ITV S **5.05** Tour de France Highlights. The latest action. R S

Cable & Satellite

GENERAL

Virgin Three

7.10am Heartbeat. **10.00** Vera. **12.00** Bling. **1.00** Coronation Street. **3.00** Agatha Christie's Marple. **5.00** My Unique B&B. **7.00** Alex Polizzi's Secret Italy. The presenter explores Sardinia. **8.00** World's Greatest Hotels. Behind the scenes of the planet's most iconic establishments. **9.00** Piste Noire. Emilie replays all the surveillance videos from the evening. Last in the series. **10.00** The Long Call. Connections are made between the victim and the Brethren community. **11.00** Poldark.

Virgin More

7.55am Live: Formula E. **9.00** Classic 6 Nations. **10.00** Live: Formula E. **12.10** Classic 6 Nations. **1.10** Classic UEFA Champions League. **3.25** Sport Stories: Dermot Gallagher. **4.20** Golf's Greatest Holes. **4.50** UEFA Man in the Middle. **5.40** Formula E Highlights. **6.35** Guinness Six Nations. **8.30** Classic 6 Nations. Ireland v Scotland from 2004. **9.00** Litvinenko. Fact-based drama, starring David Tennant. **9.50** Code Blue: The Killing of June Fox-Roberts. Part two of two. Detectives arrest art student Luke Deeley. **10.40** Help Me Buy a Home. Liz faces a tough challenge in Galway for young newlyweds. **11.30** UCL Defining Moments.

BBC Four

7.00pm Today at the Test. England v India. **8.00** Summer Night Concert from Vienna 2025. The Vienna Philharmonic Orchestra's annual performance. **10.10** The Last Musician of Auschwitz. The story of the last surviving member of the women's orchestra at Auschwitz. **11.40** Plague Fiction. Laura Ashe takes a look back at the Black Death of the 14th century.

ITV2

6.00am CITV. **7.45** Dress to Impress. **8.35** Next Level Chef USA. **10.20** Deal or No Deal. **12.20** 99 to Beat. **1.20** Celebrity Catchphrase. **2.25** Film: Spy Kids 2: Island of Lost Dreams (2002, Adventure, U) **4.30** Film: Madagascar 3: Europe's Most Wanted (2012, Animation, PG) **6.20** Film: War for the Planet of the Apes (2017, Adventure, 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 Lewis. **8.15** Film: Carry on at Your Convenience (1971, Comedy, PG) **10.15** Agatha Christie's Poirot. **12.10** Downton Abbey. **4.00** Midsomer Murders. **8.00** Doc Martin. A lifeboat training exercise causes problems for the GP. **9.00** Doc Martin. Louisa has to find a new babysitter. **10.00** Vera. The detective investigates a petrol-bomb attack. **11.50** Nolly. Biopic of actress Noele Gordon, starring Helena Bonham Carter. **12.50** Nolly. Noele is desperate to know how the Crossroads producers plan to get rid of her.

E4

11.15am Film: Babe (1995, Comedy, U) **1.05** The Big Bang Theory. **3.40** Film: Transformers: Dark of the Moon (2011, Sci-Fi, 12) Starring Shia LaBeouf and Rosie Huntington-Whiteley. **6.35** The Simpsons. **9.00** Rick and Morty. Rick and Morty write the next instalment of their favourite movie franchise. **9.30** Rick and Morty. As Rick takes Jerry, Morty, and Summer to Earth World, Beth and Space Beth become nostalgic for childhood with the latter's machine - and end up causing mayhem. **10.00** Film: Angel Has Fallen (2019, Thriller, 15) Secret Service agent Mike Banning is framed for an assassination attempt on the President, and races to clear his name. Starring Gerard Butler and Morgan Freeman.

More4

11.25am A Place in the Sun. **3.35** Come Dine with Me. **6.15** Four in a Bed. **9.00** 999: On the Front Line. New. A patient is found unresponsive at home and with no reaction to pain. **10.00** 24 Hours in A&E. Jenny is brought in with a suspected stroke, and doctors must confirm the diagnosis.

11.05 Rescue: Extreme Medics. The air ambulance is dispatched to two serious road traffic collisions, while on the west bank of Loch Lomond, a minibus carrying 15 tourists has collided with a car.

5

Noon: Cruising with Jane McDonald. **2.10** Majorca: Jewel of the Med. **5.05** The Great Plague with Rob Rinder & Ruth Goodman. **6.30** FIFA Club World Cup. Coverage of the final (Kick-off 8.00pm), which takes place at MetLife Stadium in East Rutherford, New Jersey. **10.55** Police: Suspect No 1. Detectives investigate a series of burglaries targeting the elderly. **11.55** Police: Night Shift 999.

National Geographic

Noon: Air Crash Investigation. **1.00** Hitler's Last Stand. **3.00** Secret Nazi Science. **4.00** Apocalypse: Hitler Takes on the West. **6.00** The Battle for Britain: Drain the Oceans. **7.00** Hindenburg: The New Evidence. Recovered film footage provides fresh insight into the zeppelin crash. **8.00** Lost Ships of WW2. New. The most famous sunken vessels of the Second World War. **9.00** Jaws @ 50: The Definitive Inside Story. Steven Spielberg shares his memories of the classic thriller. **11.00** To Catch a Smuggler. **12.00** Inside Airport Lost & Found.

FILMS

Film4

2.00pm The Karate Kid (1984, Drama, 12) **4.35** The Devil Wears Prada (2006, Comedy, PG) **6.55** Sister Act (1992, Comedy, PG) **9.00** Bohemian Rhapsody (2018, Drama, 12) **11.45** My Beautiful Laundrette (1985, Drama, 15)

Movies 24

1.00pm Twas the Night Before Christmas (2022, Drama, PG) **3.00** Christmas on Call (2024, Drama, PG) **5.00** Sincerely Truly Christmas (2023, Drama, PG) **7.00** A Fabled Holiday (2022, Drama, PG) **9.00** Sealed with a List (2023, Drama, PG) **11.00** The Finnish Line (2024, Drama, PG) **1.00** Christmas by Candlelight (2023, Comedy, PG)

Sky Cinema Premiere

12.15pm Wicked (2024, Musical, PG) **3.05** Gladiator II (2024, Epic, 15) **5.45** William Tell (2024, Drama, 15) **8.00** As 12.15pm. **10.45** Running on Empty (2024, Comedy, 15) **12.20** Sew Torn (2024, Thriller, 15)

Sky Cinema Comedy

12.45pm Horrible Bosses (2011, 15) **2.30** National Security (2003, 12) **4.10** The Big Chill (1983, 15) **6.00** Dinner for Schmucks (2010, 12) **8.00** Ride Along (2014, 12) **9.45** Ride Along 2 (2016, 12) **11.30** The Estate (2022, 15)

Sky Cinema Family

12.35pm Cats & Dogs (2001, Comedy, PG) **2.10** IF (2024, Fantasy, U) **4.00** Hook (1991, Fantasy, U) **6.25** Peter Rabbit 2: The Runaway (2021, Adventure, U) **8.05** Look Who's Talking (1989, Comedy, 12) **9.45** Batteries Not Included (1987, Sci-Fi, PG) **11.40** Blueback (2022, Drama, PG)

SPORT

TNT Sports 1

11.00am Tour de France Men Highlights. **12.00** Live: Tour de France Men. Coverage from the ninth stage of this year's race. **4.45** Women's Giro d'Italia. **5.45** No Filter Cycling. **6.00** MLB: Off the Bat. **6.30** Live MLB. Boston Red Sox v Tampa Bay Rays. **9.45** TNT Sports Reload. **10.00** Wimbledon. **11.30** UFC.

Sky Sports Main Event

10.15am Live Test Cricket. England v India. **6.30** Live DP World Tour Golf. The Genesis Scottish Open. **8.00** Sky Sports News. **9.00** Live PGA Tour Golf. The ISCO Championship. **12.00** Sky Sports News.

Sky Sports Premier League

11.00am Premier League Stories. **11.30** The Big Interview. **12.00** Premier League Highlights. **1.00** Premier League. **1.30** Premier League Highlights. **7.00** We're Not Really Here: Man City. **7.30** Newcastle – The Entertainers. **8.00** Transfer 360. **9.00** Gary Neville's Soccerbox. **10.00** Class of '92: Full Time. **1.00** Premier League Years.

NEW SERIES Shark! Celebrity Infested Waters UTV, 9pm To tie in with the 50th anniversary of the cinematic release of Jaws, the broadcaster is launching a reality series in which Lenny Henry, Lucy Punch, Helen George, Rachel Riley, Ade Adepitan, Dougie Poynter and Ross Noble confront their fear of sharks and swimming in the ocean. To do so, they're off to the Bahamas where experts and a man who survived a shark attack offer them some sage advice.



TWO-PART DOCUMENTARY The Last Irish Missionaries RTÉ One, 9.35pm With the organisation now seemingly drawing to a close, Bryan Dobson and Dearbhail McDonald explore the Irish missionary movement's history, from its origins in the mid-19th century to the present day. The opener focuses on those who have recently returned to Ireland after completing their mission, and others who are still working in some of the world's hotspots.



RTÉ One	RTÉ2	Virgin One	TG4	BBC One	BBC Two
6.00 EuroNews 7.05 Teleshopping R 7.40 Summer Best of Today R S 8.40 Doctors R S 9.50 The Drew Barrymore Show R S 10.40 The Kelly Clarkson Show S 11.35 The Repair Shop S 12.30 Shortland Street S 1.00 News S 1.30 Home and Away S 2.00 Neighbours S 2.30 Fair City R S 3.00 EastEnders R S 3.40 Summer Best Of Today S 4.40 Frankie Drake Mysteries S 5.40 Nuacht 5.55 News Followed by The Angelus R	6.00 EuroNews 8.00 Children's Programmes 5.00 The Goldbergs R S 5.30 The Big Bang Theory R S	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 S 3.00 Loose Women 4.00 Paul O'Grady: For the Love of Dogs R S 4.30 Judge Judy 5.30 News at 5.30 S	6.00 Cúla 4 11.05 Ainmhithe Craiceáilte R 11.30 Tour de France: Súil Siar R 12.00 Tour de France Beo The 165km trek from Ennezat to Le Mont-Dore Puy de Sancy. 5.10 Éire Eile R 5.30 Irish Paint Magic R	6.00 News S 9.30 Rip Off Britain R S 10.15 Fraud Squad S 10.45 Crimewatch Caught 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 Money for Nothing R S 2.45 Escape to the Country R S 3.45 Garden Rescue S 4.30 Bridge of Lies S 5.15 Pointless R S	6.45 Bargain Hunt R S 7.30 Beechgrove Garden R S 8.00 Sign Zone: Springwatch R S 9.00 News S 12.15 Politics Live S 1.00 Impossible R S 1.45 The Edge R S 2.30 Unbeatable R S 3.15 Italy's Invisible Cities R S 4.15 The Life of Mammals R S 5.15 Flog It! R S
6.01 NEWS S 7.00 NATIONWIDE S 7.30 EASTENDERS Lauren is shocked when she receives a phone call, which later reunites her with her brother, Oscar. Nigel gets emotional when Lexi sees a photo of him. S 8.00 AN GHIG MHÓR Irish musician Siómha mentors up-and-coming band Coolboy, helping them organise a gig in Portlaoise. Last in the series. S 8.30 SCEALTA NA LOCHANNA Pádraig Mac an tSaoir presents a documentary celebrating the beauty, history, culture and wildlife of Lough Neagh and Lough Corrib, reflecting on the impact humans are having on their ecology. The first edition looks at how the lakes have been steeped in history, faith, folklore and religion for thousands of years, from Fionn Mac Cumhaill and the Nine Years' War to fishermen's blessings. In Irish. R S 9.00 NEWS S 9.35 THE LAST IRISH MISSIONARIES See Choice S 10.35 LITTLE FIRES EVERYWHERE S 11.45 THE JETTY Ember is forced to confess to her family that human bone fragments were found in the boat hut, while a new development propels her into dangerous territory. Last in the series. R S 12.55 Sherwood R S 2.05 Nationwide R S 2.35 The Kelly Clarkson Show R 3.15 EuroNews	6.00 NEIGHBOURS Byron is unhappy with Jane's harsh temperament of late. R S 6.30 HOME AND AWAY Abigail's moved by Mali's gesture. R S 7.00 ONCE UPON A TIME IN TSAVO Documentary about the creatures that gather round a waterhole home throughout the arid season in Kenya, including elephants, hornbills and dung beetles. R S 8.00 SOLAR SYSTEM Professor Brian Cox focuses on the storm worlds of the solar system, exploring the weird weather that plays out in the atmospheres of distant planets and moons. S 9.00 AVOIDANCE Jonathan spies on Claire's boyfriend and goes on an actual real-life date. Dan and Courtney freak out over baby clothes, while Spencer goes berserk at jiu-jitsu to impress a girl. 9.35 LONG BRIGHT RIVER Thomas's birthday party stirs up painful memories for Mickey as tensions with her ex come to the boil. S 10.30 THE VEIL See Choice S 11.25 SHORTSCREEN A young man realises he may have to cross a line to end a nightly disturbance. R S 11.40 RAGDOLL Rose and the killer engage in a sadistic game of cat-and-mouse where Rose is pushed to the edge. Edmunds' piqued suspicions put her on track, but land her in grave danger. R S 12.35 Henpocalypse! R S 1.10 Black Ops R S 1.50 EuroNews	6.05 THE SIX O'CLOCK SHOW A lively mix of celebrity chat with national and international guests. S 7.00 NEWS S 7.30 EMMERDALE Sarah is keen to fulfil her dreams as Cain and Charity want to help her, while Lewis is a success, but Nicola is frustrated. S 8.00 CORONATION STREET Daniel attends a job interview at Weatherfield High, Kevin makes a promise to Tyrone, and after Mick breaks out of prison, he goes in search of his children. S 8.30 CORONATION STREET Mick breaks out of prison. S 9.00 THE WALK-IN Refusing to enter witness protection after helping the police to arrest National Action members, Robbie Mullen trusts that Matthew Collins and Hope Not Hate will keep him safe. R S 10.00 LAW & ORDER: SPECIAL VICTIMS UNIT Benson tries to help a student after she is assaulted on a field trip. R 10.55 TO DIE FOR: COSMETIC SURGERY IN TURKEY Medical and cosmetic procedures offered in Turkey. R S 11.55 BRAIN DOCTORS: INSIDE NEUROSURGERY At Beaumont Hospital, surgeons race to save a teen car-crash victim and support a Ukrainian mother saved from a brain tumour mid-pregnancy. R S 12.50 Rig 45 R 1.50 Close	6.00 THE GOLDEN GIRLS Blanche is given a new lease of life after a date with a younger man. R S 6.30 THE WONDER YEARS Competition from a rival has a curious effect on Kevin, turning him into a model student. R S 7.00 NUACHT TG4 7.30 POBAL CHOIS FHARRAIGE Daily life in Irish rural communities. Tony Antaine Ó Curraoin and his son head to the shore to collect shellfish and seaweed. Plus, competitive boat racing at sea. R 8.00 GAA 2025 GAA championship highlights, including football and ladies football action. 9.00 TOUR DE FRANCE: SÚIL SIAR Highlights from stage 10 of the 2025 race, from Ennezat to Le Mont-Dore Puy de Sancy. With commentary by Páidí Ó Lionáird and Pádraic Ó Cuinn. 9.30 FILM: AMERICAN GANGSTER (2007, Drama, 18) The story of 1970s drug kingpin Frank Lucas, whose innovative methods of smuggling heroin into the US made him one of the leading figures in the New York underworld. A detective is assigned to bring Lucas's empire down, but his investigation is undermined by police corruption. With Denzel Washington. Dir: Ridley Scott. S 12.20 Turas Bóthair R 12.50 Narcos: Mexico R 1.45 Abair Amhrán R 2.00 Nuacht TG4 R 2.30 Pobal Chois Fharráige R 3.00 Comhrá R 3.30 GAA 2025 R 4.25 Céim Chun Cinn R 4.55 France 24	6.00 NEWS S 6.30 REGIONAL NEWS S 7.00 TRUE NORTH: THE SOCIAL KNITWORK Following fashion designer Hope Macaulay and a team of 20 Northern Irish home knitters as they open their first ever knitwear shop in Los Angeles. R S 7.30 EASTENDERS S 8.00 LOST AND FOUND IN THE LAKES The detectorist team search for a wedding ring lost on a family holiday on the shores of Derwent Water and the hunt is on for the owner of an expensive lost smartwatch. R S 8.30 OUL TREASURES New. Lolly Spence searches for family heirlooms and prized possessions in desperate need of repair, beginning with a collection of film reels found in an old biscuit tin. S 9.00 DEATH IN PARADISE The team are baffled when an archaeologist is poisoned during a dig, especially as there is a distinct lack of evidence. Meanwhile, Neville enters a crab-cooking competition. R S 10.00 NEWS S 10.30 REGIONAL NEWS S 10.40 PANORAMA Current affairs report. S 11.40 HAVE I GOT NEWS FOR YOU The satirical quiz, inviting comedian Daliso Chaponda and journalist Helen Lewis to join in the fun alongside Ian Hislop and Paul Merton. R S 12.15 This Country R S 1.00 News S	6.00 RICHARD OSMAN'S HOUSE OF GAMES With former winners Nihal Arthanayake, Jay McGuiness, Lucy Porter and Jan Ravens. R S 6.30 ROBSON GREEN'S WEEKEND ESCAPES Robson is joined by Faye Tozer in the Breamish and Ingram valleys. R S 7.00 TODAY AT THE TEST England v India. Alison Mitchell presents action from the fifth day of the Third Test in the five-match series from Lord's in London. S 8.00 MASTERMIND New. Clive Myrie returns with the quiz. S 8.30 UNIVERSITY CHALLENGE New. Sheffield take on Warwick. S 9.00 HUMAN New. The story of humanity across 300,000 years of evolution. S 10.00 AR SCÁTH AN CHEOIL Frances Black and Aoife Scott talk about the Black family's musical legacy. R S 10.30 NEWSNIGHT S 11.00 COUPLES THERAPY Katherine reveals the roots of her trauma. S 11.25 COUPLES THERAPY Katherine and Nick take stock of the progress they have made. Last in the series. S 11.50 THE OPEN CHAMPIONSHIP 2019 – HOW SHANE WON THE CLARET JUG A look at Shane Lowry's triumph at Royal Portrush. S 12.50 Sign Zone: Countryfile R S 1.45 Antiques Roadshow R S 2.45 This Is BBC Two S

NEW SERIES **The Veil** RTÉ2, 10.30pm It isn't long since we said farewell to Elisabeth Moss as June in *The Handmaid's Tale*, and now she's back again, this time in the latest project from Steven 'Peakay Blinders' Knight. Moss plays Imogen Salter, an MI6 agent who, along with her boyfriend Malik Amar (Dali Benssalah), agrees to help a CIA operative (Josh Charles) prove French woman Adilah El Idrissi (Yumna Marwan) is a member of an ISIS cell.



Channel 4

6.25 Cheers R S **8.10** The King of Queens R S **9.10** Frasier R S **11.10** Ramsay's 24 Hours to Hell and Back R S **12.05** News S **12.10** Help! We Bought a Village R S **1.10** Car S.O.S R S **2.10** Countdown S **3.00** A Place in the Sun R S **4.00** The Great House Giveaway R S **5.00** Chateau DIY R S

6.00 **SUN, SEA AND SELLING HOUSES** In Almería, Sharon Garner and Shaun help financial planner Keith and his wife Tracy from Salisbury. But their property picks leave them with a dilemma. On the northern Costa Blanca, the Aldertons help returning clients who retired to Spain five years ago, and who now need to upgrade their hilltop home to something more accessible. S

7.00 **NEWS** S

8.00 **MICHAEL MOSLEY: SECRETS OF THE SUPERAGERS** New. Michael travels the world to meet people who seem to defy the normal rules of ageing and learn the science behind ageing well. The first episode focuses on the brain. S

9.00 **THE COUPLE NEXT DOOR** New. Psychological drama, starring Annabel Scholey, Aggy K Adams and Sendhil Ramamurthy. Leo's return sparks a change in Charlotte, and Mia seizes an opportunity. S

10.00 **CRIME SCENE CLEANERS** Rotting waste, drug paraphernalia and suspected stolen goods are found in a derelict property in Worksop. S

11.05 **MERSEYSIDE DETECTIVES: THE MURDERS OF ASHLEY AND OLIVIA** The case of two people shot in their own homes in Liverpool. R S

12.05 Merseyside Detectives: The Murders of Ashley and Olivia R S **1.00** 24 Hours in A&E R S **1.55** Ramsay's Hotel Hell R S **2.40** **FILM: Bhagwan Bharose** (2023, Comedy, 12) Dir: Shiladitya Bora. S **4.15** Jamie's One-Pan Wonders R S **4.35** Hollyoaks Omnibus R S **5.45** Countdown R S

Virgin Two

6.35 The Chase Australia R **8.05** Beat the Chasers – Celebrity Special R S **9.00** The Chase R S **11.00** Gift Wrapped R S **12.00** Puzzling with Lucy Worsley: The Semi-Final S **1.00** Dress to Impress R S **3.00** The Finish Line R S **4.00** Tipping Point S

6.00 **THE CHASE** Contestants Mary, Henry, Liz and Tudor take part. R S

7.00 **THE CHASE** Quiz show, hosted by Bradley Walsh. R S

7.55 **GOLF'S GREATEST HOLES** The home of the 148th and 153rd Open Championships, Royal Portrush. R

8.30 **GOLF'S GREATEST HOLES** From Royal Portrush. R

9.00 **LOVE ISLAND** Relationship-based reality show. S

10.05 **MY MUM, YOUR DAD AUSTRALIA** One relationship in the Retreat impacts heavily.

11.35 **I KISSED A BOY** R S

12.35 I Kissed a Boy R S **1.40** Close

Sky Atlantic

6.00 Richard E Grant's Hotel Secrets R S **8.00** The Sopranos R S **10.00** Westworld R S **12.00** Game of Thrones R S **1.30** Domina R S **3.30** The Sopranos R S **5.30** Westworld R S

6.30 **WESTWORLD** Bernard and the resistance search for a weapon in the desert. R S

7.30 **GAME OF THRONES** Everyone meets in King's Landing to discuss the fate of the realm, Sansa confronts Arya, while Sam and Bran discover a shocking secret about Jon. R S

9.00 **THE GILDED AGE** With the wedding between Gladys and the duke imminent, Bertha must deal with unwanted rumours in the press, the sudden arrival of her sister Monica, and an unwilling bride.

10.10 **CATHERINE THE GREAT** Catherine struggles to deal with Potemkin's moods and jealousy. R S

11.20 **HOMICIDE: LIFE ON THE STREET** Part two of two. Lewis is rushed to hospital. S

12.15 The White Lotus R S **1.30** Big Little Lies R S **2.30** The Leftovers. Drama series. R S **3.30** Game of Thrones R S **5.00** The Guest Wing R S

Sky Showcase

6.00 Sky News Breakfast R **8.00** Border Patrol R S **9.00** Stargate Atlantis R S **11.00** New Kids in the Wild R S **12.00** The Flash R S **1.00** Hawaii Five-0 R S **3.00** NCIS: Los Angeles R S **4.00** S.W.A.T R S **5.00** The Simpsons R S

6.00 **THE SIMPSONS** Lisa joins the high-school marching band. R S

6.30 **THE SIMPSONS** R S

7.00 **THE OFFICE (US)** R S

7.30 **THE OFFICE (US)** R S

8.00 **PREDATORS** Following a wild dog pack in Zimbabwe. Last in the series. R S

9.00 **THE GILDED AGE** Gladys and the duke's wedding is imminent.

10.10 **ROYAL B**TARDS: RISE OF THE TUDORS** Docudrama. R S

11.10 **CURB YOUR ENTHUSIASM** R S

11.45 **CURB YOUR ENTHUSIASM** R S

12.20 The Force: North East R S

1.15 Brit Cops: Law & Disorder R S

2.10 Road Wars R S **3.00** NCIS: Los Angeles R S **4.00** S.W.A.T R S **5.00** Motorway Patrol R S

UTV

6.00 News S **9.00** Lorraine S

10.00 This Morning S **12.30** Loose Women S **1.30** News S **1.55** UTV Live S **2.00** Celebrity Catchphrase R S **3.00** Lingo R S **4.00** Tipping Point R S **5.00** The Chase. Quiz show. R S

6.00 **UTV LIVE** S

6.30 **NEWS** S

7.30 **EMMERDALE** As Virgin One, 7.30pm. S

8.00 **CORONATION STREET** Daniel attends a job interview at Weatherfield High, Kevin makes a promise to Tyrone, and after Mick breaks out of prison, he goes in search of his children. S

9.00 **SHARK! CELEBRITY INFESTED WATERS** See Choice S

10.00 **NEWS** S

10.30 **UTV LIVE** S

10.45 **HOW JAWS CHANGED THE WORLD** The impact of the film on people's attitudes to sharks. S

11.35 **SHARK! CELEBRITY INFESTED WATERS** Famous faces swim with sharks. R S

12.30 Tour de France Highlights R S **1.20** Shop on TV **3.00** Suspicion R S **3.50** Unwind with ITV S **5.05** Dermot O'Leary's Taste of Ireland R S

Cable & Satellite

GENERAL

Virgin Three

7.10am Heartbeat. **8.05** Vera. **9.50** Eat, Shop, Save. **10.20** Judge Judy. **11.20** The Darling Buds of May. **12.25** John and Lisa's Weekend Kitchen. **1.25** The Royal. **2.25** Good Witch. **3.20** Emmerdale. **3.50** Coronation Street. **4.50** Heartbeat. **5.50** Agatha Christie's Poirot. **7.55** Heartbeat. Vernon attempts to impress the new doctor. **9.00** Poldark. Ross makes his maiden speech in Parliament. **10.10** Coronation Street. **11.10** Emmerdale. **11.40** Blue Murder.

Virgin More

1.40pm Best of u20's Six Nations 2025. **2.30** Sport Stories: Kevin Doyle. **3.25** Classic UEFA Champions League. **3.55** Sport Stories: Damien Delaney. **4.45** Golf's Greatest Holes. **5.10** UEFA Man in the Middle. **6.00** Formula E Highlights. **6.50** Sport Stories: Dermot Gallagher. **7.40** Sport Stories: Kevin Doyle. Tommy Martin interviews the former Republic of Ireland footballer. **8.30** Classic UEFA Champions League. Barcelona v Bayer Leverkusen from 2012. **9.00** Dead and Buried. Thriller about a woman reunited with her brother's killer. **9.50** Vigil. The crew must identify the traitor to avert disaster. **10.45** Dylan McGrath's Secret Service. **11.35** UCL Defining Moments.

BBC Four

7.00pm A Summer Journey: The Severn. Angela Rippon explores the river. **7.30** Canal Boat Diaries. Robbie Cumming travels along the Shropshire Union Canal. **8.00** Rise of the Nazis: The Downfall. Hitler permanently retreats to his bunker. **9.00** Lost Home Movies of Nazi Germany. Part two of two. Amateur footage from the latter half of the war. **10.00** The Sky at Night. **10.30** Nicholas Shakespeare Remembers – Mario Vargas Llosa. **10.45** Mario Vargas Llosa: The Story of the Novelist Who Would Be President – Omnibus. The novelist's campaign for the presidency of Peru in 1990. **11.45** Berlin 1945.

ITV2

6.00am CITV. **7.45** The Bardsley Bunch. **9.30** The Only Way Is Essex. **10.15** The Real Housewives of Miami. **11.10** The Real Housewives of Salt Lake City. **12.05** Dinner Date. **1.05** Georgia and Tommy: Baby Steps. **2.05** The Only Way Is Essex. **3.05** Million Dollar Listing: LA. **4.00** The Real Housewives of Miami. **5.00** The Real Housewives of Salt Lake City. **6.00** Celebrity Catchphrase. **7.00** Deal or No Deal. Game show, hosted by Stephen Mulhern. **8.00** Million Dollar Listing: LA. Tracy and Heather aim to prove that two blondes are better than one. **9.00** Love Island. Relationship-based reality show. **10.05** G'wed. **10.40** Family Guy. **11.40** American Dad!

ITV3

6.00am Classic Emmerdale. **7.00** Classic Coronation Street. **8.10** Where the Heart Is. **10.30** The Royal. **11.35** Heartbeat. **1.40** Classic Emmerdale. **2.40** Classic Coronation Street. **3.40** Midsomer Murders. **5.50** Heartbeat. **8.00** Grace. **10.00** Foyle's War. Foyle is frustrated at seeing everyone else go off to war. **12.00** The Bay.

E4

Noon: Modern Family. **12.30** The Big Bang Theory. **2.00** Young Sheldon. **3.00** Modern Family. **4.00** The Simpsons. **5.00** The Big Bang Theory. **6.30** The Simpsons. **7.00** Hollyoaks. Grace is blindsided by a bombshell from the past. **7.30** The Simpsons. The family goes on the run. **8.00** Below Deck. New. Captain Kerry Titheradge takes control of the St David. **9.00** Gogglebox. **11.05** First Dates.

More4

11.35am A Place in the Sun. **12.35** Come Dine with Me. **3.10** Four in a Bed. **5.55** Kirstie and Phil's Love It or List It. **6.55** The Dog House Australia. **7.55** The Dog House. Stunning pure white husky Olaf wows brothers Ben and Harry. **9.00** Matt Baker: Our Farm in the Dales. Matt works on his dream woodland hut and wildlife hideaway. **10.00** 24 Hours in A&E.

5

11.30am Storm Huntley with Matt Allwright. **12.30** Vanessa. **1.40** News. **1.45** Home and Away. **2.20** Film: Married to a Stranger (2025, Thriller, 12) **4.00** Bargain-Loving Brits in the Sun. **5.00** News. **6.00** Dogs Behaving (Very) Badly. **6.55** News. **7.00** Traffic Cops. Cases of people trafficking. **7.55** News. The latest reports. **8.00** Motorway Cops: Catching Britain's Speeders. Teenagers are suspected of trying to steal a moped. **9.00** Insomnia. Phoebe has a panic attack. **10.05** The Mushroom Poisonings: The Case That Gripped the World. **11.05** The Mystery of Room 130: Hotel Murders.

National Geographic

Noon: Ancient X Files. **2.00** Apocalypse: Hitler Takes On The East. **4.00** Construction Fails. **5.00** Car S.O.S. **6.00** World War II: Secrets from Above. **7.00** Air Crash Investigation. The explosion of Itavia Flight 870 in 1980. **8.00** Car S.O.S. **11.00** Air Crash Investigation. **12.00** Seconds from Disaster.

FILMS

Film4

1.05pm The Moonraker (1958, Adventure, U) **2.45** Ten Tall Men (1951, Adventure, U) **4.40** Anzio (1968, Drama, PG) **7.00** Dog (2022, Comedy, 12) **9.00** Plane (2023, Thriller, 15) **11.10** Mission: Impossible – Ghost Protocol (2011, Adventure, 12)

Movies 24

1.00pm The Mistletoe Secret (2019, Drama, PG) **3.00** Deck the Walls (2024, Drama, PG) **5.00** Boyfriends of Christmas Past (2021, Drama, PG) **7.00** Holiday Crashers (2024, Comedy, PG) **9.00** Ghosts of Christmas Always (2022, Fantasy, PG) **11.00** The Christmas Quest (2024, Adventure, PG) **1.00** A Maple Valley Christmas (2022, Drama, PG)

Sky Cinema Premiere

2.25pm Running on Empty (2024, Comedy, 15) **4.00** William Tell (2024, Drama, 15) **6.15** Sew Torn (2024, Thriller, 15) **8.00** Wicked (2024, Musical, PG) **10.45** Joker: Folie à Deux (2024, Thriller, 15)

Sky Cinema Buddy Films

1.00pm Don't Tell Mom the Babysitter's Dead (2024, 15) **2.45** Fords on Water (1983, 15) **4.15** The Longest Yard (2005, 12) **6.10** Mean Girls (2004, 12) **8.00** Mean Girls (2024, 12) **9.55** Knocked Up (2007, 15) **12.05** The Buddy Games (2019, 15)

Sky Cinema Family

12.55pm Peter Rabbit 2: The Runaway (2021, Adventure, U) **2.35** Cats & Dogs: The Revenge of Kitty Galore (2010, Comedy, U) **4.00** Look Who's Talking (1989, Comedy, 12) **5.45** The Spiderwick Chronicles (2008, Fantasy, PG) **7.30** The SpongeBob SquarePants Movie (2004, Animation, U) **9.10** Peter Pan (2003, Fantasy, PG) **11.10** The Tiger Rising (2022, Drama, PG) **1.00** Daddy Day Camp (2007, Comedy, PG)

SPORT

TNT Sports 1

11.00am Tour de France Men Highlights. **12.00** Live: Tour de France Men. **5.00** Race Bikes. **5.30** IFSC Climbing World Cup Highlights. **6.30** Superbike World Championship Highlights. **7.30** Live: British Speedway. Sheffield Tigers v Oxford Spire. **10.00** Original Documentary. **11.00** MLB. **1.00** Live MLB.

Sky Sports Main Event

10.15am Live Test Cricket. England v India. Coverage of the fifth and final day of the Third Test in the five-match series from Lord's in London. **7.00** Sky Sports News. **10.00** Sky Sports News at Ten. **10.30** Back Pages Tonight. **11.00** Sky Sports News.

Sky Sports Premier League

10.00am Premier League Years. **12.00** Gary Neville's Soccerbox. **1.00** PL Retro. **3.00** Premier League 100 Club. **4.00** Premier League Icons. **5.00** Premier League Highlights. **8.00** Gary Neville's Soccerbox. **9.00** The Fall and Rise of Leeds United. **10.00** Class of '92: Full Time. **11.00** Premier League Icons. **12.00** Premier League Legends. **1.00** Premier League Years.

Tuesday July 15

DRAMA Love Rat RTÉ2, 9.40pm In the last episode in the series of this gripping four-part drama, Emma and Pete make a frantic dash to the airport, with Christina and the police hot on their heels. Emma is adamant that her and Pete's best course of action is to try and make it to the UK. But with the police closing in, she makes the decision to hand herself in. Sally Lindsay, Neil Morrissey, Gerald Kyd and Ramon Tikaram head the fantastic cast.



NEW SERIES The Great British Sewing Bee BBC1, 9.00pm Sara Pascoe returns to present as a dozen new sewers show off their talents, first of all proving their ability to create shape in a pattern challenge to make a tie-front blouse. The made-to-measure round tests their skills with pleats as they design a perfectly shaped dress, and in the transformation challenge, judges Esme Young and Patrick Grant ask them to reimagine a circle skirt.



RTÉ One	RTÉ2	Virgin One	TG4	BBC One	BBC Two
6.00 EuroNews 6.50 Shop R 7.25 Summer Best Of Today R S 8.25 Doctors R S 9.35 The Drew Barrymore Show R S 10.25 The Kelly Clarkson Show S 11.20 The Repair Shop S 12.15 Shortland Street S 12.45 Telly Bingo S 1.00 News S 1.30 Home and Away S 2.00 Neighbours S 2.30 Fair City R S 3.00 EastEnders R S 3.40 Summer Best Of Today S 4.40 Frankie Drake Mysteries S 5.40 Nuacht 5.55 News Followed by The Angelus R	6.00 EuroNews 8.00 Children's Programmes 5.00 The Goldbergs R S 5.30 The Big Bang Theory R S	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 S 3.00 Loose Women 4.00 Paul O'Grady: For the Love of Dogs R S 4.30 Judge Judy 5.30 News at 5.30 S	6.00 Cúla 4 11.10 Ainmhithe Craiceáilte R 11.35 Tour de France: Súil Siar R 12.05 The Wonder Years R S 12.35 Geantraí R 1.05 The Golden Girls R S 1.35 Murder, She Wrote R S 2.30 Sean-Nós R 3.30 Grand Tours of the Scottish Islands S 4.05 Glór Tíre: Rogha & Togha R S 4.35 Shark Tank R S 5.30 Éadaí SOS R	6.00 News S 9.30 Rip Off Britain: Scams R S 10.15 Fraud Squad S 10.45 Crimewatch Caught 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 Money for Nothing S 2.45 Escape to the Country R S 3.45 Garden Rescue R S 4.30 Bridge of Lies S 5.15 Pointless R S	6.30 Bargain Hunt R S 7.15 Garden Rescue R S 8.00 Sign Zone: Springwatch R S 9.00 News S 12.15 Politics Live S 1.00 Impossible R S 1.45 The Edge R S 2.30 Unbeatable R S 3.15 Italy's Invisible Cities R S 4.15 The Life of Mammals R S 5.15 Flog It! R S
6.01 NEWS S 7.00 CHEAP IRISH HOMES Maggie Molloy is on a house hunt with traditional wood worker Eoin Reardon, who's looking to buy an old single storey stone cottage that he can restore to it's original state. R S 7.30 EASTENDERS Julie arrives in Walford and demands to know what has happened to Nigel. When Jack talks to Oscar, he discovers more about his difficult relationship with his parents. S 8.00 EASTENDERS Phil and Julie continue to clash over her plan to take Nigel back to Scotland, and Jean frets about losing her cleaning job at the Vic if the Beales take over. S 8.30 FAIR CITY Dean and Mairead struggle to get time alone and Emma finds running a book group is complicated when Renee is involved. S 9.00 NEWS S 9.35 MRS BROWN'S BOYS Agnes volunteers at the salon and decides to try out speed-dating. Later, a new neighbour tests Agnes and Winnie's friendship. With Brendan O'Carroll. R S 10.10 1923 Jacob, Cara, and the Duttons go into town to take care of some business, and pleasure. S 11.15 DEATH IN PARADISE The discovery of an electrocuted dead body leads to a hidden world of data mining. S	6.00 NEIGHBOURS Jane and Terese realise they must be the only ones aware of Bowman's unfortunate release. R S 6.30 HOME AND AWAY Harper slips out of line. R S 7.00 HOME OF THE YEAR SCOTLAND The judges visit three more properties, with a period pink property in Killearn and a Victorian terrace and a townhouse in Glasgow battling for the last place in the final. S 7.35 NATURE'S ULTIMATE SURVIVORS The 20 creatures which have the fastest skills in nature to kill prey or evade danger quickly, revealing which animal earns the number one spot. R S 8.30 GREAT AUSTRALIAN RAILWAY JOURNEYS Michael Portillo rides the transcontinental Indian Pacific Railway from Adelaide to Perth, visiting goldfields and learning about the flying doctors of Western Australia. R S 9.40 LOVE RAT See Choice S 10.35 GREY'S ANATOMY Chaos erupts at Grey Sloan after a store shooting, while Ben struggles with emergency protocols. S 11.30 FIRST DATES HOTEL Hairdresser Amie hopes her date, 30-year-old Kurt, will be a cut above the rest. Others being paired up include part-time actor Simon and Disney-loving fellow thespian James. S	6.05 THE SIX O'CLOCK SHOW A lively mix of celebrity chat with national and international guests. S 7.00 NEWS S 7.30 EMMERDALE Sarah thinks all hope is lost, Charity makes an offer, and John feels terrible about the week ahead. S 8.00 LONG LOST FAMILY: BORN WITHOUT TRACE Davina McCall and Nicky Campbell present the stories of people who were abandoned as babies, helping them try to find their birth families and know their identities. David McBride was left in a car as a two-week-old infant in January 1962, while Helen Ward was left in a tartan bag in a telephone box in Dundalk in 1968. R 9.00 GOGGLEBOX IRELAND Deirdre O'Kane provides the voiceover as a selection of telly addicts pass comment on the week's programmes from their living rooms. R 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 BEAT THE CHASERS Bradley Walsh hosts as more studio audience members are called down to compete against the Chasers, choosing whether they play against two, three, four or all five Chasers at once. R S	6.00 THE GOLDEN GIRLS The girls attend a party where Sophia collapses. R S 6.30 THE WONDER YEARS Kevin stands up to Wayne. Starring Fred Savage. R S 7.00 NUAHT TG4 7.30 TITHE COIS UISCE Síle Nic Chonaonaigh meets more home owners whose properties are located by the water. They explain its importance and how they couldn't possibly live in any other location. R 8.00 7 LÁ Politics and the economy, regional, national and international affairs. Live debate on the major issues of the day with a panel of analysts, experts and political pundits. 8.45 TARRTHÁLAITHE NA HÉIREANN The Dublin Wicklow Mountain team members take part in team training and host their annual Run the Line Fundraiser. R 9.15 TOUR DE FRANCE: SÚIL SIAR NA SEACHTAINE A look back at the highlights from week one of Tour de France 2025. 9.45 OPRY LE DANIEL AR THURAS Daniel O'Donnell hosts the Irish-language country music show. Performers include Mairéad Carlin. R 10.45 BETTER CALL SAUL Jimmy's business enters uncharted territory. S 11.50 AN DIABHAL INTI The Church and ruling elite attitude to European witch-hunts. R	6.00 NEWS S 6.30 REGIONAL NEWS S 7.00 THE WORLD'S OLDEST RAILWAY: OUR LIVES The work of the volunteers who keep the Tanfield Railway in Gateshead going, as they prepare for a special celebration for its 300th anniversary. S 7.30 EASTENDERS Julie arrives in Walford and demands to know what has happened to Nigel. S 8.00 EASTENDERS Phil and Julie continue to clash over her plan to take Nigel back to Scotland. S 8.30 GARDEN RESCUE As they near retirement, Helen and Kevin are wanting to transform their garden into a seaside inspired relaxation space. Charlie Dimmock and Lee Burkhill take on the challenge. R S 9.00 THE GREAT BRITISH SEWING BEE See Choice S 10.00 NEWS S 10.30 REGIONAL NEWS S 10.40 KINAHAN: THE TRUE STORY OF IRELAND'S MAFIA The documentary tells the story of how the Kinahans formed a 'super cartel' with other gangs in Dubai to try to dominate the European cocaine market. Last in series. R S 11.40 KEVIN BRIDGES: THE OVERDUE CATCH UP Stand-up set by the Glasgow comic, filmed during his 2023 tour. R S	6.00 RICHARD OSMAN'S HOUSE OF GAMES With Nihal Arthanayake, Jay McGuinness, Lucy Porter and Jan Ravens. R S 6.30 ROBSON GREEN'S WEEKEND ESCAPES Robson invites Olly Smith to a weekend escape in the Scottish Borders. R S 7.00 THE HAIRY BIKERS GO WEST The Bikers visit the Isle of Bute, taking a trip down memory lane, while also discovering how locals are embracing change and keeping important traditions alive. R S 8.00 THE GAME – THE STORY OF HURLING The intensity of All-Ireland final day. Last in the series. S 8.55 THE CHRONICLES OF STRANGFORD Hugh checks some of the fencing at Ballyquinton Farm. R S 9.00 MIX TAPE New. In 1989, two teenagers form a bond over their shared love of music. Years later, one of them reaches out, hoping to rekindle their spark. Drama, starring Teresa Palmer. S 10.00 OUL TREASURES More family heirlooms and prized possessions in need of repair. R S 10.30 NEWSNIGHT S 11.00 FILM: MANHUNTER (1986, Thriller, 18) An FBI agent comes out of retirement to assist in the hunt for a serial killer. Starring William Petersen, Brian Cox and Dennis Farina. Dir: Michael Mann. S
12.20 We Hunt Together S 1.15 DNA Journey R S 2.25 Telly Bingo R S 2.35 The Kelly Clarkson Show R S 3.20 EuroNews	12.30 Extraordinary Life: The Ben Dunne Story R S 1.30 The Money List R S 2.30 Back from the Brink R S 3.20 The Summer Show R S 4.15 Angela Scanlon's Ask Me Anything R S 5.05 Close	12.00 Brain Doctors: Inside Neurosurgery R S 12.55 Rig 45 R 1.55 Close 5.25 The Tonight Show R S	12.20 Fíorscéal R 1.25 Tráma Teaghlaigh R 2.20 Nuacht TG4 R 2.50 Opry le Daniel ar Thursas R 3.45 Tithe Cois Uisce R 4.10 7 Lá R 4.55 France 24	12.45 Celebrity Bridge of Lies R S 1.30 News S	12.55 Sign Zone: Great British Railway Journeys R S 1.25 The Crime I Can't Forget R S 2.25 Policing Paradise R S 2.55 This Is BBC Two S

DRAMA The Couple Next Door Channel 4, 9.00pm Charlotte tries to distance herself from Mia following their night out. Jacob has to step in when a patient is sexist towards Mia, although her response disturbs everyone. At the fundraising ball, Leo and Jacob's mutual dislike is palpable, and Mia encourages Charlotte to reconnect with Jacob. But it soon becomes clear she has her own agenda and is manipulating the couple to ensure she gets what she wants.



Channel 4

6.25 Cheers R S **8.10** The King of Queens R S **9.10** Frasier R S **11.10** Ramsay's 24 Hours to Hell and Back R S **12.05** News S **12.10** Help! We Bought a Village R S **1.10** Car S.O.S R S **2.10** Countdown S **3.00** A Place in the Sun R S **4.00** The Great House Giveaway R S **5.00** Chateau DIY R S

6.00 SUN, SEA AND SELLING HOUSES Sharon and Shaun Garner channel a higher power as they hope to lead reiki master Cathy to her ideal property in Almería. Former angler Kevin and his wife Lynne are keen to net a retirement home in Málaga with the help of Shani and Andrew Hamilton. S

7.00 NEWS S

8.00 BAKE OFF: THE PROFESSIONALS The teams create 24 savoury sweet desserts, as well as 24 more desserts with a featured ingredient. Then they have five hours to create extraterrestrial-themed showpieces. S

9.00 THE COUPLE NEXT DOOR See Choice S

10.00 IN THE FOOTSTEPS OF KILLERS Emilia Fox and David Wilson investigate the unsolved murder of lovers Brian Price and Susan Tetrault, who were axed to death as they slept on a summer's evening in London 1986. S

11.05 MERSEYSIDE DETECTIVES: THE MURDERS OF ASHLEY AND OLIVIA The suspect named in Olivia Pratt-Korbel's shooting is arrested. In Ashley Dale's investigation, detectives track the movements of a car seen at the time of the shooting. R S

12.05 Merseyside Detectives: The Murders of Ashley and Olivia R S **1.00** Sky Coppers R S **1.55** Porn King: The Rise & Fall of Ron Jeremy R S **3.45** Find It, Fix It, Flog It R S **3.55** The Dog Academy R S **4.50** George Clarke's Amazing Spaces R S **5.45** Countdown R S

Virgin Two

6.20 The Chase Australia R **7.10** The Chase Celebrity Special R S **8.00** Tipping Point R S **9.00** The Chase R S **11.00** Gift Wrapped R S **12.00** Puzzling with Lucy Worsley: The Final S **1.00** Dress to Impress R S **3.00** The Finish Line R S **4.00** Tipping Point R S

6.00 THE CHASE Contestants Maryanne, Susan, Nadeem and Malcolm take part. R S

7.00 THE CHASE Katherine, Ollie, Sharon and Carlton take part in the quiz. R S

7.55 GOLF'S GREATEST HOLES Chris Hollins and Darren Clarke take on hole 16 at Royal Portrush. R

8.30 GOLF'S GREATEST HOLES White Rocks is up next for Chris Hollins and Paul McGinley. R

9.00 LOVE ISLAND S

10.05 MILLION DOLLAR LISTING: LA

11.00 MILLION DOLLAR LISTING: LA

11.55 MY MUM, YOUR DAD USA R

12.55 Inside Dubai: Playground of the Rich R S **2.04** Close

Sky Atlantic

6.00 Richard E Grant's Hotel Secrets R S **8.00** The Sopranos R S **10.05** Westworld R S **12.20** Game of Thrones R S **1.25** Domina R S **3.35** The Sopranos R S **5.40** Westworld. Sci-fi drama. R S

6.50 WESTWORLD Caleb uncovers a disturbing truth as he attempts to escape from Charlotte's interrogation and Bernard and C make their way to the resistance hideout. R S

7.55 GAME OF THRONES As the Night King's army of the dead marches towards Westeros, Jon and Daenerys arrive in Winterfell, where the Stark children are finally reunited. R S

9.00 GOMORRAH Conte recklessly takes revenge against one of Ciro's men, further weakening their fragile alliance. R S

10.00 GOMORRAH Ciro looks to cut a deal with Gennaro when new faces on the streets start causing problems. R S

11.00 HOMICIDE: LIFE ON THE STREET Part one of two. A baby's body is found. S

12.00 The Wire R S **1.10** Mare of Easttown R S **2.25** Mildred Pierce R S **3.55** Game of Thrones R S **5.00** The Guest Wing R S

Sky Showcase

6.00 Sky News Breakfast R **8.00** Border Patrol R S **9.00** Stargate Atlantis R S **11.00** New Kids in the Wild R S **12.00** The Flash R S **1.00** Hawaii Five-0 R S **3.00** NCIS: Los Angeles R S **4.00** S.W.A.T R S **5.00** The Simpsons R S

6.00 THE SIMPSONS R S

6.30 THE SIMPSONS R S

6.55 THE OFFICE (US) R S

7.35 THE OFFICE (US) R S

8.00 A LEAGUE OF THEIR OWN With Sean Dyche, Tony Bellew and Alan Carr. R S

9.00 FILM: OCEAN'S ELEVEN (2001, Comedy, 12) A suave ex-convict assembles a gang of crooks to help him pull off the daring robbery of three casinos in Las Vegas. With George Clooney, Brad Pitt and Julia Roberts. Dir: Steven Soderbergh. R

11.00 CREATURE COMMANDOS S

11.30 BRASSIC R S

12.30 The Force: North East R S **1.30** Road Wars R S **3.00** NCIS: Los Angeles R S **4.00** S.W.A.T R S **5.00** Motorway Patrol R S

UTV

6.00 News S **9.00** Lorraine S

10.00 This Morning S **12.30** Loose Women S **1.30** News S **1.55** UTV Live S **2.00** James Martin's Midweek Menu S **3.00** Lingo R S **4.00** Tipping Point R S **5.00** The Chase. Quiz show. R S

6.00 UTV LIVE S

6.30 NEWS S

7.30 EMMERDALE As Virgin One, 7.30pm. S

8.00 HIDDEN NORTHERN IRELAND Sara O'Kane explores rarely seen parts of the country. R S

8.30 DOGS WITH JOBS A litter of labradoodles start their journey to become assistance dogs. R S

9.00 JAMES MARTIN'S MIDWEEK MENU The host gives a masterclass in salt-baking fish. R S

10.00 NEWS S

10.30 UTV LIVE S

10.45 SYCAMORE GAP: BRITAIN'S LOST LANDMARK Tom Barton tells the full story of what happened on the night in September 2023. S

11.15 NOEL EDMONDS' KIWI ADVENTURE R S

12.05 Tour de France Highlights R S **12.55** Shop on TV **3.00** Long Lost Family: Born Without Trace R S **3.50** Unwind with ITV S **5.05** Ninja Warrior UK R S

Cable & Satellite

GENERAL

Virgin Three

7.10am Heartbeat. **8.00** Vera. **9.40** Eat, Shop, Save. **10.15** Judge Judy. **11.15** The Darling Buds of May. **12.20** John and Lisa's Weekend Kitchen. **1.20** The Royal. **2.20** Good Witch. **3.15** Emmerdale. **3.40** Coronation Street. **4.45** Heartbeat. **5.50** Agatha Christie's Poirot. **7.55** Heartbeat. Shiner investigates a gold raid. **9.00** Vera. The body of the co-owner of a chip shop is found in a freezer. Last in the series. **11.00** Emmerdale. **11.30** Touching Evil.

Virgin More

1.05pm Best of u20s Six Nations 2025. **1.55** Sport Stories: Joe Brolly. **2.55** Classic UEFA Champions League. **3.25** Best of u20's Six Nations 2025. **4.20** Golf's Greatest Holes. **4.50** UEFA Man in the Middle. **5.40** Classic UEFA Champions League. **6.35** Guinness Six Nations. **8.30** Classic 6 Nations. Italy v Ireland from 2009. **9.00** The Bay. Jenn identifies a key witness who is able to unlock the answers they need. **9.50** My Mum, Your Dad. The parents open up to Davina about their past relationships. Dating show, hosted by Davina McCall. **10.40** Lewis.

BBC Four

7.00pm A Summer Journey: The Severn. Angela Rippon continues her journey down the River Severn. **7.30** Canal Boat Diaries. Robbie Cumming gets stuck in the mud in Woodseaves Cutting. **8.00** The Good Life. Tom and Barbara attend evening classes. Last in the series. **8.30** Yes Minister. Jim runs into an environmental controversy. **9.00** The First Georgians: The German Kings Who Made Britain. How George II had to adapt to a change in society. **10.00** The Death of Yugoslavia.

ITV2

6.00am CITV. **7.45** Dinner Date. **8.35** Georgia and Tommy: Baby Steps. **9.30** The Only Way Is Essex. **10.15** The Real Housewives of Miami. **11.05** The Real Housewives of Salt Lake City. **12.05** Dinner Date. **1.05** Georgia and Tommy: Baby Steps. **2.05** The Only Way Is Essex. **3.05** Million Dollar Listing: LA. **4.00** The Real Housewives of Miami. **5.00** The Real Housewives of Salt Lake City. **6.00** Celebrity Catchphrase. **7.00** Deal or No Deal. Game show, hosted by Stephen Mulhern. **8.00** Million Dollar Listing: LA. Tracy's latest listing yields an interesting new development. **9.00** Love Island. Relationship-based reality show. **10.05** Transaction. **10.35** Family Guy. **11.35** American Dad!

ITV3

6.00am Classic Emmerdale. **7.00** Classic Coronation Street. **8.10** Where the Heart Is. **10.30** The Royal. **11.35** Heartbeat. **1.40** Classic Emmerdale. **2.40** Classic Coronation Street. **3.40** Midsomer Murders. **5.50** Heartbeat. **8.00** Agatha Christie's Poirot. A Halloween party becomes the venue for a murder. **10.00** Foyle's War. **12.00** Grace.

E4

9.00 Modern Family. **12.30** The Big Bang Theory. **2.00** Young Sheldon. **3.00** Modern Family. **4.00** The Simpsons. **5.00** The Big Bang Theory. **6.30** The Simpsons. **7.00** Hollyoaks. **7.30** The Simpsons. **8.00** Below Deck. Fraser deals with escalating tension between two of his stewards. **9.00** Gogglebox. **11.05** First Dates. Dating show.

More4

11.35am A Place in the Sun. **12.35** Come Dine with Me. **3.10** Four in a Bed. **5.55** Kirstie and Phil's Love It or List It. **6.55** The Dog House Australia. **7.55** The Dog House. Ellie hopes to find a dog to help her relax. Last in the series. **9.00** 24 Hours In Police Custody: Breakout. An escape attempt from the Yarl's Wood immigration removal centre. **10.00** 24 Hours in A&E. Documentary.

5

11.30am Storm Huntley with Matt Allwright. **12.30** Vanessa. **1.40** News. **1.45** Home and Away. **2.20** Film: To Catch a Killer (2022, Thriller, 12) **4.00** Bargain-Loving Brits in the Sun. **5.00** News. **6.00** Dogs Behaving (Very) Badly. **6.55** News. **7.00**

Cornwall: A Year by the Sea. Documentary exploring Cornwall as a thriving county all year round. **7.55** News. **8.00** Coastal Adventures with Helen, Jules & JB. New. Helen Skelton, JB Gill and Jules Hudson explore the UK's coastline. **9.00** Insomnia. After her interrogation by the police, Emma is released on insufficient evidence. **10.00** Ben Fogle: New Lives in the Wild. **11.05** Traffic Cops.

National Geographic

Noon: Mysterious Islands. **2.00** Jaws @ 50: The Definitive Inside Story. **3.55** Construction Fails. **5.00** Car S.O.S. **6.00** World War II: Secrets from Above. **7.00** Air Crash Investigation. A German airbus that crashed into the Mediterranean in 2008. **8.00** Gallipoli's Deep Secrets. First World War wrecks in Turkish waters. **9.00** Drain the Oceans. Draining off Hawaiian shores reveals Japan's secret weapons, from mini subs to fighter planes. **10.00** Lost Ships of WW2. **11.00** Air Crash Investigation. **12.00** Seconds from Disaster.

FILMS

Film4

2.20pm Hell Is a City (1960, Thriller, PG) **4.15** El Dorado (1966, Western, PG) **6.50** One Day (2011, Drama, 12) **9.00** Mission: Impossible – Rogue Nation (2015, Thriller, 12) **11.40** Taken (2008, Thriller, 18)

Movies 24

1.00pm To All a Good Night (2023, Drama, PG) **3.00** The Winter Palace (2022, Drama, PG) **5.00** The Finnish Line (2024, Drama, PG) **7.00** Christmas Under the Lights (2024, Drama, PG) **9.00** A Lot Like Christmas (2021, Drama, PG) **11.00** To Have And To Holiday (2024, Drama, PG) **1.00** Christmas Bedtime Stories (2022, Drama, PG)

Sky Cinema Premiere

2.20pm Sew Torn (2024, Thriller, 15) **4.05** Running on Empty (2024, Comedy, 15) **5.40** Joker: Folie a Deux (2024, Thriller, 15) **8.00** Wicked (2024, Musical, PG) **10.45** Gladiator II (2024, Epic, 15)

Sky Cinema Buddy Films

12.35pm Knocked Up (2007, 15) **2.45** Mean Girls (2024, 12) **4.40** Dumb and Dumber To (2014, 15) **6.30** Ace Ventura: Pet Detective (1994, 12) **8.00** Ace Ventura: When Nature Calls (1995, 12) **9.45** The Truman Show (1998, PG) **11.40** Beverly Hills Cop (1984, 15)

Sky Cinema Family

12.25pm The Spiderwick Chronicles (2008, Fantasy, PG) **2.10** Reuniting the Rubins (2010, Comedy, PG) **4.00** Harold and the Purple Crayon (2024, Drama, PG) **5.35** The Cat in the Hat (2003, Comedy, PG) **7.05** Stuart Little (1999, Comedy, U) With the voice of Michael J Fox. **8.40** Stuart Little 2 (2002, Adventure, U) **10.05** The Karate Kid (1984, Drama, 12) **12.20** Friend or Foe (1982, Drama, U)

SPORT

TNT Sports 1

10.00am Wimbledon. **1.00** MotoGP. **2.00** MotoGP Chequered Flag. **3.00** MLB. **5.00** BMX Racing. **6.00** Race Bikes. **6.30** Premier League Stories. **7.00** Wimbledon. **10.00** Tom Aspinall's Fight Lab. **10.30** Race Bikes. **11.00** MLB. **1.00** Live MLB.

Sky Sports Main Event

9.00am The Open Live. **12.00** Lunchtime Live. **2.00** Sports Desk. **2.30** Live Women's Vitality T20 Blast. **5.45** Sports Centre. **6.30** Live Vitality T20 Blast Cricket. Durham v Leicestershire Foxes. **9.45** Sky Sports News. **10.00** Sky Sports News at Ten. **10.30** Back Pages Tonight. **11.00** Sky Sports News.

Sky Sports Premier League

10.00am Premier League Years. **12.00** Gary Neville's Soccerbox. **1.00** PL Retro. **3.00** Premier League 100 Club. **4.00** Premier League Icons. **5.00** Premier League Highlights. **8.00** Gary Neville's Soccerbox. **9.00** Newcastle – The Entertainers. **9.30** Sticker Book. **9.45** Unpacked. **10.00** Class of '92: Full Time. **11.00** Premier League Icons. **12.00** Premier League Legends. **1.00** Premier League Years. The 2015/16 season.

Wednesday July 16

DOCUMENTARY Home: The Story of Zak Moradi RTÉ One, 10.35pm This fascinating documentary takes a look at the story of Zak Moradi, who was born in a camp in war-torn Iraq on the day the Gulf War began. Zak and his family share their experiences of fleeing their home to build a new life in Ireland. Twenty years since leaving Iraq, Zak returns to reconnect with his past on an emotional journey that explores the importance, meaning and feeling of a home.



DOCUMENTARY The Sycamore Gap: From Roots to Ruin BBC2, 7.30pm A 150-year-old sycamore tree in a dip in the countryside along Hadrian's Wall came to symbolise a community. But when the people of Northumberland woke to discover it has been chopped down overnight in September 2023, it led to a news story that made headlines around the world. This programme looks at who destroyed the tree at Sycamore Gap and the reasons why.



RTÉ One	RTÉ2	Virgin One	TG4	BBC One	BBC Two
6.00 EuroNews 6.50 Shopping R 7.25 Summer Best Of Today R S 8.25 Doctors R S 9.35 The Drew Barrymore Show R S 10.25 The Kelly Clarkson Show S 11.15 Shortland Street S 11.50 Leaders' Questions S 12.45 Creedon's Atlas of Ireland R S 1.00 News S 1.30 Home and Away S 2.00 Neighbours S 2.30 EastEnders R S 3.40 Summer Best of Today S 4.40 Frankie Drake Mysteries S 5.40 Nuacht 5.55 News Followed by The Angelus R	6.00 EuroNews 8.00 Children's Programmes 5.00 The Goldbergs R S 5.30 The Big Bang Theory R S	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 S 3.00 Loose Women 4.00 Paul O'Grady: For the Love of Dogs R S 4.30 Judge Judy 5.30 News at 5.30 S	6.00 Cúla 4 11.10 Ainmhithe Craiceáilte R 11.35 Tour de France: Súil Siar na Seachtaine R 12.05 Tour de France Beo Continued coverage of stage 11. 4.50 Grand Tours of the Scottish Islands S 5.30 Is Mise le Mess R	6.00 News S 9.30 Rip Off Britain R S 10.15 Fraud Squad S 10.45 Crimewatch Caught 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 Money for Nothing R S 2.45 Escape to the Country R S 3.45 Garden Rescue S 4.30 Bridge of Lies S 5.15 Pointless R S	6.15 A to Z of TV Gardening R S 7.00 Homes Under the Hammer R S 8.00 Sign Zone: Celebrity Antiques Road Trip R S 9.00 News S 11.15 Politics Live S 1.00 Impossible R S 1.45 The Edge R S 2.30 Unbeatable R S 3.15 Ancient Invisible Cities R S 4.15 The Life of Mammals R S 5.15 Flog It! R S
6.01 NEWS S 7.00 NATIONWIDE A mix of reports, features and events from around the country. S 7.30 THE END OF THE WORLD WITH BEANZ Martin Beanz Warde travels to the USA, along with his co-host and fellow comedian Bernard O'Shea in the hopes of finding a simpler way of living. R S 8.00 NEVEN'S COASTAL FOOD TRAILS Neven Maguire visits New Quay, home to Flaggy Shore Oysters and Linnane's Lobster Bar, before trying his hand at training sheep dogs in Caherconnell. Last in the series. R S 8.30 DONAL'S REAL TIME RECIPES Donal Skehan cooks pork saltimbocca with borlotti beans, his assassins one-pan pasta, roman chicken with salsa verde and pad Thai with tiger prawns, tamarind and oodles of flavour. R S 9.00 NEWS S 9.35 NORAIÐ: IRISH AMERICA AND THE IRA Part two of two. A look at the Irish-Americans who wanted to do more for the Republican Movement than just fundraise for the families of prisoners. S 10.35 HOME: THE STORY OF ZAK MORADI See Choice S 11.45 YELLOWSTONE Rip asks for help from a friend in Texas. R S 12.40 The Tommy Tiernan Show R S 1.55 Uncharted with Ray Goggins R S 2.45 Hooked: How Addiction Hijacks Your Brain R S 3.35 Bog Amach R S 4.05 Super Garden R S 4.30 The Complaints Bureau R S 4.55 A Ring and a Prayer R S 5.20 Ear to the Ground R S 5.45 EuroNews	6.00 NEIGHBOURS Andrew is upset with Wendy for driving his biological family to leave the party, not interested in her excuses, he believes she should've risen above any offence Gretchen gave her. R S 6.30 HOME AND AWAY Justin helps to distract Leah, Cash butts heads with the new boss and Lacey's past catches up with her. R S 7.00 THE SIMPSONS Lisa makes a shocking decision about college. R S 7.30 LIVE UEFA WOMEN'S EURO 2025 Winner Group A v Runner-up Group B (Kick-off 8.00pm). Marie Crowe presents coverage of the opening quarter-final, which comes from Stade de Genève in Switzerland. S 10.30 THE TRAITORS Claudia Winkleman hosts as another player is sent home, tempers rise at the round table and the faithful are determined to catch a traitor in the act. Surprises are in store for the contestants and Claudia proves the castle really is full of secrets. S 11.40 THE CASTAWAYS Lori awakes to find the plane has crashed on a desert island. With several casualties and many injuries, the survivors must put their differences aside to save themselves from the various dangers that lurk. Mystery thriller, with Sheridan Smith. R S 12.45 Screw R S 1.40 NCIS R S 2.35 EuroNews	6.05 THE SIX O'CLOCK SHOW A lively mix of celebrity chat with national and international guests. S 7.00 NEWS S 7.30 EMMERDALE Tracy is shocked when she gets some news, Cain's anger boils over and Sarah is worried about Charity after her kind offer. S 8.00 CORONATION STREET With Kit facing life-saving surgery following his confrontation with Mick, Sarah and Bernie sit at his bedside. Nick tackles David about Lily's behaviour. S 9.00 SHARK! CELEBRITY INFESTED WATERS New. Famous faces head to the Bahamas to swim with sharks, with experts Danni Washington and Tristan Guttridge and shark attack survivor Paul de Gelder acting as mentors. 10.00 THE TONIGHT SHOW Comment and analysis on the big stories of the day. S 11.00 THE SALVAGE SQUAD Brian Dowling and his fashion-forward design team continue their mission to prove to the nation that it is possible achieve a dream home renovation at little cost. Changing Rooms meets the Repair Shop with a new sustainable twist, the challenge here is to transform our bland old rooms, furniture and fittings into unique and stunning show stoppers, using only upcycling. R S 12.00 Brain Doctors: Inside Neurosurgery R S 1.00 Mr Selfridge R S 1.59 Close 5.25 The Tonight Show R S	6.00 THE GOLDEN GIRLS Dorothy's ex-husband returns to settle a land dispute, but they end up sleeping together. R S 6.30 THE WONDER YEARS Kevin tries to save Paul from the humiliation of being the class loser. R S 7.00 NUAHT TG4 7.30 SEAN-NÓS Singers from the Donegal Gaeltacht, including Gearóidín Breathnach, Caitlín Uí Dhónaill, Éamonn Mac Ruaidhrí and Brian Ó Dónaill. R 8.30 AN CUMANN Corca Dhuibhne rugby seniors focus on tactics as players try to juggle both GAA and rugby commitments, while Conamara Boxing Club suffers a terrible loss. R 9.00 TOUR DE FRANCE: SÚIL SIAR Highlights of the 157km stage 11, beginning and ending in Toulouse. Commentary by Páidí Ó Lionáird and Pádraic Ó Cuinn. 9.30 INIS NA NIONTAS Ardal O'Hanlon ends his journey travelling from Garnish Island to the tip of Cape Clear, Ireland's southernmost island. In Irish. Last in the series. R 10.30 THE ECLIPSE See Choice 11.35 BORGEN An uneventful summer in the Danish parliament is disrupted when former prime ministerial contender Michael Laugesen releases a tell-all book. R 12.40 Beidh Mé Ar AIS! R 1.40 Dáil Éireann 2.20 Nuacht TG4 R 2.50 Na Slimmers R 3.20 Eipidéim R 4.10 An Cumann R 4.40 Aerfort Dhún na nGall R 5.05 France 24	6.00 NEWS S 6.30 REGIONAL NEWS S 7.00 THE HAGGIS HUNTERS: OUR LIVES Families competing in the World Haggis Championships in Perth. S 7.30 MATCH OF THE DAY LIVE Winner Group A v Runner-up Group B (Kick-off 8.00pm). Coverage of the opening quarter-final of Women's UEFA Euro 2025, which comes from Stade de Genève in Switzerland. England looked to be heading out of the tournament against Spain at this stage in 2022, but an 84th-minute equaliser from Ella Toone and Fay Stanway's extra-time strike gave the Lionesses a 2-1 win, and they went on to lift the trophy. Spain could be involved in this match should they have finished second in a group containing Portugal, Belgium and Italy, but they were fancied to top the table, having won the FIFA World Cup and UEFA Nations League since that setback against Sarina Wiegman's side three years ago. S 10.10 NEWS S 10.40 REGIONAL NEWS S 10.50 TEEN PREDATOR/ ONLINE KILLER The investigation goes international after a discovery on McCartney's devices. R S 11.20 HIGH COUNTRY Australian crime drama, starring Leah Purcell. R S 12.10 High Country R S 12.55 News S	6.00 RICHARD OSMAN'S HOUSE OF GAMES With Nihal Arthanayake, Jay McGuinness, Lucy Porter and Jan Ravens. R S 6.30 ROBSON GREEN'S WEEKEND ESCAPES Robson meets up with screen star Lee Ingleby in Durham. R S 7.00 SOS: EXTREME RESCUES New. Following the emergency and rescue services in Snowdonia. An 80-year-old woman is stuck on Snowdon, and a police helicopter looks for a tourist lost in the dark. S 7.30 THE SYCAMORE GAP: FROM ROOTS TO RUIN See Choice S 8.00 EARTH'S GREAT RIVERS II Cameras focus on the Yukon. Home to bears, moose and huge salmon, the riches of North America's frozen river have sustained people for centuries. R S 9.00 MIX TAPE In Sheffield, 1989, Daniel and Alison's relationship is beginning in earnest. S 10.00 HARDY BUCKS Eddie's and Buzz's love lives become very complicated. Last in the series. S 10.25 THE CHRONICLES OF STRANGFORD Featuring footage of the opening of the Strangford car ferry in 1969. S 10.30 NEWSNIGHT S 11.00 LIVE AID AT 40: WHEN ROCK 'N' ROLL TOOK ON THE WORLD Last in the series. R S 12.00 Golf: The Open 2024 Review S 12.55 Sign Zone: The Moment of Proof R S 1.25 Policing Paradise R S 1.55 Ambulance R S 2.55 This Is BBC Two S

MYSTERY The Eclipse TG4, 10.30pm Just when the investigators think they’ve found their culprit, an unexpected twist reshuffles the cards. As David Levy assists Johanna and Manue in their inquiry, he focuses on Angèle and Luca, Johanna and Manue’s children. Guided by their motherly instincts, Manue and Johanna refuse to believe their children have any part to play in the crime. Excluded from the investigation, the two friends are torn apart.



Channel 4

6.25 Cheers R S **8.10** The King of Queens R S **9.10** Frasier R S **11.10** Ramsay’s Kitchen Nightmares USA R S **12.05** News S **12.10** Help! We Bought a Village R S **1.10** Car S.O.S R S **2.10** Countdown S **3.00** A Place in the Sun R S **4.00** The Great House Giveaway R S **5.00** Chateau DIY R S

6.00 SUN, SEA AND SELLING HOUSES Sisters Sophie and Charlotte Rodriguez help golf fanatic Paul and his wife Jo find an Alicante villa to make their new permanent home in Spain. In Almería, Sharon Garner and her son Shaun hunt for a retirement retreat for Yorkshire couple Sally and Kevin, armed with a budget of 250,000 euros. S

7.00 NEWS S

8.00 CAN’T SELL, MUST SELL In Newport and Barry in south Wales, Stuart and Scarlett Douglas take on two houses that just won’t sell. Although they were built in the 1960s and 1970s, neither of them has a contemporary feel. One house is drowning in cluttered chaos, while the other is empty, drab and unloved. The sibling property experts transform them on a £3,000 budget – but will it be enough to finally attract buyers? S

9.00 THE COUPLE NEXT DOOR A guilt-ridden Jacob plans a surprise weekend in Antwerp for Charlotte – but when an unexpected third person turns up, things take an erotic and dangerous turn. S

10.00 GOGGLEBOX The armchair critics share their thoughts on shows including Married at First Sight UK, and The Chase Celebrity Special. R S

11.05 CELEBRITY GOGGLEBOX Famous faces appraise the week’s television. R S

12.05 Love in the Wild: The Real Dating Experiment – Untold S **1.00** Crime Scene Cleaners R S **1.55** **FILM: Kamli** (2022, Drama, 12) Dir: Sarmad Sultan Khoosat. S **4.10** Find It, Fix It, Flog It R S **4.25** Kirstie and Phil’s Love It or List It: Brilliant Builds R S **4.50** George Clarke’s Amazing Spaces R S

Virgin Two

6.25 The Chase Australia R **7.10** The Chase Celebrity Special R S **8.00** Tipping Point R S **9.00** The Chase R S **11.00** Tipping Point: Lucky Stars R **12.00** The Void R S **1.00** Dress to Impress R S **3.00** The Finish Line. Quiz, hosted by Roman Kemp and Sarah Greene. R S **4.00** Tipping Point. Quiz, hosted by Ben Shephard. R S **6.00 THE CHASE** Contestants George, Charlotte, Louis and Archie take part. R S **7.00 THE CHASE** Quiz, hosted by Bradley Walsh. R S **7.55 GOLF’S GREATEST HOLES** Including Royal Portrush’s 17th hole. R **8.30 GOLF’S GREATEST HOLES** Tackling a selection of holes at Royal Portrush. R **9.00 LOVE ISLAND** Relationship-based reality show. S **10.05 THE REAL HOUSEWIVES OF DALLAS** **11.00 THE GRAHAM NORTON SHOW** R **12.00** The Real Housewives of Orange County R **2.00** Close

Sky Atlantic

6.00 Fish Town R S **8.00** The Sopranos R S **10.05** Westworld R S **12.20** Game of Thrones R S **1.25** Domina R S **3.35** The Sopranos R S **5.45** Westworld. Charlotte’s plans start coming together. R S **6.45 WESTWORLD** Caleb and C try to escape while Christina finds the centre of the maze. Hale is furious when William changes the game’s difficulty. Last in the series. R S **7.55 GAME OF THRONES** Daenerys learns the truth about her relationship with Jon. R S **9.00 THE WHITE LOTUS** A group of demanding vacationers arrive at luxury resort in Sicily, where Tanya turns up with her new assistant, and a family deals with a conspicuous absence. R S **10.10 TRUE DETECTIVE** Four individuals become wrapped up in a murder inquiry. R S **11.20 HOMICIDE: LIFE ON THE STREET** Part two of two. Debbie signs the plea agreement. S **12.20** Succession R S **2.50** The Night Of R S **4.00** Game of Thrones. Fantasy drama. R S **5.05** The Guest Wing R S

Sky Showcase

6.00 Sky News Breakfast R **8.00** Border Patrol R S **9.00** Stargate Atlantis R S **11.00** New Kids in the Wild R S **12.00** The Flash R S **1.00** Hawaii Five-0 R S **3.00** NCIS: Los Angeles R S **4.00** S.W.A.T R S **5.00** The Simpsons R S **6.00 THE SIMPSONS** R S **6.30 THE SIMPSONS** R S **7.00 THE OFFICE (US)** R S **7.30 THE OFFICE (US)** R S **8.00 GREAT BARRIER REEF WITH DAVID ATTENBOROUGH** The naturalist explores the shark-infested waters of Osprey Reef. R S **9.00 DEATH OF A SHOWJUMPER** The events surrounding the death of Katie Simpson. S **10.00 DEATH OF A SHOWJUMPER S** **11.00 A LEAGUE OF THEIR OWN** With Sean Dyche, Tony Bellew and Alan Carr. R S **12.00** An Idiot Abroad R S **1.00** The Force: North East R S **2.00** Road Wars R S **3.00** NCIS: Los Angeles R S **4.00** S.W.A.T R S **5.00** Motorway Patrol R S

UTV

6.00 News S **9.00** Lorraine S **10.00** This Morning S **12.30** Loose Women S **1.30** News S **1.55** UTV Live S **2.00** Celebrity Catchphrase R S **3.00** Lingo R S **4.00** Tipping Point R S **5.00** The Chase R S **6.00 UTV LIVE S** **6.30 NEWS S** **7.15 UEFA WOMEN’S EURO 2025** Winner Group A v Runner-up Group B (Kick-off 8.00pm). Coverage of the opening quarter-final, which comes from Stade de Genève in Switzerland. England looked to be heading out of the tournament against Spain at this stage in 2022, but an 84th-minute equaliser from Ella Toone and Fay Stanway’s extra-time strike gave the Lionesses a 2-1 win, and they went on to lift the trophy. S **10.20 NEWS S** **10.55 UTV LIVE S** **11.10 FILM: JAWS** (1975, Horror, 12) A seaside town’s police chief has to deal with a giant killer shark preying on tourists. Starring Roy Scheider. Dir: Steven Spielberg. S **1.15** Shop on TV **3.00** Tour de France Highlights R S **3.50** Unwind with ITV S **5.05** James Martin’s Midweek Menu R S

Cable & Satellite

GENERAL

Virgin Three

7.00am Heartbeat. **7.50** Vera. **9.30** Eat, Shop, Save. **10.00** Judge Judy. **11.00** The Darling Buds of May. **12.05** John and Lisa’s Weekend Kitchen. **1.05** The Royal. **2.05** Good Witch. **3.00** Hospital. **4.15** Emmerdale. **4.45** Heartbeat. **5.50** Agatha Christie’s Poirot. **7.55** Heartbeat. A bride-to-be goes missing. **9.00** Trigger Point. The team pursues a man spotted running from a high-rise in Docklands. **10.00** Coronation Street. **11.00** Emmerdale. **11.30** Autopsy USA.

Virgin More

1.25pm Best of u20’s Six Nations 2025. **2.15** Sport Stories: Joe Brolly. **3.05** Classic UEFA Champions League. **3.30** Best of u20’s Six Nations 2025. **4.20** Golf’s Greatest Holes. **4.50** UCL Defining Moments. **5.45** Classic 6 Nations. **6.40** Six Nations Under-20s. **8.30** Classic UEFA Champions League. Real Madrid v Barcelona from 2011. **9.00** The Girl Before. Drama, starring Gugu Mbatha-Raw. **10.05** The Vanishing Triangle. **10.55** Born to Kill? **11.45** Classic 6 Nations.

BBC Four

7.00pm A Summer Journey: The Severn. Angela Rippon joins the Severn Area Rescue Association a training exercise. **7.30** Canal Boat Diaries. Robbie Cumming navigates the River Severn. **8.00** Meet the Romans with Mary Beard. Typical family life in ancient Rome. Last in the series. **9.00** Dinosaurs, Myths and Monsters. Historical interpretations of prehistoric remains and fossils. **10.00** Debbie Horsfield Remembers – Cutting It. **10.15** Cutting It.

ITV2

6.00am CITV. **7.45** Buying the View. **8.10** Georgia and Tommy: Baby Steps. **9.05** The Only Way Is Essex. **10.05** The Real Housewives of Miami. **11.05** The Real Housewives of Salt Lake City. **12.05** Dinner Date. **1.05** Georgia and Tommy: Baby Steps. **2.05** The Only Way Is Essex. **3.05** Million Dollar Listing: LA. **4.00** The Real Housewives of Miami. **5.00** The Real Housewives of Salt Lake City. **6.00** Celebrity Catchphrase. **7.00** Deal or No Deal. Game show, hosted by Stephen Mulhern. **8.00** Million Dollar Listing: LA. Flagg and Altman team up to sell a deluxe apartment in the sky. **9.00** Love Island. Relationship-based reality show. **10.05** Extraordinary. **10.40** Family Guy. Animated comedy. **11.40** American Dad!

ITV3

6.00am Classic Emmerdale. **7.00** Classic Coronation Street. **8.10** Where the Heart Is. **10.30** The Royal. **11.35** Heartbeat. **1.40** Classic Emmerdale. **2.40** Classic Coronation Street. **3.40** Midsomer Murders. **5.50** Heartbeat. **8.00** Vera. A social worker is murdered. Starring Brenda Blethyn and David Leon. **10.00** Foyle’s War. **12.00** Grace.

E4

Noon: Modern Family. **12.30** The Big Bang Theory. **2.00** Young Sheldon. **3.00** Modern Family. **4.00** The Simpsons. **5.00** The Big Bang Theory. **6.30** The Simpsons. **7.00** Hollyoaks. **7.30** The Simpsons. **8.00** Below Deck. Fraser urges Barbie to be kinder to Cat. **9.00** Gogglebox. Gordon Ramsay’s Future Food Stars is appraised. **10.00** First Dates. A 34-year-old plumber seeks romance. **11.05** Naked Attraction.

More4

11.35am A Place in the Sun. **12.35** Come Dine with Me. **3.10** Four in a Bed. **5.55** Kirstie and Phil’s Love It or List It. **6.55** The Dog House Australia. **7.55** The Dog House. Beth and Jemima are looking for an outgoing pup. **9.00** Grand Designs. A couple transform a 150-year-old barn into a five-bedroom home. **10.00** Location, Location, Location Australia. **11.00** 999: On the Front Line.

5

11.30am Storm Huntley with Matt Allwright. **12.30** Vanessa. **1.40** News. **1.45** Home and Away. **2.20** Film: A Sinful Silence (2024, Drama, PG) **4.00** Bargain-Loving Brits in the Sun. **5.00** News. **6.00** Dogs Behaving (Very) Badly. **6.55** News.

7.00 Cornwall: A Year by the Sea. Cameras focus on professional surfer Sam. **7.55** News. **8.00** Call the Bailiffs: Time to Pay Up. Agents are on the trail of a woman who owes more than a year’s worth of rent. **9.00** Insomnia. Emma learns a truth about her past that leads to realisation of the danger her family are in. Last in the series. **10.05** The Child Snatcher: Little Girl Lost.

National Geographic

Noon: UFOs: Investigating the Unknown. **2.00** Drain the Oceans. **3.00** Lost Ships of WW2. **4.00** Construction Fails. **5.00** Car S.O.S. **6.00** World War II: Secrets from Above. **7.00** Air Crash Investigation. An engine failure in Qantas Flight 32 in 2010. **8.00** Secret Nazi Science. The world’s first precision-guided weapon deployed during combat. **9.00** Nazi Death Camp: The Great Escape. Jewish former prisoners at a Polish death camp recall their escape in 1943. **10.00** Hitler’s Last Stand. **11.00** Air Crash Investigation. **12.00** Seconds from Disaster.

FILMS

Film4

12.55pm Gunman’s Walk (1958, Western, PG) **2.45** Yesterday’s Enemy (1959, Drama, PG) **4.40** The Man from Laramie (1955, Western, U) **6.45** Independence Day: Resurgence (2016, Sci-Fi, 12) **9.00** The Transporter (2002, Adventure, 15) Starring Jason Statham. **10.50** Conan the Barbarian (2011, Fantasy, 15) **1.00** The Warrior (2001, Drama, 12)

Movies 24

1.00pm Holiday Crashers (2024, Comedy, PG) **3.00** A Tale of Two Christmases (2022, Drama, PG) **5.00** Ghosts of Christmas Always (2022, Fantasy, PG) **7.00** A Maple Valley Christmas (2022, Drama, PG) **9.00** Letters to Santa (2023, Fantasy, PG) **11.00** The Holiday Stocking (2022, Fantasy, PG) **1.00** Love at the Christmas Market (2023, Drama, PG)

Sky Cinema Premiere

1.55pm Running on Empty (2024, Comedy, 15) **3.30** Gladiator II (2024, Epic, 15) **6.00** Sharp Corner (2024, Thriller, 15) **8.00** Wicked (2024, Musical, PG) **10.50** Joker: Folie a Deux (2024, Thriller, 15)

Sky Cinema Buddy Films

1.30pm Ace Ventura: Pet Detective (1994, 12) **3.00** Ace Ventura: When Nature Calls (1995, 12) **4.40** Weird Science (1985, 15) **6.20** Wayne’s World (1992, PG) **8.00** Wayne’s World 2 (1993, PG) **9.45** Bad Boys II (2003, 15) **12.15** Beverly Hills Cop II (1987, 15)

Sky Cinema Family

12.40pm My Penguin Friend (2024, Adventure, PG) **2.25** Stuart Little (1999, Comedy, U) **4.00** Stuart Little 2 (2002, Adventure, U) **5.25** Stardust (2007, Fantasy, PG) **7.40** Look Who’s Talking Too (1990, Comedy, 12) **9.10** The Karate Kid Part II (1986, Adventure, PG) **11.20** Ride On (2023, Drama, PG)

SPORT

TNT Sports 1

11.00am Tour de France Men Highlights. **12.00** Live: Tour de France Men. **4.45** Premier League Stories. **5.15** MLB Plays of the Week. **5.45** TNT Sports Reload. **6.15** Test Cricket Highlights. **7.15** Live Test Cricket. West Indies v Australia.

Sky Sports Main Event

9.00am The Open Live. **12.00** Lunchtime Live. **12.30** Live Women’s International One-Day Cricket. England v India. **9.00** Sky Sports News. **10.00** Sky Sports News at Ten. **10.30** Back Pages Tonight. **11.00** Sky Sports News.

Sky Sports Premier League

10.00am Premier League Years. **12.00** Gary Neville’s Soccerbox. **1.00** PL Retro. **3.00** Premier League 100 Club. **4.00** Premier League Icons. **5.00** Premier League Highlights. **7.00** Premier League Stories. **7.30** Premier League Highlights. Everton v Brentford. **8.00** Gary Neville’s Soccerbox. **8.30** David James: The One and Only. **10.00** Class of ’92: Full Time. **11.00** Premier League Stories. **11.30** Premier League Icons. **12.00** Premier League Legends. **1.00** Premier League Years.

FORENSIC CRIME DRAMA Silent Witness RTÉ One, 11.10pm In the first of a two-part special, the body of an elderly woman is found in a cave, with her fingerprints burnt off and a posy of foxgloves at her side that she did not pick herself. The case is complicated further when they discover that she died three months before her body was discovered. Jack is apprehensive about the arrival of new boss Professor Harriet Maven (Maggie Steed).



REALITY The Traitors RTÉ2, 10.30pm The stakes are getting higher and the Faithfuls feel like they are on the backfoot. It remains to be seen therefore whether they can change the course of the reality game, and put the traitors under fire. With life-changing money still at stake, the players must also remain focused on building the prize pot in a mission that sees them go to new depths of despair. However, that's the least of their worries...



RTÉ One	RTÉ2	Virgin One	TG4	BBC One	BBC Two
6.50 Teleshopping R 7.25 Summer Best of Today R S 8.25 Doctors R S 9.35 The Drew Barrymore Show R S 10.25 The Kelly Clarkson Show S 11.15 Shortland Street S 11.50 Leaders' Questions S 12.45 Telly Bingo S 1.00 News S 1.30 Home and Away S 2.00 Neighbours S 2.30 Fair City R S 3.00 Cheap Irish Homes R S 3.40 Summer Best of Today S 4.40 Sister Boniface Mysteries R S 5.40 Nuacht 5.55 News Followed by The Angelus R	6.00 EuroNews 8.00 Children's Programmes 5.00 The Goldbergs R S 5.30 The Big Bang Theory R S	6.15 The Six O'Clock Show R S 7.00 Ireland AM S 9.55 This Morning S 12.30 News S 1.00 The Chase S 3.00 Loose Women 4.00 Paul O'Grady: For the Love of Dogs R S 4.30 Judge Judy 5.30 News at 5.30 S	6.00 Cúla 4 11.05 Ainmhithe Craiceáilte R 11.30 The Golden Girls R S 12.00 The Wonder Years R S 12.30 Tour de France: Súil Siar R 1.00 Tour de France Beo Coverage of Stage 12, from Auch to Hautacam. 5.30 Planda go Pláta R	6.00 News S 9.30 Rip Off Britain: Scams R S 10.15 Fraud Squad S 10.45 Crimewatch Caught 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 Money for Nothing S 2.45 Escape to the Country R S 3.45 Garden Rescue R S 4.30 Bridge of Lies S 5.15 Pointless R S	6.30 Money for Nothing R S 7.15 Garden Rescue R S 8.00 Sign Zone: Springwatch R S 9.00 News S 12.15 Politics Live S 1.00 Impossible R S 1.45 The Edge R S 2.30 Unbeatable R S 3.15 Ancient Invisible Cities R S 4.15 The Life of Mammals R S 5.15 Flog It! R S
6.01 NEWS S 7.00 HIGH ROAD, LOW ROAD The Chase's Darragh Ennis and comedian Justine Stafford head off to the sun-soaked city of Thessaloniki, complete with Greek history, pirate ships, bee farms and tandem bikes. R S 7.30 EASTENDERS Stacey gets some surprising news. There's mayhem on the market. Ravi shares a new plan with Harry. S 8.00 BEST PLACE TO BE In Switzerland, Baz Ashmawy meets some friendly pooches at a doggy hotel run by a Clare couple and samples the pastries on offer at a Limerick lady's Tea Room. R S 8.30 FAIR CITY Ger discovers something she can use against James and an arrogant Ray makes a huge mistake when he tries to take over Pete's job. S 9.00 NEWS S 9.35 PRIME TIME In-depth analysis of current affairs and topical reports, presented by Miriam O'Callaghan. S 10.10 LISTEN TO THE LAND SPEAK Manchaan Magan reveals the profound knowledge and wisdom contained in landscapes and myths, exploring how they have shaped the way people look at the world. S 11.10 SILENT WITNESS See Choice S 12.15 Van Der Valk R S 1.10 Prime Time R S 1.50 Telly Bingo R S 2.05 The Kelly Clarkson Show R S 2.50 EuroNews	6.00 NEIGHBOURS The Erinsborough locals are rocked by more drama. R S 6.30 HOME AND AWAY Remi's talents get noticed and Lacey makes a stand. R S 7.00 THE SIMPSONS A 35-year-old intern at the power plant asks Homer to be his mentor, but the pair find themselves being chased by the mob after the younger man starts a business. R S 7.30 LIVE UEFA WOMEN'S EURO 2025 Winner Group C v Runner-up Group D (Kick-off 8.00pm). Jacqui Hurley presents coverage of the second quarter-final, which comes from Stadion Letzigrund in Zurich, Switzerland. Germany were the second team to book their place in the semi-finals of Euro 2022, after goals by Lina Magull and Alexandra Popp gave them a 2-0 win over Austria in Brentford, and they went on to finish the tournament as runners-up to England. A repeat of that final is possible this evening should the Germans top their group ahead of Poland, Denmark and Sweden, and the Lionesses finish second in a pool also containing France, Wales and the Netherlands. S 10.30 THE TRAITORS See Choice S 11.40 SHUSH A mother makes an impulsive decision. R S 12.10 Line of Duty R S 1.20 The Power of Parker R S 2.00 EuroNews	6.05 THE SIX O'CLOCK SHOW A lively mix of celebrity chat with national and international guests. S 7.00 NEWS S 7.30 EMMERDALE Everyone gathers as Nate's funeral takes place, while John struggles under pressure and Paddy tries to stifle his panic. S 8.00 EMMERDALE Everyone gathers as Nate's funeral takes place, while John struggles under pressure and Paddy tries to stifle his panic. S 8.30 BRADLEY & BARNEY WALSH: BREAKING DAD The duo continue to explore Costa Rica, where they attempt tree climbing, visit a local sanctuary for dogs, and meet a former Olympian in Kayak Slalom. R S 9.00 THE FEUD New. A couple's idyllic life on their suburban street looks set to fall apart when their neighbours object to their kitchen extension. 10.00 TIKTOK: MURDER GONE VIRAL A look at the case of American influencer Alexis Sharkey, who was declared missing in November 2020 by her husband and whose body was found shortly after. Last in the series. R 11.00 THE WALK-IN Mullen comes under suspicion within National Action, but he refuses the offer of a new life and a new identity on the witness protection programme. R S 12.00 Crash Scene Investigates R S 1.00 Mr Selfridge R S 1.58 Close	6.00 THE GOLDEN GIRLS Blanche and Rose compete against each other for the part of Lady Macbeth in a local theatre production. R S 6.30 THE WONDER YEARS A planned student protest against the Vietnam War leads to threats of suspension from the headmaster – and a moral dilemma for Kevin. R S 7.00 NUACHT TG4 7.30 ÉADAÍ SOS Caoimhe Ní Chathail offers fashion advice to a woman always buying new clothes – especially if they are leopard print. Last in the series. R 8.00 IS MISE LE MESS Derena, Síle and Colleen clean Ciara's house in Donegal. R 8.30 SCÉAL MOLLY KEANE The life and times of the writer. R 9.00 TOUR DE FRANCE: SÚIL SIAR Highlights from stage 12, a 181km trek from Auch to Hautacam. Commentary by Páidí Ó Lionáird and Pádraic Ó Cuinn. 9.30 SURVIVOR In the aftermath of a blindside elimination, multiple castaways claim credit for their resume, stirring the pot among their fellow tribemates. 10.45 FÍORSCEÁL The different ways heatwaves are impacting people's lives. R 11.50 TEENAGE CICS Rumours spread about Aoife and Gerry's relationship. R 12.20 The Twelve R S 1.20 Dáil Éireann 2.00 Nuacht TG4 R 2.30 Cork Folk Festival R 3.30 An Ríl Deal R 4.25 Éadaí SOS R 4.55 France 24	6.00 NEWS S 6.30 REGIONAL NEWS S 7.00 OUR LIVES: DOLPHIN TOWN A visit to New Quay in Ceredigion, where the livelihoods of the community are tied to the bottlenose dolphins that return to the bay each spring. S 7.30 MATCH OF THE DAY LIVE Winner Group C v Runner-up Group D (Kick-off 8.00pm). Coverage of the second quarter-final of Women's UEFA Euro 2025, which comes from Stadion Letzigrund in Zurich, Switzerland. 10.10 NEWS S 10.40 REGIONAL NEWS S 10.50 HOUSE OF THE YEAR Laurence Llewelyn-Bowen searches for the country's best home. R S 11.20 FILM: KING OF THIEVES (2018, Drama, 15) A thief pulls together a band of misfit criminals to plot the biggest bank heist in British history. The crooks manage to escape with around £200 million worth of stolen jewels and money, but when police are called to the scene and the investigation starts, the cracks between the eccentric gang members begin to show, as they row over how to share the goods and become increasingly distrustful of each other. Starring Michael Caine, Michael Gambon and Francesca Annis. Dir: James Marsh. S 1.05 Such Brave Girls R S 2.00 News S	6.00 RICHARD OSMAN'S HOUSE OF GAMES Former winners Nihal Arthanayake, Jay McGuinness, Lucy Porter and Jan Ravens test their general knowledge skills in a variety of trivia-based games across the week. R S 6.30 ROBSON GREEN'S WEEKEND ESCAPES Robson is joined by former England rugby union player Sarah Hunter, with the pair having a lesson in surfing at a Warkworth beach, before visiting a farm for ice-cream. R S 7.00 CELEBRITY ANTIQUES ROAD TRIP Comedians Tez Ilyas and Eshaan Akbar are joined by Charles Hanson and Roo Irvine as they dig for antique treasures in Lancashire. R S 8.00 GARDENERS' WORLD Joe Swift, Arit Anderson, Frances Tophill, Adam Frost and Jamie Butterworth profile a new flower show at RHS Wentworth Woodhouse in South Yorkshire. S 9.00 GOLF: THE OPEN HIGHLIGHTS Action from day one of the Major, held this year at Royal Portrush Golf Club in County Antrim. S 10.30 NEWSNIGHT S 11.00 HUMAN Palaeoanthropologist Ella Al-Shamahi tells the story of humanity across 300,000 years of evolution, beginning with a look at how the species Homo sapiens first emerged. R S 12.00 Sign Zone: Money for Nothing R S 1.00 Policing Paradise R S 1.30 Ambulance R S 2.30 Live Aid at 40: When Rock 'n' Roll Took on the World R S 3.30 This Is BBC Two S

DOCUMENTARY Trump: Moscow's Man in the White House: Dispatches Channel 4, 9.00pm
Drawing upon interviews from former US intelligence officials and insiders, this documentary highlights the factors apparently underpinning Donald Trump's relationship with Vladimir Putin. Is it unchecked admiration for a fellow authoritarian, a bold geopolitical gambit to divide Russia and China – or could the American president really be a recruited Russian asset?



Channel 4

6.25 Cheers R S **8.10** The King of Queens R S **9.10** Frasier R S **11.10** Ramsay's Kitchen Nightmares USA R S **12.05** News S **12.10** Help! We Bought a Village R S **1.10** Car S.O.S R S **2.10** Countdown S **3.00** A Place in the Sun R S **4.00** The Great House Giveaway R S **5.00** Chateau DIY R S

6.00 **SUN, SEA AND SELLING HOUSES** Former chef Liz from Lincolnshire turns to Sharon and Shaun Garner to help her acquire a suitable place in Spain, a country she has had her eye on for 10 years. S

7.00 **NEWS** S
8.00 **SUPERCRUISING: LIFE AT SEA** The navigation team sailing the Americas has a tricky manoeuvre to manage. The highlight of the voyage for passengers is traversing the Panama Canal, but cruising the locks requires maximum skill and concentration. Meanwhile, in Europe, Nottinghamshire couple Claire and Graham are whale spotting in Tenerife. S

9.00 **TRUMP: MOSCOW'S MAN IN THE WHITE HOUSE: DISPATCHES** See Choice S

10.00 **24 HOURS IN POLICE CUSTODY: LOST BOYS** The inside story of the investigation into the disappearance of a 15-year-old boy. R S

11.05 **24 HOURS IN A&E** Staff at Queen's Medical Centre in Nottingham treat Kaeden, a 16-year-old battling a serious childhood illness, who has been rushed in after developing a fever at home. His mother describes her son's struggle with acute lymphoblastic leukaemia. R S

12.05 999: On the Front Line R S **1.00** Ramsay's Hotel Hell R S **1.50** Michael Mosley: Secrets of the Superagers R S **2.45** **FILM: Spell** (2020, Horror, 15) Starring Omari Hardwick. Dir: Mark Tonderai. R S **4.20** Kirstie and Phil's Love It or List It: Brilliant Builds R S

Virgin Two

6.25 The Chase Australia R **7.10** The Chase Celebrity Special R S **8.00** Tipping Point R S **9.00** The Chase R S **11.00** Tipping Point: Lucky Stars R **12.00** The Void R S **1.00** Dress to Impress R S **3.00** The Finish Line R S **4.00** Tipping Point. Game show. S

6.00 **THE CHASE** Quiz show. R S
7.00 **THE CHASE** Kathryn, Dave, Adam and Lucy take part. R S

8.00 **TIPPING POINT: LUCKY STARS** With Vic Reeves, Charlene Tilton and Martine McCutcheon. R S

9.00 **LOVE ISLAND** Relationship-based reality show. S

10.05 **PARTY ANIMALS** The pressure of work drives Jo to drink.

11.05 **VANDERPUMP RULES** Stassi wants to make a good impression when she meets Beau's mother.

11.55 **VANDERPUMP RULES** James tries to remain in Jix's favour. R

12.50 Vanderpump Rules. Reality series. R **1.51** Close

Sky Atlantic

6.00 Fish Town R S **7.40** The Sopranos R S **9.40** Six Feet Under R S **11.50** Game of Thrones R S

1.15 Domina R S **3.15** The Sopranos. Drama series. R S

5.20 Six Feet Under R S

6.30 **SIX FEET UNDER** Ruth receives cash, stocks and insurance money, while Nate and David are given joint ownership of the funeral business. R S

7.35 **GAME OF THRONES** The Night King and the army of the dead reach Winterfell, and an epic battle between the living and the dead begins. Starring Emilia Clarke, Kit Harington and Peter Dinklage. R S

9.00 **THE GILDED AGE** With the wedding between Gladys and the duke imminent, Bertha must deal with unwanted rumours in the press, the sudden arrival of her sister Monica, and an unwilling bride. R

10.10 **BIG LITTLE LIES** Renata throws Amabella a disco-themed birthday bash. R S

11.05 **HOMICIDE: LIFE ON THE STREET** A riot leads to murder. S

12.05 American Rust R S **2.15** The Night Of R S **3.30** Game of Thrones. Fantasy drama. R S **5.00** The Guest Wing R S

Sky Showcase

6.00 Sky News Breakfast R **8.00** Border Patrol R S **9.00** Stargate Atlantis R S **11.00** New Kids in the Wild R S **12.00** The Flash R S **1.00** Hawaii Five-0 R S **3.00** NCIS: Los Angeles R S **4.00** S.W.A.T R S **5.00** The Simpsons R S

6.00 **THE SIMPSONS** R S
6.30 **THE SIMPSONS** R S
7.00 **THE OFFICE (US)** R S
7.30 **THE OFFICE (US)** R S
8.00 **ROB & ROMESH VS ART**

The comedians create exhibitions for the Saatchi Gallery. R S

9.00 **THE WALKING DEAD: DEAD CITY** Maggie begins a treacherous trek to New York. S

10.00 **NEVER MIND THE BUZZCOCKS** With Nova Twins and Alex Brooker. R S

10.45 **NEVER MIND THE BUZZCOCKS** R S

11.30 **CURB YOUR ENTHUSIASM** R S

12.05 Curb Your Enthusiasm R S

12.40 The Force: North East R S **1.35** Road Wars R S **3.00** NCIS: Los Angeles R S **4.00** S.W.A.T R S **5.00** Motorway Patrol R S

UTV

6.00 News S **9.00** Lorraine S **10.00** This Morning S **12.30** Loose Women S **1.30** News S **1.55**

UTV Live S **2.00** Celebrity Catchphrase R S **3.00** Lingo R S **4.00** Tipping Point R S **5.00** The Chase. Quiz show. R S

6.00 **UTV LIVE** S
6.30 **NEWS** S
7.15 **UEFA WOMEN'S EURO 2025** Winner Group C v Runner-up Group D (Kick-off 8.00pm). Coverage of the second quarter-final, which comes from Stadion Letzigrund in Zurich, Switzerland. Germany were the second team to book their place in the semi-finals of Euro 2022, after goals by Lina Magull and Alexandra Popp gave them a 2-0 win over Austria in Brentford, and they went on to finish the tournament as runners-up to England. S

10.20 **NEWS** S
10.55 **UTV LIVE** S

11.10 **LONG LOST FAMILY: BORN WITHOUT TRACE** A man left as a baby in a London phone box tries to find his birth family. R S

12.05 Tour de France Highlights R S **12.55** Shop on TV **3.00** Joanna Lumley's Danube R S **3.50** Unwind with ITV **5.05** Jimmy & Shivi's Farmhouse Breakfast R S

Cable & Satellite

GENERAL

Virgin Three

7.10am Heartbeat. **8.00** Vera. **9.40** Eat, Shop, Save. **10.15** Judge Judy. **11.15** The Darling Buds of May. **12.20** John and Lisa's Weekend Kitchen. **1.20** The Royal. **2.20** Good Witch. **3.15** Emmerdale. **3.40** Coronation Street. **4.40** Heartbeat. **5.50** Agatha Christie's Poirot. **7.55** Heartbeat. Liz's past catches up with her. **9.00** The Ipress File. Harry is lured to the country house where Harold Macmillan is to meet JFK. Last in the series. **10.00** Emmerdale. **11.00** Autopsy USA. **12.00** Bodyguard.

Virgin More

1.00pm Six Nations Under-20s. **1.50** Sport Stories: Paul McGrath. **2.50** Classic UEFA Champions League. **3.20** Best of u20's Six Nations 2025. **4.15** Golf's Greatest Holes. **4.45** UCL Defining Moments. **5.40** Classic UEFA Champions League. **6.35** Guinness Six Nations. **8.30** Classic 6 Nations. Wales v England from 1999. **9.00** Help Me Buy a Home. Liz O'Kane works with a family currently living in one room. **9.50** The Hairy Bikers Go West. The Hairy Bikers visit the Isle of Bute, taking a trip down memory lane. **10.40** Impossible Engineering. **11.30** Sport Stories: Damien Delaney.

BBC Four

7.00pm A Summer Journey: The Severn. The stretch of the Severn between Shepperdine and the mouth of the Avon. **7.30** Canal Boat Diaries. Robbie Cumming crosses an epic aqueduct near Stratford-upon-Avon. Last in the series. **8.00** Shark: Beneath the Surface. How scientists are challenging perceptions of the predators. Last in the series. **9.00** Film: The Shining (1980, Horror, 15) **10.55** Film: Manhunter (1986, Thriller, 18)

ITV2

6.00am CITV. **7.45** Dinner Date. **8.35** Georgia and Tommy: Baby Steps. **9.30** The Only Way Is Essex. **10.25** The Real Housewives of Miami. **11.20** The Real Housewives of Salt Lake City. **12.15** Celebrity Dinner Date. **1.15** Georgia and Tommy: Baby Steps. **2.10** The Only Way Is Essex. **3.10** Million Dollar Listing: LA. **4.00** The Real Housewives of Miami. **5.00** The Real Housewives of Salt Lake City. **6.00** Celebrity Catchphrase. **7.00** Deal or No Deal. Game show, hosted by Stephen Mulhern. **8.00** Million Dollar Listing: LA. A downturn in the market comes as a rude awakening to Altman, Flagg and Tracy. **9.00** Love Island. Relationship-based reality show. **10.05** Olivia Attwood: The Price of Perfection. Olivia meets people that have spent over 100,000 pounds on surgery. **11.05** Family Guy.

ITV3

6.00am Classic Emmerdale. **7.00** Classic Coronation Street. **8.10** Where the Heart Is. **10.30** The Royal. **11.35** Heartbeat. **1.45** Classic Emmerdale. **2.45** Classic Coronation Street. **3.45** Midsomer Murders. **5.50** Heartbeat. **8.00** Vera. The detective investigates the ugly truth about a murder victim's past. **10.00** Foyle's War. Foyle's son disappears. **12.00** Grace.

E4

Noon: Modern Family. **12.30** The Big Bang Theory. **2.00** Young Sheldon. **3.00** Modern Family. **4.00** The Simpsons. **5.00** The Big Bang Theory. **6.30** The Simpsons. **8.00** Below Deck. Barbie continues to test boundaries with Fraser. **9.00** Gogglebox. **11.05** First Dates. Restaurant-based dating show.

More4

11.35am A Place in the Sun. **12.35** Come Dine with Me. **3.10** Four in a Bed. **5.55** Kirstie and Phil's Love It or List It. **6.55** The Dog House Australia. **7.55** The Dog House. An uncertain analyst considers adopting an 11-year-old Labrador. **9.00** 24 Hours in A&E. **11.05** Emergency Helicopter Medics.

5

11.30am Storm Huntley. **12.30** Vanessa. **1.40** News. **1.45** Home and Away. **2.20** Film: Stranger on the Shore (2023, Thriller, PG) **4.00** Bargain-Loving Brits in the Sun. **5.00** News. **6.00** Dogs Behaving (Very

Badly. **6.55** News. **7.00** Cornwall: A Year by the Sea. Autumn presents an opportunity to take stock on the farm. **7.55** News. The latest reports. **8.00** The Hotel Inspector. New. Alex Polizzi answers the call of hoteliers Terry and Nikki. **9.00** The Great Fire of London with Rob Rinder & Ruth Goodman. Rob and Ruth examine one of London's most dramatic moments. **10.30** The Hospital: Life on the Line. A 60-year-old woman has surgery to fix a faulty heart valve. **11.30** A&E After Dark.

National Geographic

Noon: Paranatural. **2.00** Nazi Megastructures: Russia's War. **3.00** Nazi Megastructures: Battle Ready. **4.00** Construction Fails. **5.00** Car S.O.S. **6.00** World War II: Secrets from Above. **7.00** Air Crash Investigation. The reason for the 1989 Kegworth air disaster. **8.00** Inside Airport Lost & Found. Travellers are reunited with sweaty boxing gear and a stuffed animal. **9.00** Car S.O.S. Fuzz Townshend and Tim Shaw secretly restore a Daimler SP250 'Dart'. **10.00** Lawless Island. Documentary. **11.00** Air Crash Investigation. Documentary. **12.00** Seconds from Disaster.

FILMS

Film4

1.20pm A Lawless Street (1955, Western, U) **2.55** Gift Horse (1952, Adventure, PG) **5.00** Dr Who and the Daleks (1965, Sci-Fi, U) **6.40** Jumanji: Welcome to the Jungle (2017, Comedy, 12) **9.00** Braveheart (1995, Drama, 15) **12.25** No Exit (2022, Thriller, 18)

Movies 24

1.00pm Our Holiday Story (2024, Drama, PG) **3.00** A Lot Like Christmas (2021, Drama, PG) **5.00** To Have And To Holiday (2024, Drama, PG) **7.00** Christmas Bedtime Stories (2022, Drama, PG) **9.00** Making Spirits Bright (2021, Drama, PG) **11.00** Christmas Under the Lights (2024, Drama, PG) **1.00** The Mistletoe Secret (2019, Drama, PG)

Sky Cinema Premiere

1.25pm Gladiator II (2024, Epic, 15) **3.55** Sew Torn (2024, Thriller, 15) **5.40** Joker: Folie a Deux (2024, Thriller, 15) **8.00** Wicked (2024, Musical, PG) Starring Cynthia Erivo. **10.50** As 1.25pm.

Sky Cinema Buddy Films

12.10pm Tropic Thunder (2008, 15) **2.00** Bad Boys II (2003, 15) **4.30** Mr Deeds (2002, 12) **6.15** Blades of Glory (2007, 12) **8.00** Happy Gilmore (1996, 12) **9.45** Bad Boys for Life (2020, 15) Starring Will Smith. **11.55** Beverly Hills Cop III (1994, PG)

Sky Cinema Family

12.35pm Look Who's Talking Now (1993, Comedy, 12) **2.20** Beethoven's 2nd (1993, Comedy, U) **4.00** Monster Trucks (2016, Fantasy, PG) **5.55** The Smurfs (2011, Comedy, U) **7.45** The Smurfs 2 (2013, Comedy, U) **9.40** The Karate Kid Part III (1989, Adventure, PG) **11.40** Pups United (2015, Drama, U)

SPORT

TNT Sports 1

11.00am Tour de France Men Highlights. **12.00** Live: Tour de France Men. **5.30** The Gruppetto. **5.45** TNT Sports Reload. **6.00** Live World Rally Championship. The Rally Estonia. **7.45** The Gruppetto. **8.00** Tour de France Men Highlights. **9.00** Ultimate Pool. **10.30** Premier League Stories. **11.00** Test Cricket Highlights. **12.00** T20 Cricket Highlights. **1.00** Tour de France Men Highlights.

Sky Sports Main Event

6.30am The Open Live. **9.30** Sky Sports News. **10.00** Live PGA Tour Golf. The Barracuda Championship. **1.00** Sky Sports News.

Sky Sports Premier League

10.00am Premier League Years. **12.00** Gary Neville's Soccerbox. **1.00** PL Retro. **3.00** Premier League 100 Club. **4.00** Premier League Icons. **5.00** Premier League Highlights. **8.00** Gary Neville's Soccerbox. **9.00** PL Special: The Centurions. **10.00** Class of '92: Full Time. **11.00** Premier League Icons. **12.00** Premier League Legends. **1.00** Premier League Years.

CLASSICAL EXTRAVAGANZA First Night of the Proms BBC Two, 6.45pm It's that time of year again when we can sit back, relax and listen to some incredible live performances from London's Royal Albert Hall. The whole shebang begins this evening as Sakari Oramo conducts the BBC Symphony Orchestra when it plays works by Mendelssohn, Bliss and Vaughan Williams. There's a world premiere from Errollyn Wallen to listen out for too.



LAST IN SERIES Our Yorkshire Shop: A Victorian Restoration Channel 4, 8pm We've watched the plucky volunteers from Masham in North Yorkshire try to breathe new life into a rundown building at the heart of their village, and now all their hard work looks set to pay off as they prepare for its grand reopening. They've planned for it to take place during the annual Sheep Fair, which dates back centuries, but there's a last-minute hitch to deal with first.



RTÉ One

6.00 EuroNews **6.50** Shopping R **7.25** Summer Best of Today R S **8.25** Doctors R S **9.35** The Drew Barrymore Show R S **10.25** The Kelly Clarkson Show S **11.20** The Repair Shop S **12.15** Shortland Street S **12.45** Telly Bingo S **1.00** News S **1.30** Home and Away S **2.00** Young Sheldon R S **2.30** Fair City R S **3.00** EastEnders R S **3.40** Summer Best of Today S **4.40** Sister Boniface Mysteries R S **5.40** Nuacht **5.55** News Followed by The Angelus R S

RTÉ2

6.00 EuroNews **8.00** Children's Programmes **5.00** The Goldbergs R S **5.30** The Big Bang Theory R S

Virgin One

6.15 The Six O'Clock Show R S **7.00** Ireland AM S **9.55** This Morning S **12.30** News S **1.00** The Chase S **3.00** Loose Women **4.00** Paul O'Grady: For the Love of Dogs R S **4.30** Judge Judy **5.30** News at 5.30 S

TG4

6.00 Cúla 4 R **9.14** Pramsáil R S **9.18** Lá Le Mamó nó Daideo R S **9.25** Ó a Sheáin R S **9.30** Garáiste Gecko R **9.37** Béiríní is a Leabhair R **9.48** Béiríní is a Leabhair R **10.00** Pikwik Pack R **10.24** Nuair a Bheidh Mé Mór R S **10.37** Daisy & Ollie R S **10.44** Dot R **10.56** Momonsters R **11.05** Ainmhithe Craiceáilte R **11.30** Tour de France: Súil Siar R **12.00** Tour de France Beo **5.05** Glór Tíre: Rogha & Togha R S **5.30** Tithe Cois Uisce R

BBC One

6.00 News S **9.30** Rip Off Britain: Holidays R S **10.15** Fraud Squad S **10.45** Crimewatch Caught 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** Father Brown R S **2.45** Escape to the Country R S **3.45** Garden Rescue S **4.30** Bridge of Lies R S **5.15** Pointless R S

BBC Two

6.15 Homes Under the Hammer R S **7.15** Money for Nothing R S **8.00** Sign Zone: Anna Haugh's Big Irish Food Tour R S **8.30** Great Continental Railway Journeys R S **9.00** News S **12.30** Political Thinking with Nick Robinson S **1.00** Impossible R S **1.45** The Edge R S **2.30** Unbeatable R S **3.15** Ancient Invisible Cities R S **4.15** The Life of Mammals R S **5.15** Flog It! R S **5.45** Robson Green's Weekend Escapes R S

6.01 NEWS S **7.00** NATIONWIDE S **7.30** FAIR CITY Ger and James lock horns in a struggle for the upper hand and a down Ray is tempted when Pete dangles the prospect of him taking the blame for Ray's error. S **8.00** FLEADH CHEOIL John Creedon and Aoibhinn Ní Shúilleabháin introduce Roscommon flute players Tommy Guihan, Patsy Hanley and John Wynne and this year's Árd Ollamh, Pádraig Donlon. R S **8.30** SON OF A CRITCH Mark and his friends are excited for bonfire night, but their innocent night takes a turn when Fox gets roped into her brother's illegal activities. S **9.00** NEWS S **9.35** FILM PREMIERE: AISHA (2022, Drama, 15) While caught up in limbo for years in Ireland's immigration system, Nigerian refugee Aisha Osagie develops a close relationship with former prisoner Conor Healy. However, their friendship soon comes under threat as Aisha's future in Ireland is jeopardised. With Letitia Wright. Dir: Frank Berry. S **10.25** FILM: ADAPTATION (2002, Drama, 15) A neurotic screenwriter struggles to complete his latest project thanks to the interference of his twin brother. Starring Nicolas Cage. Dir: Spike Jonze. S

6.00 THE SIMPSONS Bart becomes a voice-over artist, while Comic Book Guy is humiliated at Comic-Con. R S **6.30** HOME AND AWAY Abigail celebrates her birthday, Remi gets a huge opportunity and Mali worries he's not enough. R S **7.00** RICK STEIN'S FOOD STORIES Rick is in Leicester, where food writer Gurdeep Loyal gives him a tour of the city's best Indian food, from a hidden gem food truck to Indian high tea. He also samples Michelin-starred fare from Birmingham chef Aktar Islam and hears the story of how a traditional mill was saved by the local demand for chapati flour. Back home Rick cooks the UK's favourite, chicken tikka masala. S **7.35** LIVE UEFA WOMEN'S EURO 2025 Winner Group B v Runner-up Group A (Kick-off 8.00pm). Marie Crowe presents all the action from the third quarter-final, held at Stadion Wankdorf in Bern, Switzerland. S **10.30** FILM: KAJILLIONAIRE (2020, Comedy, 12) A woman's life is turned upside down when her criminal parents invite an outsider to join them on a major heist they are planning. Starring Evan Rachel Wood. Dir: Miranda July. S

6.05 THE SIX O'CLOCK SHOW Chat show, featuring celebrity interviews, food from leading chefs and guidance on a wide range of topics, from consumer affairs to the latest trends, with viewers invited to contribute with pictures, comments, stories and gossip. S **7.00** NEWS The latest national and international news stories from the Virgin Media News team, followed by sport and weather. S **7.30** EMMERDALE John abruptly ends a call to the helpline, while Bear is left isolated and alone and Jacob blurts out a secret. S **8.00** CORONATION STREET When Aadi falls victim to a robbery at the corner shop, Carla questions Lisa's lack of action. Dev returns home from India, and Ronnie confides in Kevin how Debbie is determined to buy No.6 as she wants to be nearby to support him through his cancer treatment. S **9.00** GRACE See Choice S **11.00** GOGGLEBOX IRELAND Deirdre O'Kane provides the voiceover as a selection of telly addicts pass comment on the week's programmes from the comfort of their living rooms. R S

6.00 DOMHAN AN DÚLRA – CATHRACHA FIÁINE Natural history documentary revealing the world's most extraordinary wildlife living in the newest and fastest changing habitat on the planet – cities. Last in the series. R **7.00** NUACHT TG4 **7.30** CUMHACHT AN NÁDÚIR Part one of two. Environmental educator Darach Ó Murchú explores humanity's relationship with nature in the face of a global pandemic and a succession of lockdowns. R **8.30** HUP! Musican and collector Sean McElwain introduces music from Scotstown, Co Monaghan, featuring a duet between local fiddler Donal McCague and flautist Tommy Fitzharris. R **9.00** TOUR DE FRANCE: SÚIL SIAR Highlights from stage 13 of the Tour de France 2025 from Loudenvielle to Peyragudes. Commentary by Páidí Ó Lionáird and Pádraic Ó Cuinn. **9.35** FILM: THE BALLAD OF CABLE HOGUE (1970, Western, PG) A prospector left for dead in the desert discovers an underground spring. Starring Jason Robards and David Warner. Dir: Sam Peckinpah. S **11.50** HECTOR: BALKANS GO BALTICS Hector Ó hEochagáin visits Romania. R

6.00 NEWS S **6.30** REGIONAL NEWS S **7.00** THE ULTIMATE WINGWALKER: OUR LIVES Cameras catch up with the world's only formation wingwalking display team as its members make plans to perform a new move that's more daring than anything they've done before. S **7.30** MATCH OF THE DAY LIVE Winner Group B v Runner-up Group A (Kick-off 8.00pm). All the action from the third Women's UEFA Euro 2025 quarter-final, held at Stadion Wankdorf in Bern, Switzerland. S **10.10** NEWS S **10.40** REGIONAL NEWS S **10.50** ST DENIS MEDICAL With the hospital in financial trouble, Joyce opens a VIP private room and offers a prize for the team that sells the most treatments. S **11.10** ST DENIS MEDICAL An emotional support cat runs loose in the halls of St Denis - and Bruce fears it may be carrying bubonic plague. Alex goes big for Serena's birthday to mixed results. S **11.35** FILM: PLANET OF THE APES (2001, Sci-fi, 12) An astronaut crash-lands on a strange planet ruled by intelligent apes, who capture and enslave him. Starring Mark Wahlberg. Dir: Tim Burton. S

6.15 RICHARD OSMAN'S HOUSE OF GAMES Former winners Nihal Arthanayake, Jay McGuiness, Lucy Porter and Jan Ravens play one more round to determine which one of them is the week's winner. Hosted by Richard Osman. R S **6.45** FIRST NIGHT OF THE PROMS See Choice S **9.00** GOLF: THE OPEN HIGHLIGHTS Action from day two of the Major, held this year at Royal Portrush Golf Club in County Antrim. Shane Lowry of Ireland moved into the lead at the halfway point last year, with the English duo of Dan Brown and Justin Rose two strokes behind, and eventual champion Xander Schauffele still a further four shots back. Meanwhile, five of the top 10 players in the world rankings failed to make the cut in Rory McIlroy, Ludvig Åberg, Wyndham Clark, Viktor Hovland and Bryson DeChambeau. S **10.30** NEWSNIGHT S **11.00** FILM: DELIVERANCE (1972, Thriller, 18) Four friends on a canoeing trip in the Deep South are attacked by rednecks and face a desperate struggle to escape. With Burt Reynolds, Jon Voight, Ronny Cox, Ned Beatty and Bill McKinney. Dir: John Boorman. S

1.40 Nationwide R S **2.10** Telly Bingo R S **2.25** The Kelly Clarkson Show R S **3.10** EuroNews

12.20 FILM: The Cellar (2022, Drama, 15) Elisha Cuthbert, Dylan Fitzmaurice-Brady. Thriller, starring Elisha Cuthbert. Dir: Brendan Muldowney. S **2.05** Changing Ends R S **2.35** EuroNews

12.00 Shark! Celebrity Infested Waters R **1.00** The Hotel Inspector R S **2.00** Close

12.50 Call My Agent! R **2.00** Nuacht TG4 R **2.30** Turas i mBaol: An tSibéir R **3.30** Imeall R **4.00** Bean an Tí R **4.30** Paisean Faisean R **5.00** France 24

1.30 News S

12.45 Sign Zone: Panorama R S **1.45** Ride or Die R S **2.45** Greece with Simon Reeve R S **3.45** This Is BBC Two S

CRIME DRAMA Grace Virgin Media One, 9pm The fifth series based on Peter James’s bestselling novels continues. Roy Grace (John Simm) and his trusty sidekick Branson (Richie Campbell) are faced with yet another grisly murder, this time involving a man found dead in a hotel bedroom. It’s initially thought to be the result of a crime of passion, but the deceased has no ID, his bank cards are missing and a burner phone is nearby, leading Grace to uncover a dark secret.



Channel 4

6.25 Cheers R S **8.10** The King of Queens R S **9.10** Frasier R S **11.10** Ramsay’s Kitchen Nightmares USA R S **12.05** News S **12.10** Help! We Bought a Village R S **1.10** Car S.O.S R S **2.10** Countdown S **3.00** A Place in the Sun R S **4.00** The Great House Giveaway R S **5.00** Chateau DIY R S

6.00 SUN, SEA AND SELLING HOUSES In Alicante, Rodriguez sisters Sophie and Charlotte have the tricky task of finding a holiday home that combines plenty of inside space and a lively location close to all the action for clients Jill from Lisburn and her best pal Silvana. In Murcia, Darren and Natalie Brown are hoping to swing the perfect deal for golf-mad Brian and his wife Nikki, who wish to invest in a holiday home that could one day become a permanent base. Last in the series. S

7.00 NEWS S

8.00 OUR YORKSHIRE SHOP: A VICTORIAN RESTORATION See Choice S

9.00 CELEBRITY GOGGLEBOX Some of Britain’s best-loved personalities turn their hand to being the country’s most opinionated viewers in this look back over the standout critiques from series six. R S

10.00 FIRST DATES Dating show in which singletons meet up with possible partners at a restaurant in the hope of finding love, before deciding whether they want to take things further. S

11.05 RAMSAY’S KITCHEN NIGHTMARES USA Gordon Ramsay tries to revamp a café in Spring, Texas. S

12.00 FILM: Free Fire (2016, Comedy, 15) Dir: Ben Wheatley. S **1.35** Ramsay’s Hotel Hell R S **2.25** Come Dine with Me R S **4.35** Kirstie’s Fill Your House for Free R S **4.50** Kirstie and Phil’s Love It or List It: Brilliant Builds R S **5.20** George Clarke’s Amazing Spaces R S

Virgin Two

6.20 The Chase Australia R **7.10** The Chase Celebrity Special R S **8.00** Tipping Point R S **9.00** The Chase R S **11.00** Tipping Point: Lucky Stars R **12.00** The Void R S **1.00** Dress to Impress R S **3.00** The Finish Line R S **4.00** Tipping Point. Game show. R S

6.00 THE CHASE Quiz show, hosted by Bradley Walsh. R S

7.00 THE CHASE Contestants Gemma, Elizabeth, Sydney and Eden take part. R S

8.00 MONEYBALL Game show, hosted by Ian Wright. R S

9.00 LOVE ISLAND Relationship-based reality show. S

10.05 BELOW DECK: MEDITERRANEAN Tension arises between Adam and Hannah over communication. R

11.00 BELOW DECK: MEDITERRANEAN Hannah learns Kasey lied on her CV. R

11.55 BELOW DECK: MEDITERRANEAN R

12.50 Schitt’s Creek R **1.50** Close

Sky Atlantic

6.00 Fish Town R S **8.00** The Sopranos R S **10.00** Six Feet Under R S **12.05** Game of Thrones R S **1.30** Domina R S **3.30** The Sopranos R S **5.30** Six Feet Under. Drama series. R S

6.30 SIX FEET UNDER The Fishers are entrusted with a gang member’s corpse. R S

7.35 GAME OF THRONES After the Battle of Winterfell, the Great War to gain control over the mythical land of Westeros continues as Jon and Daenerys look to the south. R S

9.00 MARE OF EASTTOWN The case takes a devastating turn and Mare’s family and friends process the fall-out while she attempts to find her own way forward. Last in the series. R S

10.15 THE WIRE A renewed commitment to the police brings much-needed new recruits to Daniels’ squad. Carcetti makes a deal with Senator Davis, and Bunk obtains a murder warrant for Chris. R S

11.20 HOMICIDE: LIFE ON THE STREET S

12.20 Catherine the Great R S **1.30** Gomorrah R S **3.35** Game of Thrones R S **5.00** Richard E Grant’s Hotel Secrets R S

Sky Showcase

6.00 Sky News Breakfast R **7.00** News R **8.00** Border Patrol R S **9.00** Stargate Atlantis R S **11.00** New Kids in the Wild R S **12.00** The Flash R S **1.00** Hawaii Five-0 R S **3.00** NCIS: Los Angeles R S **4.00** S.W.A.T R S **5.00** The Simpsons R S

6.00 THE SIMPSONS R S

6.30 THE SIMPSONS R S

7.00 THE OFFICE (US) R S

7.30 THE OFFICE (US) R S

8.00 AN IDIOT ABROAD R S

9.00 AND JUST LIKE THAT Sex and the City revival catching up with the lives of Carrie, Charlotte and Miranda. Starring Sarah Jessica Parker.

9.45 MR BIGSTUFF Lee realises his past has caught up with him. R S

10.15 MR BIGSTUFF R S

10.45 SEX AND THE CITY R S

11.25 SEX AND THE CITY R S

12.05 The Force: North East R S

1.05 Brit Cops: War on Crime R S

2.05 Road Wars R S **3.00** NCIS: Los Angeles R S **4.00** S.W.A.T R S **5.00** Motorway Patrol R S **5.30** Monkey Life R S

UTV

6.00 News S **9.00** Lorraine S

10.00 This Morning S **12.30** Loose Women S **1.30** News S **1.55** UTV Live S **2.00** Fern Britton: Inside the Vet’s S **3.00** Lingo R S **4.00** Tipping Point. Quiz, hosted by Ben Shephard. R S **5.00** The Chase. Eddie, Sophie, Ariane and Peter take part. R S

6.00 UTV LIVE S

6.30 NEWS S

7.15 UEFA WOMEN’S EURO 2025 Winner Group B v Runner-up Group A (Kick-off 8.00pm). All the action from the third quarter-final, held at Stadion Wankdorf in Bern, Switzerland. S

10.20 NEWS S

10.55 UTV LIVE S

11.10 FILM: CREED II (2018, Drama, 12) Under the guidance of boxing legend Rocky Balboa, newly crowned heavyweight champion Adonis Creed faces off against Viktor, the son of Ivan Drago, whom his mentor fought in the 1980s. Starring Michael B Jordan, Sylvester Stallone and Tessa Thompson. Dir: Steven Caple Jr. S

1.15 Shop on TV **3.00** Tour de France Highlights R S **3.50** Unwind with ITV S **5.05** Katie Piper’s Weekend Escape R S

Cable & Satellite

GENERAL

Virgin Three

7.10am Heartbeat. **8.00** Vera. **9.40** Eat, Shop, Save. **10.15** Judge Judy. **11.15** The Darling Buds of May. **12.20** John and Lisa’s Weekend Kitchen. **1.20** The Royal. **2.20** Good Witch. **3.15** Keeping Canada Safe. **3.40** Emmerdale. **4.45** Heartbeat. **5.50** Agatha Christie’s Poirot. **7.55** Heartbeat. A sniper strikes in Aidsensfield. **9.00** Nathan Carter Live in Sligo. An electrifying stage performance. **10.30** Coronation Street. **11.30** Emmerdale. **12.00** Trigger Point.

Virgin More

1.00pm Best of u20’s Six Nations 2025. **1.50** Sport Stories: Paul McGrath. **2.50** Classic UEFA Champions League. **3.20** Six Nations Under-20s. **4.15** Golf’s Greatest Holes. **4.45** UCL Defining Moments. **5.40** Classic 6 Nations. **6.35** Six Nations Under-20s. **8.30** Classic UEFA Champions League. Barcelona v Manchester United in the 2011 final. **9.00** Eating with the Enemy. Two diners debate communism versus capitalism. **9.50** Dark Heart. Wagstaffe confronts the fallout from his recent actions. Last in the series. **10.40** Dead and Buried. Thriller about a woman reunited with her brother’s killer. **11.30** Classic 6 Nations.

BBC Four

7.00pm TOTP: 1998. **8.00** TOTP: 1989. Performances by Sonia, London Boys and Monie Love. **8.30** TOTP: 1976. With Liverpool Express and Bobby Goldsboro. **9.05** Shania Twain at the BBC. Archive performances by the Canadian singer-songwriter. **9.50** Reel Stories: Shania Twain. The singer reflects on pivotal moments in her life and career. **10.35** Shania Twain: Live in Hyde Park. The queen of country-pop takes to the Hyde Park stage in 2017. **11.00** Country Queens at the BBC.

ITV2

6.00am CITV. **7.45** Celebrity Dinner Date. **8.35** Georgia and Tommy: Baby Steps. **9.30** The Only Way Is Essex. **10.15** The Real Housewives of Miami. **11.10** The Real Housewives of Salt Lake City. **12.05** Celebrity Dinner Date. **1.05** Georgia and Tommy: Baby Steps. **2.05** The Only Way Is Essex. **3.05** Million Dollar Listing: LA. **4.00** The Real Housewives of Miami. **5.00** The Real Housewives of Salt Lake City. **6.00** Celebrity Catchphrase. **7.00** Deal or No Deal. Game show, hosted by Stephen Mulhern. **8.00** Million Dollar Listing: LA. Altman has got plenty to prove down in Orange County. **9.00** Love Island. Relationship-based reality show. **10.05** Family Guy. **11.35** American Dad!

ITV3

6.00am Classic Emmerdale. **7.00** Classic Coronation Street. **8.10** Where the Heart Is. **10.30** The Royal. **11.35** Heartbeat. **1.40** Classic Emmerdale. **2.40** Classic Coronation Street. **3.40** Midsomer Murders. **5.50** Heartbeat. **8.00** Midsomer Murders. Barnaby is implicated in the murder of a photographer. **10.00** Foyle’s War. A corpse is found on the beach. **12.00** Inspector Morse.

E4

Noon: Modern Family. **12.30** The Big Bang Theory. **2.00** Young Sheldon. **3.00** Modern Family. **4.00** The Simpsons. **5.00** The Big Bang Theory. **6.30** The Simpsons. **8.00** Below Deck. Hard-to-please guests challenge the crew. **9.00** Film: Angel Has Fallen (2019, Thriller, 15) **11.20** Naked Attraction.

More4

11.35am A Place in the Sun. **12.35** Come Dine with Me. **3.10** Four in a Bed. **5.55** Kirstie and Phil’s Love It or List It. **6.55** The Dog House Australia. **7.55** The Dog House. A family of four meets cheeky cockapoo puppy Percy. **9.00** The Sommerdahl Murders. A boat washes ashore with a bloodstained body inside. **11.00** 24 Hours in A&E.

5

11.30am Storm Huntley and Guests. **12.30** Vanessa. **1.40** News. **1.45** Home and Away. **2.15** Film: The Girl They Forgot (2023, Drama, 12) **4.00** Bargain-Loving Brits in the Sun. **5.00** News. **6.00** Dogs Behaving

(Very) Badly. **6.55** News. **7.00** Cornwall: A Year by the Sea. Vryan and Richard make sure the Headland is as festive as possible. **7.55** News. The latest reports. **8.00** Dogs Behaving (Very) Badly. In South Shields, Graeme Hall meets a troublesome Terrier. **9.00** Margaret: The Party Princess Who Shocked The Palace. A profile of Elizabeth II’s younger sister. **10.30** Princess Margaret & Roddy: A Scandalous Affair. The story of Princess Margaret’s affair with Roderick Llewellyn. **11.30** When Cruising Goes Horribly Wrong.

National Geographic

Noon: The Truth Behind. **1.00** UFO UK: New Evidence. **2.00** Hitler’s Killer Warships: Drain the Oceans. **3.00** Secret Nazi Science. **4.00** World’s Greatest Train Journeys from Above. **5.00** Car S.O.S. **6.00** World War II: Secrets from Above. **7.00** Air Crash Investigation. **10.00** Miracle Landing on the Hudson. How US Airways Flight 1549 was forced to land on the Hudson River. **11.00** Air Crash Investigation. **12.00** Inside Airport Lost & Found.

FILMS

Film4

1.20pm The Wrong Box (1966, Comedy, U) **3.30** Young Winston (1972, Drama, PG) **6.30** Le Mans ’66 (2019, Drama, 12) **9.30** Babylon (2022, Comedy, 18)

Movies 24

1.00pm Season’s Greetings from Cherry Lane (2024, Drama, PG) **3.00** 12 Dares of Christmas (2023, Drama, PG) **5.00** The Holiday Stocking (2022, Fantasy, PG) **7.00** A Tale of Two Christmases (2022, Drama, PG) **9.00** Christmas on Call (2024, Drama, PG) **11.00** £Xmas (2022, Comedy, PG) **1.00** The Great Christmas Light Up (2023, Comedy, PG)

Sky Cinema Premiere

1.20pm Sew Torn (2024, Thriller, 15) **3.05** William Tell (2024, Drama, 15) **5.20** Wicked (2024, Musical, PG) **8.00** Juror £2 (2024, Drama, 12) **10.00** Gladiator II (2024, Epic, 15) **12.30** Salem’s Lot (2024, Horror, 15)

Sky Cinema Buddy Films

12.25pm Bad Boys for Life (2020, 15) **2.30** Everybody Wants Some!! (2016, 15) **4.30** Role Models (2008, 15) **6.15** Daddy’s Home 2 (2017, 12) **8.00** Mean Girls (2024, 12) **10.00** Bad Boys: Ride Or Die (2024, 15) **12.00** Please Don’t Destroy: The Treasure of Foggy Mountain (2023, 15)

Sky Cinema Family

12.15pm The Smurfs (2011, Comedy, U) **2.05** The Smurfs 2 (2013, Comedy, U) **4.00** Finding Neverland (2004, Drama, PG) **5.50** The Flintstones (1994, Comedy, U) **7.30** The Flintstones in Viva Rock Vegas (2000, Comedy, PG) **9.10** The Karate Kid (2010, Drama, PG) **11.35** Beethoven (1992, Comedy, U)

SPORT

TNT Sports 1

10.30am Tour de France Men Highlights. **11.30** Live: Tour de France Men. Coverage from the 13th stage of this year’s race. **5.00** Race Bikes. **5.30** TNT Sports Reload. **5.45** Superbike Rewind. **6.00** MotoGP. **6.30** MLB: Off the Bat. **7.00** Live MLB. Chicago Cubs v Boston Red Sox (Start-time 7.20pm). **10.15** MLB Plays of the Week. **10.45** MLB Classic. **11.30** MLB: Off the Bat. **12.00** Live MLB. New York Mets v Cincinnati Reds (Start-time 12.10am).

Sky Sports Main Event

6.30am The Open Live. Coverage of day two of the Major. **9.30** Sky Sports News. **10.00** Live PGA Tour Golf. The Barracuda Championship. **1.00** Sky Sports News.

Sky Sports Premier League

10.00am Premier League Years. **12.00** Gary Neville’s Soccerbox. **1.00** PL Retro. **3.00** Premier League 100 Club. **4.00** Premier League Icons. **5.00** Premier League Highlights. **8.00** Gary Neville’s Soccerbox. **9.00** MNF: Wayne Rooney Special. A look at the striker’s appearance on Monday Night Football. **9.30** MNF Special. **10.00** Class of ’92: Full Time. **11.00** Premier League Icons. **12.00** Premier League Legends. **1.00** Premier League Years.



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