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4 AUGUST 2024

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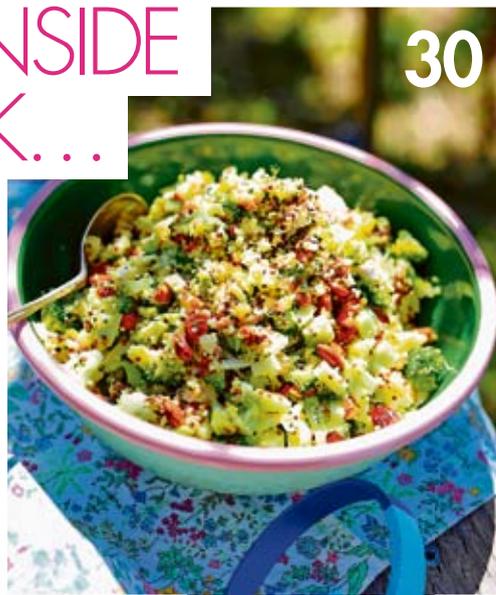


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'WE'VE HAD HIGHS AND LOWS, BUT I'M PROUD OF MY MARRIAGE'

TV relationship agent **Anna Williamson** on attending couples' therapy with her husband and the tips she gets from *Celebs Go Dating's* sex guru

For someone who is just recovering from "some weird non-Covid virus", TV relationship expert Anna Williamson is looking remarkably fresh-faced when she chats to us from her country home in Hertfordshire.

The 43-year-old, who has been married to Alex Di Pasquale since 2015 and has two children with him – Vincenzo, seven, and Eleanor, four – is clearly excited about the upcoming new series of *Celebs Go Dating*. She tells us what viewers can expect and reveals why this is one of her favourite series so far.

We're also keen to delve into Anna's own love life and she is warm and refreshingly open as she lifts the lid on her family dynamics and why she swears by couples' therapy...

Hi, Anna. You're a well-known relationship expert on TV, but is it true you and husband Alex have marriage therapy?

Yes. I'm a relationship coach but even I still have couples' therapy. My husband and I started it before we got married and we're passionate about it. We're human and we recognise the importance of it. I've seen it save so many relationships. Heavy caveat – some relationships can't be saved, but many can. I'm pro love, pro marriage, but I'm also pro divorce in the right circumstances. Relationships are hard work, including my own. None are perfect.

How have you felt that in your own relationship?

I know the ramifications of dropping the ball. My marriage is like a lot of marriages. I'm a working mum, Alex is a working dad,

we both work flexibly. I had postnatal depression after my first child which caused a huge ricochet within our marriage and there's been grief and bereavement. Grief can be all-consuming. Our relationship is often put to the bottom of the pile after job, friends, parents. I'm in the sandwich generation. But I'm really proud of our marriage. We've had highs and lows, moments where we think, "Christ, is this worth it? How long are we going to hang on for?!" But we go back to that moment we first met, remember what we fell in love over and why we decided to commit to each other.

Tell us about that first moment...

We're a walking cliché. He was my fitness coach while I was getting in shape for the ITV show *Splash* in 2014. ➤



**'I've seen
couples' therapy
save so many
relationships'**

We were just good friends and after we worked together, one night he invited me out for a pizza (typical Italian) and the energy in the room just... shifted. And yeah, I thought he was hot, and 10 years on I still do. That was that. We were married within a year. When you know, you know.

Have you ever asked CGD's sex guru Dr Tara Suwinyattichai for tips?

Firstly, I adore her. She's such a little saucepot. We've become very fond of each other. I thought I was very sexually liberal (I am – I love walking about the house butt naked and as long as sex is consensual, you do you), but then I met Dr Tara! She makes me feel like Mary Poppins. She shares her own experiences, she educates me every day when it comes to sex – every day is literally a school day. She's sex by name, sex by nature. She's funny, she thinks nothing of talking about all aspects of sex, but I talk about my gammy toe and she says, "Urgh, that's disgusting!"

What sort of parents are you and Alex?

We're pretty traditional in terms of boundaries, but I hope we're fun, too. We love to weave in the Italian and English cultures. The kids are challenging as hell, but they're the best thing that's ever happened to me. Both have grown up with Mummy doing what Mummy does. The penny's only dropped with Vincenzo that



this isn't what most parents do, and most mummies don't have mates who also pop up on the telly, like Uncle Paul [Carrick Brunson] and Uncle Tom [Read Wilson].

Do you have any summer plans with the family?

We're going to Italy – not Sicily this time where my hubby's from. We can't wait. It's a good way for them to keep their culture and the Italian language up. They understand it but refuse to speak it at home, but they will in Italy. We keep injecting Italy into them.

You're also gearing up for your 10th series of *Celebs Go Dating*. Can you believe it?

It's crazy. My little one was one when I started. He's about to turn eight. I only signed on to do one. It's the perfect job, blending all my experience in broadcasting, therapy and working with people. I'm really proud of CGD. We've stuck to our guns with our passion to



With her *CGD* co-stars Dr Tara, Paul and Tom



Anna and Alex with Eleanora and Enzo

bring tangible dating advice to the masses. You don't just watch this show for celebs, you learn a lot about yourself.

What can you tell us about the new series?

It's one of my favourites to date. All our celebs are really transparent, they're giving it their all. Word's clearly got around the celebrity world that this is not merely a show to take some pennies and go on a couple of dates. They really want the advice. It's a blessing. We've seen some incredible outpourings of emotion.

Which stars have particularly captured you?

Stephen Lustig-Webb. He bridges that gap between a regular guy and a celeb, via *Gogglebox*. His storyline has been so moving. I'm a total empath and there's something about Stephen that just gets me right in my heart. Viewers are going to get on board with how at 52 he represents everyone going through

dating after a long-term relationship, in your late forties, fifties. That's a huge demographic now.

Who else has touched you on their journey?

Ella Morgan. She has the most impactful story with

'I've yet to go to a dentist or doctor's appointment without imparting some dating advice'

everything she's been through and where she is now as a proud transgender woman. Her journey is not without dips and troughs, but her journey is transformational. And Jamelia – I've been a superfan of hers for years and I don't think I've ever met a nicer woman in my entire life. If ever I could have a new BFF, it's her.

You're a bit of a celebrity in your own right. Do people stop you in the street?

People do recognise me from

the show and love the famous "Anna hug". Dr Tara calls me the "golden retriever". She says, "You're so warm and cuddly!" But like a golden retriever I have a bark. If someone does or says something I believe is wrong, I'm not afraid to speak up.

But yes, often when I'm out with the family people do come up to chat. My son's like, "Mummy, can you stop talking to everybody."

Do people often come to you for dating advice?

I've yet to go to a dentist, doctor or hairdresser's appointment without imparting some dating advice. Even when I was giving birth to my second child, I was asked for dating advice between contractions. The nurse was half-joking, but

I think my polite answer was something like, "Come back to me when I've managed to get this baby out!"

How do you get on with the other *CGD* experts?

Paul and Tom are my brothers. I'm working with my best mates. I love the different dynamics. Tom doesn't like vulgarity, though he's the king of a double entendre. He and I prance about singing songs from musical theatre, and stroking and kissing each other. Paul and I spend our entire lives trying to prank each other, though he's worse. He once hotboxed my dressing room and sprayed it with fart spray. It permeated all my clothes. The whole room then needed to be fumigated. I'm still thinking of a payback, though I do break wind on him every time I can. Any time we can wind each other up, we'll take it.

*Brand new *Celebs Go Dating* returns to screens this August on E4*

this week

WE LOVE

BEYOND THE MEANS

WORDS: CATHERINE LUSHER PHOTOS: BRINKHOFFMOEGENBURG

Whatever generation you're from, most of us are familiar with the mean girls at school – you may even have been one yourself.

And the envied position is both celebrated and toppled from its princess perch in this vibrant, witty musical which has just opened in London, based on the 2004 film starring Lindsay Lohan and Rachel McAdams.

Regina George (played by Georgina Castle, daughter of former tennis star, Andrew) brings the house down as leader of The Plastics,

a perfect looking Barbie doll-style teenager with an incredibly cruel streak. But no matter how nasty she is, she's still deliciously charismatic, charming the West End audience as much as her fawning classmates.

Packed full of punchy songs and memorable characters, *Mean Girls* isn't just for those of us who wear pink on Wednesdays.

Wherever you stand or once stood in the high school pecking order, you'll find your crowd somewhere in this fabulous show.



★ *Mean Girls* is on at the Savoy Theatre in London. Booking until 16 February 2025. See meangirlsmusical.com

SHARING THE LOVE

To make summer that little bit better, Louise Thompson has teamed up with Not On The High Street to showcase a Summer Lifestyle collection.

The edit has been handpicked with quality in mind, so expect plenty of products from UK brands that promise to add a touch of elegance to your wardrobe. From beautiful beach bags to personalised necklaces, the collection is a true reflection of Louise's style and will have you wanting to buy it all.



★ Explore the full range at [notonthehighstreet.com](https://www.notonthehighstreet.com)

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SWEET SUMMER FLAVOUR

Rekorderlig's fruity ciders are ideal for sipping on a hot summer's day and the new Peach-Raspberry flavour is no exception.

Made using pure Swedish spring water, the drink combines the juiciness of peaches and a hint of raspberry with pear cider, making it a sweet addition to any picnic. We'll also be adding it to our festival camping checklist, so we can dream of sunny days even if we're hiding in our tent from the rain! It comes in 500ml bottles and 330ml cans.

★ The Rekorderlig Peach-Raspberry 500ml bottle is available at Tesco, Asda, Waitrose, Sainsbury's and Ocado. The 10x330ml can pack is available at Asda.



TAKE THE STRESS OUT OF PACKING

Are you guilty of overpacking for weekends away? The Kimpton Fitzroy London has the perfect solution for those visiting the capital this summer. It has just launched a service where you can borrow designer accessories for free during your stay.

The Forgot It? We've Got It! Anthropologie Accessories Collection service promises to "ease packing stress, lighten your carry-on and add a little extra oomph to your travel style".

If you're a fashionista who loves keeping up with the latest trends, you'll be thrilled to know the collection is seasonal, ensuring you have access to the most coveted pieces from Anthropologie all year.

But this enticing collaboration isn't the only reasons to book a stay at this swish historic hotel. Discover the luxurious linens in the elegant suites, the stunning art deco Mirrorball Room at Fitz, which has a full cocktail menu, and the five-star food in the Brasserie, which offers



Accessories on loan

seasonal produce and a relaxing ambience away from the hustle and bustle of the city.

★ You can book Kimpton Fitzroy London through the IHG Hotels & Resorts website ihg.com. Room rates start from £253 a night. Furry friends are welcome. Discover more on Instagram at @Kimpton, @anthropologie and #KimptonXAnthropologie

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Dame Kelly Holmes talks health with Fara Williams

SPOTLIGHT ON HEALTH

Information relating to health and wellbeing can sometimes be difficult to digest. That's why Nuffield Health has launched the *Let's Talk Health* podcast, featuring interviews with industry experts and famous faces from the world of sport.

You can listen to relaxed conversations between those in the know, and hear practical advice on everything from fitness and nutrition to children's health.

In the first episode, Nuffield Health Ambassadors Dame Kelly Holmes and Fara Williams MBE discuss their career highlights, as well as what women's health means to them.

★ Listen to the *Let's Talk Health* podcast on Spotify and Apple Music

GIFTS FOR NEWLYWEDS

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In addition to exploring Eden Camp's 22 original prisoner of war huts and discovering the stories of those who

experienced the Second World War firsthand, visitors can indulge in some nostalgic fun. Car enthusiasts can look at restored vehicles including an M50 Sherman Tank and a US M16 Half Track. And don't forget to put on your dancing shoes so you can swing along to the live music performances.

★ Tickets to visit Eden Camp are £17 for adults, or £15 online, and children 5 to 16 are £14, or £13 online. Weekend tickets are also available online only at £25 per adult and £20 per child. For more information, visit edencamp.co.uk



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This four-door locker will give you plenty of extra

storage, whether it's to stash your vinyl collection in the lounge, your best crockery in the dining room or all the kids' toys in their play room.

It has adjustable shelving inside, two cable holes and two wall attachment points, making it versatile as well as stylish. It costs £399.

★ Shop now at mustardmade.com as well as online and in-store through the brand's global stockists



The Standard comes in 12 colours



THE NEW FRY-UP

Bored of your usual boxed cereal or microwave porridge? Head to Prezzo for its new Italian-inspired breakfast to kick off your day.

If you're in a savoury mood, try the Breakfast Pizzulata – hand-stretched pizza dough wrapped around breakfast ingredients such as egg, bacon and sausage. For those with a

sweet tooth, the Dolce Pizzulata is filled with banana and ricotta and served with Nutella.

The Prezzo's breakfast deal includes a Pizzulata and an Italian Illy coffee for £10. Mornings have never felt so indulgent.

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 Backpack £16

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 £5.50-£8.50
 Trousers £11-£15
 Shoes £26
all Matalan
 Tie and glasses models' own

Left to right:
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 Shirt (pack of 5) from £8.50
 Skirt (pack of 2) from £8
 Socks (pack of 5) £4
 Shoes from £15

Jumper (pack of 2) from £7
 Polo shirt (pack of 5) from £7.50
 Shorts (pack of 2) from £5
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 and trousers as before

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 Polo shirt as before
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 Socks £6-£7
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 Dress £9-£13
 Anyday Socks (pack of 5) £6-£7
 Geox Shoes £52.50-£57.50

Left:
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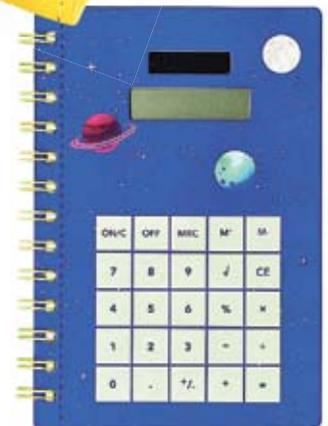
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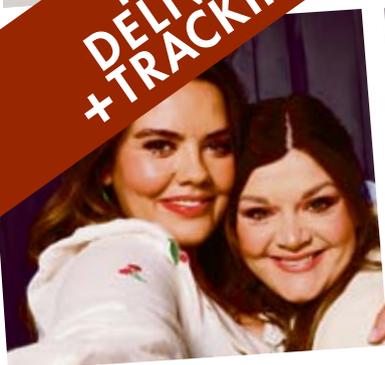


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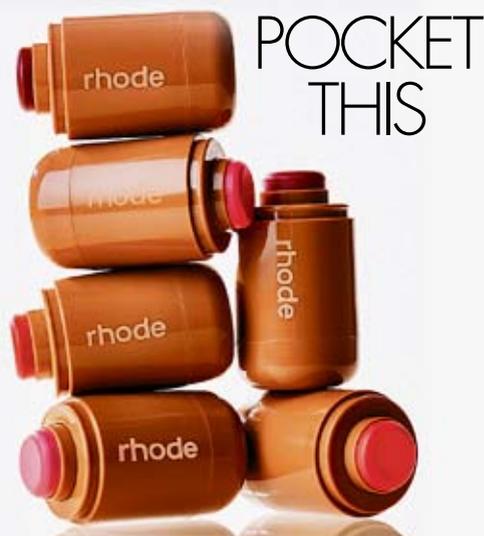
CHAIN REACTION

If you're on the lookout for a new summer scent, Michael Kors Pour Femme EDP, £60 for 30ml, could be the answer. Packed with notes of mandarin, pink peppercorn, jasmine and patchouli, it's citrusy but with a creamy twist. "Like a rich gold chain warmed by sun-kissed skin," the brand describes it. That explains the design of the bottle, then!

SWEET TOOTH

If you think dental products are boring, let me direct you to Gem's Triple Whitening Toothpaste in Pink Marshmallow, £9 at Boots.

With a new and irresistible marshmallow flavour, and packed with gentle whitening actives like sodium bicarbonate and silica, it cares for your gums, helps to balance your oral microbiome with probiotics and makes brushing fun.



POCKET THIS

Hailey Bieber has finally introduced us to the product she's been using for most the year to get her dewy flush: Rhode's Pocket Blush, £24, in six shades.

The buildable cream blush stick has a soft, satin finish and is packed with skin-loving peptides and fatty acid-rich tamanu oil to give Hailey's signature "glazed donut" skin while improving the condition of your complexion.



Best bases for summer

*Discover the foundations that have wowed our
beauty team with something to suit every complexion*

Quite literally the base of any make-up look, whether you favour minimal maquillage or a full face of glam, finding the right foundation for you can be tricky. To help, our beauty team has been putting a few of this season's most talked about formulas to the test, to see how they fare in summer. Here are the ones that have really impressed...

BEST FOR A MATTE FINISH

e.l.f. Soft Glam Satin Foundation, £8

Beauty editor Laura says: "Matte foundations have come a long way; the good ones nowadays give a shine-free finish while keeping skin looking like skin. This one is a good example, with medium coverage and a smoothing, blurring effect. Great for oily or combination skin."

BEST FOR A NATURAL FINISH

Shiseido Revitalessence Skin Glow Foundation, £49

Laura says: "Want a foundation that's neither dewy nor matte? This, with an eggshell finish, is the perfect middle ground. Formulated with some of Shiseido's high-end skincare ingredients, it has a runny texture that blends beautifully, giving a real 'your skin but better' finish. It's expensive at full price but you can tell that it's a luxe formula; you'll often find it reduced at retailers such as Boots or Sephora."

BEST FOR DRY SKIN

Lumene Invisible Illumination Vegan Collagen Serum In Foundation, £39.90

Laura says: "From the moment I swiped this on, I knew it was going to be a new favourite. It blends quickly and invisibly into the skin, gives a lovely, natural glow, and has a moisturising sensation that lasts all day without going patchy. A great choice for all skin types, except perhaps oily or acne-prone."



BEST FOR STAYING POWER

Fenty Beauty Soft'Lit Naturally Luminous Longwear Foundation, £34

Laura says: "Fenty's first foundation, Pro Filt'R, made headlines when it launched for its vast shade range and long-lasting finish, staying put even through brand founder Rihanna's stage performances. Soft'Lit delivers these benefits but with more radiance. It's perfect if you need your face base to look flawless all day long."

BEST FOR HEALTHIER SKIN

Oxygenetix Oxygenating Foundation, £66

Editorial commercial content director Michelle says: "I've seen a big shift in my hormonal skin and I've been after a moisturising base that would diminish the look of lines and wrinkles while hydrating, and this gave the results I was after."

BEST FOR A LIGHTWEIGHT FEEL

Kosas BB Burst Tinted Gel Cream, £34

Shopping assistant Grace says: "I usually opt for a sheer face base such as a skin tint or tinted moisturiser, and as soon as I tried this I knew it would be my new summer staple. The formula provides a glowy, natural-looking base that feels like skincare."

BEST FOR GLOW

Charlotte Tilbury Unreal Skin Sheer Glow Tint Hydrating Foundation Stick, £35

Head of shopping Zoe says: "I used to wear thick foundations to cover breakouts, but this year my skin has decided to play fair so I've discovered the beauty of a balm-type base. It glides on in seconds, gives good coverage and evens out blotches."

DO PERIODS TAKE OVER YOUR LIFE?

Some women experience crippling premenstrual symptoms, but there is help at hand



From abdominal cramps to mood swings, that “time of the month” can cause our bodies to experience lots of changes. And for some people, a more severe set of symptoms can emerge in the form of premenstrual dysphoric disorder (PMDD).

PMDD is a form of premenstrual syndrome (PMS) that can make it harder for people to work, socialise and have healthy relationships.

“It is a condition that lies within the spectrum of premenstrual disorders and is defined by the recurrence of severe and at times debilitating depressive mood symptoms – such as mood changes, irritability, anxiety, apathy or depression – which occur around the time of your period,” explains Dr

Tiffany Pham, OB-GYN and Medical Advisor at Flo Health (flo.health).

“These symptoms usually start before your period in the luteal phase of your menstrual cycle, and typically resolve after your period starts.”

One person who has been affected by PMDD is Vicky Pattison, who has been open about her experience over the years. In an Instagram post, the former *Geordie Shore* star explained how she spent “half the month lost” and that she felt “depressed, despondent and hopeless” prior to her diagnosis.

“PMDD is the most severe form of PMS and is characterised by significant

mood symptoms. The feeling of anxiety and depression is more intense, and some women may even feel suicidal,” says Dr Claire Phipps, GP and advanced menopause specialist at London Gynaecology (london-gynaecology.com).

“Milder forms are also described as PMS or PMT (premenstrual tension). Most women get some symptoms during the premenstrual two-week phase. Around 20-30% of women will get significant PMS symptoms and the prevalence of PMDD is estimated to be between 5-8% in menstruating women.”

With that in mind, here’s what you should know about PMDD...



CAUSES

The specific cause of PMDD is currently unknown, though there are some ideas. "The current theories proposed focus on an individual's heightened responses to the hormonal fluctuations of oestrogen and progesterone, which are present during the luteal phase of the menstrual cycle," says Dr Pham. "Both hormones can have effects on neurotransmitters, such as serotonin and GABA receptors, which are involved in the regulation of mood."

SYMPTOMS

Symptoms mainly relate to mood, but there can also be physical symptoms such as joint or muscle pain, bloating and weight gain. "Some symptoms may include severe mood swings, increased irritability or anger, depression or feelings of hopelessness, increased anxiety or tension and apathy or decreased interest in activities," says Dr Pham.



"It can also cause lack of energy or fatigue, changes in appetite, difficulty with sleep/feeling alert, brain fog or difficulty concentrating and feeling overwhelmed or out of control."

IMPACT

"PMDD can affect a person's job productivity, decrease their ability to cope with work and result in missed job opportunities, thus there can be financial consequences. It can also affect relationships," says Dr Pham. "Unfortunately, these symptoms occur monthly, so those affected tend to

have a few days to weeks out of the month where they do not feel like themselves."

DIAGNOSIS

Getting a diagnosis can be difficult as it may take a while to connect the symptoms. "Keeping a symptoms diary and correlating it with the menstrual cycle is key. Approaching your GP with this information will help the doctor to arrive at the possible diagnosis," explains Mr Narendra Pisal, consultant gynaecologist at London Gynaecology.

TREATMENT

"Medications can help with some symptoms, as can diet and lifestyle changes. And just recognising PMDD allows individuals to become more aware of their own patterns, helping them anticipate and prepare for the challenging times," says Dr Phipps. "Sometimes, CBT may be helpful. For mood-related symptoms, your doctor may suggest SSRI medication."

'I'M MORE PRODUCTIVE NOW, IT'S CHANGED MY LIFE'



Elisha Blake, 27, from Surrey, opens up about her experience with PMDD

"Since I got my first period at 13, I've always had problems. While my friends complained about their painful periods, I suffered from something else.

"It was like a switch flicked in my brain and I went from being my normal self to being taken over by anxiety, anger, sadness and sensitivity two weeks before my period.

"The intrusive thoughts were the worst thing. Sometimes I couldn't get out of bed. I would have really dark thoughts and I'd think that everybody hated me. It felt like everything in my life was bad.

"Despite my symptoms, it took me ages to realise it was to do with my period. After years of suffering I rang my mum and said, 'I'm not going to be here any more if we don't do something about it.'

"I got an appointment straight away and I was very lucky that I had a GP who did listen, and within two minutes she'd diagnosed me with PMDD. I was offered SSRIs, but I knew I didn't want to take them. That same week I visited Holland & Barrett and used its consultation service. I began

taking supplements and within three months my symptoms had lifted a lot.

"PMDD doesn't just affect me, it affects my friends, my family, my partner – and they've all noticed a difference. I'm self-employed but I still have bosses who can tell I'm more productive now. It's changed my life."

Holland & Barrett has launched its national Women's Health Commitment, which will see 600 staff specially trained as Women's Health Coaches to offer specific and personalised advice in its stores



Jane O'Gorman

Our agony aunt gets to the heart of your relationship problems

I resent my mum's luxurious lifestyle while I struggle

I believe my selfish mother should share her money with us. My husband and I have children and large bills. Our many outgoings mean that we have little cash left over. I'd like to be able to treat the children and take them on holidays.

My mum ran her own (very successful) company up until the age of 60, then sold up and retired. These days she travels the world and has a wonderful lifestyle – and I don't think that's fair.

Several times I've hinted that she'd benefit from a property downsize (less maintenance, cleaning etc) plus a sale would release funds. But the last time I showed her details of a new development being built in

her neighbourhood, she blew her top. She accused me of wanting her dead, which wasn't my intention at all. She wondered if I planned to put her in a home and throw away the key.

She says I make her feel guilty for still being alive and argues that her finances are nothing to do with me. I hate the friction, but what about us?

Your mother clearly worked hard all her working life and is now reaping the rewards. Maybe it does gall you that she's sitting on a fortune, but that's her business not yours. You've got to accept that you are not entitled to any of her money because it's for her comfort and convenience. Arrange to meet her face-to-face and apologise

for your inappropriate comments. Admit that you have been guilty of overstepping the mark.

Ask if you can start again. Don't forget that she may be fearful regarding her future health and general care. It's possible that she's aiming to protect you by ensuring that she's comfortable enough never to be a burden. I suspect she has a long-term plan.

In the meantime, it's important that you and your husband ensure you're getting all the benefits and tax credits you're entitled to. Check out citizensadvice.org.uk/benefits.

Are there any obvious areas where budgeting could be implemented and savings made?

JANE O'GORMAN'S ADVICE LINES

Do you have a sexual or emotional problem? Need to improve your relationship or sex life? Call these new phonelines for Jane O'Gorman's friendly, expert advice.

NEW! Super sex

☎ 0905 789 3410*

NEW! Brilliant orgasms

☎ 0905 789 3411*

NEW! Is that kinky?

☎ 0905 789 3412*

NEW! Erection problems?

☎ 0905 789 3413*

NEW! Turn on your man

☎ 0905 789 3414*

NEW! Turn on your woman

☎ 0905 789 3415*

NEW! Stressed out

☎ 0905 789 3416*

NEW! Staying together

☎ 0905 789 3417*

NEW! Hate your body?

☎ 0905 789 3418*

NEW! Jealousy hell

☎ 0905 789 3419*

* Calls cost 80p per minute plus your telephone company's network access charge and last approximately four minutes.

Contact Jane at S Magazine, One Canada Square, Canary Wharf, London E14 5AP or email jane.ogorman@reachplc.com. Jane regrets that she cannot reply personally to your letters

Sex matters

My new boyfriend isn't prepared to define his sexuality. He's attracted to personalities not genders. He says he's turned on by me (a woman) sexually, which is flattering.

But I'm insecure by nature. Past relationships have collapsed because of this. Now I'm suspicious and jealous of everyone he talks to. How do I cope?

Your new boyfriend is his own person and he's to be

applauded for his honesty. These are early days for your relationship and it would be wonderful if you could live in the moment and enjoy yourself.

Would you benefit from speaking to a health professional (via your GP) regarding your feelings of insecurity? It would be a shame if another relationship – and shot at happiness – is lost because of your unresolved issues.



Doctor, doctor

Dr Rosemary Leonard MBE is a GP with many years' experience working in London's top teaching hospitals

I am on alendronic acid tablets and a tooth has just fallen out. Does my treatment mean I can't have an implant?

Bisphosphonates, such as alendronic acid, are used as a treatment for osteoporosis, but can lead to delayed healing after dental treatments when the

jawbone is exposed, such as an implant insertion.

This is rare but is slightly more likely to occur with high dose treatments given into a vein, rather than tablets. It is usually possible to have an implant while on oral bisphosphonates, but you should discuss the risks first with a specialist.

Contact Dr Leonard at S Magazine, One Canada Square, Canary Wharf, London E14 5AP or email dr.leonard@express.co.uk. She regrets she cannot reply personally. Read her column every Tuesday in the Daily Express



Jamie Goode

wine

Our expert selects seven delicious rosés from around the world

There are so many good rosés on the market now, at a range of price points and from wine regions all around the world.

It's been a while since you had to head to Provence in France to find a rosé that's really high end – now, they're being made in a variety of places.

Here's my round-up of exciting rosés for you to enjoy during late summer.

Ramón Bilbao Rosado 2023, Rioja, Spain, 12.5% alcohol, £9.75, Co-op

Pale orange-pink in colour, this has a turmeric-like spicy edge to the layered pear and citrus fruit, with just a hint of red cherry indicating its red grape origins. Dry and nicely balanced, this is a food-friendly rosé that has real appeal.

Mirabeau en Provence Classic Rosé 2023, Côtes de Provence, France, 13% alcohol, £13.99, Waitrose

Highly aromatic with sweet cherries and lime peel, plus some spicy detail. In the mouth this is really bright with good acid supporting the cherry, pear and lemon fruit.

It's smooth and ripe, with lovely sweet fruit, but also fresh and nicely detailed, finishing with some mandarin and spice.

Sainte Roseline Prestige Provence Rosé 2023, Côtes de Provence, France, 13% alcohol, £19, Ocado

Attractively packaged in an embossed glass bottle, this has nice primary aromas of pear drops and cherry, leading to a textured palate with pretty

spice and mandarin as well as some lime and a twist of redcurrant.

Warwick The First Lady Dry Rosé 2023, Western Cape, South Africa, 11.3% alcohol, £11.80, Vinvm

This South African rosé is bright with good acidity and some creamy underpinnings to the sweet pear, citrus and cherry fruit. Very attractive with a little bit of spicy bite.

Rogers & Rufus Grenache of Barossa Rosé 2022, Australia, 11.5% alcohol, £16.50, Latitude Wine

This is soft and easy, but also brightly fruited. Very pale in colour, it has nice cherry and lime fruit with a twist of orange peel and some nice smoothness on the mid-palate. A very appealing rosé.

Atlantis Tinta Negra Rosé 2023, Madeirense, Portugal, 11% alcohol, £13.99, Simply Wines Direct

This is made from Tinta Negra Mole, the main grape grown on the island of Madeira. It's lively, bright and energetic with a citrus core and then notes of mandarin and cherry, with lots of acidity. Fresh and appealing, with a lovely tart finish.

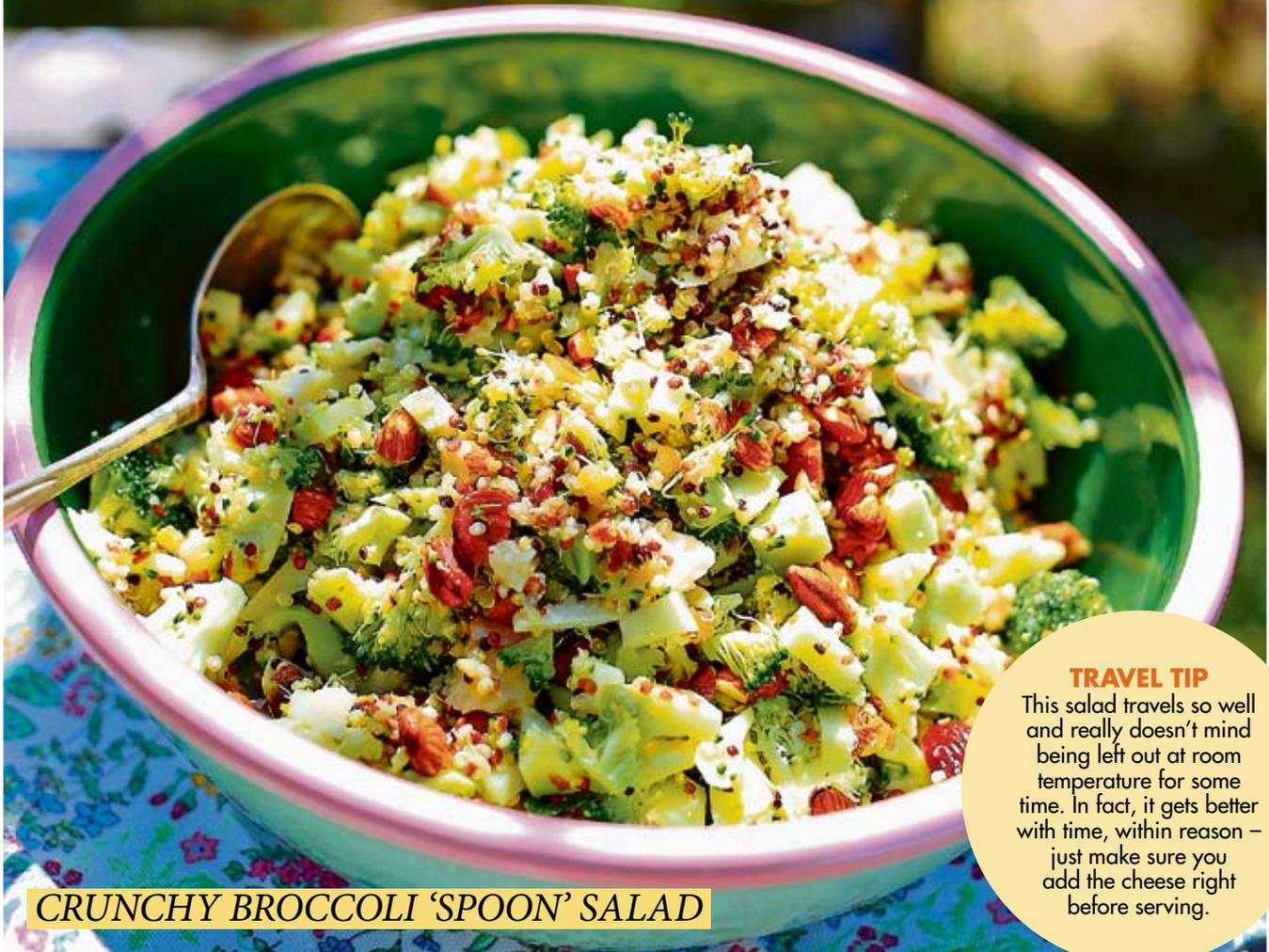
Jean Leon 3055 Rosé 2022 Penedès, Spain, 12% alcohol, £14.99, Simply Wines Direct

Fruity and lively with nice citrus notes as well as some hints of cherry and pear. This is textured and fine with nice weight. A stylish, dry rosé with lovely balance and a delicate sense of lightness.



PLATE TO THE PARTY

Make and take the most delicious food to share with friends and family this summer



CRUNCHY BROCCOLI 'SPOON' SALAD

TRAVEL TIP

This salad travels so well and really doesn't mind being left out at room temperature for some time. In fact, it gets better with time, within reason – just make sure you add the cheese right before serving.

SERVES 6 AS A SIDE, 4 AS A MAIN

- 55g whole almonds
- 2 tbsp tamari (or soy sauce)
- 1 head broccoli
- 6 dates, stones removed, finely chopped
- 150g tricolour quinoa, rinsed and cooked according to the packet instructions
- 120g mature cheddar, cut into small cubes

For the dressing ● 60ml extra-virgin olive oil ● Zest and juice of 2 lemons ● 1 tsp honey ● 1 large garlic clove, finely chopped ● A pinch of chilli flakes, to taste ● Salt and pepper ● 1 tbsp Dijon mustard

1. Place the almonds and tamari in a dry frying pan and cook over medium

heat, tossing often, for about 10 minutes or until they look dry and smell aromatic. Let the nuts cool, then chop and set aside.

2. Finely chop the broccoli florets and peel and finely chop the stem. Place in a large bowl with the dates and chopped almonds.

3. For the dressing,

combine the olive oil, lemon zest and juice, honey, garlic, chilli, salt and pepper and the mustard in a jar and shake. Pour it over the broccoli, add the quinoa and toss together. Set the salad aside for at least 30 minutes before serving.

4. Toss through the cheddar and serve.

CORN, GOAT'S CHEESE, PICKLE AND DILL TARTS

SERVES 4-6

● 1 tbsp butter ● 600g fresh corn kernels (sweetcorn) ● 380g shop-bought shortcrust pastry, chilled ● Plain flour, for dusting ● 1 handful dill, chopped ● 1 x quantity ricotta filling ● 150g goat's cheese, crumbled ● 300g dill pickles, cut into ● 1 cm slices ● 2 egg yolks ● 1 tbsp cream

For the ricotta filling
 ● 2 eggs ● ½ cup (50g) finely grated Parmesan ● ½ cup (125ml) single (pure) cream ● ⅔ cup (165g) fresh, soft ricotta

1. Melt the butter in a heavy-based frying pan over a medium-high heat and add the corn kernels. Cook, stirring often, for about 10 minutes, or until they are just starting to caramelize. Take off the heat and set aside.

2. Preheat the oven to 200°C/180°C fan/gas mark 6 then roll out your chilled pastry on a lightly floured benchtop and cut into four to six rounds – I used a side plate with a 15cm diameter. Transfer to a couple of trays lined with baking paper.

3. Whisk the ricotta filling ingredients together and add dill then mix. Place about 2 tablespoons of this in the middle of each pastry round. Top with a little goat's cheese, about 2 tablespoons of cooked corn kernels and a few pickle slices.

4. Gently pinch the edges of your pastry together to form a crimped seal. Whisk the egg yolks and cream together and brush this over the crimped edge.

5. Pop in the oven and cook for 30 minutes, or until the tops are puffed and golden. ▶

TRAVEL TIP

Allow the tarts to cool, then pile them into a container and wrap loosely with a tea towel. If you're going far, keep them chilled and let them come to room temperature before serving.

ORANGE AND RHUBARB MELTING MOMENTS

MAKES ABOUT 24

● 250g unsalted butter, at room temperature ● 80g icing sugar ● Zest of 1 orange ● 1 tsp vanilla paste ● 50g custard powder ● 250g plain flour ● A pinch of salt

For the filling ● 100g butter, softened ● 250g icing sugar ● 3 tbsp rhubarb or plum jam ● 1 tbsp orange juice, plus extra if needed

1. Place the butter and sugar in the bowl of a stand mixer fitted with the paddle attachment and cream for a few minutes until pale and fluffy. Or, use a large bowl and an electric mixer.

2. Add the zest and vanilla and beat. Fold in the custard powder, flour and salt. Turn the dough out onto your benchtop and divide in two, then form each half into a sausage shape. Wrap in plastic wrap and refrigerate for at least 30 minutes.

3. Preheat the oven to 170°C/150°C fan/gas mark 3½ and line two baking trays with baking paper then slice each sausage of

dough into discs around 1 cm thick, and roll these into small balls. Place on the baking trays, leaving a few centimetres between each. Gently press with a fork to flatten a little.

4. Bake for 15 minutes,

or until pale golden. Remove from the oven and leave to cool.

5. Meanwhile, make the filling. Combine the butter and sugar in the bowl of your stand mixer, or using a bowl and an electric mixer,

and beat for a few minutes until pale and creamy.

6. Add the jam and the 1 tablespoon of orange juice and mix again until you have a thick paste. Add more orange juice if needed.

7. Sandwich two biscuits together with a little of the filling and place in the fridge for the buttercream filling to set, then store in an airtight container for up to 2 days.

TRAVEL TIP

If you're making these biscuits more than 3 days in advance, store them, unfilled, in an airtight container and then sandwich together on the day you plan to share.



**TRAVEL TIP**

Once fully cooled, transport these bars in a tin or airtight container.

STRAWBERRY JAM CRUMBLE SLICES

MAKES ABOUT 20 SMALL SQUARES

● 175g unsalted butter, plus extra for greasing ● 110g brown sugar ● 1 tsp vanilla paste ● A pinch of salt ● 100g rolled oats ● 45g desiccated coconut ● 180g plain flour ● 320g strawberry jam, or jam of your choice

1. Start by browning the butter. Place the butter in a small saucepan over medium heat and melt, stirring as you go. Continue cooking until it begins to brown, about 5-6 minutes, then pour into a bowl or jug and leave to cool for 5 minutes.

2. Preheat the oven to 160°C/140°C fan/gas mark 3 and grease and line a 20 cm (8 inch) square slice tin.

3. Combine the cooled brown butter, sugar, vanilla, salt, oats, coconut and flour in a bowl. Mix together with your hands until you have a crumbly dough. Press half of this mixture into the base of your lined tin. Spread this with the jam and crumble the remaining dry mixture over it.

4. Bake for 1 hour, or until the top is golden brown. Remove from the oven and allow to cool completely before chilling in the fridge. Once well chilled, slice into bars.

Reader offer

POWER XL WAFFLIZER

Tuck into a delicious custom-stuffed Belgian-style waffle any time of day with the Power XL Stuffed Wafflizer. It's the quick and easy way to create stuffed waffles that are crispy on the outside and beautifully fluffy on

the inside, all in just a few minutes. Includes free exclusive 2-year warranty package worth £9.90. To order for £29.99 (RRP £34.99) plus £3.99 UK mainland P&P, call 0871 664 3474 and quote SM342. Calls cost 12p per minute plus your network access charge.



What Can I Bring? by Sophie Hansen (£23, Murdoch Books).
Photography by Sophie Hansen

COLOUR CODES

Find the perfect shade to enhance your home

When it comes to interiors, nothing has such a powerfully transformative effect as colour.

"It can turn a simple space into a welcoming home that reflects who you truly are," says

colour psychology expert Karen Haller. "Colour can uplift your spirit and create beautiful living spaces."

Here are Karen's top ways to embrace colour at home.



BACK TO NATURE

Incorporating rustic, earthy shades into your interior will help create a warm, welcoming feel. Try mixing natural textures and materials, exposed brick, wooden floors, earthenware and copper details with olive greens and terracottas.

"Physical comfort is key in this colour scheme, so your furniture should be solid – nothing light or flimsy," advises Karen.

"A cosy fireplace in the living room or a range cooker in the kitchen suits this look. Add interest with trinkets or cookware displayed on open shelves."

PLANT POWER

An easy way to bring colour into your home is to include vibrant plants in bright pots.

"Plants are great stress busters," says Karen. "At work, they've been proven to reduce sick days and enhance creativity. Back in my corporate days, I'd often put a colourful pot plant or flowers on my desk to lift my spirits."



WORK DAY HUES

The modern office is a far cry from the grey cubicles of yesteryear. "There is no one colour that will make staff work more effectively, but consider clarifying blues, joyful oranges, uplifting yellows and balancing greens as a great place to start," suggests Karen.

"By thinking about the colour of your chair, screen saver, curtains, cushions, your office mug and even the clothes you wear, you can build a colour system that works for you."





COTTON CANDY SHADES

If you have large windows or patio doors where the daylight can flood in, be sure to use the right colours to enhance it.

"Soft pastel shades work well in natural light, alongside furniture made from wicker and light wood," says Karen. "Gilded and brass details reflect the light, while plants – real or faux – complement ice cream shades."



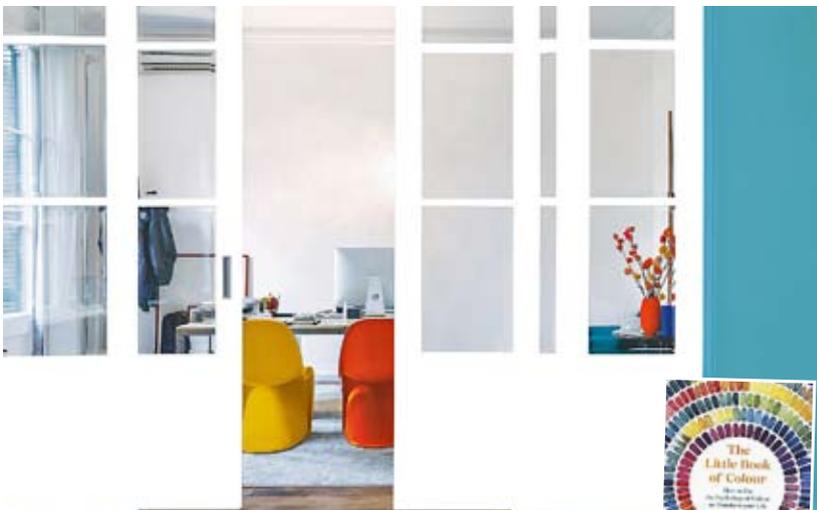
BEAT THE BLOCK

Did you know that everyone has a colour block? This means we all have an aversion to a certain colour or colours.

"One of my clients had a strong resistance to aqua," says Karen. "She flat-out rejected it, even though it was a colour that suited her spring-like personality. She associated the shade with an aunt who'd been unkind to her when she was a child.

"Once she was conscious of the association, she could disassociate herself from it. If she continued to resist aqua, her aunt would still own it – and my client wanted to enjoy the colour for herself.

"Her bathroom is now a gorgeous mix of aqua tones. It gives her that fresh, wake-up feeling that she wanted."



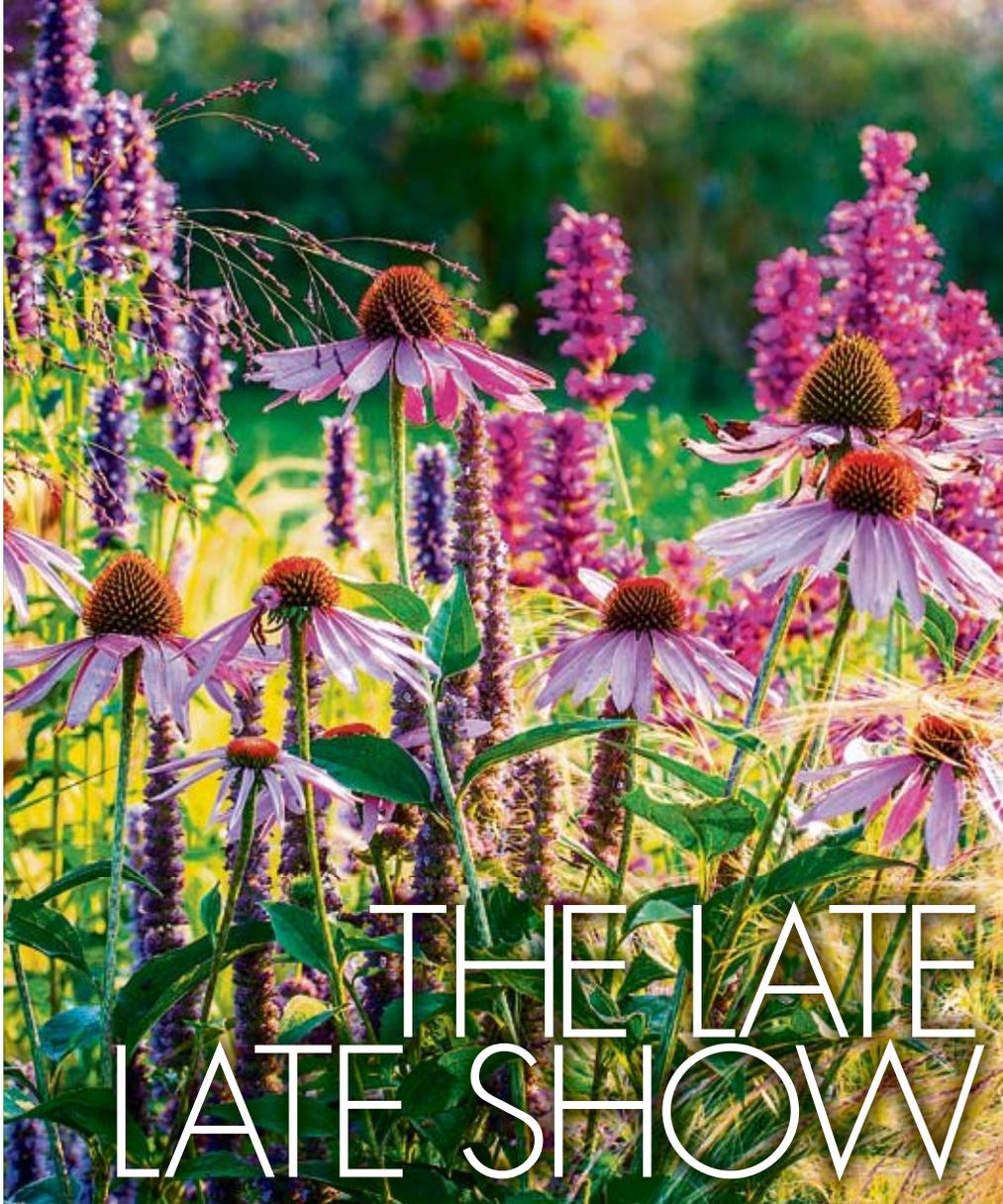
A VIBRANT WAY OF LIVING

"When you love colour, it loves you back. The more you get to know it, the more it enhances your life," says Karen.

"Living a colourful life doesn't mean dressing top-to-toe in a kaleidoscope of colour – unless that's your thing! It's about expressing who you really are. We are all of us colourful, even the most quiet and subtle among us."



The Little Book Of Colour by Karen Haller is out now (Penguin Life, £12.99)



THE LATE LATE SHOW



Add some red-hot
pokkers to borders

to your borders. Echinops (globe thistle), kniphofia (red-hot poker), eryngium (sea holly) and echinacea (coneflower) bloom in July, continue into September or October and fare quite well even in a dry summer.

Other species are more demanding of moisture. They include heleniums, rudbeckias, phlox, monarda (bergamot), solidago (goldenrod), gaura and phytolius.

For these to flower into the autumn it's essential they grow in deep, fertile soil that contains plenty of well-rotted organic matter, otherwise the ground can't retain enough moisture to keep them growing during dry seasons and fuel late flowers. And if there's no reasonably regular rainfall in summer, they will benefit from an occasional soak.

Faithful late starters such as Sedum spectabile and perennial asters mark the beginning of the autumn flowering season. But there are more unusual late perennials you can add for extra punch. Kaffir lily (*Schizostylis coccinea*) forms a tuft of what looks



Alan Titchmarsh

Keep your garden bright and beautiful well into autumn, says Alan

Some gardens look spectacular in spring, some peak at the height of the rose season in early summer and others look sensational well into August. But then a good many simply peter out. That's a shame because, given the right plants, most gardens could have a late lease of life that keeps them looking colourful well into the autumn.

Years ago, only the keenest enthusiasts bothered with late-flowering perennials because for four years out of five they would be a flop. But in those days winter started early. Nowadays, autumn is a longer, slower, milder, gentler season that positively encourages late flowers to fulfil their promise.

Quite a few long-flowering perennials are worth adding

SWITCH ON TO FLOWERING BULBS

Colchicum has large, mauve-purple crocus-like flowers. Plant it now to flower this autumn. It will naturalise.

Crocus speciosus are autumn crocuses with small blue or violet flowers and white veins.

Crinum powellii or swamp lily grows 3ft tall and has large, pink lily-like flowers in August and September. It needs sun and shelter with well-drained soil.

Gladiolus murielae (formerly acidanthera) produces fragrant white



Crocus speciosus

and purple autumn flowers. Plant groups of corms in late spring. Gladiolus papilio is a rare species with purplish-grey

and cream flowers. Make sure to choose a mild, sheltered, well-drained spot.

Galtonia candicans or summer hyacinth produces big clumps of coarse, grassy leaves and 3ft upright stems topped by large numbers of nodding white bells in August and September.



Swamp lilies flower in August and September

Cyclamen hederifolium is an autumn-flowering hardy cyclamen whose blooms appear from September to November.

Nerine (Nerine bowdenii) has pink flowers in September and October. Belladonna lily (Amaryllis belladonna)

has silvery pale pink flowers by September and October.

Zephyr lily or Zephyranthes candida has white starry flowers that appear in September and October.



Kaffir lily

like coarse grass growing 2ft tall. But come September, it will burst into sprays of pink, white, or coppery red flowers depending on the variety. In mild weather, they will appear in sequence until November.

Lily turf (Liriope muscari) grows in clumps about a foot high but spreads to create a knee-high carpet of grassy leaves. It flowers from August to November, producing upright stems topped with what look like

tiny violet grape hyacinths just above the foliage. Lily turf needs fairly well-drained, lime-free soil, but it is happy in sun or light-dappled shade.

For bigger borders, there's Cimicifuga simplex. This elegant perennial has good foliage and delphinium-like pokers of white flowers atop long, thin, wiry stems. They may be slender but they stay upright in all but the very wildest, windiest situations. The only unfortunate thing

about this underrated and little-known plant is its common name – bugbane. How off-putting!

So, in the next few weeks, spend some time scrutinising your garden. If it seems to fade away towards the end of the summer, think about beefing up your planting scheme for next season. A few well-chosen plants can make all the difference.

It's as good as adding another six weeks to your gardening season.



Phlox will do well in fertile soil



PLANT OF THE WEEK

READER OFFER RUDBECKIA GOLDSTURM

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Meet the author

BECKY WARD

Becky's latest novel is inspired by real life, but when it comes to writing the steamy scenes she says she likes to get creative

Magazine journalist-turned-novelist Becky Ward had always dreamed of becoming a published author, but it wasn't until the Covid lockdowns that she really focused on achieving her ambition. Four years on, she has one successful summer release under her belt and another book now hitting the shelves.

For her debut novel, *The Dance Deception*, Becky decided to combine the steaminess of the bestselling *Fifty Shades* trilogy with the audience appeal of *Strictly Come Dancing*, resulting in a raunchy romance set against the backdrop of a televised dance show. Her new book, *Playing The Field*, swaps the dance floor for the football pitch, but there's still a passionate love story at its core.

"It was inspired by the history of AFC Wimbledon," Becky explains. "My best friend is a long-time supporter of the club and has told me all about the early days, when the fans developed the new team from scratch, trialling players on Wimbledon Common and raising funds to secure a ground. I thought, 'What if I used a similar set-up, with a family – Lily, her sister Cassie and their dad Mike – attempting to set up their own team?'"

"The football-mad family are gutted when the management of their local club decides to relocate the ground to a new location miles away from their home town, meaning lots of the fans will no longer be able to go to matches. Essentially wanting to bring football home, they set about trying to establish a new local team from scratch – and along the way a Premier League player

offers to help with the coaching. Soon, sparks are flying between him and Lily, despite her best intentions not to mix business with pleasure, and their romance plays out as the team experiences all the ups and downs of its first season."

For someone who prides herself on being well organised, Becky, 51, admits she has a less-than-perfect approach to writing her novels. "I have a very inefficient style of writing where I just spill the words on to the page until I've got enough to call it a book," she says. "Typically when I read this back, I think it's pretty bad, but once I've got that base to work with, I know I can edit it into the finished product I was hoping for. It will take me a couple of months of editing before I'm happy with it."

So what advice would she give to other wannabe novelists? "First up, don't be disheartened if your first draft isn't perfect," she says, laughing. "But really, I think

the most difficult part of writing a novel is sticking with it. It's all about not giving up on those days when nothing seems to be coming together. You just have to say to yourself, 'Tomorrow will be a better day.'"

Asked if any of her friends might recognise themselves in her characters, Becky says she only borrows snippets from real life. "I might occasionally think, 'How would that person react in this situation?' or if someone has told me a funny story I might have one of my characters experiencing something similar, but that's as far as it goes."

As for writing the steamier scenes, she laughs and says, "That's when you can really use your imagination!"

'The most difficult part of writing a novel is sticking with it'



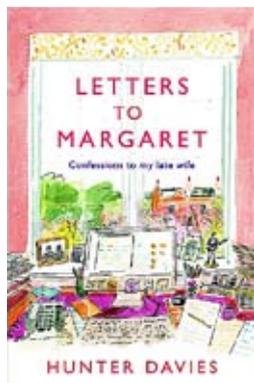
Playing The Field by Becky Ward (Avon, £9.99) is available now at [Amazon.co.uk](https://www.amazon.co.uk)

BEST SUMMMER READS

1 *Letters To Margaret: Confessions To My Late Wife* by Hunter Davies (Head Of Zeus, £22, out 15 August)

At the end of almost every day of their 55-year marriage, gregarious journalist and author Hunter Davies would be asked by his publicity-shy wife, fellow author Margaret Forster, to describe the highlights of his day.

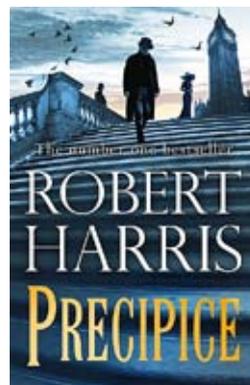
Since her death he has continued these conversations with her through a series of letters chronicling the ups and downs of his life – by turns touching, funny and bittersweet.



2 *Precipice* by Robert Harris (Hutchinson Heinemann, £22, out 29 August)

Fans of this hugely popular author should lap up this tale that mixes fact with fiction, as is his trademark.

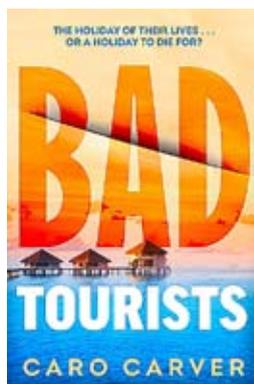
It focuses on the story of Venetia Stanley, a young aristocrat and socialite who is having an affair with Prime Minister Asquith, as he leads the country into the Second World War. But when there's a leak of top-secret documents, an intelligence officer discovers that the affair has become a matter of national security.



3 *Bad Tourists* by Caro Carver (Bantam, £16.99)

Already snapped up for a TV series, this hot debut is centred on three friends who head to a beautiful resort in the Maldives for an all-inclusive holiday, expecting sun, beaches and a chance to put a traumatic event behind them. But what awaits them is a murderous revenge plot that no one saw coming. Or did they?

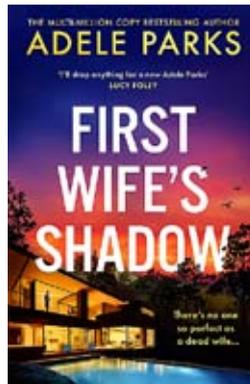
A perfect poolside read.



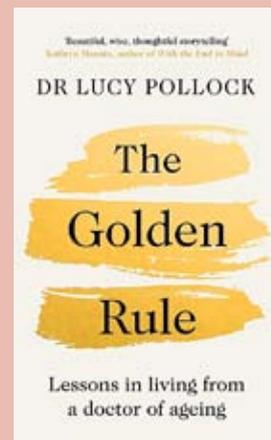
4 *First Wife's Shadow* by Adele Parks (HQ, £16.99)

The issue of living in the shadow of a previous wife comes to the fore in this twisty tale, as a whirlwind relationship between career-driven, independent Emma and Matthew, a kind and handsome widower who says he believes in seizing the day, goes awry.

Emma becomes obsessed with his late first wife – then strange things start to happen.



SPECIAL OFFER
FOR EXPRESS READERS



In a society obsessed with staying young, how can we age with confidence? What will make us happy? What are we frightened of, and what might allay those fears?

Here, Dr Lucy Pollock sets out guiding principles we can all try to live by, in the hope that we can bring about positive change and all benefit from a kinder, more compassionate society.

The Golden Rule by Lucy Pollock (Penguin, £16.99) is available to order from Express Bookshop. To order a copy for £15.29 visit expressbookshop.com or call Express Bookshop on 020 3176 3832. Free UK P&P on online orders over £25.

ROADSIDE RESCUE

A short story by Sarah Turner



Louisa glanced at the dashboard and let out a sob. The warning light she'd been ignoring for the last 10 miles was now flashing and she could smell burning. Not today, she thought. But as she pulled into a rural lay-by, she began to laugh. Of course it would be today. It was only right that her trusty car would explode on the same day the rest of her life had fallen apart.

She had only just reined in her crying enough to drive after Fred, her partner of seven years, had broken up with her because they "wanted different things". Louisa's whole body had been taken over by a panic so intense it had made her

wail, as she'd knelt at Fred's feet and begged him to reconsider. At one stage, he'd thought she was hyperventilating and had gone to fetch a paper bag. She would never recover from this. Not from the humiliation and certainly not from the heartbreak. Her car had given up on her too and she was stuck in the middle of nowhere. What on earth was she going to do?

"Are you alright?" The voice startled Louisa so much that she slammed her palm against the steering wheel, sounding the horn. She looked up through the open window at the woman beside her car. "Sorry, you made me jump."

"Yes, well, that makes two

of us. Stay there, Rex." The woman pulled on a lead. "I was just asking whether you were alright. It's unusual for cars to stop here and, if I'm honest, your face seemed rather... puffy. I thought perhaps you'd had an allergic reaction and might need some medical assistance. I do have an EpiPen, if that's useful?"

"The love of my life dumped me and my car has broken down." Louisa's voice was flat. "Have you got a pen for that?"

"Oh dear. Is there someone you can call?"

"I would usually call him."

"Ah, I see. Wait, Rex." She pulled again on the lead. "That doesn't seem like the best phone-a-friend, under the circumstances?"

"No." Louisa unclipped her seatbelt and got out. The dog sniffed her legs and she sighed as she reached down to stroke him. "Do you ever wish you were a dog?" The woman gave her a strange look. "Just going about your business," Louisa said. "No love life or vehicle dramas."

"Perhaps they have dramas of their own. We wouldn't know, would we? I'm Pat, by the way." She held out a hand and Louisa shook it.

"Louisa. I don't suppose you're a mechanic?"

"Afraid not." Pat frowned. "Do you have breakdown cover?"

"I don't know." Louisa unlocked her phone and opened her emails. "I think I signed up for something ages ago and it just auto-renews. Fred always says I should..." Her voice tailed off. "Oh, for goodness sake." She waved the phone around. "It won't load."

"That'll be the signal," Pat said. "There's none for miles."

"You are joking?" Louisa stared at her in horror.

Pat pointed to a spot in the distance. "Top field is where you need to go."

"Top field?" Louisa looked down at her new white trainers.

"To get out of the dip we're in. Rex and I are heading that way – I'll show you."

Louisa grabbed her bag and followed Pat and Rex along the narrow country lane and over a steep stile. To her embarrassment, more tears began to fall.

"He doesn't love you," Pat said, letting the dog off the lead. Her bluntness stunned Louisa, who finally stopped crying.

"Yes, he does," she said, wiping her nose on her sleeve. "Or at least he did. He said I was The One." She didn't know why she was arguing this point with a woman she'd just met.

Pat shook her head. "Eight billion people in the world and you think the only person for you is this Ted –" "Fred."

"Whatever, who doesn't want to be with you any more? Nonsense. I'm sorry,

but he was clearly not The One if he's ended it. That doesn't make this any less rubbish, of course, but the car going bang just proves this is your rock bottom."

"I have no idea what you're talking about," Louisa said, though rock bottom did sound about right.

"This is the worst day of your life."

"I know." Louisa couldn't help but think that Pat's pep talk could use a little work.

"Which is exciting, when you think about it. Let's jog this bit, I need to stop Rex eating sheep poo."

Louisa didn't do jogging, as a rule and she certainly didn't do jogging up muddy hills in white trainers, but she found herself following anyway.

"Forgive me, Pat." She pumped her arms and legs to keep up. "But I'm struggling to see which part of today is exciting exactly?"

"Every character in every story has a rock bottom, don't they? The low point beyond which they think they will never survive. Well, this is yours."

"And that's good because...?" Louisa paused to catch her breath.

"Because after today, the only way is up." Pat put her hand on Louisa's shoulder.

"I have been where you are. It's brutal. You don't want to hear the ins and outs of my breakdown, but I can tell you I wouldn't be where I am

"Louisa didn't do jogging up muddy hills in white trainers, but she found herself following anyway"



now without it. I'm grateful every day for my rock bottom. It kick-started the best chapter of my life."

Louisa found she very much did want to know the ins and outs of Pat's breakdown, but didn't think it appropriate to ask. They'd climbed further than Louisa had realised, her car now a small red dot below them. When they walked through

the next gate, she leaned against it, her heart beating fast as she took in the view.

She didn't want a rock bottom. She didn't want to break up with Fred and she didn't want to be towed to a garage. Yet, among the devastation of the day's events, a hint of something else was creeping in. A glimmer of hope that maybe it would all be OK. Perhaps not now, but one day.

"Thank you," she turned to Pat. "I'm sorry for nearly giving you a heart attack with the horn tooting."

"It's no bother," Pat said. "Is

your phone working now?"

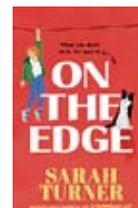
Louisa nodded, finding the email she needed and calling the number, its hold music strangely soothing.

"Then we'll be on our way." Pat stepped back from the gate. "Good luck. There are brighter days ahead if you just keep going." Louisa watched as she crossed the field, Rex at her heels, before she disappeared out of sight.

The temptation to message Fred was so strong that Louisa brought up his number then blocked it. Pat would be proud of that, she thought. Pat, who she'd only known for half an hour, but who was already an important character in the story of her life. A cheerful voice interrupted the hold music to ask if recovery was needed and Louisa took a deep breath before giving her details.

The next chapter had begun.

★ Sarah Turner's novel *On The Edge* (Bantam, £16.99) is out now



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03 Mar 2025	from £1,799	from £2,299	from £3,099	from £3,099
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06 & 08 Jan 2025	£1,099	£1,599	£1,599
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WHAT TO WATCH

Our round-up
of the week's
top TV



FOOD

Blue Ribbon Baking Championship From Friday, Netflix

An American twist on *The Great British Bake Off*, this series features 10 bakers who have won Blue Ribbons for their pies and cakes at state fairs across the US competing against each other for \$100,000.

Actor Jason Biggs, who had a famous moment with a dessert in comedy *American Pie*, is the host.



COMEDY

The Instigators From Friday, Apple TV+

Matt Damon reunites with director Doug Liman for this action comedy movie that also stars Casey Affleck, *The Whale's* Hong Chau and *Mr Bates Vs The Post Office's* Toby Jones.

After a heist goes wrong, robbers Rory and Cobby are on the run, and with crime bosses and corrupt politicians on their trail, they turn to Rory's therapist to aid their getaway, which adds to the chaos.



DRAMA

Irvine Welsh's Crime Wednesday, 9pm, ITV1

Dougray Scott was nominated for an international Emmy for his performance as DI Ray Lennox. In the second series based on the novel by Irvine Welsh, Ray is back at Edinburgh Serious Crimes unit having suffered a breakdown after catching an offender in series one.

He's ready to prove he's recovered and his first case involves an attack on a former colleague and a gruesome murder at a luxury hotel.

The Umbrella Academy From Thursday, Netflix

The final season has the Hargreeves siblings separated from each other and stripped of their powers as a new timeline has been created.

Meanwhile, their father Reginald (Colm Feore), who was dead in the original timeline, has stepped out of the shadows to oversee a powerful business empire.



DRAMA



TRAVEL

A New Life In The Sun: Where Are They Now? Monday, 5pm, Channel 4

This series catches up with some of the intrepid expats who have packed up and left the damp British weather behind, including Adam and Alicia, who run a cocktail bar in the Costa del Sol.

Love Is Blind: UK From Wednesday, Netflix

Matt and Emma Willis host the first UK series of this addictive blind dating show, in which singletons try to find their true loves by going into pods and chatting without seeing each other's faces.

Then, if they fall in love and get engaged sight unseen, they are finally allowed to meet face to face.



REALITY

BBC One

F'VIEW 1 • SKY 101 • VIRGIN 101 • F'SAT 101

6.00am Breakfast 8.00 **LIVE**

Olympics: Paris 2024. JJ Chalmers and Jeanette Kwakye introduce the first of the events on day nine in Paris, including equestrian, tennis, golf and athletics.

1.00pm BBC News; Weather

1.15 Olympics: Paris 2024
Live Hazel Irvine introduces what promises to be a medal-laden day nine in the French capital, with champions set to be crowned in artistic gymnastics, golf, tennis and cycling. The men's vault final begins at 3.25, with men's rings at 2.00 and women's uneven bars at 2.40.

5.00 News; Reporting Scotland

5.25 Olympics: Paris 2024
Live Clare Balding and Gabby Logan introduce one of the most eagerly awaited evenings of the Games, as the swimming competition reaches a conclusion and the men's 100m takes place on the track at 8.50. Other races scheduled are the women's high jump final from 6.50, the men's 100m semi-finals at 7.00, the men's hammer final from 7.30, the women's 800m semi-final at 7.35 and the semi-finals of the men's 1500m at 8.10. Over in the pool, the men's 4x100m medley relay final is at 6.06, the women's 50m freestyle at 5.30, the men's 1500m freestyle title at 5.36 and the women's 4x100m medley relay final at 6.26.

10.00 News; Reporting Scotland

Headlines.

10.30 Olympics: Paris 2024 – Tonight at the Games

Presenters Isa Guha and Mark Chapman recap all the drama of day nine in Paris, with the men's 100m final taking centre stage at the Stade de France on a busy day of Olympic competition.

12.00m't SportsScene: Premiership

Highlights Action from the opening round. (R) **1.15 FILM** Booksmart (2019/15) Comedy, starring Kaitlyn Dever. ★★★★★ **2.50** Weather for the Week Ahead **2.55-6.00am** BBC News

BBC Two

F'VIEW 2 • SKY 102 • VIRGIN 102 • F'SAT 102

6.35am Glorious Gardens from Above (R) 7.20 Countryfile (R)

8.15 The Lake District: A Wild Year (R) **9.15** Beechgrove Garden (R) **9.45** Saturday Kitchen Best Bites **11.15** Coast to Coast Food Festival (R)

11.45 **Pride and Prejudice** (1940/U) **E** Drama based on Jane Austen's novel, starring Laurence Olivier and Greer Garson. ★★★★★

1.40pm Songs of Praise Pam Rhodes is in Merthyr Tydfil.

2.15 **The Hundred** London Spirit Men v Oval Invincibles Men (start-time 2.30pm). At Lord's.

5.30 **Flog It!** In East Sussex. (R)

6.00 **Cornwall with Simon Reeve** Part one of two. (R)

7.00 **Countryfile** Joe Crowley is on the lookout for some of the UK's most elusive animals at Thursley National Nature Reserve in Surrey, one of the largest remaining areas of heathland. Whilst there, he goes in search for six scarce reptiles and joins volunteers to survey the nightjar population.

8.00 **Antiques Roadshow** Fiona Bruce heads to the waterfront beside the V&A Dundee design museum on Scotland's east coast. (R)

9.00 **Vienna Blood** Part one of two. It is 1909 and Oskar is baffled when the director of security agrees to a secret rendezvous with a notorious, recently captured criminal. Return of the crime drama, starring Juergen Maurer and Matthew Beard.

10.30 All the President's

E **Men** (1976/15) The true story of Washington Post reporters Bob Woodward and Carl Bernstein, who persevered in their investigation of the links between the Watergate break-in and the White House, a scandal that forced the resignation of President Nixon. Alan J Pakula's drama, starring Robert Redford. ★★★★★

12.45am The Bidding Room (R)

1.30 Clean It, Fix It (R) **2.15** Spent (R)

2.45-6.45am This Is BBC Two

STV

F'VIEW 3 • SKY 103 • VIRGIN 103 • F'SAT 103

6.00am James Martin's French Adventure (R) **6.30** James Martin's Saturday Morning (R) **8.25** Jimmy & Shivi's Farmhouse Breakfast **9.25** ITV News **9.30** Love Your Weekend with Alan Titchmarsh (R) **11.30** Tom Kerridge Cooks Britain (R)

12.00noon ITV News; Weather

12.15 **MotoGP** The British Grand Prix MotoGP and Moto2 races (start times 1.00pm and 2.30pm). The 10th round of the season from Silverstone.

3.30 **You've Been Framed!** (R)

4.00 **Tipping Point: Best Ever** Finals Coin-drop quiz. (R)

4.35 **ITV News; Weather**

4.55 **STV News; Weather**

5.10 **Harry Potter and the Goblet of Fire** (2005/12) **E** Adolescent wizard Harry is unexpectedly chosen to represent Hogwarts School in a prestigious tournament. The fourth instalment of the fantasy saga, starring Daniel Radcliffe. ★★★★★

8.00 **McDonald & Dodds** (3/3) It's wedding season in Bath and there's a race against time as a spate of deaths affect ceremonies across the city. One ends in tragedy when the vicar is found murdered in the vestry, and McDonald's suspicions focus on the bride, her father and her sisters as all of them had a close relationship with the deceased. But when she and Dodds make an arrest, a second murder occurs.

10.00 ITV News; Weather

10.15 **Mission: Impossible** **E** (1996/PG) A secret agent is accused of betraying his fellow spies, and sets out on a mission to clear his name. Action thriller based on the 1960s TV series, with Tom Cruise, Jon Voight and Ving Rhames. ★★★★★

12.30am Piglets The excited recruits get to wear their uniforms for the first time, while Dev reveals a personal issue that Steph offers to help with. (R) **12.50** Shop on TV **3.00** Motorsport UK (R) **3.50** Unwind **5.05-6.00am** Ainsley's National Trust Cook Off (R)

Channel 4

F'VIEW 4 • SKY 104 • VIRGIN 104 • F'SAT 104

6.00am Frasier (R) **7.40** Everybody Loves Raymond (R) **9.30** Sunday Brunch. With guests Paul Feig, Yungblud, Taj Atwal, Phil Dunster and Tom Hughes. **12.30pm** The Simpsons (R)

2.30 **Four in a Bed** Five episodes. Starting at the George Inn in Barton-upon-Humber; a trip to Cross Farm Cottages in West Yorkshire; the New Valron Hotel in Blackpool; at the Spinney Homestay in Warwickshire; the hosts meet one last time. (R)

5.15 **Channel 4 News** Headlines.

5.45 **Paris 2024 Paralympics: Meet the Athletes** In Brighton, table-tennis player Bly Twomey gives an insight into her life. (R)

5.50 **The Italian Job** (2003/12) **E** A crook double-crosses his partners, who devise a daring plan to exact revenge and reclaim their ill-gotten gains. Crime thriller remake, with Mark Wahlberg. ★★★

8.00 **Titanic in Colour** (1/2) Documentary about the doomed ship, featuring footage and photographs that have been specially colourised for this series.

9.00 **Britain Behind Bars: A Secret History** (3/3) Rob Rinder concludes his investigation in Somerset and Shepton Mallet, one of the country's oldest prisons and once home to the notorious Kray twins. Learning Shepton was often used for minor offences, Rob explores what impact these short sentences had.

10.00 Saucy! Secrets of the British Sex Comedy

(2/2) How X-rated movies entered the mainstream, until the advent of home video and cheaply made pornography brought it crashing down.

10.55 The Man with a Penis on His Arm

(R) **11.55** **FILM** Fire Island (2022/18) Comedy romance. ★★★★★ **1.40am** Ramsay's Kitchen Nightmares USA (R) **2.25** Come Dine with Me (R) **3.20** Paris 2024 Paralympics: Meet the Athletes (R) **3.25** Grand Designs (R) **4.20** Food Unwrapped (R) **4.50** Frasier (R) **5.40-6.20am** Countdown (R)

Channel 5

F'VIEW 5 • SKY 105 • VIRGIN 105 • F'SAT 105

- 6.00am Milkshake!** Children's shows.
8.50 SpongeBob SquarePants (R)
9.05 Entertainment News on 5
9.10 Eggheads Quiz show. (R)
9.30 Cruising with Susan Calman Four episodes. (R)
1.10pm The Hotel Inspector (R)
3.05 Coastal Devon & Cornwall with Michael Portillo Double bill. Exploring the South West Coast Path; Michael heads for his final stretch in Cornwall. (R)
5.05 When Holidays Go Horribly Wrong Tales include a family whose hotel room looked like a horror film, and a man who found a lizard in the toilet. (R)
6.30 5 News Weekend Headlines.

- 6.35 Bradley Walsh's Greatest Double Acts** The actor unpacks what it takes to make it as a comedy duo, and celebrates his favourite double acts of all time. (R)
8.00 22 Kids & Counting (3/6) Chloe arranges a girls' trip away with Sue and Katie for Sophie's 30th birthday, with the four women heading to the party city of Amsterdam.
9.00 Mums on Strike (3/6) Two more couples swap who does the household chores, with Gary taking over from his partner Sam, who works full-time, but is also left to do everything around the house, and Michael tackling jobs other half Simone usually does to keep an immaculate home.

- 10.00 The World's Most Luxurious Cruise** The Seven Seas Splendor sails around the Mediterranean, however the crew are on tenterhooks as one of the industry's most influential travel writers is on board.
11.00 1988: Most Shocking Moments From TV, film, music and politics. (R) **1.00am** PlayOJO Live Casino Show **3.00** Carol Klein's Great British Gardens (R) **3.50** Secrets of the Royals on Tour (R) **4.40** Wildlife SOS (R) **5.05** House Doctor (R) **5.30** Entertainment News **5.35** Fireman Sam (R) **5.45-6.00am** Paw Patrol (R)



Mums On Strike Channel 5, 9pm

I don't believe the hubbies on this show are entirely hopeless. I'm sure they're happy to do their share of the chores. They just need some guidance. Look at Gary here, for instance, whose partner Sam has downed tools. He's already picked up a mop, eager to get to work. He just needs to find where to plug it in.

ITV2

F'VIEW 6 • SKY 118 • VIRGIN 115 • F'SAT 113

- 6.00am** CITV **9.00** World's Funniest Videos **9.30** Love Bites **11.30** Dress to Impress **1.30pm** Family Fortunes **2.35** In with a Shout **3.35** In for a Penny **4.10** **FILM** Johnny English (2003/PG) Spy comedy. ★★★★★
6.00 **Wheel of Fortune** Gameshow.
7.00 **Celebrity Catchphrase** With Sarah Millican, Vernon Kay and Joel Dommett taking part for charity.
8.00 **FILM** **Tomb Raider** (2018/12) Action adventure based on the video game, starring Alicia Vikander. ★★★★★
10.25 **Family Guy** Double bill. Three fairy tales are retold Quahog-style; Peter learns he has a vestigial twin.
11.25 **American Dad!** **12.25am** Iain Stirling's CelebAbility **1.10** All American **2.05** Totally Bonkers Guinness World Records **3.00-6.00am** Teleshopping

BBC Three

F'VIEW 23 • SKY 115 • VIRGIN 107 • F'SAT 179

- 7.00pm** **Rapman: Back of the Bus** A tour of London with Michael Ward, Stephen, Kadeem, Junior and Karla.
7.10 **EastEnders** Double bill.
8.10 **Shark Tank: Dragons' Den US** Double bill. Products include a feeding tool for hummingbirds; a cheese and charcuterie board delivery business.
9.30 **Stacey Dooley Sleeps Over** A weekend with one of Britain's most popular YouTube families.
10.15 **FILM** **Pride** (2014/15) Fact-based drama, starring Ben Schnetzer and Bill Nighy. ★★★★★
12.10am **Corey Baker's Dance Race**
12.15 **Stacey Dooley Sleeps Over**. With a YouTube family. **1.00** High: Confessions of an Ibiza Drug Mule
2.15 **Drugs Map of Britain** **3.10-3.55am** **Wagspiracy: Vardy v Rooney**

ITV3

F'VIEW 10 • SKY 119 • VIRGIN 117 • F'SAT 115

- 6.00am** Bless This House **7.00** A Touch of Frost **11.20** **FILM** Carry On Matron (1972/PG) Comedy, starring Hattie Jacques and Sid James. ★★
1.00pm **Doc Martin** **2.00** **Agatha Christie's Poirot** **5.55** **Wycliffe**
7.00 **Wycliffe** Two grieving widows lay rival claims to a washed-up corpse.
8.00 **The Real Crown: Inside the House of Windsor** The events shaping the fortunes of the royal family during Elizabeth II's reign.
9.00 **Joanna Lumley's Home Sweet Home - Travels in My Own Land** The final episode takes Joanna from North Wales to St Michael's Mount.
10.00 **Agatha Christie's Poirot** One of Hastings' friends is murdered.
12.05am **After the Flood: double bill**
2.00-2.30am **Bless This House**

BBC Four

F'VIEW 9 • SKY 116 • VIRGIN 108 • F'SAT 173

- 7.00pm** **Discovering: Rhapsody in Blue - George Gershwin** Josie d'Arby presents an analysis and performance of the Gershwin classic.
8.00 **John Wilson's American Greats at the Proms** Music includes Gershwin's Rhapsody in Blue.
9.40 **Gershwin's Summertime: The Song That Conquered the World** How the song Summertime became a standard around the world.
10.40 **Bill Viola: The Road to St Paul's - Imagine** Profile of the artist.
11.45 **Kill Your TV: Jim Moir's Weird World of Video Art** **12.45am** **Mark Kermode's Secrets of Cinema: Cult Movies** **1.45** **Discovering: Rhapsody in Blue - George Gershwin** **2.45-3.45am** **Gershwin's Summertime: The Song That Conquered the World**

SUNDAY

4 AUGUST

BBC Scotland

12.00noon This Is BBC Scotland
7.00 The Seven **7.15** SportsScene: Premiership Highlights **8.30** Icons of Football **9.00** Island Crossings
10.00 Still Game **10.30** The Karen Dunbar Show **10.55** Paramedics on Scene **11.55pm-12.00m't** Loop

BBC Alba

6.00am Alba Today **4.00pm** Na Clangairean **4.10** Su Pic (Peek Zoo) **4.20** Beathaichean a' Bocadaich **4.25** Meaban is Moo **4.30** Daolag-bhreach is Seillean **4.35** Gasta a' Ghraineag (Happy the Hoglet) **4.45** 'S E lasg a Th'Annam (I'm a Fish) **4.50** Peicein/Petit **5.00** An Saoghal Droil aig Pol Ploc/The Rubbish World of Dave Spud **5.10** Donnie Murdoch (Danger Mouse) **5.25** Geamaichean Gorach **5.30** An Teaghlach Rìoghail an Ath-dhoras (The Royals Next Door) **5.50** Uaine **6.00** Bogaisean is Gumbalan/Bottersnikes and Gumbles **6.15** An La (News) **6.30** Seachd La (News Review) **7.30** Allaluial (Spiritual Music & Verse) **8.00** An Cuan Sgith (The Minch) **8.30** Bothag Phadruig **9.00** Surfing: Marcachd an Tuinn (Riding the Wave) **10.00** Seirm: Celtic Connections **11.00** Cath an t-Sneachda - Snow Wars **11.45** Binneas - Na Trads **12.00m't-6.00am** Alba Today

BBC One N Ireland

As BBC One except: **5.15-5.25pm** BBC Newsline; Weather **10.25-10.30** BBC Newsline; Weather **12.00m't** **FILM** Booksmart (2019/15) ★★★★★ **1.35am** Weather for the Week Ahead **1.40-6.00am** BBC News

BBC Two N Ireland

As BBC Two except: **10.30pm** The Island **11.25** Miriam Margolyes: A New Australian Adventure. Exploring Perth **12.25-12.45am** BBC News

ITV Border

As STV except: **4.55-5.10pm** ITV News Border **3.50-5.05am** Unwind

GB News

6.00am Breakfast with Stephen and Anne **9.30** The Camilla Tominey Show **11.00** Sunday with Michael Portillo **1.00pm** The Weekend **3.00** Nana Akua **6.00** The Neil Oliver Show **7.00** Free Speech Nation **9.00** Mark Dolan Tonight **11.00** Headliners **12.00m't** GB News Tonight **1.00** Jacob Rees-Mogg's State Of The Nation Replay **2.00** Headliners Replay **3.00** Patrick Christys Tonight Replay **5.00-6.00am** Headliners Replay

BBC One

F'VIEW 1 • SKY 101 • VIRGIN 101 • F'SAT 101

6.00am Breakfast 6.45 **LIVE**

Olympics: Paris 2024. JJ Chalmers and Jeanette Kwakye introduce coverage of day 10, including the triathlon mixed relay, athletics, badminton and individual artistic gymnastics finals, featuring the women's beam at 11.36 and men's horizontal bar at 12.31 at the Bercy Arena.

1.00pm News; Reporting Scotland

1.45 **Olympics: Paris 2024**

Live Hazel Irvine introduces continued coverage of the concluding artistic gymnastics final, as the medals are decided in the women's floor final.

6.00 News; Reporting Scotland

7.00 **Olympics: Paris 2024**

Live An evening of athletics at the Stade de France to round off day 10, including finals in the men's pole vault, and the women's discus, 5,000m and 800m. From a British perspective, much of the attention will be on Keely Hodgkinson at 8.45, as she seeks to end her run of global 800m silver medals and become Great Britain's first Olympic champion in the event for 20 years. Hodgkinson announced herself on the world stage with Olympic silver three years ago, but has been left frustrated by finishing in the same position at the two subsequent World Championships and the Commonwealth Games.

10.00 News; Reporting Scotland

10.40 **Olympics: Paris 2024 – Tonight at the Games**

Isa Guha and Mark Chapman look back at day 10 from the French capital, as 17 gold medals were awarded across a number of sports, including the start of the track cycling.

12.10am Kin Double bill. Return of the crime drama, starring Aidan Gillen; all hell breaks loose with the unexpected arrival of a family member. (R) **1.50** Weather for the Week Ahead **1.55-6.00am** BBC News

BBC Two

F'VIEW 2 • SKY 102 • VIRGIN 102 • F'SAT 102

6.45am Breakfast 9.00 Dom Does America (R) **9.30** Wanted Down Under Revisited (R) **10.15** A Countryside Summer (R) **10.45** The Farmers' Country Showdown (R) **11.15** Homes Under the Hammer (R) **12.15pm** Bargain Hunt (R)

1.00 **Olympics: Paris 2024**

Live The artistic gymnastics schedule reaches a conclusion with the women's floor final.

1.45 **Make Me a Dealer** (R)

2.30 **The Customer Is Always Right**

3.00 **Escape to the Country** (R)

3.45 **Ricky & Ralf's Very Northern Road Trip** (R)

4.30 **The Repair Shop** (R)

5.15 **Flog It!** From Haddon Hall. (R)

6.00 **Olympics: Paris 2024**

Live Further coverage of day 10, featuring the men's pole vault final and the first track cycling medals of the Games to be decided, in the women's team sprint.

7.00 Richard Osman's House of Games Myra DuBois, Charlie Hedges, Bonnie Langford and Tyler West test their skills in the first round of challenges hosted by Richard Osman. (R)

7.30 EastEnders Linda is faced with a complicated decision.

8.00 Grand Tours of Scotland's Rivers Paul Murton explores the Annan in Dumfries and Galloway. (R)

9.00 Forensics: The Real CSI An armed gang of thieves robs £300,000 worth of gold from a Birmingham jewellery store. (R)

10.00 Spent (5/6) Mia reluctantly steps up as guardian for Ella when Chrissy is taken ill, but inadvertently promises her a birthday party, one that will double up as a reunion with her birth mother.

10.30 Newsnight The day's important news stories.

11.05 FILM The Piano (1993/15) A mute Scottish widow travels to New Zealand for an arranged marriage, and embarks on a passionate affair with a gruff settler. Period drama, starring Holly Hunter. ★★★★★ **1.00am** Countryfile (R) **1.55** The Bidding Room (R) **2.40-6.30am** This Is BBC Two

STV

F'VIEW 3 • SKY 103 • VIRGIN 103 • F'SAT 103

6.00am Good Morning Britain

9.00 Lorraine Entertainment news.

10.00 This Morning Celebrity chat and lifestyle features.

12.30pm Loose Women Celebrity interviews and topical debate.

1.30 ITV Lunchtime News; Weather News headlines.

1.55 STV News; Weather

2.00 Dickinson's Real Deal David Dickinson is in Preston. (R)

3.00 Tenable Five cousins from Essex take on a series of top 10 list questions. (R)

4.00 Tipping Point Quiz. (R)

5.00 The Chase Quiz show. (R)

6.00 STV News at Six; Weather

6.30 ITV Evening News; Weather

7.30 Emmerdale Will and Kim mistrust each other, Samson finally finds the bravery to stand up to Josh, and Brenda is horrified by Pollard's actions.

8.00 Coronation Street Lauren fears for the life of her premature baby, Hope dumps Sam and turns her attention to Jack, and Craig and Kit intercept Beth's delivery of T-shirts.

9.00 Long Lost Family: False Identities Special Davina McCall and Nicky Campbell present the stories of two men, both of them born in Ireland to unmarried mothers at a time when having children outside of marriage was seen as sinful and the Catholic Church went to great lengths to cover it up. (R)

10.00 ITV News at Ten; Weather Stories of the day.

10.30 STV News; Weather The latest reports.

10.45 TikTok: Murder Gone Viral After surviving an attempt on her life, TikTok star Sania Khan went viral campaigning for South Asian women's rights, but this put her in mortal danger from her ex-husband. (R)

11.40 Love & Death Candy is forced to take stock of her marriage. (R)

12.35am Shop on TV **3.00** Family Fortunes (R) **3.50** Unwind with STV **5.05-6.00am** Jimmy's Taste of Florida

Channel 4

F'VIEW 4 • SKY 104 • VIRGIN 104 • F'SAT 104

6.20am Cheers (R) **7.10** Everybody Loves Raymond (R) **9.00** Frasier: triple bill (R) **11.00** The Simpsons (R) **12.05pm** Paris 2024 Paralympics: Meet the Athletes (R) **12.10** A New Life in the Sun (R)

1.10 Car S.O.S. (R)

2.10 Countdown

3.00 A Place in the Sun (R)

4.00 The Great House Giveaway An old stone terrace in Queensbury is restored.

5.00 A New Life in the Sun: Where Are They Now? Catching up with Adam and Alicia at their bar on the Costa del Sol.

6.00 Come Dine with Me (R)

6.30 The Simpsons (R)

7.00 Channel 4 News Including sport and weather.

8.00 Yorkshire By the Sea (1/4) The lives of locals living along Yorkshire's coastline. The first episode features a family from Bridlington who've been fishing the North Sea for generations.

9.00 24 Hours in A&E Pedestrian Jane is rushed to Queen's Medical Centre in Nottingham with multiple injuries after being severely injured in a hit-and-run. The major trauma team work hard to stabilise Jane, who has a fractured pelvis. Acrobatic performer Claudia is in A&E with a broken wrist after falling while practising a routine, and 93-year-old Dorothy is rushed to resus after falling at home and breaking her leg.

10.00 On the Edge: Wet Look (1/3) Short films on the importance of caring. A human and a mermaid navigate their relationship.

10.35 On the Edge: Letting Go (2/3) A foster father cannot bear to give up the teenage girl he has raised.

11.10 On the Edge: The Final Countdown **11.40** The Great. **1.40 FILM** Proxima (2019/12) Drama, with Eva Green. ★★★ **3.25** Becoming Elizabeth (R) **4.20** Paris 2024 Paralympics: Meet the Athletes (R) **4.25** Food Unwrapped (R) **4.50** Frasier (R) **5.40-6.20am** Countdown (R)

Channel 5

F'VIEW 5 • SKY 105 • VIRGIN 105 • F'SAT 105

- 6.00am Milkshake! 9.15** Jeremy Vine. Topical issues. **11.30** Storm Huntley **12.45pm** Friends (R)
- 1.40 5 News at Lunchtime**
- 1.45 Home and Away** Mackenzie struggles to forgive Mali. (R)
- 2.15 Mummy's Deadly Son** (2022/12) Thriller, starring Rene Ashton, Brittany Underwood and Noah Fearnley. ★★★
- 4.00 The Cruise: Fun-Loving Brits at Sea** Following three groups of British holiday-makers around the Mediterranean. (R)
- 5.00 5 News at 5** News headlines.
- 6.00 Amazing Railway Journeys with Nick Knowles** Nick explores Prague, Bratislava and Budapest. (R); 5 News Update
- 7.00 Traffic Cops** The programme returns with a focus on officers on patrol in North Yorkshire, beginning as they clamp down on young drivers causing danger on the roads. (R) Followed by 5 News Update
- 8.00 Motorway Cops: Catching Britain's Speeders** (7/10) Sgt Dave Roberts races to the scene when a child is knocked off his bike by a car outside a school in Gateshead, but the wait time for an ambulance is three hours.
- 9.00 Lucy Letby: Did She Really Do It?** A look at the case against the former neonatal nurse, who was found guilty of murdering seven babies and attempting to kill six more between June 2015 and June 2016.
- 10.00 999: Police Hour of Duty** A man reports that his housemate is threatening to kill him and his partner, but the suspect denies the allegations, before saying he, not the caller, is the victim. (R)
- 11.05 Police 999: Clear & Present Danger** Hampshire police try to free a woman from a knife-wielding intruder. (R) **12.05am** Traffic Cops (R) **1.00** PlayOJO Live Casino Show **3.00** The Royals in Wartime Double bill. (R) **4.40** Wildlife SOS (R) **5.05** House Doctor (R) **5.30** Entertainment News on 5 **5.35-6.00am** Paw Patrol (R)



Yorkshire By The Sea Channel 4, 8pm

NEW: What's that you're saying? "This looks to me," you're suggesting, "like the entrance to Yorkshire's Saltburn Cliff Tramway, the oldest water-balanced funicular still in operation in Britain, tickets for which cost £1"? Well, I'm sorry but you're totally wrong. Tickets cost £1.10. Or nothing if you're a dog.

ITV2

F'VIEW 6 • SKY 118 • VIRGIN 115 • F'SAT 113

- 6.00am** CITV **9.00** World's Funniest Videos **9.30** Totally Bonkers Guinness World Records **10.00** Love Bites **12.00noon** Dress to Impress **1.00** In with a Shout **2.00** Supermarket Sweep **3.00** Charmed **4.00** Dawson's Creek **5.00** Dress to Impress **6.00** Celebrity Catchphrase **7.00** In with a Shout The Wheatleys from Dunstable and the Parry family from Abergavenny compete. **8.00** Bob's Burgers Double bill. The Belchers tell their own versions of an infamous tree incident; Louise hides a spider after being told to get rid of it. **9.00** Family Guy Four episodes. **11.00** Family Guy **11.30** American Dad! **12.30am** Bob's Burgers **1.30** Deal or No Deal **2.35** Unwind with ITV **3.00-6.00am** Teleshopping

BBC Three

F'VIEW 23 • SKY 115 • VIRGIN 107 • F'SAT 179

- 7.00pm** Top Gear Three front-engined supercars are taken on a road trip. **8.00** Shark Tank: Dragons' Den US Dragons' Den's Peter Jones joins his American counterparts. **8.45** Becoming... Furiosa Anya Taylor-Joy reveals all to Ali about Mad Max prequel Furiosa. **9.00** Stacey Dooley Sleeps Over Stacey meets a Brighton couple who believe their children don't need rules. **9.50** High: Confessions of an Ibiza Drug Mule Michaela spends the first of what would be many days behind bars. **10.25** Him & Her Double bill. **11.15** Drugs Map of Britain **12.15am** Stacey Dooley Sleeps Over **1.00** Top Gear **2.00** High: Confessions of an Ibiza Drug Mule **2.35** My Mate's a Bad Date **3.00-4.00am** Him & Her

ITV3

F'VIEW 10 • SKY 119 • VIRGIN 117 • F'SAT 115

- 6.00am** Classic Emmerdale **7.00** Classic Coronation Street **8.05** Agatha Christie's Poirot **10.15** The Royal **11.20** Heartbeat **1.30pm** Classic Emmerdale **2.40** Classic Coronation Street **3.50** A Touch of Frost **6.00** Heartbeat Double bill. A music manager is found dead after his wedding reception; Peggy finds a pile of rubbish dumped in her backyard. **8.00** Vera The detective investigates a teenager's death after they vanished during the 1984 miners' strike. **10.00** Cracker Pressure mounts on psychologist Fitz as he tries to unravel the roots of the murder suspect's amnesia by inviting him into his home. **11.05** Cracker **12.00m't** The Royal **12.50** Upstairs, Downstairs **2.00** Bless This House **2.30-6.00am** Teleshopping

BBC Four

F'VIEW 9 • SKY 116 • VIRGIN 108 • F'SAT 173

- 7.00pm** Great British Railway Journeys Michael Portillo is in Northumbria en route to the Highlands. **7.30** Gareth Edwards' Great Welsh Adventure The rugby legend and wife Maureen take charge of a narrowboat on the Llangollen Canal. **8.00** Art of France A look at the development of Impressionism. **9.00** Rebuilding Notre-Dame: The Next Chapter Lucy Worsley examines the restoration of the cathedral. **10.00** Paris Underground movements that have defined the city. **11.00** Becoming Matisse **12.00m't** Art on the BBC: Van Gogh – Life and Art **1.00** Great British Railway Journeys **1.30** Gareth Edwards' Great Welsh Adventure **2.00** Becoming Matisse **3.00-4.00am** Art of France

MONDAY

5 AUGUST

BBC Scotland

- 12.00noon** This Is BBC Scotland **2.00** Sign Zone: Beechgrove Garden **2.30** Scotland's Home of the Year **3.00** Scotland's Sacred Islands with Ben Fogle **4.00** This Is BBC Scotland **7.00** Paramedics on Scene **8.00** Life on the Bay **8.30** Janey and Ashley Get a Real Job **9.00** The Nine **10.00** River City. Alex grows concerned about Lenny, while Caitlin tries to keep her feelings in check. **10.30** Alan Carr's Picture Slam. With contestants from Brighton, London, and North Yorkshire. **11.15** Martin Compton's Norwegian Fling **11.45pm-12.00m't** Rewind 2000s

BBC Alba

- 6.00am** Alba Today **5.00pm** Treubh an Tuathanais (Big Barn Farm) **5.10** Na Clangairean **5.25** AH-AH/No-No **5.35** Su Pic (Peek Zoo) **5.45** Daolag-bhreas is Seillean **5.50** Meaban is Moo **5.55** Stoirdh **6.00** Belle agus Sebastian **6.15** Bogaisean is Gumbalan **6.30** An Sgoil **6.40** Proiseact Ploigh **7.00** Turas a' Bhraidain (The Salmon's Journey) **7.30** SpeakGaelic **8.00** An La (News) **8.30** Fuine **9.00** Trusadh (Compelling Stories) **9.30** Cuirm@Celtic **10.00** An Clo Mor **10.30** Am Madadh-Allaidh **11.30** Seoid a' Chidsin – The Kitchen Coves **12.00m't-6.00am** Alba Today

BBC One N Ireland

- As BBC One except: **1.30-1.35pm** BBC Newsline; Weather **6.30-7.00** BBC Newsline; Weather **10.30-10.40pm** BBC Newsline; Weather

BBC Two N Ireland

- As BBC Two except: **10.00-10.30pm** Gairm le Gaeilge. The catering students prepare a large Christmas dinner.

ITV Border

- As STV except: **1.55-2.00pm** ITV News Border **6.00-6.30** ITV News Lookaround **10.30-10.45** ITV News Border **3.50-5.05am** Unwind with ITV

GB News

- 6.00am** Breakfast with Eamonn and Isabel **9.30** Britain's Newsroom **12.00noon** Good Afternoon Britain **3.00** Martin Daubney **6.00** Dewbs & Co **7.00** GB News Tonight **8.00** Jacob Rees-Mogg's State Of The Nation **9.00** Patrick Christys Tonight **11.00** Headliners **12.00m't** Farage Replay **1.00** Jacob Rees-Mogg's State Of The Nation Replay **2.00** Headliners Replay **3.00** Patrick Christys Tonight Replay **5.00-6.00am** Headliners Replay

BBC One

F'VIEW 1 • SKY 101 • VIRGIN 101 • F'SAT 101

6.00am Breakfast 8.00 **LIVE**

Olympics: Paris 2024. Jeanette Kwakye and JJ Chalmers present coverage of the events on day 11, with the women's 1500m, men's javelin and men's 400m hurdles starting, along with the individual equestrian jumping final.

1.00pm News; Reporting Scotland

1.45 **Olympics: Paris 2024**

Live Hazel Irvine introduces further coverage of events on day 11, featuring the women's 10m platform diving final, women's park skateboarding and women's team pursuit track cycling.

6.00 News; Reporting Scotland

7.00 **Olympics: Paris 2024**

Live The conclusion of the men's track cycling team sprint at the Saint-Quentin-en-Yvelines Velodrome is followed by an evening of athletics at the Stade de France, as the women's 200m champion is crowned. Gabby Logan introduces the action, with some of the biggest names in the mix for a spot on the podium. The athletics schedule features the women's 400m hurdles semi-finals at 7.07, men's long jump final from 7.15, men's 1500m final at 7.50, women's 3,000m steeplechase final at 8.10 and the women's 200m final at 8.40, while the women's hammer final takes place throughout the evening.

10.00 News; Reporting Scotland

Headlines.

10.40 **Olympics: Paris 2024**

- Tonight at the Games Isa Guha and Mark Chapman recap all the headlines from day 11 in the French capital, as 15 events reached their conclusion, including track cycling, athletics and diving.

12.10am Kin Double bill. Family loyalties are tested as Bren's influence seeps into each member of the Kinsella clan; Bren continues to undermine Amanda's power. (R)

1.50 Weather for the Week Ahead

1.55-6.00am BBC News

BBC Two

F'VIEW 2 • SKY 102 • VIRGIN 102 • F'SAT 102

6.30am A to Z of TV Gardening (R)

7.15 The Bidding Room (R)

8.00 Breakfast **9.00** Dom Does America (R) **9.30** Wanted Down Under Revisited (R) **10.15**

A Countryside Summer (R)

10.45 The Farmers' Country Showdown (R) **11.15** Homes Under the Hammer (R)

12.15pm Bargain Hunt (R)

1.00 **LIVE** Olympics: Paris 2024. The first men's hockey semi-final gets under way.

1.45 **Make Me a Dealer** (R)

2.30 **The Customer Is Always** (R)

3.00 **Escape to the Country** (R)

3.45 **Ricky & Ralf's Very Northern Road Trip** Last in series. (R)

4.30 **The Repair Shop** (R)

5.15 **Flog It!** Charlie Ross and Christina Trevanion are at the Fleet Air Arm Museum in Somerset. (R)

6.00 **Olympics: Paris 2024**

Coverage of the men's team sprint track cycling final. (R)

7.00 **Richard Osman's**

House of Games Myra DuBois, Charlie Hedges, Bonnie Langford and Tyler West take part. (R)

7.30 **EastEnders** Reiss lies to Sonia to get out of trouble.

8.00 **Inside the Factory** Gregg Wallace learns the secrets of rice pudding on a visit to the Ambrosia factory. (R)

9.00 **Murder Trial: The Disappearance of Renee and Andrew MacRae**

The trial for the 1976 murders of a woman and her three-year-old son. (R)

10.00 **Bad Education** First episode of the comedy, starring Jack Whitehall. (R)

10.30 **Newsnight** The day's important national and international news stories, presented by Katie Razzall.

11.05 **Atomic People** Exploring the human cost from the first and last atomic bombs used in an act of war. (R) **12.35am** The Turkish Detective.

Double bill. Ayse and Suleyman are sent to investigate a house fire; The team finally learns the truth about Kayra Khan. Last in series. (R) **2.10** Dom Does America. In a Texas jail. (R)

2.40-6.30am This Is BBC Two

STV

F'VIEW 3 • SKY 103 • VIRGIN 103 • F'SAT 103

6.00am Good Morning Britain

9.00 **Lorraine** Entertainment news.

10.00 **This Morning** Celebrity chat and lifestyle features.

12.30pm **Loose Women** Celebrity interviews and topical debate.

1.30 **ITV Lunchtime News; Weather** News headlines.

1.55 **STV News; Weather**

2.00 **Dickinson's Real Deal** David Dickinson is in Leeds. (R)

3.00 **Tenable** A family team from Lincolnshire take on a series of top 10 list questions. (R)

4.00 **Tipping Point** Quiz. (R)

5.00 **The Chase** Quiz show. (R)

6.00 **STV News at Six; Weather**

6.30 **ITV Evening News; Weather**

7.30 **Emmerdale** Lydia arrives with news from Samson's plea hearing, Pollard has a confession to make, and Kim admits that her marriage is crumbling.

8.00 **Cooking with the Stars** Emma Willis and Tom Allen host as Katherine Ryan, Christopher Biggins, Linford Christie and Ellie Simmonds produce gourmet dishes using only tinned, frozen and pantry ingredients.

9.00 **Vera** The detective investigates a robbery at a port and uncovers a web of intrigue when it turns out to be an inside job. However the insider's motivation isn't just money as his son has been kidnapped to make sure everyone sticks to the plan, which ends up going horribly wrong. (R)

10.45 **ITV News; Weather**

A fresh perspective on the major stories of the day.

11.20 **STV News; Weather** **11.35** All Elite Wrestling: Dynamite. Hard-hitting action from the world of All Elite Wrestling – the roster features world-class talent including Jon Moxley, Chris Jericho, Bryan Danielson and Claudio Castagnoli, and many more who bring a freshness and energy into professional wrestling.

12.50am Shop on TV **3.00** On Assignment. Current affairs. (R) **3.30** Big Zuu's 12 Dishes in 12 Hours (R)

4.05 Unwind with STV **5.10-6.00am** Ainsley's Taste of Malta (R)

Channel 4

F'VIEW 4 • SKY 104 • VIRGIN 104 • F'SAT 104

6.20am Cheers (R) 7.10

Everybody Loves Raymond. Comedy. (R)

9.00 Frasier (R) **11.00** The Simpsons (R) **12.05pm** Paris 2024 Paralympics: Meet the Athletes (R) **12.10** A New Life in the Sun (R) **1.10** Car S.O.S. (R)

2.10 Countdown

3.00 **A Place in the Sun** (R)

4.00 **The Great House Giveaway** Gareth and Dan transform a four-bedroom stone cottage.

5.00 **A New Life in the Sun: Where Are They Now?** A painting holiday company in France.

6.00 **Come Dine with Me** Nathan hosts a evening in Sheffield. (R)

6.30 **The Simpsons** Marge puts on a play written by Lisa. (R)

7.00 Channel 4 News

8.00 **Worst House on the Street** In Nottingham, Luke and Shurel overhaul their dated, single-glazed house. Can they turn it into the family home they crave without breaking the bank? Brother-and-sister property developers Scarlett and Stuart Douglas offer the pair advice.

9.00 **The Body Detectives** Ex-detective Dave Grimstead travels to Germany on the trail of a man found dead in the North Sea 30 years ago. He teams up with a forensic garment analyst, an oceanographer and a forensic psychologist to piece together the evidence to identify the man and reveal the circumstances of his death.

10.00 **First Dates** Sarah hopes **New** to find a nice man to take her bins out on a Tuesday, while William and Zara meet on their first ever dates.

11.05 Love in the Limelight:

UNTOLD Chloe Burrows explores what life is like for well-known couples living out their romances in the public eye. **12.05am** Women on Death Row. Emilia Carr reflects on her crimes. **1.00** The Rise and Fall of Boris Johnson (R) **2.25** Ramsay's Kitchen Nightmares USA (R) **3.15** Love It or List It Australia (R) **4.10** Find It, Fix It, Flog It (R) **4.20** Food Unwrapped (R) **4.50** Frasier (R) **5.40-6.20am** Countdown (R)

Channel 5

F'VIEW 5 • SKY 105 • VIRGIN 105 • F'SAT 105

- 6.00am Milkshake!** 9.15 Jeremy Vine. Issues of the day. **11.30** Storm Huntley **12.45pm** Friends (R)
- 1.40 5 News at Lunchtime**
- 1.45 Home and Away** Harper agrees to look over Tane's youth programme proposal. (R)
- 2.15 Who Killed Our Father?** (2023/PG) Crime thriller, starring Kirsten Comerford and Devin Cecchetto. ★★
- 4.00 The Cruise: Fun-Loving Brits at Sea** The Regal Princess arrives in Naples. (R)
- 5.00 5 News at 5** News headlines.
- 6.00 Amazing Railway Journeys with Nick Knowles** From Mount Vesuvius to Mount Etna. (R) Followed by 5 News Update
- 7.00 Our Great Yorkshire Life** Barnsley farmers Rob and Dave Nicholson head to Halifax to find out more about their mum's side of the family and in Horsforth, local chef Matt Healy looks to extend his menu. Followed by 5 News Update
- 8.00 The Yorkshire Vet: At Home with the Greens** Peter Wright takes a look at the Greens' 10-year-old collie-cross-whippet, and Steve and Jean explore the world of glamping.
- 9.00 Your Kitchen: 60 Years of Fads & Gadgets** The story of Britain's kitchens from the 1980s to the present day, including a look at the microwave and how the population began cooking foreign food at home. Last in series.
- 10.00 A Killer Makes a Call** (3/6) Glastonbury yoga teacher Dawn Lewis calls 999 to say that she has stabbed her lodger.
- 11.05 Killer at the Crime Scene** Police find the bodies of two young women in a freezer. (R) **12.05am** Motorway Cops: Catching Britain's Speeders. A child is knocked off his bike by a car in Gateshead. (R) **1.05** PlayOJO Live Casino Show **3.05** Secrets of the Royals on Tour (R) **3.50** Ketchup vs HP Sauce (R) **4.40** House Busters (R) **5.05** House Doctor (R) **5.30** Entertainment News on 5 **5.35-6.00am** Paw Patrol (R)



First Dates Channel 4, 10pm

NEW: One thing I love about this show is that so much thought goes into the matchmaking. The producers are great at finding like-minded souls to couple up. Not that it always works, of course. As I fear will be the case here with singletons Sarah and Dan, there'll always be pairs who clearly have nothing in common.

ITV2

F'VIEW 6 • SKY 118 • VIRGIN 115 • F'SAT 113

- 6.00am** CITV **9.00** World's Funniest Videos **9.30** Totally Bonkers Guinness World Records **10.00** Love Bites **12.00noon** Dress to Impress **1.00** In with a Shout **2.00** Supermarket Sweep **3.00** Charmed **4.00** Dawson's Creek **5.00** Dress to Impress **6.00** **Celebrity Catchphrase** **7.00** **In with a Shout** Families from Cambridgeshire and Carlisle compete. **8.00** **Bob's Burgers** Double bill. **9.00** **Family Guy** Four back-to-back episodes. Peter takes up smoking; Brian passes on herpes to Stewie; Peter becomes an intelligent, classy person; the Griffins visit Italy. **11.00** Family Guy **11.30** American Dad! **12.30am** Bob's Burgers **1.30** Deal or No Deal **2.35** Unwind with ITV **3.00-6.00am** Teleshopping

BBC Three

F'VIEW 23 • SKY 115 • VIRGIN 107 • F'SAT 179

- 7.00pm** **Top Gear** The presenters race from London to Milan.
- 8.00** **Shark Tank: Dragons' Den US** Pitches include a home decor service and a new twist on a classic game.
- 8.45** **Becoming – Dumbledore** Jude Law talks about how he took on the role of Professor Albus Dumbledore.
- 9.00** **Stacey Dooley Sleeps Over** Stacey spends time with a Mormon family from Ashton-under-Lyne.
- 9.45** **High: Confessions of an Ibiza Drug Mule** Michaela has to choose between coming clean or facing 15 years behind bars.
- 10.20** **This Country** Double bill.
- 11.20** **Brickies** **12.20am** **Top Gear** **1.20** **High: Confessions of an Ibiza Drug Mule** **1.55** **This Country** **2.55-3.55am** **Brickies**. Documentary.

ITV3

F'VIEW 10 • SKY 119 • VIRGIN 117 • F'SAT 115

- 6.00am** Classic Emmerdale **7.00** Classic Coronation Street **8.05** Agatha Christie's Poirot **10.15** The Royal **11.20** Heartbeat **1.30pm** Classic Emmerdale **2.40** Classic Coronation Street **3.50** A Touch of Frost **6.00** **Heartbeat** Double bill. Blaketon celebrates his birthday; an encounter with a gang of armed men presents Miller with a difficult decision. **8.00** **Agatha Christie's Poirot** The sleuth attends a North African archaeological dig and uncovers a wealth of suspects when an aristocrat's wife is stabbed to death. **10.00** **Cracker** Part one of three. Fitz tracks down a murderous couple. **11.05** **Cracker** **12.00m't** The Royal **12.50** Upstairs, Downstairs **2.00** Bless This House **2.30-6.00am** Teleshopping

BBC Four

F'VIEW 9 • SKY 116 • VIRGIN 108 • F'SAT 173

- 7.00pm** **Great British Railway Journeys** The Westerglen Transmitting Station in Falkirk.
- 7.30** **Gareth Edwards' Great Welsh Adventure** Gareth and his wife trade their canal boat engine for a horse.
- 8.00** **Keeping Up Appearances**
- 8.30** **Butterflies** Vintage comedy.
- 9.00** **Ardal O'Hanlon: Tomb Raider**
- 10.00** **[NEW] Corridors of Power: Should America Police the World?** The US's relationship with Iraq.
- 11.00** **The Mysterious Career of Lee Harvey Oswald: Timewatch** **12.45am** Great British Railway Journeys
- 1.15** **Gareth Edwards' Great Welsh Adventure** **1.45** **Corridors of Power: Should America Police the World?** **2.45-3.45am** **Rebuilding Notre-Dame: The Next Chapter**

TUESDAY

6 AUGUST

BBC Scotland

- 12.00noon** This Is BBC Scotland **7.00** River City **7.30** Pink Dreams – Our Lives **8.00** Island Crossings. Colonsay's sole GP Dr Simon Willetts makes his rounds. **9.00** The Nine **10.00** Rip It Up. How Scotland experienced a pop resurgence in the 1980s. **11.00pm-12.00m't** Darren McGarvey's Class Wars. Darren examines the power imbalance within in social classes.

BBC Alba

- 6.00am** Alba Today **5.00pm** AH-AH/No-No **5.10** Abadas **5.20** Oscar & Ealasaid **5.35** Beathaichean a' Bocadaich **5.45** Meaban is Moo **5.50** Daolag-bhreas is Seillean **5.55** Stoiridh **6.00** An Saoghal Droil aig Pol Ploc **6.10** Geamaichean Gorach **6.15** An Teaghlach Rioghail an Ath-dhoras (The Royals Next Door) **6.25** An Teaghlach Rioghail an Ath-dhoras (The Royals Next Door) **6.40** Clann Na Cruinne **7.00** Dealbhan Fraoich (Heather's Portraits) **7.30** SpeakGaelic **8.00** An La (News) **8.30** Bothag Phadruig **9.00** An Lot (The Croft). First of a two-part update from Donald 'Sweeny' Macsween's croft in Ness. **10.00** Trusadh **10.30** Cuirm@ Celtic **11.00** Machair **11.25** Fraochy Bay **11.30** Alleluia! (Spiritual Music & Verse) **12.00m't-6.00am** Alba Today

BBC One N Ireland

- As BBC One except: **1.30-1.35pm** BBC Newsline; Weather **6.30-7.00** BBC Newsline; Weather **10.30-10.40pm** BBC Newsline; Weather

BBC Two N Ireland

- As BBC Two except: **10.00-10.30pm** Barra's Wild Days Out

ITV Border

- As STV except: **1.55-2.00pm** ITV News Border **6.00-6.30** ITV News Lookaround **11.20** ITV News Border **11.35pm-12.50am** British Touring Car Championship Highlights **4.05-5.10am** Unwind with ITV

GB News

- 6.00am** Breakfast with Eamonn and Isabel **9.30** Britain's Newsroom **12.00noon** Good Afternoon Britain **3.00** Martin Daubney **6.00** Dewbs & Co **7.00** Farage **8.00** Jacob Rees-Mogg's State Of The Nation **9.00** Patrick Christys Tonight **11.00** Headliners **12.00m't** Farage Replay **1.00** Jacob Rees-Mogg's State Of The Nation Replay **2.00** Headliners Replay **3.00** Patrick Christys Tonight Replay **5.00-6.00am** Headliners

BBC One

F'VIEW 1 • SKY 101 • VIRGIN 101 • F'SAT 101

6.00am Breakfast 8.00 **LIVE**

Olympics: Paris 2024. JJ Chalmers and Jeanette Kwakye present the opening coverage on day 12 of the games, including athletics heats, sailing, track cycling and sport climbing's speed event.

1.00pm News; Reporting Scotland

1.35 BBC News at One; Weather

The latest headlines.

1.45 Olympics: Paris 2024

Live Hazel Irvine introduces another high-octane afternoon of Olympic coverage with hockey, weightlifting and track cycling taking centre stage in the French capital.

6.00 News; Reporting Scotland

7.00 Olympics: Paris 2024

Live The final coverage on day 12 includes athletics at the Stade de France and boxing finals at Roland Garros, with the women's pole vault among the events to be decided. Brit Matt Hudson-Smith has developed a medal-winning habit in recent years and will expect to be in the mix again in the 400m at 8.20. Lithuania's Mykolas Alekna has the possibility of making Olympic history in the discus from 7.25 – if he emulates his dad Virgilijus, they will become the first father-son duo to both win gold. In the boxing ring, Sofiane Oumiha, Lasha Guruli and Ireland's Dean Clancy headline the men's 63.5kg category.

10.00 News; Reporting Scotland

Headlines.

10.40 Olympics: Paris 2024

– Tonight at the Games Isa Guha and Mark Chapman look back at day 12 in Paris, as four Olympic champions were crowned in athletics. Boxing topped off a high-octane day of Olympic activity, with skateboarding, track cycling, weightlifting and skateboarding all seeing medals decided.

12.10am Kin (R) 1.50 Weather for the Week Ahead 1.55-6.00am BBC News

BBC Two

F'VIEW 2 • SKY 102 • VIRGIN 102 • F'SAT 102

6.30am Great Coastal Railway

Journeys (R) 7.30 See Hear 8.00 Breakfast 9.00 Dom Does America (R) 9.30 Wanted Under Revisited (R) 10.15 A Countryside Summer (R) 10.45 The Farmers' Country Showdown (R) 11.15 Homes Under the Hammer (R) 12.15pm Bargain Hunt (R) 8.00 **LIVE** Olympics: Paris 2024. Women's hockey. 1.45 Make Me a Dealer (R) 2.30 The Customer Is Always Right (R) 3.00 Escape to the Country (R) 3.45 Kangaroo Dundee & Other Animals: Natural World (R)

4.30 The Repair Shop (R)

5.15 Flog It! In Leicester. (R)

6.00 Olympics: Paris 2024

Live Continued coverage of day 12 from Paris, as Great Britain attempt to regain the women's team pursuit title.

7.00 Richard Osman's House of Games

Quiz show. (R)

7.30 EastEnders

Bobby struggles in his managerial position at Beale's Eels.

8.00 The Repair Shop

The experts restore a poster of a black panther, a metal garden ornament gifted, a camera and a pair of sandals from the 1800s. (R)

9.00 Murder Trial: The Disappearance of Renee and Andrew MacRae

The trial of William MacDowell continues and the jury hears the testimony of Renee's friend, while a final witness is called as the Crown's case concludes. (R)

10.00 Man Like Mobeen

Reformed drug dealer Mobeen receives an unexpected visit from the police. Comedy, starring Guz Khan, Tez Ilyas and Duaa Karim. (R)

10.20 Jobless

One-off comedy about a British Nigerian family in Milton Keynes. (R)

10.30 Newsnight

The day's important news stories.

11.05 Miriam Margolyes: A New Australian Adventure

(R) 12.05am See Hear (R) 12.35 Ambulance (R) 1.35 Atomic People. Documentary. (R) 3.05-6.30am This Is BBC Two

STV

F'VIEW 3 • SKY 103 • VIRGIN 103 • F'SAT 103

6.00am Good Morning Britain

9.00 Lorraine

Entertainment news.

10.00 This Morning

Celebrity chat and lifestyle features.

12.30pm Loose Women

Celebrity interviews and topical debate.

1.30 ITV Lunchtime News; Weather

The key headlines from the day so far.

1.55 STV News; Weather

2.00 Dickinson's Real Deal

David Dickinson and his team are in Wolverhampton. (R)

3.00 Tenable

Word game. (R)

4.00 Tipping Point

Quiz. (R)

5.00 The Chase

Quiz show. (R)

6.00 STV News at Six; Weather

6.30 ITV Evening News; Weather

7.30 Emmerdale

Mandy's financial worries are acute, Tracy is nearly overcharged at the salon, and Will's feelings get hurt.

8.00 Coronation Street

Stu's decision to employ Mason proves highly unpopular, Hope asks the doctor for contraception, Betsy demands cash from Joel, and Fiz bumps into Alina while out shopping.

9.00 Irvine Welsh's Crime

New (1/6) When an ex-colleague is assaulted, Lennox suspects the incident is linked to a gruesome hotel attack on a high-ranking Establishment figure but when he's warned off the case by a senior Whitehall Official, he worries a cover-up is at play. Drama, starring Dougray Scott.

10.00 ITV News at Ten; Weather

Featuring national and international news, with reports and analysis from ITV's correspondents.

10.30 STV News; Weather

A round-up of all the headlines affecting the local area.

10.45 McDonald & Dodds

A wedding ends in tragedy when the vicar is found murdered in the vestry. Last in series. (R)

12.25am Shop on TV 3.00

Champions: Full Gallop (R) 3.50 Unwind with STV 5.05-6.00am Wheel of Fortune. Game show. (R)

Channel 4

F'VIEW 4 • SKY 104 • VIRGIN 104 • F'SAT 104

6.20am Cheers (R) 7.10 Everybody

Loves Raymond (R) 9.00 Frasier (R) 11.00 The Simpsons (R) 12.05pm Paris 2024

Paralympics: Meet the Athletes (R) 12.10 A New Life in the Sun. Documentary series. (R)

1.10 Car S.O.S.

Restoration. (R)

2.10 Countdown

Clara Amfo joins Susie Dent in Dictionary Corner.

3.00 A Place in the Sun (R)

4.00 The Great House Giveaway

5.00 A New Life in the Sun: Where Are They Now? Luxury holiday villa owners Paul and Helen host a group of tennis players.

6.00 Come Dine with Me (R)

6.30 The Simpsons Animation. (R)

7.00 Channel 4 News

With sport and weather.

8.00 Kirstie and Phil's Love It or List It: Brilliant Builds

Kirstie Allsopp and Phil Spencer look back at renovations where the homeowners had to alter their plans due to rising costs and a threat to their land. Last in series.

9.00 Trump vs Harris: The Battle for America

Matt Frei examines the candidates and breaks down the US election. With only four months to polling day and President Joe Biden withdrawing so suddenly, how will Donald Trump and the Republicans pivot their campaign to face the challenge of a much younger and dynamic Democratic nominee?

10.00 Gogglebox

Omnibus of the two part-special for Stand Up To Cancer. (R)

11.05 First Dates

Restaurant-based dating show. (R) 12.05am 24 Hours in A&E. Pedestrian Jane is rushed to Queen's Medical Centre in Nottingham with multiple life-threatening injuries after being severely injured in a hit-and-run. (R) 1.05 The Rise and Fall of Boris Johnson (R) 2.00 Ramsay's Kitchen Nightmares USA (R)

2.45 FILM Honey Boy (2019/15)

Drama, starring Shia LaBeouf and Lucas Hedges. ★★★★★ 4.20 Food Unwrapped (R) 4.50 Frasier Double bill. (R) 5.40-6.20am Countdown (R)

Channel 5

F'VIEW 5 • SKY 105 • VIRGIN 105 • F'SAT 105

- 6.00am Milkshake!** 9.15 Jeremy Vine. The broadcaster discusses the issues of the day. **11.30** Storm Huntley **12.45pm** Friends (R)
- 1.40** **5 News at Lunchtime**
1.45 **Home and Away** (R)
2.15 **My Killer Reunion**
2.15 **My Killer Reunion** (2023/12) Premiere. Thriller, starring Brittney Q. Hill, and Carrie Schroeder. ★★
- 4.00** **The Cruise: Fun-Loving Brits at Sea** Documentary. (R)
5.00 **5 News at 5** The headlines.
6.00 **Amazing Railway Journeys with Nick Knowles** The presenter tours Romania, and visits the region's top tourist attraction, Bran Castle. (R)
6.55 **5 News Update** Headlines.
- 7.00** **Reuben & Clive: Beyond the Yorkshire Farm** Clive Owen and his son Reuben travel beyond their remote hill farm in the Yorkshire Dales to embark on an exciting digging business venture together. (R) Followed by 5 News Update
- 8.00** **Cumbria: The Lakes & the Coast** Newest manager of Muncaster Castle, Ewan Frost Pennington, has a plan to diversify by opening the doors to rooms previously shut to the public and offering exclusive stays.
- 9.00** **Cause of Death** (5/5) Paramedics are called to the home of an elderly couple, only to find the wife dead on a stairlift and the husband injured at the bottom of the stairs. Last in series.
- 10.00** **Casualty 24/7: Every Second Counts** At Barnsley Hospital, Sister Jane helps a man who has been arrested for being drunk and disorderly – despite being verbally abused by him. (R)
- 11.05** **Lucy Letby: Did She Really Do It?** (R) **12.05am** Police Interceptors: Pursuit and Capture (R) **1.00** PlayOJO Live Casino Show **3.00** Tyrant: The Rise of Adolf Hitler (R) **3.50** Britain's Great Cathedrals with Tony Robinson (R) **4.40** House Busters (R) **5.05** House Doctor. Double bill. (R) **5.55-6.00am** Entertainment News on 5



Cumbria: The Lakes & The Coast Channel 5, 8pm

Fancy a spot of alpaca trekking? Ainstable farmer Craig Kerr can arrange that for you. Just bear in mind that alpacas can be a tad skittish. "Are you looking forward to your walk?" one cheery woman has asked this woolly fellow whose lead she's just been handed. "You're about to find out, lady..." he's replying.

ITV2

F'VIEW 6 • SKY 118 • VIRGIN 115 • F'SAT 113

- 6.00am** CITV **9.00** World's Funniest Videos **9.30** Totally Bonkers Guinness World Records **10.00** Love Bites **12.00noon** Dress to Impress **1.00** In with a Shout **2.00** Supermarket Sweep **3.00** Charmed **4.00** Dawson's Creek **5.00** Dress to Impress **6.00** **Celebrity Catchphrase** **7.00** **In with a Shout for Soccer Aid** Joel Dommett hosts a special edition of the game show in aid of Unicef. **8.00** **Bob's Burgers** Double bill. **9.00** **Family Guy** Double bill. **10.00** **Plebs** Double bill. Marcus becomes Grumio's slave for the day; Marcus befriends a stray cat. **11.00** **Family Guy** **11.30** **American Dad!** **12.30am** **Bob's Burgers** **1.30** Deal or No Deal **2.35** Unwind with ITV **3.00-6.00am** Teleshopping

BBC Three

F'VIEW 23 • SKY 115 • VIRGIN 107 • F'SAT 179

- 7.00pm** **Top Gear** A vehicle for elderly people is designed. **8.00** Shark Tank: Dragons' Den US. Pitches include a healthier version of a breakfast favourite and a drink cooler. Followed by The Catch Up. The day's news. **8.45** **Becoming – Nathan Drake** Tom Holland reveals all about taking on the iconic character in Uncharted. **9.00** **The TikTok Effect** Evidence that unusual behaviour on TikTok has started spilling out into the real world. **9.55** **FILM Booksmart** (2019/15) Comedy, starring Kaitlyn Dever and Beanie Feldstein. ★★★★★ **11.30** **Fleabag** **12.25am** **Drugs Map of Britain** **12.55** **The TikTok Effect** **1.50** **Top Gear**. A vehicle for elderly people is designed. **2.50** **Fleabag** **3.45-3.55am** Press X to Continue

ITV3

F'VIEW 10 • SKY 119 • VIRGIN 117 • F'SAT 115

- 6.00am** Classic Emmerdale **7.00** Classic Coronation Street **8.05** Agatha Christie's Poirot **10.15** The Royal **11.20** Heartbeat **1.30pm** Classic Emmerdale **2.40** Classic Coronation Street **3.50** A Touch of Frost **6.00** **Heartbeat** Double bill. A notorious burglar returns to Aidsfield; Carol meets a woman claiming to be her mother. **8.00** **Vera** The body of a man killed by a gunshot wound is discovered on the moors and a truck containing the remains of a deer is found a mile away. **10.00** **Cracker** Part three of three. Tina breaks down under interrogation. **11.05** **Cracker**. Part one of two. **12.00m't** The Royal **12.50** Upstairs, Downstairs **2.00** Bless This House **2.30-6.00am** Teleshopping

BBC Four

F'VIEW 9 • SKY 116 • VIRGIN 108 • F'SAT 173

- 7.00pm** **Great British Railway Journeys** Michael Portillo travels from Dundee to Aberdeen. **7.30** **Gareth Edwards' Great Welsh Adventure** The rugby legend and wife Maureen explore the Brecon Beacons. **8.00** **Pole to Pole** Michael Palin and crew set off across the Sudan. **8.50** **Glacier Mountain Goats** **9.00** **Catching Britain's Killers: The Crimes That Changed Us.** **10.00** **Jonathan Creek** First episode of the mystery series, starring Alan Davies and Caroline Quentin. **11.30** **Ruby** with Alan Davies **12.15am** **Great British Railway Journeys** **12.45** **Gareth Edwards' Great Welsh Adventure** **1.15** **Pole to Pole** **2.05-3.05am** **Catching Britain's Killers: The Crimes That Changed Us**

WEDNESDAY

7 AUGUST

BBC Scotland

- 12.00noon** This Is BBC Scotland **7.00** The Mart **7.30** Martin Compston's Norwegian Fling **8.00** Great Escapes with Colin and Justin **8.25** Beechgrove Repotted **8.30** Wild Cameramen at Work. Capturing footage of the rarest and most dangerous species on land. **9.00** The Nine **10.00** River City. Kim is desperate to make contact with her donor's family, Roisin takes matters into her own hands with Carly and Eddie tries to source a new customer for the stolen whisky. **10.30** Two Doors Down **11.00** Rab C Nesbitt **11.30pm-12.00m't** Best of Chewin' the Fat

BBC Alba

- 6.00am** Alba Today **5.00pm** Lon le Linda **5.15** Na Clangairean **5.30** Peicein/ Petit **5.40** Gasta a' Ghraineag (Happy the Hoglet) **5.45** Su Pic (Peek Zoo) **5.55** Stoiridh **6.00** An Sgoil **6.10** Bogaisean is Gumbalan/Bottersnikes and Gumbles **6.30** Proiseact Plough **6.45** Donnie Murdo (Danger Mouse) **7.00** Turas a' Bhradain (The Salmon's Journey) **7.30** SpeakGaelic **8.00** An La (News) **8.30** Sgeulachd Syd Agus Millie (Two Go to Toista) **9.00** Niteworks. Behind the scenes with Niteworks as they record their third studio album. **10.00** Julie Fowlis: Ceol Aig Baile **10.30** An Clo Mor **11.00** Opry an Iuir **11.50** Dhan Uisge **12.00m't-6.00am** Alba Today

BBC One N Ireland

- As BBC One except: **1.30-1.35pm** BBC Newsline; Weather **6.30-7.00** BBC Newsline; Weather **10.30-10.40pm** BBC Newsline; Weather

BBC Two N Ireland

- As BBC Two except: **11.05pm** Spent **11.35pm-12.05am** Bad Education

ITV Border

- As STV except: **1.55-2.00pm** ITV News Border **6.00-6.30** ITV News Lookaround **10.30-10.45** ITV News Border **3.50-5.05am** Unwind with ITV

GB News

- 6.00am** Breakfast with Eamonn and Isabel **9.30** Britain's Newsroom **12.00noon** Good Afternoon Britain **3.00** Martin Daubney **6.00** Dewbs & Co **7.00** Farage **8.00** Jacob Rees-Mogg's State Of The Nation **9.00** Patrick Christys Tonight **11.00** Headliners **12.00m't** Farage Replay **1.00** Jacob Rees-Mogg's State Of The Nation Replay **2.00** Headliners Replay **3.00** Patrick Christys Tonight Replay **5.00-6.00am** Headliners

BBC One

F'VIEW 1 • SKY 101 • VIRGIN 101 • F'SAT 101

6.00am Breakfast 8.00 **LIVE**

Olympics: Paris 2024. Jeanette Kwakye and JJ Chalmers present the coverage on day 13, with much of the British focus on Katarina Johnson-Thompson's in the heptathlon.

1.00pm News; Reporting Scotland

1.45 **Olympics: Paris 2024**

Live Irvine hosts as diving and track cycling take centre stage on day 13 in Paris, featuring the men's 3m springboard final at the Aquatics Centre. Jack Laugher is appearing at his fourth Olympics, but is likely to a face formidable challenge from the Chinese team here.

6.00 News; Reporting Scotland

7.00 **Olympics: Paris 2024**

Live Gabby Logan introduces taekwondo and athletics coverage on day 13, with five champions set to be crowned in the track and field events. A showdown between women's 400m hurdles world record holder Sydney McLaughlin-Levrone of the USA and Dutch world champion Femke Bol is expected, while Noah Lyles starts as favourite in the men's 200m and India's Neeraj Chopra was hoping to retain his Olympic title in the men's javelin. The schedule for this evening's finals features the women's long jump, men's javelin, men's 200m, women's 400m hurdles and men's 110m hurdles, along with the heptathlon 200m.

10.00 News; Reporting Scotland

10.40 **Olympics: Paris 2024 – Tonight at the Games**

Presenters Isa Guha and Mark Chapman introduce highlights from day 13 in the capital, with taekwondo, athletics and track cycling among the sporting events featuring British hopefuls.

12.10am Kin Double bill. Bren's chaos reaches a crescendo and the family is driven to mayhem; Michael and Jimmy find common ground. Last in series. (R) **1.50** Weather for the Week Ahead **1.55-6.00am** BBC News

BBC Two

F'VIEW 2 • SKY 102 • VIRGIN 102 • F'SAT 102

6.30am Great Coastal Railway

Journeys (R) **7.00** Gardeners' World (R) **8.00** Breakfast **9.00** Dom Does America (R) **9.30** Wanted Down Under Revisited (R) **10.15** A Countryside Summer (R) **10.45** The Farmers' Country Showdown (R) **11.15** Homes Under the Hammer (R) **12.15pm** Bargain Hunt (R) **1.00 **LIVE**** Olympics: Paris 2024. With the men's bronze-medal hockey match. **1.45** Make Me a Dealer (R) **2.30** Beechgrove Repotted (R)

2.45 **Live** **The Hundred** Welsh Fire Men v Northern Superchargers Men (start time 3.00pm). Coverage from Sophia Gardens in Cardiff.

6.00 **Olympics: Paris 2024**

Live The conclusion of the women's keirin and men's omnium track cycling events at the Saint-Quentin-Yvelines Velodrome, with strong British medal hopes in both disciplines.

7.00 **Richard Osman's House of Games**

Quiz show. (R)

7.30 **EastEnders**

Freddie and Anna take Mo birdwatching.

8.00 **When Bridges Collapse: The Genoa Disaster**

The Ponte Morandi disaster in 2018, telling the stories of people on the bridge. (R)

9.00 **Interview with the Vampire**

(2/8) In post-war Paris, a visit to the revelatory Theatre des Vampires disrupts Louis's quiet life.

9.50 **Live at the Apollo Bites**

(4/6) With stand-ups Ardal O'Hanlon and Kae Kurd.

10.00 **Not Going Out**

Lucy and Lee decide to discover the truth about whether it is possible to retain their memories of a heavy night of drinking. Comedy, starring Lee Mack. (R)

10.30 **Newsnight**

The day's important national and international news stories with Katie Razzall.

11.05 Colin from Accounts (R) **11.35 **FILM**** Mud (2012/12) Drama. **★★★★** **1.40am** Miriam Margolyes: A New Australian Adventure. Exploring Perth. (R) **2.40** Dom Does America (R) **3.10-6.15am** This Is BBC Two

STV

F'VIEW 3 • SKY 103 • VIRGIN 103 • F'SAT 103

6.00am Good Morning Britain

9.00 Lorraine Entertainment news. **10.00** This Morning Celebrity chat. **12.30pm** Loose Women Debate. **1.30** **ITV Lunchtime News; Weather** The key headlines. **1.55** **STV News; Weather** **2.00** **Dickinson's Real Deal** David Dickinson is joined in Swindon by his dealers Alison Chapman, Fay Rutter, Simon Schneider and Tracy Thackray-Howitt. (R) **3.00** **Tenable** A family of five take part in the quiz show. (R) **4.00** **Tippling Point** Quiz. (R) **5.00** **The Chase** Quiz show. (R) **6.00** **STV News at Six; Weather** **6.30** **ITV Evening News; Weather**

7.00 **Animal 999** A neglected rabbit has long nails that need to be clipped.

7.30 **Emmerdale** Jimmy is concerned, and Mandy wants to resolve her debts when Gail gives her an idea.

8.30 **Tom Kerridge Cooks Britain** The chef heads up the border between England and Wales starting in Powys looking for free-range chicken. Later, he heads to Lancashire to discover how mushrooms are grown.

9.00 **Irvine Welsh's Crime** (2/6) There's a development in the case when a body turns up with similar injuries to the victim of the hotel attack. The deceased is a beloved community GP, but the message carved into his body suggests he was hiding a dark secret.

10.00 **ITV News at Ten; Weather** A fresh perspective on the major news stories of the day.

10.35 **STV News; Weather** The latest headlines.

10.45 **Mission: Impossible** (1996/PG) A secret agent is accused of betraying his fellow spies, and sets out on a mission to clear his name. Action thriller, with Tom Cruise. **★★★★**

12.35am **Shop on TV** **3.00** Big Zuu's 12 Dishes in 12 Hours (R) **3.35** Unwind with STV (R) **5.05** In for a Penny (R) **5.30-6.00am** Gino's Italian Express (R)

Channel 4

F'VIEW 4 • SKY 104 • VIRGIN 104 • F'SAT 104

6.20am **Cheers** (R) **7.10** **Everybody Loves Raymond** (R) **9.00** Frasier (R) **11.00** The Simpsons (R) **12.05pm** Paris 2024 Paralympics: Meet the Athletes (R) **12.10** A New Life in the Sun (R) **1.10** Car S.O.S. Restoring a 1963 Citroen HY Van. (R)

2.10 **Countdown** With Clara Amfo. **3.00** **A Place in the Sun** (R)

4.00 **The Great House Giveaway** Shantelle and Kieran renovate a four-bedroom house.

5.00 **A New Life in the Sun: Where Are They Now?** A couple who run a B&B in the Algarve.

6.00 **Come Dine with Me** (R) **6.30** **The Simpsons** Marge uses crystals to treat Bart's ADD. (R)

7.00 **Channel 4 News** **8.00** **The Supervet: Noel Fitzpatrick** A Labrador puppy is rushed in after being hit by a car, while a four-year-old bull mastiff is referred to Noel with a suspicious lump near its ankle. Last in series. (R)

9.00 **George Clarke's Amazing Spaces** The architect meets a couple who are converting a ship's wheelhouse into head-turning accommodation for their Welsh glampsite. In Scotland, George revisits a designer who he met on the first series to see a pair of his new eco-builds. He ends his Denmark trip at a modernist home and finally gets to reveal his own amazing space – a cabin in the sky. Last in series.

10.00 **Ramsay's Kitchen Nightmares USA** The acerbic chef tries to transform six-month-old New Jersey gastropub Bask 46, which is already in jeopardy due to the antics of its fiery head chef.

11.00 **8 Out of 10 Cats Does Countdown** Jimmy Carr hosts. (R) **12.00m't** Gogglebox. TV critiques. (R)

1.00 **Ramsay's Kitchen Nightmares USA** (R) **1.50 **FILM**** Primal (2019/15) Thriller, starring Nicolas Cage. **★★★★**

3.25 **Love It or List It Australia** (R) **4.20** **Food Unwrapped** (R) **4.50** **Frasier** (R) **5.40-6.20am** **Countdown** (R)

Channel 5

F'VIEW 5 • SKY 105 • VIRGIN 105 • F'SAT 105

- 6.00am Milkshake! 9.15** Jeremy Vine. The broadcaster discusses the issues of the day. **11.30** Storm Huntley **12.45pm** Friends (R)
- 1.40 5 News at Lunchtime**
- 1.45 Home and Away** Mali calls in big sister Elandra to help track down their missing brother. (R)
- 2.15 Murder and Matrimony** (2021/12) Crime thriller, starring Kristen Vaganos and Benedict Mazurek. ★★
- 4.00 The Cruise: Fun-Loving Brits at Sea** The Regal Princess arrives at the Aegean coast. (R)
- 5.00 5 News at 5** Headlines.
- 6.00 Amazing Railway Journeys with Nick Knowles** (R)
- 6.55 5 News Update** Headlines.
- 7.00 Bank Scams: Don't Get Caught Out** A look into the banking app infiltrated by criminals, and a woman tricked out of the sale of her new Spanish home. (R) Followed by 5 News Update
- 8.00 Fresh vs Frozen: Which Is Better?** A look at how a groundbreaking fast-freezing process revolutionised the food industry, and how the potato waffle still uses that system today.
- 9.00 Susan Calman's Grand Day Out** The comedian visits Eastbourne, beginning at the golden pier. There's fun in the amusements, and the Victorian Tea Rooms is a bustling spot for a traditional afternoon tea. She's then off to Sovereign Harbour for a boat trip to the iconic chalk sea cliff of Beachy Head.
- 10.00 The Child Snatcher: Manhunt** Documentary about the investigation into serial killer Robert Black, who murdered Jennifer Cardy, Susan Maxwell, Caroline Hogg and Sarah Harper in the 1980s. (R)
- 11.55 Cold Case Killers** The cases of Samo Paul and Tracey Turner. (R)
- 12.55am** Entertainment News on 5
- 1.00** Live Casino **3.00** Tyrant: The Rise of Adolf Hitler (R) **3.50** Britain's Great Cathedrals with Tony Robinson (R)
- 4.40** House Busters (R) **5.05** House Doctor (R) **5.30** Entertainment News on 5 **5.35-6.00am** Paw Patrol (R)



George Clarke's Amazing Spaces Channel 4, 9pm

LAST: Remember when George bought a diesel-powered scissor lift? Well, trust me, he did. And look at what he and his mate Will have now done with it. They've turned it into a cabin in the sky! If they're still up there when the series returns, we'll assume the diesel ran out sooner than they expected.

ITV2

F'VIEW 6 • SKY 118 • VIRGIN 115 • F'SAT 113

- 6.00am** CITV **9.00** World's Funniest Videos **9.30** Totally Bonkers Guinness World Records **10.00** Love Bites **12.00noon** Dress to Impress **1.00** In with a Shout for Soccer Aid **2.00** Supermarket Sweep **3.00** Charmed **4.00** Dawson's Creek. Teenage drama. **5.00** Dress to Impress **6.00** Celebrity Catchphrase **7.00** Ant & Dec's Limitless Win **8.00** Bob's Burgers Double bill. **9.00** Family Guy Five episodes. Stewie is reborn British; the family are stuck in Springfield; Peter creates a comic strip; Peter asks Quagmire and Joe to help him get his mojo back; three traditional fairy tales are retold. **11.30** American Dad! **12.30am** Bob's Burgers **1.30** Deal or No Deal **2.35** Unwind **3.00-6.00am** Teleshopping

BBC Three

F'VIEW 23 • SKY 115 • VIRGIN 107 • F'SAT 179

- 7.00pm** Top Gear A Mastretta MXT. **8.00** Dragons' Den US – Shark Tank. DoorDash CEO Tony Xu makes his first appearance; The Catch Up **8.45** Becoming – The Batman Robert Pattinson talks about the role. **9.00** Who Stole Tamara Ecclestone's Diamonds? The 2019 burglary of Tamara Ecclestone and Jay Rutland's London home. **10.00** Sneakerhead Mulenga gets in a fight. Last in series. **10.30** Man Like Mobeen Double bill. **11.45** Who Stole Tamara Ecclestone's Diamonds? **12.40am** Top Gear **1.40** Man Like Mobeen **2.55** FILM It's What She Would Have Wanted (2022) Short comedy film starring Holly Hall. ★★ ★★ **3.05-4.00am** Who Stole Tamara Ecclestone's Diamonds?

ITV3

F'VIEW 10 • SKY 119 • VIRGIN 117 • F'SAT 115

- 6.00am** Classic Emmerdale **7.00** Classic Coronation Street **8.05** Agatha Christie's Poirot **10.15** The Royal **11.20** Heartbeat **1.30pm** Classic Emmerdale **2.40** Classic Coronation Street **3.50** A Touch of Frost **6.00** Heartbeat Double bill. Mason investigates an attack on a hippy; Dawson is accused of theft. **8.00** Vera An informant spying on his own firm is found dead. **10.00** Cracker Part two of two. Fitz secures a confession of guilt from Cassidy, but later realises the declaration is false – forcing him to confront his own personal demons. **11.05** Cracker. Robert Carlyle guest stars. **12.00m't** The Royal **12.50** Upstairs, Downstairs **2.00** Bless This House **2.30-6.00am** Teleshopping

BBC Four

F'VIEW 9 • SKY 116 • VIRGIN 108 • F'SAT 173

- 7.00pm** Great British Railway Journeys Michael Portillo visits Lossiemouth and Inverness. **7.30** Gareth Edwards' Great Welsh Adventure The rugby legend rediscovers lost canals. Last in series. **8.00** Eyewitness to History: Norma Percy on Watergate Norma Percy looks back on her documentary. **8.10** Watergate The break-in at the Democrat headquarters. **9.00** FILM All the President's Men (1976/15) Drama, starring Robert Redford and Dustin Hoffman. ★★ ★★ **11.15** Watergate to Trump: Amol Rajan Interviews **12.00m't** Paris **1.00** Great British Railway Journeys **1.30** Gareth Edwards' Great Welsh Adventure **2.00** Watergate **2.50-3.50am** Ardal O'Hanlon: Tomb Raider

THURSDAY

8 AUGUST

BBC Scotland

- 12.00noon** This Is BBC Scotland **7.00** River City **7.30** The Island That Saved My Life **8.00** Beechgrove Garden **8.30** Return to Uist **9.00** The Nine **10.00** NEW Edinburgh Unlocked 2024. Mark Nelson presents a selection of the best of the Edinburgh Festival, beginning by chatting to actress Miriam Margolyes as she returns to the Fringe. **10.30** The Karen Dunbar Show **11.00** The Agency: Unfiltered **11.30pm-12.00m't** The Agency: Unfiltered

BBC Alba

- 6.00am** Alba Today **5.00pm** Siannach agus Maigheach (Fox & Hare) **5.10** Meaban is Moo **5.20** Pip & Posy **5.25** Daolag-bhreac is Seillean **5.30** Oscar & Ealasaid **5.45** Nannag a' Noo/ Huggleboo **5.55** Stoiridh **6.05** An Saoghal Droil aig Pol Ploc/The Rubbish World of Dave Spud **6.15** An Teaghlach Rioghail an Ath-dhoras (The Royals Next Door) **6.25** An Teaghlach Rioghail an Ath-dhoras (The Royals Next Door) **6.40** Clann Na Cruinne **7.00** Vets: Gach Creutair Beo **7.30** SpeakGaelic **8.00** An La (News) **8.30** An Cuan Sgith (The Minch) **9.00** Mystery of the Giant Birds/Diomhaireachd nan Ean Mhóra. The work of scientists in reconstructing massive birds that last roamed the earth 70 million years ago. **9.50** Cuirm@Celtic **10.00** Seoid a' Chidsin – The Kitchen Coves **10.30** Opry le Daniel **11.20** Dhan Uisge **11.30** Julie Fowlis: Ceol Aig Baile **12.00m't-6.00am** Alba Today

BBC One N Ireland

- As BBC One except: **1.30-1.35pm** BBC Newsline; Weather **6.30-7.00** BBC Newsline; Weather **10.30-10.40pm** BBC Newsline; Weather

ITV Border

- As STV except: **1.55-2.00pm** ITV News Border **6.00-6.30** ITV News Lookaround **10.35-10.45** ITV News Border **3.35-5.05am** Unwind with ITV

GB News

- 6.00am** Breakfast with Stephen and Ellie **9.30** Britain's Newsroom **12.00noon** Good Afternoon Britain **3.00** Martin Daubney **6.00** Dewbs & Co **7.00** Farage **8.00** Jacob Rees-Mogg's State Of The Nation **9.00** Patrick Christys Tonight **11.00** Headliners **12.00m't** Lee Anderson's Real World Replay **1.00** Friday Night Live with Mark Dolan **2.00** Headliners Replay **3.00** Patrick Christys Tonight Replay **5.00-6.00am** Headliners Replay

BBC One

F'VIEW 1 • SKY 101 • VIRGIN 101 • F'SAT 101

6.00am Breakfast 8.00 **LIVE**
Olympics: Paris 2024. Jeanette Kwakye and JJ Chalmers present as day 14 gets under way, with the long jump and javelin disciplines of the heptathlon among the events at the Stade de France.

1.00pm News; Reporting Scotland

1.35 BBC News; Weather

1.45 Olympics: Paris 2024

Live Hazel Irvine hosts another action-packed afternoon on day 14, including the women's 3m springboard diving final and the finals of the men's sprint and women's madison track cycling.

6.00 News; Reporting Scotland

7.00 Olympics: Paris 2024
Live Gabby Logan introduces a packed schedule of athletics, including the heptathlon 800m at 7.15. This is a fourth Olympics for Katarina Johnson-Thompson, and the second in a row in which she is competing as the reigning world champion. Her bid for an elusive Olympic medal ended in agony three years ago when she collapsed on the track with an injury, and the 800m will decide the medal placings. The men's 400m hurdles at 8.45, featuring Norway's Karsten Warholm, promises to be another highlight, and there are also finals in the women's 400m at 7.00, men's triple jump from 7.10 and women's 10,000m at 7.55.

10.00 BBC News; Regional News Headlines.

10.40 Olympics: Paris 2024 – Tonight at the Games
Presenters Isa Guha and Mark Chapman review the highlights of day 14, with a remarkable 33 gold medals across 17 sports given out, including in diving, track cycling and athletics.

12.10am **FILM Green Book**
(2018/12) Bafta and Oscar-winning comedy drama, starring Viggo Mortensen and Mahershala Ali. ★★★★★ **2.10** Weather for the Week Ahead **2.15-6.00am** BBC News

BBC Two

F'VIEW 2 • SKY 102 • VIRGIN 102 • F'SAT 102

6.15am A to Z of TV Gardening (R)
7.00 Dr Xand's Con or Cure (R) **7.30** Big Little Crimes (R) **8.00** Breakfast **9.00** Dom Does America (R) **9.30** Wanted Down Under (R) **10.15** A Countryside Summer (R) **10.45** Farmers' Country Showdown (R) **11.15** Homes Under the Hammer (R) **12.15pm** Bargain Hunt (R)

1.00 **LIVE Olympics: Paris 2024**

1.45 Make Me a Dealer (R)

2.30 The Customer Is Always Right With Lucy Alexander. (R)

3.00 Escape to the Country (R)

3.45 Kangaroo Dundee & Other Animals: Natural World (R)

4.30 The Repair Shop (R)

5.15 Flog It! From Dover Castle. (R)

6.00 Olympics: Paris 2024
Live Hosts Clare Balding and Gabby Logan introduce the opening athletics finals of the evening on day 14.

7.00 Richard Osman's House of Games With Bonnie Langford, Myra DuBois and Tyler West. (R)

7.30 Beechgrove Garden Lizzie Schofield and Ruth Vichos look at the different varieties of bamboo.

8.00 Gardeners' World Adam Frost shares tips on how to build a green roof on a log store, and Arit Anderson visits a nurseryman.

9.00 Miriam Margolyes: A New Australian Adventure (2/3) The actress scouts Byron Bay on the easternmost point of Australia, a place where influencers thrive.

10.00 Gavin & Stacey After flirting for months on the phone, Stacey travels from Wales to London to meet Gavin in person. (R)

10.30 Newsnight Headlines.

11.05 **FILM Children of Men**
(2006/15) In a future stricken by mass infertility, a former activist tries to protect the only pregnant woman in the world. Thriller, starring Clive Owen, Michael Caine, Julianne Moore and Clare-Hope Ashitey. ★★★★★ **12.45am** Ambulance. Staff notice a rise in mental health calls over Easter bank holiday. (R) **1.45** Linford (R) **3.15-6.25am** This Is BBC Two

STV

F'VIEW 3 • SKY 103 • VIRGIN 103 • F'SAT 103

6.00am Good Morning Britain

9.00 Lorraine Entertainment news.

10.00 This Morning Celebrity chat.

12.30pm Loose Women Celebrity interviews and topical debate.

1.30 ITV Lunchtime News

1.55 STV News; Weather

2.00 Dickinson's Real Deal
David Dickinson and his team of dealers are in Burton. (R)

3.00 Tenable A team of five roller derby pals from Perth in Scotland take part. (R)

4.00 Tipping Point Quiz show. (R)

5.00 The Chase Quiz show, hosted by Bradley Walsh. (R)

6.00 STV News at Six; Weather

6.30 ITV Evening News; Weather

7.00 What's on Scotland

7.30 Emmerdale A stranded John is ruffling feathers, Mandy sets up her online profile, and Jimmy is left unsettled by an inspector.

8.00 Coronation Street Cassie kidnaps Alina to contrive a meeting with Tyrone, Rowan bestows extra responsibility on Leanne, and Mason is annoyed at Betsy for stirring up trouble with Dylan.

9.00 Champions: Full Gallop (4/6) Paul Nicholls and Dan Skelton go head-to-head in a series of big-money races at the iconic Cheltenham Festival, including the Gold Cup. Can Irish horse Galopin Des Champs defend his crown as trainer Willie Mullins bids to win the showpiece event for the fourth time in six years?

10.00 ITV News at Ten

10.30 STV News; Weather

10.45 Mission: Impossible 2 **E**
(2000/15) A secret agent battles a former spy-turned-criminal mastermind intent on stealing a deadly man-made virus. John Woo's action thriller sequel, starring Tom Cruise and Dougray Scott. ★★

12.45am Shop on TV 3.00 Love & Death. A sense of normality returns after Candy is forced to take stock of her marriage. (R) **4.00** Unwind with STV **5.10-6.00am** Jimmy & Shivi's Farmhouse Breakfast (R)

Channel 4

F'VIEW 4 • SKY 104 • VIRGIN 104 • F'SAT 104

6.20am Cheers (R) **7.10** Everybody Loves Raymond (R) **9.00** Frasier (R) **11.00** The Simpsons (R) **12.05pm** Paris 2024 Paralympics: Meet the Athletes (R) **12.10** A New Life in the Sun

1.10 Car S.O.S. With Tim Shaw. (R)

2.10 Countdown With Clara Amfo.

3.00 A Place in the Sun (R)

4.00 The Great House Giveaway
Plasterer Stuart and student Reece pair up to renovate a two-bedroom house.

5.00 A New Life in the Sun: Where Are They Now? In northern Italy, Kevin and Laura await the arrival of their first guests.

6.00 Come Dine with Me (R)

6.30 The Simpsons Animation. (R)

7.00 Channel 4 News

With sport and weather.

8.00 Celebrity PopMaster TV Ken Bruce kicks off the second series of the music quiz with the first of two celebrity editions. Featuring contestants Toyah Willcox, Richard Blackwood, Sally Lindsay, MistaJam and Kimberly Wyatt. (R)

9.00 8 Out of 10 Cats Does Countdown Jimmy Carr hosts a hybrid of the comedy panel show and the words-and-numbers quiz, as Jon Richardson and Katherine Ryan take on Richard Ayoade and Laura Smyth. Mathematician Rachel Riley looks after the letters and numbers, while Mat Evins joins lexicographer Susie Dent in Dictionary Corner.

10.00 Jimmy Carr's I Literally Just Told You Karl, Riuying, Lateef, Charlotte and Sonny answer questions based on things that are said as the game progresses.

11.05 Gogglebox TV critiques. (R) **12.10am** Ramsay's Kitchen Nightmares USA. The chef tries to transform New Jersey gastropub Bask 46, which is in jeopardy due to the antics of its equally fiery head chef. (R) **1.00 **FILM** The Kid Detective**
(2020/15) Comedy drama, starring Adam Brody. ★★★★★ **2.40** Ramsay's Kitchen Nightmares USA (R) **3.30-6.05am** Come Dine with Me (R)

Channel 5

F'VIEW 5 • SKY 105 • VIRGIN 105 • F'SAT 105

- 6.00am Milkshake! 9.15** Jeremy Vine. The broadcaster discusses the issues of the day. **11.30** Storm Huntley **12.45pm** Friends (R)
- 1.40 5 News at Lunchtime**
- 1.45 Home and Away** Bree checks over a badly beaten Iluka. (R)
- 2.15 Murder By Design** (2022/PG) Premiere. Thriller, starring Sarah Armstrong and Chelsea Gilson. ★★
- 4.00 The Cruise: Fun-Loving Brits at Sea** The passengers explore the island of Mykonos. (R)
- 5.00 5 News at 5** Headlines.
- 6.00 Amazing Railway Journeys with Nick Knowles** Nick travels through Slovenia. (R)
- 6.55 5 News Update** Headlines.
- 7.00 Motorway Cops: Catching Britain's Speeders** PCs Niaz Waddington and Andy Doran hunt for a wanted Range Rover and Andy takes up the chase on foot when one suspect makes a run for it after the vehicle is boxed in. (R) Followed by 5 News Update
- 8.00 Motorway: Hell on the Highway** Disasters caused by road rage, including the driver who used his pick-up to ram another vehicle off the freeway straight towards a tree in California.
- 9.00 Terror at 30,000 Feet** A January evening in 1989, and a routine commuter flight from Heathrow to Belfast is in crisis when flames are seen in one of the plane's engines.
- 10.00 When TV Stunts Go Horribly Wrong** Jonathan Pearce narrates stunts from around the globe, including car smashes, stomach-churning base jumps and weird and wonderful world record attempts. (R)
- 1.00am PlayOJO Live Casino Show**
- 3.00 Tyrant: The Rise of Adolf Hitler.** Fresh from invading Czechoslovakia, Hitler turns his attention to his next target, Poland. (R) **3.50** Nightmare New Builds (R) **4.40** House Busters (R) **5.05** House Doctor **5.30** Entertainment News on 5 **5.35** Fireman Sam (R) **5.45-6.00am** Paw Patrol (R)



Have I Got A Bit More News For You U&Dave, 10pm

Alexander Armstrong hosts for the 36th time. Joe Lycett makes his debut. Everyone's separated by perspex panels. And the targets of the topical gags? Covid! Lockdown! Boris! Why it's almost as if they're showing us an episode from April 2021. Oh, hang on, that's precisely what they're doing. Ah, the memories...

ITV2

F'VIEW 6 • SKY 118 • VIRGIN 115 • F'SAT 113

- 6.00am** CITV **9.00** World's Funniest Videos **9.30** Totally Bonkers Guinness World Records **10.00** Love Bites **12.00noon** Dress to Impress **1.00** In for a Penny **2.00** Supermarket Sweep **3.00** Charmed **4.00** Dawson's Creek **5.00** Dress to Impress **6.00** Celebrity Catchphrase With Richard Ayoade and Joe Swash. **7.00** Ant & Dec's Limitless Win **8.00** Bob's Burgers Double bill. **9.00** **FILM** Pitch Perfect (2012/12) A new student joins an a cappella singing group made up of social misfits to compete in campus music competitions. Comedy, starring Anna Kendrick and Rebel Wilson. ★★★★★ **11.15** Family Guy **12.15am** American Dad! **1.15** Bob's Burgers **1.45** Deal or No Deal **2.45-3.00am** Unwind

BBC Three

F'VIEW 23 • SKY 115 • VIRGIN 107 • F'SAT 179

- 7.00pm** **FILM** The Book of Life (2014/U) Animated adventure, with the voice of Diego Luna. ★★★★★ **8.25** The Catch Up The day's news. **8.30** The Fast and the Farmer-ish Teams from Northern Ireland and Scotland compete in this semi-final. **9.00** **FILM** Point Break (1991/18) An undercover FBI agent infiltrates a Californian surfing gang to investigate a spate of armed robberies. Kathryn Bigelow's action thriller, starring Keanu Reeves and Patrick Swayze. ★★★★★ **10.55** Virgil Abloh: How to Be Both Exploring the life of the designer. **11.50** Body on the Beach: What Happened to Annie? Documentary. **1.50am** The TikTok Effect **2.45** Becoming - The Batman **3.00-3.55am** Virgil Abloh: How to Be Both

ITV3

F'VIEW 10 • SKY 119 • VIRGIN 117 • F'SAT 115

- 6.00am** Classic Emmerdale **7.00** Classic Coronation Street **8.00** Agatha Christie's Poirot **10.10** The Royal **11.20** Heartbeat **1.30pm** Classic Emmerdale **2.40** Classic Coronation Street **3.50** A Touch of Frost **6.00** Heartbeat Double bill. Rivalry between two brass bands gets out of hand; a widow becomes embroiled in her late husband's corrupt dealings. **8.00** Vera The detective investigates a suspicious fire that rips through a holiday park on the coast, destroying three cabins and claiming the life of the resort owner's sister. **10.00** Cracker Part two of three. **11.05** Cracker. Part three of three. **12.00m't** The Royal **12.50** Upstairs, Downstairs **2.00** Bless This House **2.30-6.00am** Teleshopping

BBC Four

F'VIEW 9 • SKY 116 • VIRGIN 108 • F'SAT 173

- 7.00pm** Top of the Pops Double bill. **8.00** A Kanneh-Mason Playlist at the Proms Sheku and Braimah Kanneh-Mason perform an eclectic selection with the Fantasia Orchestra. **9.20** Top of the Pops Featuring New Order, Sinitta, Wet Wet Wet, Motley Crue, Def Leppard and Los Lobos. **9.50** Joe Jackson: Sight and Sound in Concert The singer and his band on stage at the Regal Theatre. **10.30** Joe Jackson: Rock Goes to College The singer live in 1979. **11.10** TOTP2 **11.35** Joe Jackson: That Was Then, This Is Now **12.05am** Top of the Pops: The Story of 1979 **1.05** Top of the Pops **2.35** Joe Jackson: Sight and Sound in Concert **3.15-3.55am** Joe Jackson: Rock Goes to College

FRIDAY

9 AUGUST

BBC Scotland

12.00noon This Is BBC Scotland **7.00** The Seven. National, UK-wide and international news, plus weather, entertainment and sport. **7.30** **LIVE** SportsScene: Championship. Coverage of a second-tier match (kick off 7.45pm), featuring either Ayr United v Airdrieonians at Somerset Park or Queen's Park v Livingston at Hampden Park. **10.00** Still Game. An old pal turns up after 35 years. **10.30** Two Doors Down. With Arabella Weir. **11.00pm-12.00m't** TRNSMT 2024. Shereen Cutkelvin presents more highlights from the festival.

BBC Alba

6.00am Alba Today **5.00pm** Treubh an Tuathanais **5.15** Na Clangairean **5.25** Sionnach agus Maigheach (Fox & Hare) **5.35** AH-AH/No-No **5.45** Peicein/Petit **5.50** Stoiridh **6.00** Proiseact Plough **6.20** Belle agus Sebastian **6.30** Stoiridh **6.40** Naidheachdan Neonach CBCC Alba **6.45** Donnie Murdo (Danger Mouse) **7.00** An La (News) **7.25** Dan **7.30** Machair. Gaelic soap. **7.55** Fraochy Bay **8.00** Leugh Mi. Josie Burgess and Ricky Hannaway choose favourite books. **8.30** Fuine. Gregor MacLeod's recipe for grab-and-go rolls filled with goat's cheese and chorizo. **9.00** Cuirm@Celtic Connections. Niteworks and the BBC SSO collaborate at Glasgow Royal Concert Hall. **10.00** Ameireaga agus an t-Olocost **10.55** Seirm: Celtic Connections **12.00m't-6.00am** Alba Today

BBC One N Ireland

As BBC One except: **1.30-1.35pm** BBC Newsline; Weather **6.30-7.00** BBC Newsline; Weather **10.30-10.40pm** BBC Newsline; Weather

ITV Border

As STV except: **1.55-2.00pm** ITV News Border **6.00-6.30** ITV News Lookaround **7.00-7.30** Border Life. A look at using advanced drones to find lost dogs. **10.30-10.45** ITV News Border **4.00-5.10am** Unwind with ITV

GB News

6.00am Breakfast with Stephen and Anne **9.30** Britain's Newsroom **12.00noon** Good Afternoon Britain **3.00** Martin Daubney **6.00** Dewbs & Co **7.00** Lee Anderson's Real World **8.00** Friday Night Live with Mark Dolan **9.00** Patrick Christys Tonight **11.00** Headliners **12.00m't** The Saturday Five **2.00** Headliners **3.00** Mark Dolan **Tonight Replay 5.00-6.00am** Headliners

BBC One

F'VIEW 1 • SKY 101 • VIRGIN 101 • F'SAT 101

6.00am Breakfast 6.45 **LIVE**

Olympics: Paris 2024. Live coverage of the men's marathon, which gets under way at the Hotel de Ville.

11.00 **LIVE** Olympics: Paris 2024. Medals are decided in diving, track cycling, golf and rhythmic gymnastics.

1.15pm BBC News; Weather

1.30 Olympics: Paris 2024

LIVE Hazel Irvine introduces this afternoon's live coverage, with medals to be decided in the men's diving, men's and women's track cycling, women's golf and group rhythmic gymnastics.

5.30 News; Reporting Scotland

5.50 Olympics: Paris 2024

LIVE Clare Balding and Gabby Logan introduce the busiest night of the Games, as the athletics concludes with eight finals at the Stade de France and Britain go for glory in boxing, pentathlon and taekwondo. Ben Pattison and Laura Muir will hope to be in the running in the men's 800m and women's 1500m finals respectively, with the athletics set for a thrilling climax as the Dutch women's 4x400m relay world champions, led by Femke Bol, take on defending champions, the USA.

10.00 BBC News; Weather

10.20 Olympics: Paris 2024 – Tonight at the Games A review of the penultimate day of the Games, with a remarkable 39 more champions crowned across 21 sports, including boxing, athletics, modern pentathlon and track cycling.

11.40 Sportscene Highlights of recent events. (R) **12.40am **FILM**** Shadow in the Cloud (2021/15) Premiere. A female WWII pilot traveling with top secret documents on a B-17 Flying Fortress encounters an evil presence on board the flight. Wartime horror, starring Chloe Grace Moretz and Nick Robinson. **★★★ 1.55** Weather for the Week Ahead. The latest forecast.

2.00-6.00am BBC News. Headlines

BBC Two

F'VIEW 2 • SKY 102 • VIRGIN 102 • F'SAT 102

6.45am Breakfast 8.00 One Zoo Three (R) **8.20** Blue Peter (R) **8.50** Newsround **9.00** Gardeners' World (R) **10.00** Saturday Kitchen: Matt's Dream Dishes **11.30** The Hairy Bikers' Chicken and Egg (R)

12.30pm The Man Who Never Was

E (1956/U) Fact-based Second World War drama. **★★★★**

2.15 **LIVE** The Hundred Southern Brave Men v Trent Rockets Men (start-time 3.00pm).

5.30 Olympics: Paris 2024

LIVE The typically frantic 200-lap men's madison final continues at the Saint-Quentin-en-Yvelines Velodrome.

5.50 Flog It! Making a profit. (R)

6.20 Celebrity Antiques Road Trip

Famous faces embark on the cross-country treasure-hunting challenge. Expert assistants help them unearth bargains at shops and markets, before they head to an auction to discover whose haul raises the most money.

7.20 Pointless Celebrities

Alexander Armstrong and Richard Osman present as famous faces take part in the quiz in which they try to come up with the least likely correct answers to a series of questions posed to members of the public. (R)

8.10 **Casualty** Hospital drama with the staff of Holby's accident and emergency department as they deal with more sick patients.

9.00 Weather Hits at the BBC

11.30 TOTP2: Summertime Special

A red-hot selection of summer sounds, featuring songs by John Travolta and Olivia Newton-John, the Undertones, Shaggy, Bananarama, Bobby Goldsboro, Bay City Rollers, Fun Boy Three, the Style Council and Don Henley. Other archive sizzlers include DJ Jazzy Jeff and the Fresh Prince, the Barracudas, Zoe, Martha and the Muffins, Bryan Adams, Girls Aloud and ELO. (R) **12.30am **FILM**** Love & Mercy (2014/12) Biopic of the Beach Boys' Brian Wilson, following the singer-songwriter at two periods in his life. Starring John Cusack. **★★★★**

2.30-6.35am This Is BBC Two

STV

F'VIEW 3 • SKY 103 • VIRGIN 103 • F'SAT 103

6.00am Simply Raymond Blanc (R) **6.50** Love Your Weekend with Alan Titchmarsh **8.25** The Chris McCausland Show. Chat with the comedian. **9.25** ITV News **9.30** James Martin's Saturday Morning (R) **11.40** Jason Atherton's Dubai Dishes

12.35pm James Martin's

French Adventure (R)

1.10 **LIVE** Cooking with the Stars (R)

2.00 **LIVE** ITV News; Weather

2.15 **LIVE** FA Community Shield Manchester United v Manchester City (kick-off 3pm). Coverage of the curtain-raiser to the top-flight campaign.

5.30 **LIVE** ITV News; Weather

5.45 **LIVE** STV News; Weather

5.50 Harry Potter and the Order of the Phoenix

E (2007/12) The wizard forms his fellow pupils into a secret army to battle the resurrected Lord Voldemort. Fantasy adventure sequel, starring Daniel Radcliffe, Emma Watson and Gary Oldman. **★★★★**

8.20 **The 1% Club** Quiz gameshow hosted by Lee Mack in which the questions are all about logic and common sense. (R)

9.20 Changing Ends

It's the day of reckoning – Northampton Town are all abuzz and anticipation of a promotion to the Third Division is in the air, but Alan is completely miserable.

9.50 **Piglets** Comedy set in a police training college, starring Sarah Parish.

10.20 Love & Death

Psychological drama based on the true story of a 1980s Texas housewife accused of murder. Starring Elizabeth Olsen and Jesse Plemons.

11.20 ITV News; Weather

Headlines. **11.40** English Football League Highlights. Action from the latest fixtures. **1.05am** Shop on TV **3.00** Long Lost Family. Davina McCall and Nicky Campbell present a series that aims to help people reunite with long-lost relatives, with investigators picking up the search when the trail has gone cold. (R) **3.50** Unwind with STV **5.05-6.00am** Deal or No Deal (R)

Channel 4

F'VIEW 4 • SKY 104 • VIRGIN 104 • F'SAT 104

6.10am Everybody Loves Raymond (R) **7.00** Rising Phoenix: Road to Tokyo **8.00** Frasier (R)

8.50 **FILM** Wedding March 5: My Boyfriend's Back (2019/PG) Romantic drama. **★★★ 10.25** The Simpsons (R) **12.55pm** Couples Come Dine with Me

1.55 **Four in a Bed** Five episodes. (R)

4.25 **A Place in the Sun** A hunt for a home on the Balearic island of Ibiza in San Antonio. (R)

5.25 **Channel 4 News** With sport.

5.55 **Paris 2024 Paralympics: Meet the Athletes** (R)

6.00 **Raising the Mary Rose: The Lost Tapes** A look back at the raising of Henry VIII's flagship from the Solent in 1982. (R)

7.00 **WW2: Women on the Frontline** The histories of female pilots, journalists, guerrillas and spies who fought, flew and died in the Second World War.

8.00 **Britain's Most Beautiful Road** The highs and lows of Scotland's North Coast-500 route during its busiest season yet, with exclusive access to the Highland Council.

9.00 **Jack Reacher: Never Go Back** (2016/12) The nomadic vigilante tries to save an army major who has been framed for murder. Jack Reacher discovers that Turner has been targeted by a government conspiracy, and together they go on the run to expose the truth. Action thriller sequel, starring Tom Cruise. **★★★**

11.15 **FILM** Hitman (2007/15) A genetically engineered assassin, who exists at the beck and call of a mysterious organisation, fails in his latest mission, and becomes a target himself, as security forces worldwide become aware of his existence and a rival agent is assigned to tie up loose ends. Action thriller, starring Timothy Olyphant, Dougray Scott and Olga Kurylenko. **★★★★** **1.05am **FILM**** Riders of Justice (2021/15) Action comedy drama, starring Mads Mikkelsen. **★★★★** **3.05** Ramsay's Kitchen Nightmares USA (R) **3.55** Hollyoaks Omnibus (R) **5.55-6.10am** Countdown (R)

Channel 5

F'VIEW 5 • SKY 105 • VIRGIN 105 • F'SAT 105

- 6.00am Milkshake!** Children's shows.
- 8.50 SpongeBob SquarePants**
- 9.00 Entertainment News on 5**
Showbiz news and gossip.
- 9.05 Bargain Loving Brits by the Sea** Triple bill.
- 12.00noon Dogs Behaving (Very) Badly** Trainer Graeme Hall tries to solve dog behavioural problems.
- 3.00 Cumbria: The Lakes & the Coast** Documentary. (R)
- 4.00 Norfolk and Suffolk: Country & Coast** Celebrating the beauty of Norfolk and Suffolk.
- 5.00 To Be Announced**
- 6.25 5 News Weekend** Headlines.
- 6.30 Countdown to War**
- 7.30 St James's Palace: The Secret Royal Residence**
A look at the history of the royal palace in the City of Westminster, revealing the family dramas that have taken place there since it was built on Henry VIII's order in the 1530s. Journalists, historians and commentators take us through the hidden stories, from Elizabeth II becoming a commercial landlady for the first time, to Queen Victoria setting the trend for big, white weddings.
- 9.00 Sandringham: A Royal Residence with Nigel Havers** The actor takes a look at the royal family's holiday home in the Norfolk countryside, revealing what goes on behind the imposing iron gates.
- 10.00 To Be Announced**
- 11.05 Top of the Box** Matthew Kelly presents a look back at the most popular British TV programmes from a past year. (R) **1.00am** PlayOJO Live Casino Show **3.00** Henry VIII & Trump: History Repeating? How will history judge Donald Trump? This film offers a fresh perspective on the question by setting his life side by side with Henry VIII's to tell their stories in parallel. **3.50** To Be Announced **4.40** House Busters. Life-enhancing changes to a home. **5.05** House Doctor. Home improvements. **5.30** Entertainment News on 5 **5.35** Fireman Sam **5.45-6.00am** Paw Patrol



Live Community Shield Football STV, 2.15pm

For the second year running, the traditional new season's curtain raiser is an all-Manchester affair as Premier League champions City take on FA Cup winners United at Wembley Stadium. Can head coach Erik ten Hag guide the Red Devils to another win over their local rivals?

ITV2

F'VIEW 6 • SKY 118 • VIRGIN 115 • F'SAT 113

- 6.00am** CITV **9.00** Totally Bonkers Guinness World Records **9.15** Love Bites **10.15** Dress to Impress **1.15pm** American Ninja Warrior **2.15** In for a Penny **2.45** In with a Shout **3.45** **FILM** Pitch Perfect 2 (2015/12) Comedy sequel, starring Anna Kendrick. ★★★ **6.00** **FILM** Wheel of Fortune Hannah, Samuel and Sophie compete. **7.00** **FILM** Celebrity Catchphrase With Alex Brooker and Max Whitlock. **8.00** **FILM** Tomb Raider (2018/12) Adventure, with Alicia Vikander. ★★★★★ **10.30** **FILM** Family Guy Peter and Lois decide to open a cookie store. **11.00** Family Guy **11.30** American Dad! **12.30am** Iain Stirling's CelebAbility **1.15** All American **2.15** Totally Bonkers Guinness World Records **2.40-3.00am** Unwind

BBC Three

F'VIEW 23 • SKY 121 • VIRGIN 107 • F'SAT 107

- 7.00pm** EastEnders Double bill.
- 8.00** **FILM** Glow Up: Britain's Next Make-Up Star Competition in which sees aspiring make-up artists battle to be named Britain's next make-up star.
- 9.00** **FILM** Canada's Drag Race: Canada vs the World Spin-off series featuring contestants from the American, British, Canadian, and Australian and New Zealand installments.
- 10.00** **FILM** Two Pints of Lager and a Packet of Crisps Double bill.
- 11.00** The Vivienne Takes On Hollywood **11.45** Stacey Dooley Sleeps Over **12.30am** Who Stole Tamara Ecclestone's Diamonds? **1.25** Two Pints of Lager and a Packet of Crisps **2.25** Virgil Abloh: How to Be Both **3.20-3.55am** The Vivienne Takes On Hollywood

ITV3

F'VIEW 10 • SKY 119 • VIRGIN 117 • F'SAT 115

- 6.00am** Bless This House **6.30** A Touch of Frost **8.45** **FILM** Carry On Matron (1972/PG) Comedy, starring Hattie Jacques and Sid James. ★★★ **10.30** A Touch of Frost **3.00pm** Agatha Christie's Poirot **7.00** **FILM** Agatha Christie's Poirot The sleuth falls victim to depression after failing to prevent the murder of a girl, but the search for a maid offers him the opportunity for redemption. **9.00** **FILM** Grantchester Double bill. A vagrant is found dead in the doorway of Leonard's cafe; a member of Will's own congregation is found murdered just before a church fundraising event. Drama, starring Robson Green. **11.00** Endeavour **1.00am** Agatha Christie's Poirot **2.00** Unwind with ITV **2.30-6.00am** Teleshopping

BBC Four

F'VIEW 24 • SKY 116 • VIRGIN 108 • F'SAT 108

- 7.00pm** To Be Announced
- 8.00** **FILM** Bruce Forsyth's Generation Game Vintage episode of the classic inter-generational game show.
- 9.00** **FILM** Lily Savage's Blankety Blank Lily invites another six famous faces to help contestants fill in the blanks.
- 9.30** **FILM** The Fight for Saturday Night Former media executive Michael Grade tells a tale of skulduggery and dirty dealings as he explores how TV shows battle to win the crown for the best ratings on a Saturday night, looking at the many ways some of the most programmes attract viewers.
- 11.00** Parkinson. Celebrity interviews.
- 12.00m't** Ruby with Alan Davies **12.45** Keeping Up Appearances **1.15** Butterflies **1.45** To Be Announced **2.45-3.50am** Parkinson

SATURDAY

10 AUGUST

BBC Scotland

12.00noon This Is BBC Scotland **4.30** SportsScene Results **5.30** This Is BBC Scotland **7.00** The Seven **7.15** SportsScene **8.00** Inside Central Station. Documentary following staff at Glasgow Central Station. **9.00** Rab C Nesbitt. Comedy, starring Gregor Fisher. **11.00pm-12.00m't** Rip It Up

BBC Alba

6.00am Alba Today **4.00pm** **LIVE** Shinty – Camanachd Cup **6.00** Binneas – Na Trads **6.15** An La (News) **6.30** The Northern Lights **7.25** Fraochay Bay **7.30** Seoid a' Chidsin – The Kitchen Coves **8.00** Leugh Mi (Book Show). Josie Burgess and Ricky Hannaway choose favourite books. **8.30** Sgeulachd Syd Agus Millie (Two Go to Tolsta). Two children who ran away to their grandparents'. **9.00** Seirm Celtic Connections. With Peggy Seeger, Della Mae, Malin Lewis, Jarlath Henderson and Ali Hutton. **10.00** Diomhaireachd nan Eun Mhora (Mystery of the Giant Bird) **10.50** Dhan Uisge **11.00** Na Worlds 2019 **12.40am** Belladrum **1.00-6.00am** Alba Today

BBC One N Ireland

As BBC One except: **5.40-5.50pm** BBC Newsline; Weather **11.40** **FILM** Shadow in the Cloud (2021/15) Premiere. A female WWII pilot traveling with top secret documents on a B-17 Flying Fortress encounters an evil presence on board the flight. Wartime horror, starring Chloe Grace Moretz. ★★★ **12.55am** Weather for the Week Ahead **1.00-6.00am** BBC News

ITV Border

As STV except: **5.45-5.50pm** ITV News Border. **3.50-5.05am** Unwind

GB News

6.00am Breakfast with Stephen and Anne **10.00** Saturday Morning Live **12.00noon** The Weekend **3.00** Nana Akua **6.00** The Saturday Five **8.00** Saturday Night Showdown. Politicians, comedians and celebrities explore the big stories of the week to find the funny in the issues that matter to you. **9.00** Mark Dolan Tonight. Join Mark Dolan, the king of late night weekend chat, for big stories, big guests and big opinions. Expect a lively, intelligent and highly entertaining three hours. You won't want to miss a second. **11.00** Headliners **12.00m't** Free Speech Nation Replay **2.00** Headliners Replay **3.00** Mark Dolan Tonight Replay **5.00-6.00am** Headliners Replay

SUNDAY CLASSIC FM

7.00am Classic FM Breakfast With John Brunning. **10.00** Aled Jones. **1.00pm** Joanna Gosling. **4.00** Stephen Mangan. **7.00** Relaxing Evenings. **10.00** Calm Classics. **1.00am** Bill Overton. **4.00-6.30am** Early Breakfast.

RADIO 2

5.00am Tracks Of My Years. **6.00** Good Morning Sunday. **9.00** Love Songs With Michael Ball. **11.00** OJ Borg. **1.00pm** Elaine Paige On Sunday. **3.00** Sounds Of The 70s With Johnnie Walker. **5.00** Rob Beckett. **7.00** Tony Blackburn's Golden Hour. **8.00** 21st Century Folk. Five characters get to meet songwriters, who are inspired to write a dedicated song. **10.00** Radio 2 Unwinds With Angela Griffin. Angela hosts a mix of music. **12.00m't** Ellie Brennan. **3.00** Alternative Sounds Of The 90s With Dermot O'Leary. **4.00-6.30am** Owain Wyn Evans.

RADIO 3

6.30am Breakfast. **9.00** Sunday Morning. **11.00** BBC Proms 2024. **1.00pm** Music Map. **2.30** New Generation Artists. **3.00** BBC Proms 2024. **5.30** Words And Music. **6.45** Sunday Feature: Chasing The Dream. **7.00** BBC Proms 2024. The Sinfonia of London performs Ives, Adams, Copland, Barber and Geršwin. **10.00** Night Tracks. **11.30** Unclassified. **12.30-6.30am** Through The Night.

RADIO 4

5.30am News Briefing. **5.43** Bells On Sunday. **5.45** In Touch. **6.00** News Headlines. **6.05** Beyond Belief. **6.35** On Your Farm. **6.57** Weather. **7.07** News. **7.10** Sunday. **7.54** Radio 4 Appeal. **7.57** Weather. **8.00** News. **8.10** Sunday Worship. **8.48** A Point Of View. **8.58** Tweet Of The Day. **9.00** Broadcasting House. **10.00** Desert Island Discs. **11.00** The Archers. **12.15pm** Growing Solo. **12.30** Mark Steel's In Town. **12.57** Weather. **1.00** The World This Weekend. **1.30** Living Without Our Smartphones: The Adults' Turn. **2.00** Gardeners' Question Time. **2.45** Opening Lines. **3.00** Drama: Death At La Fenice. **4.00** Bookclub. **4.30** The 3rd Degree. **5.00** Witness History. **5.10** The Food Programme. **5.54** Shipping Forecast. **5.57** Weather. **6.00** News. **6.15** Pick Of The Week. **7.00** The Archers. **7.15** Becoming German. **7.45** Communicating With Ros Atkins. **8.00** Feedback. **8.30** Last Word. **9.00** Toast. The beverage Sunny Delight. **9.25** Radio 4 Appeal. On behalf of STOP THE TRAFFIK. **9.30** From Our Own Correspondent. **9.59** Weather. **10.00** The Westminster Hour. **11.00** The Human Subject. The story of a teenager subjected to mind control experiments. **11.30** Frontlines Of Journalism. How good reporting requires detachment and the ability to express empathy. **11.45** Short Works. White Ferrari, by Caleb Azumah Nelson. **12.00m't** News And Weather. **12.15** Crossing Continents. **12.45** Bells On Sunday. **12.48** Shipping Forecast. **1.00** As BBC World Service. **5.20-5.30am** Shipping Forecast.

RADIO 5 LIVE

5.00am Newscast. **6.00** 5 Live Science. **7.00** Sunday Breakfast. **10.00** 5 Live Olympics. **1.00pm** 5 Live Olympics. **3.00** 5 Live Olympics. **6.00** 5 Live Olympics. With the women's high jump final and men's 100m final in athletics. **10.00** Stephen Nolan. **1.00-5.00am** Dotun Adebayo.

RADIO SCOTLAND

7.00am New Every Sunday. **7.30** Our Story. **8.00** Sunday Morning. **10.00** The Sunday Show. **12.00noon** Sportsound. **7.00** Classical Now. **9.00** Iain Anderson. Country, folk, blues and soul music. **11.00pm-6.00am** As BBC Radio 5 Live.

MONDAY CLASSIC FM

6.30am Classic FM Breakfast With Aled Jones. **9.00** The Classic FM Hall Of Fame Hour With Aled Jones. **10.00** Alexander Armstrong. **1.00pm** Anne-Marie Minhall. **4.00** Margherita Taylor. **7.00** Relaxing Evenings. **10.00** Calm Classics. **1.00am** Bill Overton. **4.00-6.30am** Early Breakfast.

RADIO 2

6.30am The Zoe Ball Breakfast Show. **9.30** Vernon Kay. **12.00noon** Jeremy Vine. **2.00** Scott Mills. **4.00** Sara Cox. **6.30** Sara Cox's Half Wower. **7.00** Jo Whaley's Shiny Happy Playlist. **7.30** Jo Whaley. **9.00** The Blues Show With Moby. Moby sits in for Cerys Matthews. **10.00** Trevor Nelson's Magnificent 7. Uplifting tunes and throwbacks. **10.30** Trevor Nelson's Rhythm Nation. Featuring a mix of soulful tunes. **12.00m't** Ellie Brennan. **2.30** One Hit Wonders With OJ Borg. **3.00** Power Of Jazz. **4.00-6.30am** Owain Wyn Evans.

RADIO 3

6.30am Breakfast. **9.30** Essential Classics. **1.00pm** Classical Live. **4.00** Composer Of The Week: Musical Olympians – Joseph Bologne. **5.00** In Tune. **7.00** Classical Mixtape. **7.30** BBC Proms 2024. **10.15** Night Tracks. **11.30** 'Round Midnight. **12.30-6.30am** Through The Night.

RADIO 4

5.30am News Briefing. **5.43** Prayer For The Day. **5.45** Farming Today. **6.00** Today. **9.00** Orwell Vs Kafka. **9.30** Natalie Haynes Stands Up For The Classics. **10.00** Woman's Hour. **11.00** Policing Protest. **11.45** Battle Grounds: Culture Wars In The Countryside. **12.00noon** News. **12.04** You And Yours. **12.57** Weather. **1.00** The World At One. **1.45** How They Made Us Doubt Everything. **2.00** The Archers. **2.15** Ed Reardon's Week. **2.45** Gambits. **3.00** Great Lives. **3.30** Extreme. **4.00** Living Without Our Smartphones: The Adults' Turn. **4.30** Alexei Sayle's Strangers On A Train. **5.00 PM.** **5.57** Weather. **6.00** Six O'Clock News. **6.30** The Unbelievable Truth. **7.00** The Archers. Lilian puts her foot down, and Joy takes control. **7.15** Front Row. Arts programme. **8.00** The Briefing Room. **8.30** BBC Inside Science. The latest scientific research. **9.00** History's Secret Heroes. How Josefina Guerrero's leprosy led her to become a brilliant spy. **9.30** To Catch A Scorpion. Sue Mitchell and Rob Lawrie hear about the well-wishers helping refugees. **9.59** Weather. **10.00** The World Tonight. With James Coomarasamy. **10.45** Book At Bedtime: Enlightenment. By Sarah Perry. **11.00** Harland. Supernatural thriller. **11.30** Lights Out. **12.00m't** News And Weather. **12.30** Battle Grounds: Culture Wars In The Countryside. **12.48** Shipping Forecast. **1.00** As BBC World Service. **5.20-5.30am** Shipping Forecast.

RADIO 5 LIVE

5.00am Wake Up To Money. **6.00** 5 Live Breakfast. **9.00** Nicky Campbell. **10.00** Naga Munchetty. **1.00pm** 5 Live Olympics. Mark Chapman presents gymnastics, diving and kayaking. **3.30** 5 Live Olympics. Coverage of kayaking, track cycling and athletics. **6.30** 5 Live Olympics. Coverage of the women's track cycling, and athletics. **10.00** Gordon Smart. **1.00-5.00am** Dotun Adebayo.

RADIO SCOTLAND

6.00am Good Morning Scotland. **9.00** Mornings. **12.00noon** Lunchtime Live. **1.32** The Afternoon Show. **4.00** Drivetime. **6.00** Get It On With Bryan Burnett. Music request show. **8.00** Ice V Galloway. **10.00** Iain Anderson. Country, folk, blues and soul music. **12.00m't-6.00am** As BBC Radio 5 Live.



Drama: Death At La Fenice

3pm Radio 4, Sunday

Julian Rhind-Tutt stars in this two-part adaptation of Donna Leon's murder mystery. He plays Inspector Brunetti, who is called in to investigate when a conductor is killed between acts at the opera.



Inside The Wasp Factory

4pm Radio 4, Tuesday

When Simon Pegg appeared on *Desert Island Discs*, he chose Iain Banks' 1984 debut novel, *The Wasp Factory*, as the book he would take with him. Here, he examines its impact and legacy.



BBC Proms 2024

6pm Radio 3, Friday

Sakari Oramo conducts the BBC SO in performances of Strauss' *Alpine Symphony*, Saariaho's *Mirage* and Mozart's *Jeunehomme Concerto*. Plus Dr Seán Williams discusses Alpine tourism.

TUESDAY CLASSIC FM

6.30am Classic FM Breakfast With Aled Jones. **9.00** The Classic FM Hall Of Fame Hour With Aled Jones. **10.00** Alexander Armstrong. **1.00pm** Anne-Marie Minhall. **4.00** Margherita Taylor. **7.00** Relaxing Evenings. **10.00** Calm Classics. **1.00am** Bill Overton. **4.00-6.30am** Early Breakfast.

RADIO 2

6.30am The Zoe Ball Breakfast Show. **9.30** Vernon Kay. **12.00noon** Jeremy Vine. **2.00** Scott Mills. **4.00** Sara Cox. **6.30** Sara Cox's Half Wower. **7.00** Jo Whaley's Shiny Happy Playlist. **7.30** Jo Whaley. **9.00** The Jazz Show With Jamie Cullum. A session track by the UK saxophonist Jasmine Myra. **10.00** Trevor Nelson's Magnificent 7. **10.30** Trevor Nelson's Rhythm Nation. A mix of soulful tunes. **12.00m't** Ellie Brennan. **3.00** Power Of Jazz. **4.00-6.30am** Owain Wyn Evans.

RADIO 3

6.30am Breakfast. **9.30** Essential Classics. **1.00pm** Classical Live. **4.00** Composer Of The Week: Musical Olympians – Joseph Bologne. **5.00** In Tune. **7.00** BBC Proms 2024. Paul Agnew conducts Les Arts Florissants in Purcell's *The Fairy Queen*. **10.00** Night Tracks. **11.30** 'Round Midnight. **12.30-6.30am** Through The Night.

RADIO 4

5.30am News Briefing. **5.43** Prayer For The Day. **5.45** Farming Today. **6.00** Today. **9.00** The Life Scientific. **9.30** Inside Health. **10.00** Woman's Hour. **11.00** Screenshot. **11.45** Battle Grounds: Culture Wars In The Countryside. **12.00noon** News. **12.04** Call You And Yours. **12.57** Weather. **1.00** The World At One. **1.45** How They Made Us Doubt Everything. **2.00** The Archers. **2.15** Drama: Wholesome. **3.00** Becoming German. **3.30** Beyond Belief. **4.00** Inside The Wasp Factory. **4.30** You're Dead To Me. **5.00 PM.** **5.57** Weather. **6.00** Six O'Clock News. **6.30** Do Gooders. **7.00** The Archers. Alistair faces the consequences of his actions. **7.15** Front Row. Arts programme. **8.00** Retracted. Rosa Ellis speaks to Steve Shafer about publishing scientific research. **8.45** In Touch. **9.00** Crossing Continents. **9.30** Great Lives. Miriam Margolyes chooses her hero, Charles Dickens. **9.59** Weather. **10.00** The World Tonight. With James Coomarasamy. **10.45** Book At Bedtime: Enlightenment. By Sarah Perry. **11.00** Jon Holmes Says The C-Word. Jon and guests discuss "The Big Op". **11.30** Lights Out. Personal accounts of women who joined the Greenham Common protests in 1984. **12.00m't** News And Weather. **12.30** Battle Grounds: Culture Wars In The Countryside. Chief Inspector Kevin Kelly discusses the illegal persecution of birds of prey. **12.48** Shipping Forecast. **1.00** As BBC World Service. **5.20-5.30am** Shipping Forecast.

RADIO 5 LIVE

5.00am Wake Up To Money. **6.00** 5 Live Breakfast. **9.00** Nicky Campbell. **10.00** Naga Munchetty. **1.00pm** 5 Live Olympics. Coverage of diving and sailing. **3.30** 5 Live Olympics. Skateboarding and track cycling coverage. **6.30** 5 Live Olympics. Coverage of track cycling and athletics. **10.00** Gordon Smart. **1.00-5.00am** Dotun Adebayo.

RADIO SCOTLAND

6.00am Good Morning Scotland. **9.00** Mornings. **12.00noon** Lunchtime Live. **1.32** The Afternoon Show. **4.00** Drivetime. **6.00** Get It On With Bryan Burnett. **8.00** Another Country With Ricky Ross. Country and Americana music. **10.00** Roddy Hart. **12.00m't-6.00am** As BBC Radio 5 Live.

RADIO 2 FM: 88-90.2 MHz

RADIO 3 FM: 90.2-92.4 MHz

RADIO 4 FM: 92.4-94.6 MHz, LW: 198 KHz

RADIO 5 LIVE

CLASSIC FM

RADIO SCOTLAND

AM: 693 & 909 KHz

FM: 99.9-101.9 MHz

FM: 92.5-94.7 MHz

WEDNESDAY CLASSIC FM

6.30am Classic FM Breakfast With Aled Jones. **9.00** The Classic FM Hall Of Fame Hour With Aled Jones. **10.00** Alexander Armstrong. **1.00pm** Anne-Marie Minhall. **4.00** Margherita Taylor. **7.00** Relaxing Evenings. **10.00** Calm Classics. **1.00am** Bill Overton. **4.00-6.30am** Early Breakfast.

RADIO 2

6.30am The Zoe Ball Breakfast Show. **9.30** Vernon Kay. **12.00noon** Jeremy Vine. **2.00** Scott Mills. **4.00** Sara Cox. **6.30** Sara Cox's Half Wower. **7.00** Jo Whitley's Shiny Happy Playlist. **7.30** Jo Whitley. **9.00** The Folk Show With Mark Radcliffe. Traditional and contemporary folk and acoustic music. **10.00** Trevor Nelson's Magnificent 7. **10.30** Trevor Nelson's Rhythm Nation. The DJ introduces a mix of soulful tunes. **12.00m't** Ellie Brennan. **3.00** Alternative Sounds Of The 90s With Dermot O'Leary. **4.00-6.30am** Owain Wyn Evans.

RADIO 3

6.30am Breakfast. **9.30** Essential Classics. **1.00pm** Classical Live. From European summer festivals. **3.00** Choral Evensong. **4.00** Composer Of The Week: Musical Olympians – Joseph Bologne. **5.00** In Tune. **7.00** Classical Mixtape. **7.30** BBC Proms 2024. The BBC Philharmonic and John Storgards in Tchaikovsky's Fourth Symphony. **10.00** Night Tracks. **11.30** 'Round Midnight. **12.30-6.30am** Through The Night.

RADIO 4

5.30am News Briefing. **5.43** Prayer For The Day. **5.45** Farming Today. **6.00** Today. **9.00** Sideways. **9.30** Worse Than Murder. **10.00** Woman's Hour. **11.00** Retracted. **11.45** Battle Grounds: Culture Wars In The Countryside. **12.00noon** News. **12.04** You And Yours. **12.57** Weather. **1.00** The World At One. **1.45** How They Made Us Doubt Everything. **2.00** The Archers. **2.15** Drama: Contender. **3.00** Reflections. **3.30** The Drug Death Detective. **4.00** The Media Show. **5.00 PM**. **5.57** Weather. **6.00** Six O'Clock News. **6.30** Ian Smith Is Stressed. **7.00** The Archers. The spotlight falls on Emma and there's confusion for Chris. **7.15** Front Row. **8.00** The Moral Maze. **9.00** The Life Scientific. Last in series. **9.30** Inside Health. **9.59** Weather. **10.00** The World Tonight. **10.45** Book At Bedtime: Enlightenment. By Sarah Perry. **11.00** The Lovely Boys Talk Good. New series. Surreal and silly sketch show from online double act The Lovely Boys. **11.15** Maisie Adam: The Beautiful Game. Maisie talks to England captain Millie Bright about her football journey. Last in series. **11.30** Lights Out. Laura Grace Simpkins reflects on modern society's dependency on lithium. **12.00m't** News And Weather. **12.30** Battle Grounds: Culture Wars In The Countryside. Anna Jones investigates the ongoing arguments over countryside access. **12.48** Shipping Forecast. **1.00** As BBC World Service. **5.20-5.30am** Shipping Forecast.

RADIO 5 LIVE

5.00am Wake Up To Money. **6.00** 5 Live Breakfast. **9.00** Nicky Campbell. **10.00** Naga Munchetty. **1.00pm** 5 Live Olympics. **3.30** 5 Live Olympics. **6.30** 5 Live Olympics. Evening athletics. **10.00** Gordon Smart. **1.00-5.00am** Dotun Adebayo.

RADIO SCOTLAND

6.00am Good Morning Scotland. **9.00** Mornings. **12.00noon** Lunchtime Live. **1.32** The Afternoon Show. **4.00** Drivetime. Breaking down the talking points. **6.00** Get It On With Bryan Burnett. **8.00** The Quay Sessions With Roddy Hart. **10.00** Vic Galloway. **12.00m't-6.00am** As BBC Radio 5 Live.

THURSDAY CLASSIC FM

6.30am Classic FM Breakfast With Aled Jones. **9.00** The Classic FM Hall Of Fame Hour With Aled Jones. **10.00** Alexander Armstrong. **1.00pm** Anne-Marie Minhall. **4.00** Margherita Taylor. **7.00** Relaxing Evenings. **10.00** Calm Classics. **1.00am** Bill Overton. **4.00-6.30am** Early Breakfast.

RADIO 2

6.30am The Zoe Ball Breakfast Show. **9.30** Vernon Kay. **12.00noon** Jeremy Vine. **2.00** Scott Mills. **4.00** Sara Cox. **6.30** Sara Cox's Half Wower. **7.00** Jo Whitley's Shiny Happy Playlist. **7.30** Jo Whitley. **9.00** The Country Show With Bob Harris. **10.00** Trevor Nelson's Magnificent 7. **10.30** Trevor Nelson's Rhythm Nation. **12.00m't** Ellie Brennan. **3.00** Sounds Of The 90s With Fearne Cotton. **4.00-7.00am** Owain Wyn Evans.

RADIO 3

6.30am Breakfast. **9.30** Essential Classics. **1.00pm** Classical Live. **4.00** Composer Of The Week: Musical Olympians – Joseph Bologne. **5.00** In Tune. **7.00** Classical Mixtape. **7.30** BBC Proms 2024. **10.15** Night Tracks. **11.30** 'Round Midnight. **12.30-6.30am** Through The Night.

RADIO 4

5.30am News Briefing. **5.43** Prayer For The Day. **5.45** Farming Today. **6.00** Today. **9.00** The Briefing Room. **9.30** The Long History Of Ignorance – From Confucius To Q-Anon. **10.00** Woman's Hour. **11.00** The Infinite Monkey Cage. **11.45** Battle Grounds: Culture Wars In The Countryside. **12.00noon** News. **12.04** You And Yours. **12.30** Dough. **12.57** Weather. **1.00** The World At One. **1.45** How They Made Us Doubt Everything. **2.00** The Archers. **2.15** Drama: Belgrano. **3.00** Open Country. **3.27** Radio 4 Appeal. **3.30** Feedback. **4.00** Across The Red Line. **4.30** BBC Inside Science. **5.00 PM**. **5.57** Weather. **6.00** Six O'Clock News. **6.30** The Train At Platform 4. **7.00** The Archers. Kate takes a walk down memory lane. **7.15** Front Row. Arts programme. **8.00** The Media Show. The latest news from the fast-changing media world. **9.00** Loose Ends. Clive Anderson presents conversation, comedy and music. **9.45** Empire Of Tea. Sathnam Sanghera learns about tea supplies during the war. **9.59** Weather. **10.00** The World Tonight. **10.45** Book At Bedtime: Enlightenment. By Sarah Perry. **11.00** The Today Podcast. The biggest news stories of the week. Last in series. **11.30** Lights Out. Homelessness in London's queer communities. **12.00m't** News And Weather. **12.30** Battle Grounds: Culture Wars In The Countryside. Anna Jones uncovers a newly emerging culture war around trees. **12.48** Shipping Forecast. **1.00** As BBC World Service. **5.20-5.30am** Shipping Forecast.

RADIO 5 LIVE

5.00am Wake Up To Money. **6.00** 5 Live Breakfast. **9.00** Nicky Campbell. With calls on the day's talking points. **10.00** Adrian Chiles. **1.00pm** 5 Live Olympics. Coverage of sailing, taekwondo and diving. **3.30** 5 Live Olympics. Coverage of the day's track cycling events. **6.30** 5 Live Olympics. Coverage of athletics and taekwondo. **10.00** Gordon Smart. **1.00-5.00am** Dotun Adebayo.

RADIO SCOTLAND

6.00am Good Morning Scotland. **9.00** Mornings. **12.00noon** Lunchtime Live. **1.32** The Afternoon Show. **4.00** Drivetime. **6.00** Get It On With Bryan Burnett. **8.00** Travelling Folk. Anna Massie with the best folk and roots. **10.00** Natasha Raskin Sharp. **12.00m't-6.00am** As BBC Radio 5 Live.

FRIDAY CLASSIC FM

6.30am Classic FM Breakfast With Aled Jones. **9.00** The Classic FM Hall Of Fame Hour With Aled Jones. **10.00** Alexander Armstrong. **1.00pm** Anne-Marie Minhall. **4.00** Margherita Taylor. **7.00** Classic FM At The Movies With Jonathan Ross. **9.00** Perfect Pitch With Karthi Gnanasegaram. **10.00** Calm Classics. **1.00am** Katie Breathwick. **4.00-7.00am** Sam Pittis.

RADIO 2

7.00am The Zoe Ball Breakfast Show. **10.00** Vernon Kay. **12.00noon** Jeremy Vine. **2.00** Scott Mills. **3.30** Scott Mills' Wonder Years. **4.00** Sara Cox. **7.00** Michelle Visage. **8.30** Michelle Visage's Handbag Hits. **9.00** The Good Groove With DJ Spoony. With joyful floor fillers. **11.00** The Rock Show With Johnnie Walker. **12.00m't** Romesh Ranganathan: For The Love Of Hip-Hop. **1.00** CMA Fest 2024. **2.00** Lost Boy: In Search Of Nick Drake. **3.00** Mark Knopfer At The BBC. **4.00-5.00am** Sophie Ellis-Bextor's Kitchen Disco.

RADIO 3

6.30am Breakfast. **9.30** Essential Classics. **1.00pm** Classical Live. **4.00** Composer Of The Week: Musical Olympians – Joseph Bologne. **5.00** In Tune. **6.00** BBC Proms 2024. Strauss' Alpine Symphony. Saariaho's Mirage, and Mozart's Jeunehomme Concerto. **8.30** Andrew Davis At The Proms. **10.30** BBC Proms 2024. **11.45** 'Round Midnight. **12.30-6.30am** Through The Night.

RADIO 4

5.30am News Briefing. **5.43** Prayer For The Day. **5.45** Farming Today. **6.00** Today. **9.00** Desert Island Discs. **10.00** Woman's Hour. **11.00** The Food Programme. **11.45** Battle Grounds: Culture Wars In The Countryside. **12.00noon** News. **12.04** Rare Earth. **12.57** Weather. **1.00** The World At One. **1.45** How They Made Us Doubt Everything. **2.00** The Archers. **2.15** Drama: 11 Minutes Dead. **2.45** Communicating With Ros Atkins. **3.00** Gardeners' Question Time. **3.45** Short Works. **4.00** Last Word. **4.30** Sideways. **5.00 PM**. **5.57** Weather. **6.00** Six O'Clock News. **6.30** Catherine Bohart: TL;DR. **7.00** The Archers. George clutches at straws and Kirsty faces temptation. **7.15** Screenshot. The movie audience's desire to be shocked. Last in series. **8.00** Any Questions? Topical discussion. **8.50** A Point Of View. A reflection on a topical issue. **9.00** The Death Of The Eccentric. Will Self explores resistance to social conformity. **9.59** Weather. **10.00** The World Tonight. With Shaun Ley. **10.45** Book At Bedtime: Enlightenment. By Sarah Perry. **11.00** Americast. Analysis of cultural and social stories breaking in the US. **11.30** Lights Out. The story of an asylum seeker's search for a safe haven. **12.00m't** News And Weather. **12.30** Battle Grounds: Culture Wars In The Countryside. Last in series. **12.48** Shipping Forecast. **1.00** As BBC World Service. **5.20-5.30am** Shipping Forecast.

RADIO 5 LIVE

5.00am Wake Up To Money. **6.00** 5 Live Breakfast. **9.00** Nicky Campbell. **10.00** Chiles On Friday. **1.00pm** 5 Live Olympics. **3.30** 5 Live Olympics. **6.30** 5 Live Olympics. **10.00** Stephen Nolan. **1.00-5.00am** Lisa McCormick.

RADIO SCOTLAND

6.00am Good Morning Scotland. **9.00** Mornings. **12.00noon** Lunchtime Live. **1.32** Breaking The News. **2.00** The Afternoon Show. **4.00** Drivetime. **6.00** Grant Stott's Vinyl Collective. **8.00** BBC Introducing In Scotland. **10.00** Ashley Storrie. **1.00-6.30am** As BBC Radio 5 Live.

SATURDAY CLASSIC FM

7.00am Classic FM Breakfast With John Brunning. **10.00** Aled Jones. **1.00pm** Alexander Armstrong. **4.00** Alan Titchmarsh. **7.00** Classic FM At The Movies With Jonathan Ross. **9.00** Connecting Notes. **10.00** Calm Classics. **1.00am** Katie Breathwick. **4.00-7.00am** Sam Pittis.

RADIO 2

5.00am Radio 2 In Concert: UB40. **6.00** Sounds Of The 60s With Tony Blackburn. **8.00** Dermot O'Leary. **10.00** Nicki Chapman. **1.00pm** Pick Of The Pops. **3.00** Rylan On Saturday. **6.00** Liza Tarbuck. **8.00** Sounds Of The 80s With Gary Davies. **10.00** Sounds Of The 90s With Fearne Cotton. **12.00m't** Moby: 20 Years Of Play. **2.00** Dance Sounds Of The 90s With Vernon Kay. **3.00-5.00am** Sophie Ellis-Bextor's Kitchen Disco.

RADIO 3

6.30am Breakfast. **9.00** Saturday Morning. **11.00** BBC Proms 2024. **12.30pm** New Generation Artists. **1.00** Music Matters: Nicola Benedetti And The Edinburgh International Festival. **2.00** Record Review. **4.00** Sound Of Cinema. **5.00** This Classical Life. **6.00** Music Planet. **7.00** New Generation Artists. **7.30** BBC Proms 2024. The National Youth Orchestra plays Mahler's Symphony No 1, live from the Royal Albert Hall. **10.00** The Lebrecht Interview. **10.45** New Music Show. **12.30-6.30am** Through The Night.

RADIO 4

5.30am News Briefing. **5.43** Prayer For The Day. **5.45** Frontlines Of Journalism. **6.00** News And Papers. **6.07** Open Country. **6.30** Farming Today This Week. **6.57** Weather. **7.00** Today. **9.00** The Missing Madonna. **9.45** Animal. **10.00** You're Dead To Me. **10.30** Alexei Sayle's Strangers On A Train. **11.00** NewsCast. **11.30** From Our Own Correspondent. **12.00noon** News. **12.04** Toast. **12.30** Catherine Bohart: TL;DR. **12.57** Weather. **1.00** News. **1.10** Any Questions? **2.00** Any Answers? **2.45** The Archers. **3.00** Drama: Mahabharata Now. **4.00** Weekend Woman's Hour. **5.00** Saturday PM. **5.30** Dough. **5.54** Shipping Forecast. **5.57** Weather. **6.00** Six O'Clock News. **6.15** Loose Ends. **7.00** Growing Solo. Max learns about the grisly process of turning animals into meat. **7.15** The Infinite Monkey Cage. Brian Cox and Robin Ince diffuse themselves into the intriguing world of gasses. **8.00** Archive On 4: Sister Blues. **9.00** The Moral Maze. **10.00** News. **10.15** The Food Programme. Sheila Dillon heads to Finland in search of the key to happiness. **11.00** Scott Agnew: Dead Man Talking. The comedian reveals how Glasgow saved his life. **11.30** The 3rd Degree. Steve Punt hosts the quiz from Falmouth University. **12.00m't** Midnight News. **12.15** BookClub. Ayobami Adebayo talks to James Naughtie about her novel, Stay With Me. **12.48** Shipping Forecast. **1.00** As BBC World Service. **5.20-5.30am** Shipping Forecast.

RADIO 5 LIVE

5.00am 5 Live Boxing. **6.00** Saturday Breakfast. **9.00** 5 Live Olympics. **3.00pm** 5 Live Sport. Manchester United v Manchester City. The FA Community Shield. **6.00** 5 Live Olympics. **10.00** Stephen Nolan. **1.00-10.00am** Lisa McCormick.

RADIO SCOTLAND

6.30am Out Of Doors. **8.00** Good Morning Scotland. **10.00** Shereen. **11.32** Breaking The News. **12.00noon** Off The Ball. **2.00** Sportsound. **7.00** Take The Floor. **9.00** Piping Sounds. **10.00** Billy Sloan. **1.00-7.00am** As BBC Radio 5 Live.



Mindy Hammond *Every week in S Magazine*

Our columnist's cat has replaced his amorous interests with a passion for sweet treats

The dreaded day had arrived... I gave Gravy a big bowl of his favourite food the night before and apologised to both him and Ketchup when I hid their food away at midnight.

Most cats have their little op early in their lives but, as you may know, Gravy is special (in more ways than one). The outside world held little enticement for him and he seemed content as an "entire" tom cat. The only problem related to his evening habit of getting amorous while sitting on my lap and yelling at me when I removed him from my person. Dirty boy.

Gravy happily strolled into his cat carrier and I dropped him at the vet early in the morning,

"Sorry, Grufus," I told him as I left. "Poor little chap," I said to the nurse. "He's so proud of his fluffy nuggets."

A few hours later the vet called to say he was coming round nicely and was ready for collection. "You might find he's a bit unstable for a few hours – he may misjudge surfaces if he tries to jump up," said the nurse.

I laughed. "He does that anyway."

"And we've given him some easily digested food as they sometimes get an upset tum after surgery," she said.

I thanked her and picked up the mini brown paper bag with sachets of food and the details of his microchip inside.

A sad Gravy sat curled up in the back of his carrier. What had I done? Our happy chap had lost his shimmer. This was awful. I put his carrier on the floor of the kitchen as soon as we were home and the dogs all rushed

to greet him, but Gravy wasn't interested. He followed me through the door to the entrance hall and hovered up a bowlful of the special food the vet had given us.

He had no lampshade on his head, but I had strict instructions to watch he didn't worry at his wound, so decided to set up my laptop on the coffee table in the sitting room, thinking he could curl up next to me on the sofa.

I had just made myself comfortable when I heard a distant rustling noise – a delivery had arrived and there was a cardboard box in the hall. Was he playing with the packaging?

I went into the entrance hall and there was Gravy. He had managed to jump on the hall table, put his head through the handle of the little bag containing the wet food pouches and was wandering around the floor wearing the bag as a large necklace.

"Oh, Gravy, how did you manage that?" I freed him and gave him another serving while I left to make myself a cup of tea. I'd bought a pack

of my favourite coconut macaroons and took the opened pack into the sitting room, ready to scoff with my tea. Gravy was still noisily chomping on his food, so I quickly tidied the kitchen before returning with my cuppa. When I walked back into the sitting room, I found bits of sticky coconut were littered across the coffee table and there was Gravy, with half a soggy macaroon in his mouth, reclining like a Roman emperor amid the mess.

"Oh, you're kidding," I sighed and couldn't help laughing at him. What cat likes coconut macaroons?

As I started clearing up his mess, he decided he'd had enough of his first pick and went back to the packet to get himself a fresh one.

"No!" I told him. "That's quite enough for one day." (I'd keep the rest in storage for him – I suspected they'd all received a proprietary lick.)

My macaroons had become cat food, but I remembered there was a rum baba in the fridge (filth, I know, but God, I love them and there was no one home to chastise me). Gravy tried every trick to get his head into the bowl, but I told him, "Alcohol. That's a hard no," (even though I think it's really just flavoured syrup).

That evening we had chilli con carne for supper and, as I was tidying away, there he was on the table, licking up sour cream and guacamole. So although he hasn't been at all concerned by his little operation and snuggled up to me all evening not even thinking of being rude, if his taste for all things non-feline continues, his waistline is sure to expand and we may have to change his name from Gravy to Yorkie Pud.



Russell Grant

What does this week hold for you?
Horoscopes from Sunday to Saturday



Charlize Theron
7 August 1975, Leo

Gemini 22 MAY - 20 JUN

A housemate will backtrack on their promise to take on more responsibility. They aren't paying their share and others are having to shoulder the burden. Start protecting your own interests.

Call one of my dedicated astrologers for a more in-depth reading on @ 0905 789 3903*

Scorpio 24 OCT - 22 NOV

Commitments are keeping you busy. A big event is being arranged and, as the intensity increases, you could start feeling drained. Sneaking off to a place that nourishes your soul is advised.

Call one of my dedicated astrologers for a more in-depth reading on @ 0905 789 3908*

Cancer 21 JUN - 23 JUL

Transportation delays can really mess up your plans. Instead of getting frustrated, try to see them as minor inconveniences. Missing a flight or a train might actually turn out to be a blessing in disguise.

Call one of my dedicated astrologers for a more in-depth reading on @ 0905 789 3904*

Sagittarius 23 NOV - 21 DEC

Exploring new areas of your professional life leads to great opportunities. You won't have to make your mind up there and then when someone makes an exciting offer. Take time to think it over.

Call one of my dedicated astrologers for a more in-depth reading on @ 0905 789 3909*

Leo 24 JUL - 23 AUG

Friends and relatives will unite whenever teamwork is required. A joint effort will achieve good results. There are opportunities on the horizon to savour the joys of love and companionship.

Call one of my dedicated astrologers for a more in-depth reading on @ 0905 789 3905*

Capricorn 22 DEC - 20 JAN

You will be pleasantly surprised to receive benefits that are rightfully yours that you were unaware of. Progress will be made at home as everyone agrees to devote time to a tricky DIY project.

Call one of my dedicated astrologers for a more in-depth reading on @ 0905 789 3910*

Aries 21 MAR - 20 APR

Make important financial and personal decisions without delay. Take a decisive stance in a situation requiring joint effort. Leave no room for hesitation. Your focus shifts towards matters of the heart.

Call one of my dedicated astrologers for a more in-depth reading on @ 0905 789 3901*

Virgo 24 AUG - 23 SEPT

A colleague's refusal to answer probing questions is having a negative effect on performance. Disagreements disrupt workplace harmony and plans are delayed. The result is that progress is slow.

Call one of my dedicated astrologers for a more in-depth reading on @ 0905 789 3906*

Aquarius 21 JAN - 19 FEB

Be attentive, listen to conversations and watch what is going on around you. You will learn about what motivates someone. Don't presume you have all the answers. Make an effort to ask questions.

Call one of my dedicated astrologers for a more in-depth reading on @ 0905 789 3911*

Taurus 21 APR - 21 MAY

Take most of what friends and neighbours say with a pinch of salt. In the workplace, stay ahead of the game by updating your skills. It's best to keep your more innovative ideas to yourself.

Call one of my dedicated astrologers for a more in-depth reading on @ 0905 789 3902*

Libra 24 SEPT - 23 OCT

Social connections will bring both benefits and enjoyment. You will learn something valuable through idle chit-chat. While you're naturally generous, splashing out on an extravagant gift might backfire.

Call one of my dedicated astrologers for a more in-depth reading on @ 0905 789 3907*

Pisces 20 FEB - 20 MAR

You have a lot of work ahead, but remember it's OK if some tasks don't get done. Putting your health at risk is not worth it. Take time to talk to someone you wouldn't normally have time for.

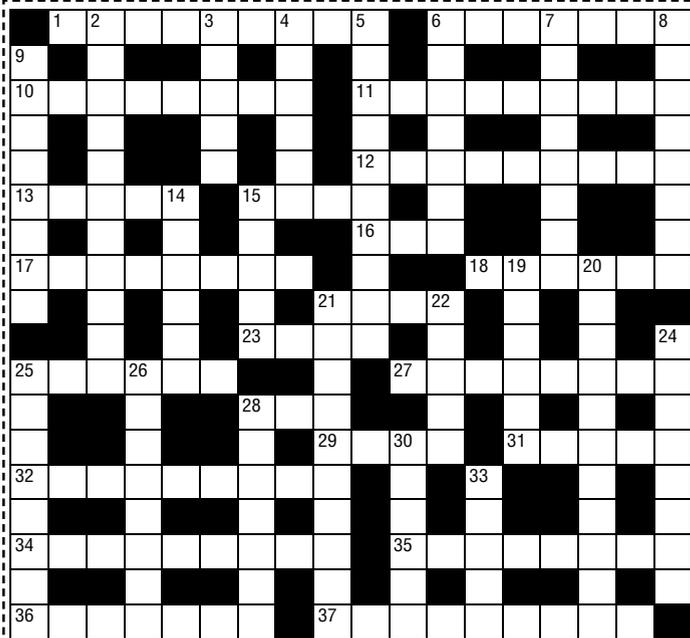
Call one of my dedicated astrologers for a more in-depth reading on @ 0905 789 3912*

PHOTO: GETTY

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● Service Provider: Spoke, 0333 202 3390.
● Spellings and definitions are taken from the Collins English Dictionary (13th edition out now, price £40).

SOLUTION FOR 28 JULY

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

● There will be one winner selected from all correct entries from telephone and postal entrants.

● The winner will be chosen from all correct entries received by 23:59 on Saturday.

● The editor's decision is final.

● The winner's details will be published on the Puzzle Pages of the *Sunday Express* in a fortnight.

ACROSS

- Chamber of the heart, with thick muscular walls, pumping blood to the arteries (9)
- A person who controls the training of a sports person or team (7)
- To give care; minister (6,2)
- American aviator; the first pilot to fly solo around the world (5,4)
- The state capital of Tennessee, USA (9)
- and 24 Down *The ___*, 1979 horror film written and directed by Wes Craven (5,4,4)
- The starting line on a car-racing track (4)
- A marine fish with a flattened body, winglike pectoral fins and a whiplike tail (3)
- Great wealth or luxuriousness (8)
- Verbal formulae considered as having magical force (6)
- Percussion instrument; a metal platelike disc struck with a soft-headed drumstick (4)
- Page of a newspaper where varying views are expressed by columnists, commentators, etc (2-2)
- Light barrier over which athletes leap in certain events (6)
- A tree or shrub of a North American and Asian genus, cultivated for its showy flowers (8)
- Glastonbury __, Somerset landmark featuring St Michael's Tower (3)
- See 3 Down
- The encirclement of a fortified place by an opposing armed force (5)
- Choreographed sequence of steps performed in unison by a group of people arranged in rows (4,5)
- In Greek mythology, the daughter of Cassiopeia and wife of Perseus (9)
- Underwear and nightwear (8)
- Sets alight or starts to burn (7)
- Of fruits, etc - opening spontaneously to release seeds or pollen (9)

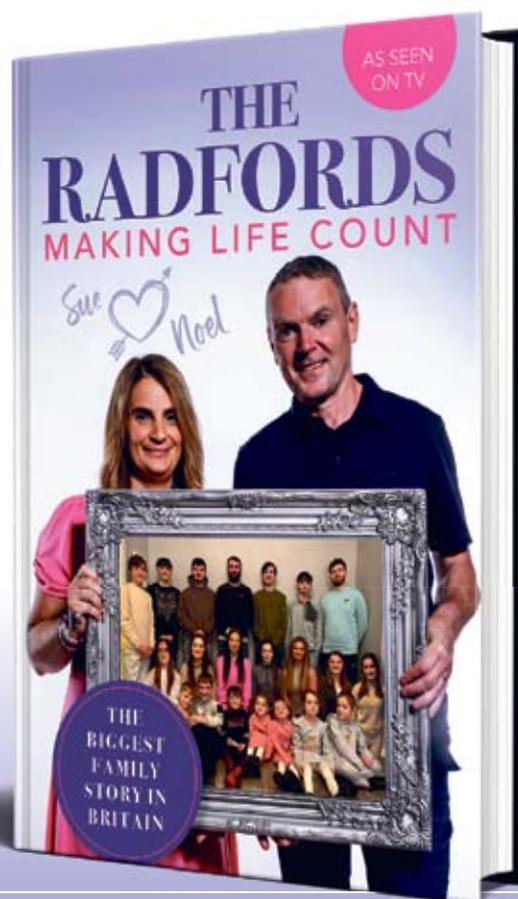
DOWN

- American businesswoman who co-founded a self-named cosmetics company in 1946 (5,6)
- and 29 Across 1984 song by the band Queen (5,2,2)
- Leguminous plant with trifoliate leaves and dense flower heads (6)
- The Mystery Of ___*, Charles Dickens's last novel, left unfinished at the time of his death (5,5)
- A strong, sweet Madeira wine (7)
- A decoration or trimming of one material sewn or fixed onto another (8)
- Places to which one may retire for refuge, quiet, etc (8)
- Charles __, actor who won an Oscar for *The Private Life Of Henry VIII* (1933) (8)
- The standard monetary unit of Israel (6)
- Small, terrestrial lizard of warm regions (5)
- Stout lengths of sawn timber (6)
- French-born actress who starred in the title role of the 1959 film *Gigi* (6,5)
- 19th-century French novelist who controversially wore men's clothing and smoked tobacco in public (6,4)
- A republic in West Africa, on the Gulf of Guinea (5)
- See 13 Across
- An official symbol used to indicate the purity of gold, silver or platinum (8)
- Withheld over a certain period; postponed (8)
- 28 Bicycles with two sets of pedals and two saddles (7)**
- City in Ontario, Canada, nicknamed 'The Royal City' (6)
- Something given, paid or received above what is due or expected (5)

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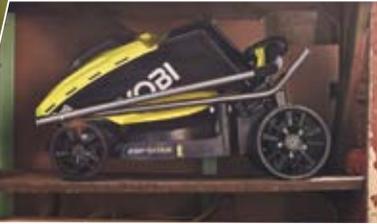


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