WHAT'S ON

13-19 August 2022

ANNE-MARIE DUFF ON SISTERHOOD, SURVIVAL AND SHAMELESS

The Guardian

Just desserts *Anne-Marie Duff (centre), with, from left, Eve Hewson, Sharon Horgan, Eva Birthistle and Sarah Greene in Bad Sisters*

She may have been told she was too much of a 'runt' to make it, but Anne-Marie Duff has starred as everyone from council estate matriarchs to queens. As she plays the beating heart of Sharon Horgan's dark comedy Bad Sisters, she talks to **Zoe Williams** about #MeToo, haters and Ray Winstone as Henry VIII

Twisted sister

Anne-Marie Duff is extremely precise. Ask her a question, and she will take great lengths to make sure her delivery is spot on, pausing for epochs to get a phrase exactly right. Even though she's famously shy, the beam of her concentrated attention makes our conversation in a central London hotel feel intimate – despite taking place in one of those artificial environments where actors gather looking sleek and shoot-ready. Sure, all actors have to inhabit the moment, but not many do that in an interview. Then again, she does have plenty to concentrate on: we're here to talk about Bad Sisters, the new Sharon Horgan drama – specifically, why it's so strikingly good.

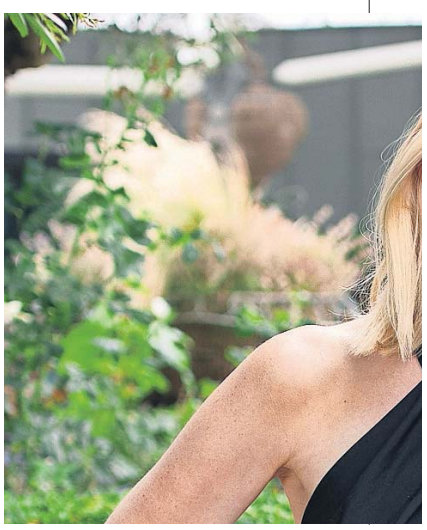
"That's Sharon's writing, isn't it?" Duff says. "She's so brilliantly irreverent and funny, and cheeky. And, at the same time, full of emotional truth and compassion, and sometimes devastating heartbreak. All in a breath." If she had her way, Duff would talk exclusively about other people and how great they are. We're chatting while she's glammed up for our photoshoot, giving off a doughty, that's-the-job vibe that this level of groomed isn't really her scene. Throughout, she manages to get at least 50 paeans (to the whole cast of Bad Sisters, Shameless, the rest of her CV, plus people doing things nothing to do with her – Steve McQueen, Lena Dunham, Suranne Jones) under the wire, however much I try to wrestle the topic back to her.

But I must insist on talking about her performance, which is the beating heart of the show: her character, Grace, is widowed at the start, and the story then goes backwards into the coercive abuse of her marriage – and the siblings who may have offed her husband. While the other four sisters have a tight, hilarious caper dynamic, Grace is isolated, "this diminished, reduced individual. We don't even know who she really is. She's just an opaque version of something. That was the tricky thing, desperately trying to make her feel like a real woman. It's like she's underwater. Where's the fifth sister? She's down there, beneath the waves."

Domestic abuse has been a longstanding cause for Duff since 2006, when she played a woman escaping a violent relationship in Born Equal, directed by Dominic Savage. "I had been in touch with Women's Aid and visited refuges at that time. I'd spoken to women who had been in violent scenarios, but also very coercive scenarios. It was fascinating talking to women about shame – how one of the prison bars is that you can't admit you've married someone who treats you that way. Because then who are you?"

Bad Sisters is plainly not the first show to dramatise the topic, but the scenario – four sisters very close, one set apart, her isolation ever more intense – somehow gives it a power and palpability I've never seen before. It looks like it was no picnic to film, either, because the others get all the laughs. "I felt very isolated at times, actually, on the shoot," Duff says. "I would go 'Hi girls' as they went in to do a scene without me. It was perfect in a way, because that's how coercion works. Socially, it wasn't fantastic. In terms of being a storyteller, it was great."

It sounds like hell, but storytelling is way more important to Duff than socialising, and fiction more bearable than fact. "You're inside of a character and you're being told what to say and there's relief to that. The unpredictability and uncertainty of the real world



is terrifying. If you're in a play, you know where you are. Even if you're going to die, you know you're going to die."

The show is set in Ireland, and though Duff, 51, was born and grew up in London, both her parents are Irish. Her accent is pitch-perfect and she is proud of her dual nationality, flexing her EU passport and insisting her son has a Celtic sense of humour. She trained at the Drama Centre London, which closed down in 2020. Students used to nickname it the Trauma Centre, because everyone was so horrible. There, they told her she could forget being a lead because she was too much of a runt. "It was like an abusive relationship - you could be thrown out at any time, you could do a show and be told it was the worst thing they'd ever seen. You were always saying: 'Please love me, please love me.' Which then made the outside world seem much easier. Everyone was suddenly so supportive."

But the wider culture has changed, too. "Training used to have this principle of 'destroy to create'. Youth was a state of masochism: 'I'll do whatever it takes to make me a great artist.' Now, young people will say: 'I'll only do this emotional scene so many times, I need to protect myself.'" She's not calling young actors snowflakes; it's way more complex than that, the uneasy power dynamics of the creative industries crisscrossing the unspoken impact of class.

"I come from a very working-class background," says Duff, "so I've always had that little feeling of 'Who should an actor be? Who deserves to be one?'" Nevertheless, "it used to be that if you wanted something badly enough and worked hard enough, you'd be able to find it somehow. But now it feels that, for a lot of very working-class young people, there's a lack of belonging inside things." She describes this dense irony - that norms have changed for the better, but access has changed for the worse - so there's "a reactionary narrative that young people are all so entitled and full of self-belief. For a lot of disenfranchised people, that is bullshit."

She feels the same about the #MeToo movement, which seems to be making great strides in stamping out misogyny, but "we both know if Trump hadn't groped and Harvey [Weinstein] wasn't on his decline, #MeToo wouldn't have happened. There were things that conspired to allow that to happen. So yes, lots of things have changed. But then look at what's just happened across the Atlantic [the overturning of Roe v Wade]. It's teeter-totter time. It feels very flammable."

Duff graduated from drama school in 1994 on a Friday, and was in rehearsals for a stage show on the Monday. She has been working nonstop, more or less - "a few blocks of unemployment but mostly by choice. Having a baby, whatever" - ever since. So you couldn't call Shameless, in 2004, a big break, since she'd already been working for a decade, on stage in London and on screen mainly in Ireland. Plus, it came after The Magdalene Sisters, a stunning film about the notorious Catholic laundries in the 60s, and "that felt like the point my life changed", Duff says, "because I'd done something on screen that was so important and so valued."

Shameless was a terrific show; huge ("It hit the zeitgeist") and "it was a sweet spot in as much as I was at the beginning, and the beginning is always delicious. Because you can paint whatever fucking panorama you want. It's like the beginning of a love affair. So in that way, it was glorious. I was at the start of the meal." (Technically it was also the beginning of a literal love affair, since she married her co-star James McAvoy; their son was born in 2010, and they divorced in 2016.)

It turbocharged her recognition, which she didn't care about at all, and put her in a new league for roles. Her next was as Elizabeth I in the BBC's The Virgin Queen (eat that, Trauma Centre - it's definitely the lead). She remembers wryly: "There was an article in Vogue asking: 'Why are they letting working-class people play royal family members?' I kid you not. Ray Winstone had not long before played Henry VIII. It was really 'Get off my land'."

She has always come across as a good-politics person, without - shy of an anti-violence against women campaign in 2007 - saying anything very political. "From a personal point of view, it would be so that it doesn't influence the work you're asked to do. Because if you define yourself as something, then people can't lose you in something else. In terms of public opinion, I know people find it quite annoying when actors start aligning themselves politically. But not in Ireland, of course, where theatre is a very political beast. Here, you're an entertainer. You're a player. That's all you're here for. You're paid for that. Shut up and do your thing."

For the first time, while filming Bad Sisters, she thought she might like to direct. "But it would be a play - directing on film is all about the team, you're much more of a captain of a ship. When you're in a rehearsal room, it's all about people communicating with each other, and that is the language that I'm fluent in. But I hate the thought that one day everyone would hate me. This happens to directors - it has to." It would be wonderful to see her direct: it feels as if she has a lot to say that "a player" can't. But sure, some people *would* hate it.

Bad Sisters is on Apple TV+ from Friday.

ALICIA CANTER/THE GUARDIAN; NATALIE SEERY; BBC/ELEVEN FILM/VISHAL SHARMER

Red Rose

This does what good horror should - makes you scared of real life. Put that phone down!

Joel Golby

One of my big personal fears is that, one day, I'll accidentally go on Instagram Live while I'm in the toilet. We don't need to go too deep into why. It is better to focus on what will happen when I do: a small assembled crowd start to interrogate my peeing technique; I become distracted, gazing at myself in the mirror, taking my shirt off and telling myself truths, as my account starts to go viral; when I turn back to my phone, penis fully out, Doja Cat is absolutely cooking me in the comments section. Then there's the aftermath: friends will pretend they didn't see it but they did; editors will find themselves less and less likely to email; my girlfriend, after watching a recap video on the LadBible Facebook page (how is this legal?), will leave me. All told, I think the worst thing in the world to possibly happen to me would be "Have 1.2 million people watch me wee".

Oh, sorry - where was I? Ah, yes: Red Rose on BBC Three launches this Monday at 10pm, and it's about the terrifying possibilities of looking at your phone. We're in Bolton, and I'm glad we are - everyone has a very satisfying, "Hiyaluv, two chip barm please, yeah it's warm today intit?" accent - and we're following seven teenagers called, and it does feel unbelievable that I'm saying this, Wren, Roch, Taz, Noah, Ashley, Antony and Pavlov. Everyone's just done their final GCSE and has a glug of sherry, a snog in a phonebox and a fraught am-I-invited-or-not? party about it, and all they really have to worry about is whether they can get a job this summer, whether their shoes are cool, and whether their childhood friendship is going to last a lifetime or not. And then someone downloads "Red Rose".

It's a boom time for shows about teenagers that are sort of for teenagers but often end up not being, and Red Rose - from the same production company as Sex Education, and the same writing team behind The Haunting of Bly Manor - fits neatly into that. I'm not going to tell you what's going on because I'm still not 1,000% sure, but either a ghost or an app or both is terrorising the group of deliriously named teenagers for reasons I can't quite put my finger on (again, sort of depends if it's a ghost or not).

You're right to think that, as a premise, this sounds completely silly and absurd - and not even in a delightful way - but Red Rose does two things very well: the classic, old-school, rising sense of horror; and the way the teenagers talk, text and get fed up about never having pocket money - that keeps this planted in the real world enough to work. You remember that summer after your GCSEs, don't you? You still sort of thought Wicca could be effective, you were painfully aware of how much income your parents had compared to your friends', and you got physically sick with jealousy every time someone had even one minute of fun that didn't include you. Throw a haunted ghost app into that heady brew and they would have you screaming through the woods within seconds.

Remember the summer after your GCSEs? Now throw a haunted ghost app into that heady brew. You'd be screaming too

Sadly, I cannot quite tell whether Red Rose is "actually good" or "a good start that will be ruined by the shonkiness of the reveal", because I had to watch The Stranger on Netflix for this column two years ago and I am still hurt by it. For now, it's worth focusing on what it does very well. All the young actors are fantastic, the north-west setting feels genuine and deliberate rather than the result of someone going: "Where can we set this that isn't London? Come on, guys! There has to be *somewhere* in Britain that isn't London!" and pointing blindfold at a map, and it's shot like a good thriller should be (I particularly enjoy how long some of the scenes and set-pieces are allowed to go on: the opening post-exam moors party, the introductory horror movie, the walk-through-town-with-your-hands-in-your-pockets stuff).

Crucially, it will make you pause next time you blindly click "Allow Essential Cookies" on a website or grant an app access to your camera and microphone or install a complicated system of smart devices to control every single aspect of your house. This is what good horror should do: make you scared, but not constantly terrified; make you aware of the supernatural but afraid of the darkness of the real world, too; make you really, really careful about where you point your phone camera next time you go to the bathroom.

Pick of the week
Marriage
Sunday, 9pm, BBC One

It begins, as all great love stories do, with a married couple arguing over a jacket potato. Emma (Nicola Walker) and Ian (Sean Bean) continue to bicker on their flight back from Spain, then silently call a truce by slobbing out on the sofa with a takeaway. Not much happens in Stefan Golaszewski's new four-part drama – but that's the whole point, really. Post-holiday life resumes: a recently redundant Ian spends his day at the leisure centre and the supermarket, then their daughter brings her boyfriend over for tea. The plot may be deceptively simple, but it's brilliantly acted and delicately captures the minutiae of everyday highs and lows, interactions and well-versed small talk. *Hollie Richardson*

Saturday

Pick of the day
Gary Numan Resurrection
9pm, Sky Arts
"Wembley is the thing I've dreamed about since 1981." In this intense documentary, pop-synth icon Gary Numan reflects on stepping out of the limelight after his Farewell concert, and shows his journey back to Wembley more than 40 years later with the Intruder Tour. Fellow musicians and fans such as Dave Grohl, John Foxx and Trent Reznor also speak about Numan's legacy, and examine the pressures of heightened fame in music. *HR*

The Big Breakfast
10am, Channel 4
Two decades after it ended, Mo Gilligan and AJ Odudu hosted a one-off special of this classic morning show for Channel 4's Black to Front day last September. They're back with a weekly series, and this opening episode welcomes guests Daniel Kaluuya, Joel Dommett, Aitch and Big Has. *HR*

Alan Carr's Epic Gameshow
7pm, ITV
Is this a gameshow or a potted history of outdated quiz franchises? Both, effectively, with this episode seeing a reincarnation of Take Your Pick – a curious combo of general knowledge, randomly picking boxes and trying not to say "yes" or "no". Judging by the contestants, that last one is harder than you'd think. *Alexi Duggins*

The Big Breakfast, Sat

The Princess, Sun

Bob Marley Reimagined
9pm, BBC Two
Marking 60 years of Jamaican independence, Bob's grandson Skip, with soul icon Ruby Turner and singer JP Cooper, top the bill in this celebration of the man's music from Town Hall, Birmingham – one of the UK'S most reggae-centric cities. Plus, orchestration from Europe's first majority Black and ethnically diverse orchestra, Chineke!. *Ali Catterall*

Enter the House of the Dragon
9pm, Sky Atlantic
Ahead of the Game of Thrones prequel series, Sue Perkins and her Thronecast podcast co-host Jamie East are the Targaryen hype people spending this hour preparing fans for another chapter in Westeros history. They are joined by fellow Thrones fanatics, radio DJ Rickie Haywood-Williams, The Chase's Jenny Ryan and GoT star Daniel Portman (Podrick!). *HR*

The Secrets She Keeps
9.15pm, BBC One
This pacy Australian thriller returns for a second season, picking up two

Gary Numan Resurrection, Sat

years later – where Meghan (Jessica De Gouw) is in court for the trial of baby kidnapper Agatha (Laura Carmichael). But a prison sentence won't stop Agatha's obsession with motherhood. *HR*

Sunday

Pick of the day
The Princess
9pm, Sky Documentaries
What more can be said about Diana, Princess of Wales 25 years after her death? And yet this haunting documentary by the Oscar-winning team behind Man on Wire and Searching for Sugar Man lets more than 90 minutes of superbly selected archive footage do the talking. The shot of a "Don't do it, Di!" badge ahead of her royal wedding speaks volumes. *HR*

Van Der Valk
8pm, ITV
Marc Warren's gloomy detective is reluctantly thrust into the ruthless world of Amsterdam's diamond trade when his latest murder case implicates the backstabbing sibling heirs to an affluent firm. There is also a heist, of sorts, as Darrell D'Silva continues to steal scenes as pizza-guzzling pathologist Hendrik. *Graeme Virtue*

Afghanistan: Getting Out
9pm, BBC Two
Last August, the US finally withdrew its troops from Afghanistan after a 20-year war that was overseen by four different presidents. Barack Obama – and his attempts to repatriate American forces – is the focus of the first in a two-part documentary that tells the story of the war's final throes. *HR*

A Very British Way of Torture
10pm, Channel 4
Amid the current crop of films about colonial history, absent from the curriculum for many, here's one about Britain's role in a war in Kenya against the Mau Mau – a movement fighting for independence against foreign rule – in the 50s. Experts use new evidence to detail a shameful regime of systemic torture. *HR*

Walter Presents: Hide and Seek
10.55pm, Channel 4
The first ever Ukrainian offering from Channel 4's subtitled strand is a familiar-sounding but compelling police procedural – two detectives with troubled pasts investigate the disappearance of a little girl. Yuliya Abdel Fattakh is particularly good as Detective Varta, another affectless eastern European cousin to Saga Norén from The Bridge. *Ellen E Jones*

Monday

Pick of the day
Porn King: The Rise & Fall of Ron Jeremy
10pm, Channel 4
In this two-part documentary, female porn stars reflect on "the golden era of porn" and speak out against Ron Jeremy – who is currently facing 36 sexual assault charges, which he denies. "I was so conditioned to think that something like that was normal," recalls Alana Evans, who alleges she was groped by Jeremy. "You've only seen one side of Ron … unless you're a victim of his," says Lianna Young, who claims that he raped her. The most shocking thing is that their accusations aren't shocking at all – and yet Jeremy continued to have a 40-year career in the industry. *HR*

Long Lost Family: What Happened Next
9pm, ITV
"It was mindblowing." As Yasika Fernando's stirring reunion with her Sri Lankan birth mother was heartbreakingly halted by the pandemic, her on-screen search resonated with a viewer – and the result, shown tonight, fostered the most unlikely of connections. Also in this episode, Paula Stillie swaps Scotland for Montana, as questions surrounding her Native American ethnicity are finally answered in person. *Danielle de Wolfe*

Westworld
9pm, Sky Atlantic
The lustre may have come off HBO's deluxe future-shock sexbot drama, but season four has veered back into what originally made it so addictive: split timelines, big twists and the return of James Marsden as upgraded host Teddy. Tonight's finale will likely leave enough dangling threads for the show to ride again. *GV*

Day of the Dead
9pm, Sky Sci-Fi
They're coming to get you, Barbara: in deepest Pennsylvania, a small town is about to burst its coffins, and six strangers must outrun the undead. Cue flesh-eating zombies, social commentary (fracking is involved), and a smörgåsbord of entrails … A rather anaemic take on the genre, loosely inspired by George A Romero's infinitely superior zombie film series. *AC*

Red Rose
10pm, BBC Three
Ah, those post-GCSE summers of hazy days and heady nights. This eight-parter from the production company behind Sex Education sees a group of teenagers let loose at an end-of-school rave on the Bolton moors – but it quickly becomes a horror story thanks to a troublesome app, Red Rose, which gives users ultimatums. *HR*

Big Zuu's Big Eats
10pm, Dave
Returning the food truck to his London stomping ground,

Porn King: The Rise & Fall of Ron Jeremy, Mon

Zuu meets up with Muslim comedian Fatiha El-Ghorri, who cooks him a Moroccan harira soup. He then rustles up an Arabian feast and one of the "biggest eats of all time": the Zuupiter Mars bar dessert. *HR*

Tuesday

Pick of the day
Irma Vep
10pm, Sky Atlantic
The acidic behind-the-scenes movie farce set in Paris continues, with slumming star Mira (Alicia Vikander) being led astray by her crack-loving co-worker Gottfried (Lars Eidinger). She also catches up with an old flame (The Sandman's Tom Sturridge) who is in town to shoot what looks like a truly bobbins Blade Runner knockoff. *GV*

Celebrity MasterChef
8pm, BBC One
"Less would probably be more," says Chris Eubank in tonight's celebrity cook-off before plating up a solitary chunk of butternut squash. Gareth Malone fries some chicken and Mel Blatt makes cheesecake, while reality star Queen Mojo delivers a prawn curry and words the judges never want to hear: "Let's find out tomorrow if they have diarrhoea ... " *AD*

Worst House on the Street
8pm, Channel 4
A single mum on Merseyside has bought a derelict, partly flooded home in the latest episode of this property renovation series. Will she stick to her £20k budget? Can the show's developer hosts help her remove the awful pebbledash to make its value skyrocket? And are we expected to find this palatable during a housing crisis? Our guesses: yes, yes and (unbelievably) yes. *AD*

Panorama: The Billion-Pound Savings Scandal
9pm, BBC One
Tonight's Panorama investigates investment schemes in which huge amounts of money are lost. As the team follow one particular case of a £46m fund, it is revealed that shocking factors behind losses include suspicious payments, offshore money and even a phantom head of the KGB. *HR*

Secrets of the Spies
9pm, ITV
The case of Bulgarian dissident writer Georgi Markov - who died of ricin poisoning after being jabbed in the leg by a stranger's umbrella - is explored in tonight's episode about the targeted elimination of enemies. It also revisits the fatal poisonings of Alexander Litvinenko and Salisbury victims Sergei Skripal and his daughter Yulia. *HR*

From
9pm, Sky Sci-Fi
The inescapable town continues to mess with the minds of its reluctant residents as this intriguing mystery continues. Jim and Tabitha seem apathetic and resigned to their eternal fate. But Kenny is building a radio tower - could this gambit break the stasis? Probably not: after all, season two is in the works. *PH*

Wednesday

Pick of the day
Britain's Secret War Babies
9pm, Channel 4
During the second world war, nearly 3 million American soldiers passed through Britain - 240,000 of whom were African American. After GIs struck up relationships with local women, an estimated 2,000 children were born - including John in Weymouth and Mary in south Wales, who are now on a mission to track down their Black heritage. Good Morning Britain journalist Sean Fletcher helps them find answers. *HR*

The Repair Shop
8pm, BBC One
In Jay Blade's workshop tonight: cobbler Dean Westmoreland works on a pair of custom-made running shoes, David Burville tries to get a barrel organ playing again and Kirsten Ramsay is tasked with a drinks table in the shape of a bulldog. Just another day, then. *HR*

Dating With My Mates
8pm, W
Imagine going for a dinner date with your three other single friends - as in, you are all there on the same date, in which a different potential match joins the group at the table for each course. Sounds like an awkward-as-hell recipe for drama, right? And yet, it's actually quite sweet when Hannah, Lou, Clare and Shannon from York do it. *HR*

Shetland
9pm, BBC One
The moody detective drama continues to be both the best (that ruggedly beautiful scenery) and worst (disproportionately high murder rate) possible advert for Scotland's northernmost point. After a body in a suitcase is dredged from the water, DI Perez (Douglas Henshall) delves into the murky past of Danny Cairns, father of the missing Connor. *Katie Rosseinsky*

Breeders
10pm, Sky Comedy
Paul (Martin Freeman) and Ally (Daisy Haggard) are on better terms, but it won't last - their academic high-flyer Ava is about to jeopardise her bright future on a teenage whim. This family life drama is bleak, but witty and well suited to its stars. If Freeman's resting-glum-face were a TV show, Breeders would be it. *EEJ*

The Great
10.30pm, Channel 4
Pregnancy cravings leave Catherine (Elle Fanning) snacking on dirt and sucking nails ("And I will not be shamed!") in between meetings with the Ottoman ambassador. But impending fatherhood hasn't changed Peter (Nicholas Hoult) one bit - his offer to host a baby shower (featuring a game of "throw the turnip at the serf") looks like another not-so subtle power grab. *Katie Rosseinsky*

Thursday

Pick of the day
Hotel Custody
9pm, ITV
"It's like Loose Women this, isn't it? Loose Retention Officers!" So says one of the "unsung heroes" at Grimsby's state-of-the-art £14m Birchin Way custody facility. This new fly-on-the-wall series sees the custody team officers use banter to help get through shifts. Tonight, they detain a woman dressed as Harley Quinn for assaulting an officer, and a repeat offender, "Gangster Granny", who has stolen a fountain pump from Grimsby Garden Centre. *HR*

Tonight: Who's Polluting Our Water?
8.30pm, ITV
Water companies are currently reporting vast profits. At the same time, only 14% of rivers in Britain have good ecological status. There's something wrong with this picture - and our current drought is only going to make it worse. Joe Crowley fronts this worrying look at ways of addressing these problems. *PH*

Britain's Secret War Babies, Wed

The Repair Shop, Wed

Ambulance
9pm, BBC One
Real-life medical shows are at their most powerful when they depict the sheer pressure staff are under, and this episode, filmed in early 2022, sees the North East Ambulance crew overloaded. But their warmth and dedication never wavers as they look after elderly people sharing memories and a five-year-old who's fallen off a quad bike. *Hannah Verdier*

The Rap Game UK
9pm, BBC Three
As the rap boot camp continues, the artists discover their pairings for the clash challenge and there's an energising visit from Lethal Bizzle. It's also time to learn a bit more about what makes the contenders tick: tonight, Target, Krept and Konan are digging deeper into their personalities and, specifically, their perceptions of Britishness. *PH*

A League of Their Own
9pm, Sky Max
Romesh Ranganathan returns with the 17th season of this fun sports quiz series, with team captains Jamie Redknapp and new regular face Micah Richards. Joining their teams tonight: Jo Brand, Declan Rice, Jordan North and Josh Widdicombe. *HR*

First Dates
10pm, Channel 4
Horse-lover Fabia struggles to date in her rural home; can Fred Sirieix stir up some romance for her in the restaurant? Meanwhile, bibliophile Ria has a good head on her shoulders as she searches for a first boyfriend (she, quite rightly, thinks Mr Darcy is "a right prick"). *HR*

Friday

Pick of the day
Our Lives
7.30pm, BBC One
In a drastic and defiant move, tonight sees 33 families from Leeds come together to build their own street from the ground up. Shunning exorbitant house prices, however, comes at a cost. With unanimous decisions (and consequential compromises) required at every turn, does this project, 12 years in the making, have a hope of succeeding? *DDW*

Question of Sport
8pm, BBC One
It's no Take Me Out - or A League of Their Own, for that matter - but Paddy McGuinness is starting to look at ease hosting the BBC's long-running sports quiz. This week's lineup includes boxer Conor "son-of-Nigel" Benn, Olympic swimmer Fran Halsall and World Rugby's player of the year, Zoe Aldcroft. *EEJ*

This Is MY House
8.30pm, BBC One
Joel Dommett and Fatiha El-Ghorri join regular celebrity panellists Judi Love and Richard Madeley as they try to work out who the real owner of a converted church in Liverpool is. The four people claiming to be "Tom" need to convince them that they are genuine Lego fans. *HR*

Jane Austen's Sanditon
9pm, ITV
It's the reliably dramatic penultimate episode: the rivalry between Lennox and Colbourne for Charlotte's affections finally comes to a head, while Georgiana has a potentially life-changing decision to make, and Arthur comes to the rescue of Tom. *HR*

Canada's Drag Race
9pm, BBC Three
Makeup artist Mei Pang is the guest judge tonight, as the queens are tasked with writing and starring in a commercial and photoshoot to promote their new makeup line. Who will end up swapping lipstick for lip-sync in the bottom two? *HR*

Gardeners' World
9.30pm, BBC Two
Just watching Monty Don work his magic in the luscious location of Longmeadow makes you feel as if you've tended your own windowbox. This week, the Don has seasonal jobs to do, while Adam Frost visits a walled kitchen garden with a whole load of produce and The Repair Shop's Steve Fletcher reveals his passion for plants. *HV*

BBC/THE FORGE; FELIX MAN/PICTURE POST/HULTON ARCHIVE/GETTY; BBC/RICOCHET

Pick of the week
Bad Sisters
Apple TV+, from Friday

We begin with a corpse. It belongs to John Paul (Claes Bang), the husband of Anne-Marie Duff's Grace. Via a series of flashbacks, we soon understand why we shouldn't care that John Paul is dead. Grace's sisters refer to him as The Prick. He's selfish, mean-spirited and manipulative. Worse still, he calls his wife "Mammy". After one infuriating incident, the sisters get drunk and fantasise at length about his death. These are the parameters of Sharon Horgan's darkly promising comedy series, adapted from the Belgian series The Out-Laws. How did John Paul die? What role did the sisters (Horgan, Duff, Eve Hewson, Sarah Greene and Eva Birthistle) play in his demise? And will they get away with it? *Phil Harrison*

Kleo
Netflix, from Friday
This brash, stylish espionage revenge drama lands somewhere between Killing Eve and Kill Bill. Kleo Straub is a former East German assassin, abandoned in prison by her Stasi employers but now at large and looking for revenge. Like Killing Eve's Villanelle, she has a taste for exotic murder – see: puffer fish poison – and flamboyant couture. Jella Haase plays her as a sweetly corrupted child as she tracks down and dispatches the many people who have wronged her. But how high up does the conspiracy go? Gruesomely entertaining – and the fact that it's partly based on a true story only adds to the intrigue. *PH*

Untold

Netflix, from Tuesday
This sports documentary strand's specialism is telling the kind of twisty, propulsive stories that go beyond the genre's typical glorification of success. As it returns for season two, this four-episode run (instalments weekly) opens with The Girlfriend Who Didn't Exist. It's the story of an American football college star who dedicated his season to a recently deceased romantic partner who turned out to be fictional. It's a mind-boggling tale of catfishing and media scandal, told via soul-baring interviews with the sports player and the hoaxer at its heart. *Alexi Duggins*

High Heat

Netflix, from Wednesday
Absurd Spanish melodrama with a plot that defies both belief and logic. Poncho (Iván Amozurrutia) is mourning his brother. He receives a tipoff that his sibling was murdered – and that the murder is connected to a serial killer who is shortly to be released from prison. Then things get really odd: the killer, who is a firefighter, becomes chief of the local fire station after regaining his freedom. Accordingly, Poncho must also become a firefighter in order to investigate. None of it makes the slightest bit of sense, but much of it raises a baffled smile. *PH*

She-Hulk: Attorney at Law

Disney+, from Thursday
Jennifer Walters (Tatiana Maslany) is a thirtysomething urbanite and successful lawyer who is unlucky in love. She is also the cousin of Bruce Banner, and the Hulk blood runs in her veins. With its nods to women in traditionally male environments, this latest MCU offering is a neat twist on an old formula – when Bruce warns his cousin that transformations are triggered by anger and fear, Jennifer points out that "those are just the baselines of any woman existing". Cue unconventional responses to mansplainers, workplace conflict and bad dates ... *PH*

The Girl in the Mirror

Netflix, from Friday
The amnesia mystery is becoming a genre all of its own (The Tourist, Close to Me). The latest addition to the canon is this Spanish drama which stars Mireia Oriol as Alma, the survivor of a bus crash on a school trip. Almost all of her classmates are killed and Alma awakes in a hospital, with no memory of the incident. What follows is a series of delirious visions. Is she in a fugue state? What was the significance of the disagreement she had with a friend just before the crash? And why is everyone wearing eyepatches? Moody. *PH*

Sprung

Amazon Freevee, from Friday
"What the hell is a coronavirus?" Increasingly, it's a plot device. This new comedy sees Covid-19 coming to the rescue of Jack (Raising Hope's Garret Dillahunt), an amiable lag who is released from jail on licence due to the pandemic. Finding himself homeless in a locked-down world, he falls in with an unofficial halfway house group of ex-inmates, still tempted by crime but determined to stay on the straight and narrow. It's the handiwork of My Name Is Earl writer Greg Garcia and the tone is in an adjacent ballpark. *PH*

CHRISTOPHER BARR/APPLE TV+; NETFLIX

Catchup TV

Women throw a curveball, and a dive into gay rights

A League of Their Own
Amazon Prime Video
★★★★☆

A gorgeous, warm and expansive version of the story that inspired Penny Marshall's 1992 film: the trials and tribulations of a women's baseball league, put together to draw in the punters during the second world war, which was then all but erased from the sport's history. Abbi Jacobson stars as Carson, a small-town slugger who heads to Chicago to try out for the league. There, she meets a ragtag bunch of fellow baseball lovers who will become a new version of family. But this is 1943, so racism and sexism abound, as does the question of what femininity is supposed to look like. There are nods to the film, as well as revisions and updates, but in many ways this feels like a more complete version of the story. As touching as it is funny. *Rebecca Nicholson*

Tom Daley: Illegal to Be Me
BBC One/iPlayer
★★★★☆

Since he came out at the age of 19, the Olympic champion diver Tom Daley has vocally supported LGBTQ+ rights and causes. In this documentary, he addresses the fact that 35 of the 54 member states taking part in the Commonwealth Games have anti-gay legislation – and tries to prevent them from hosting the Games. Daley travels to Pakistan, where he meets a female cricketer who explains that she is seen as "a mutant". He speaks to a closeted Nigerian athlete whose friend was lured to his death on a dating app. When he learns from the athletes in those countries that banning their nation from hosting would feel punitive and exclusionary, he changes tack. Anyone who saw his appearance at the 2022 opening ceremony will know what happened next. It is beautiful and very moving. *RN*

India 1947: Partition in Colour
Channel 4/All 4
★★★★☆

This enraging two-parter about the brutal partition of India is different to documentaries' usual approach to the subject – and not just because the archive footage has been colourised for the first time. It's saturated with clear-eyed truth, using film, photos and oral testimony that will break your heart, private documents that will fill it with anger, and stellar contributors – refreshingly, most of the talking heads are Indians and Pakistanis: professors, historians and authors. It tears through the year leading up to one of the greatest catastrophes of the 20th century. After all, this roll of the dice unleashed a tragedy in which a million Indians were killed, and about 15 million (possibly up to 20 million) were uprooted. *Chitra Ramaswamy*

Good Grief
Channel 4/All 4
★★★★☆

The Rev Richard Coles lost the love of his life, David, in 2019. While it is easy to regard TV as a medium in which definitive statements must be made, Good Grief does not do this. Instead, it takes Coles on a tour of the UK and beyond, meeting people who have responded to the death of a loved one by taking up quirky, cute or daunting hobbies. Coles embarks on a trip that takes in boxercise in Wellingborough, chatting to alpacas in the Cotswolds and a dinner party full of strangers in London. The wisdom Coles wants to pass on is simple. Amid the shock of loss, you can wallow in sadness, hiding from an outside world that has the temerity to continue without its most important participant. Alternatively, you can leave your comfort zone and try something challenging or superficially ridiculous. *Jack Seale*

ANNE MARIE FOX/PRIME VIDEO; CHARLIE GRAY

Audio

Podcasts

Pick of the week

Restless Natives
Widely available, episodes weekly
After 15 years of friendship, Line of Duty's Martin Compston and broadcaster Gordon Smart have got big plans together: a whisky, a festival, a film. First up, it's this rambling podcast, in which the pals chat about, well, pretty much everything from thoughts on becoming an envious "hairline pervert" in middle age to wild anecdotes on filming the day after partying and breaking chairs with Kasabian on a bus at T in the Park. *Hollie Richardson*

Missing Pages
Widely available, from Monday
Literary insider Bethanne Patrick (pictured right) reinforces the lesson of never judging a book by its cover by untangling some of the publishing industry's biggest scandals. She starts with the story of bestselling author Dan Mallory, who was accused of lying about his cancer diagnosis. *HR*

The End Up
Widely available, from Tuesday
John Reynolds (Stranger Things) stars as a cancer patient who wants assisted suicide in this drama set in a near future where that involves attending a weekend-long bootcamp. He's joined by Himesh Patel (Yesterday) and Merritt Wever (Nurse Jackie) in a slick, compelling series executive-produced by Mr Robot's Sam Esmail. *Alexi Duggins*

My Moment in History: Expelled from Uganda
BBC Sounds, episodes weekly
Yasmin Alibhai-Brown and Chandni Mistry are among those who talk about how their families

were forced to flee when Idi Amin expelled Asians from Uganda in 1972. Rupal Rajani's podcast shows that hostility towards refugees from some quarters of the UK is nothing new, but it's inspiring to discover how people rebuilt their lives. *Hannah Verdier*

Transfer: The Emiliano Sala Story
BBC Sounds, episodes weekly
Kayley Thomas investigates what happened to the plane that failed to take Emiliano Sala across the Channel to his new club, Cardiff City. There's an underlying sadness as Sala knew the aircraft didn't look safe, while the story is told by his final WhatsApp messages, sports reporters and members of the search party. *HV*

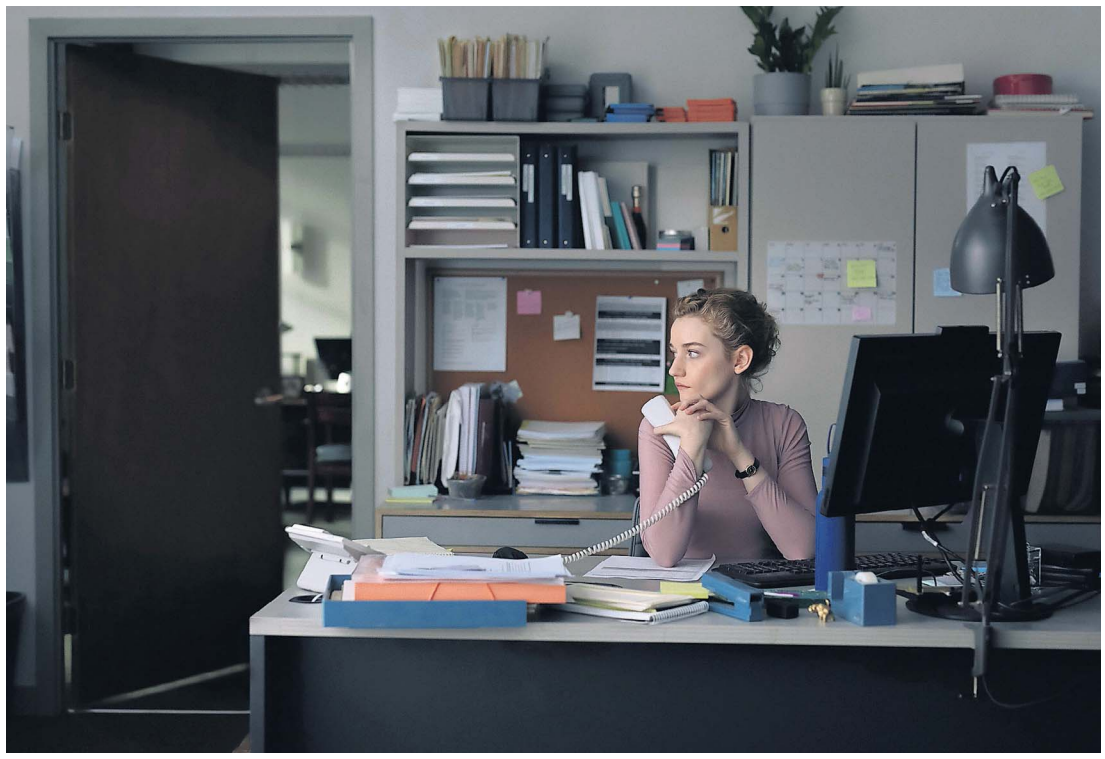
Radio

The Reunion
Sun, 11.15am, Radio 4
Hopefully much less awkward than your usual school reunion, the opening episode in the new season of this long-running series sees the Grange Hill cast reunited. Kirsty Wark leads the show's one-time child stars including Susan Tully and Todd Carty (pictured above, bottom left and centre) in a look back on heroin-based plotlines, viewer complaints and, unbelievably, an invite to the White House. *Alexi Duggins*

The Documentary: Afghan Stars Now
Tue, 9.06am, BBC World Service
In the UK we never think of The X Factor as subversive, but a popular Afghan TV talent show was singled out for criticism by the Taliban simply for celebrating music and allowing women to perform. Sahar Zand reported on the success of Afghan Star in 2019 and here she catches up with some of her interview subjects to hear how the Taliban's return to power has affected them, from the female pop singer who escaped Kabul on a cargo plane to a producer forced to relocate to Istanbul. *Graeme Virtue*

Alone
Tue, 6.30pm, Radio 4
Moray Hunter's easygoing sitcom about five middle-aged friends and neighbours in a north London block of flats returns for a fourth season. Mitch (Angus Deayton) and Ellie (Abigail Cruttenden) are navigating their new relationship (Ellie's gift of a fedora to Mitch provides a lot of material in this opening episode), while the rest of the group try to get their heads round the fact that there is now a couple among them, and find it tricky to plan a dinner. *Hollie Richardson*

Exemplar
Fri, 2.15pm, Radio 4
A baleful thriller serial starring Gina McKee as Jess, a prickly audio forensic examiner whose solitary and obsessive habits make her brilliant and difficult to work with. As we begin, she's been lumbered with trainee Maya (Shvorne Marks) and presented with an apparently accidental death recorded by a voice-activated speaker. The case becomes less about cause and effect and more about loneliness and isolation – over the course of the series, expect Jess's personal and professional ghosts to overlap uncomfortably. Sinister, nuanced and very promising. *Phil Harrison*



Pick of the week

The Assistant

Wednesday, 11pm, Film4

A clever attempt to explore Harvey Weinstein's crimes through fiction, Kitty Green's insidious drama follows a day in the lives of a New York film producer's staff. Julia Garner is our central concern as Jane, five months into her job as assistant to a domineering movie boss, known only as "He", who is heard ranting on the phone but remains unseen. She gets intimations of his darker actions – unexplained invoices, after-hours meetings with young female actors, the appearance of a new "assistant" – but are Jane's suspicions enough to risk her position by complaining? It's the details of office culture that make the film so disturbing – how easily predatory behaviour can be excused or enabled. *Simon Wardell*

120 BPM

Sunday, 1.10am, Film4
The campaigns and characters of Aids activist group Act Up in Paris in the early 1990s make for compelling, emotional drama in Robin Campillo's 2017 film. Amid the argumentative meetings about strategy and the disruptive public actions themselves (often involving fake blood), the heartbreaking stories of the mostly HIV-positive members slip through. It's also a sweet love story – as new boy Nathan (Arnaud Valois) falls for the ailing but angry Sean (a terrifically bolshie Nahuel Pérez Biscayart). *SW*

Sport

European Championships
Sat, 9am, BBC Two
Day three of the multi-sport championships in Munich, with rowing, gymnastics, triathlon, track cycling and climbing. Plus swimming from Rome.

Super League Rugby
Salford Red Devils v Huddersfield Giants
Sat, 12.30pm, Channel 4
From the AJ Bell Stadium.

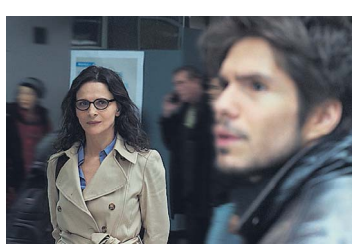
Premier League Football
Brentford v Manchester United
Sat, 5pm, Sky Sports Main Event
Christian Eriksen (pictured above) faces the team he played for last season. Preceded by Aston Villa v Everton at 11.30am on BT Sports 1.

The Hundred Cricket
Northern Superchargers v London Spirit
Sun, 1.50pm, BBC Two
From Headingley. The women's teams compete in the Hundred Women tournament at 10.30am on Sky Sports Cricket.

Premier League Football
Chelsea v Tottenham Hotspur
Sun, 4pm, Sky Sports Main Event
The top four hopefuls meet at Stamford Bridge. Preceded by Nottingham Forest v West Ham at 2pm.

Racing
Ebor Festival
Wed, 1.30pm, ITV
Including the 3.35pm Juddmonte International Stakes, plus races at 1.50pm, 2.25pm, 3pm and 4.10pm.

Cycling
Vuelta a España
Thu, 4.45pm, Eurosport 1
Coverage of stage one, featuring a team time-trial of 23.2km in Utrecht, the Netherlands.



Who You Think I Am

Saturday, 9pm, BBC Four
The perils of social media are the theme of this French drama, but the subject is not your typical youth. Middle-aged professor and single mother Claire (Juliette Binoche) is dumped by her twentysomething lover. She takes revenge by creating a fake Facebook profile – 24-year-old Clara – and befriending his flatmate Alex. Through texts and phone chats, a relationship with Alex grows, one Claire deludes herself into thinking represents the real her. Safy Nebbou's film sensitively unpicks Claire's desires and insecurities, all expressed exquisitely by Binoche. *SW*

Sisters With Transistors

Saturday, 10.30pm, Sky Arts
A roll call of largely unsung female electronic music pioneers are the focus of Lisa Rovner's fascinating historical primer. From 1930s theremin soloist Clara Rockmore and BBC Radiophonic Workshop co-founder Daphne Oram to 60s soundscape artist Pauline Oliveros and the advert-soundtracking Suzanne Ciani, all found creative autonomy away from the establishment via tape loops, circuit boards and synthesisers. With a trove of performance footage, it's a laudatory tale of enforced DIY careers and untameable imaginations. *SW*

Go West

Sunday, 1pm, Talking Pictures TV
Buster Keaton takes his deadpan comedy to the wild west in this 1925 film, which culminates in one of his great set-pieces – a riotous cattle drive through the streets of LA. His impoverished nobody Friendless is knocked around by life but imperturbable, so when he finds himself at a ranch and poses as a cowboy, his inability to do the simplest tasks – he can't put a saddle on, thinks cows milk themselves – doesn't stop him for long. He even wins the heart of the owner's daughter, though he's more concerned about Brown Eyes, a very independent-minded steer. *SW*

Saint Frances

Thursday, 11.15pm, Film4
Kelly O'Sullivan scripts and stars in a wonderfully frank look at women's health issues. She plays Bridget, 34, a waitress with little in the way of maternal instinct, who gets a job nannying wilful but cute six-year-old Frances (Ramona Edith Williams) while one of the girl's two mothers, Maya (Charin Alvarez), struggles with her new baby. There is plenty in the relationship between Bridget and Frances to captivate but the film is most interesting when it deals with the women and their problems – menstruation, abortion, postpartum depression; topics getting an all-too rare airing on screen. *SW*

The Invisible Man

Friday, 10.45pm, ITV
This is the first adaptation of HG Wells's sci-fi novel that privileges the point of view of the victim – and the result is the finest version of the story so far. In Leigh Whannell's chiller, we follow Elisabeth Moss's Cecilia as she flees an abusive, controlling relationship, only to suspect her ex, a wealthy optics engineer, is stalking her – even after he supposedly kills himself. Moss is exceptional, alternately fragile and forceful, while the film's air of suspense is maintained through a camera that is either creeping along corridors or lurking, unnervingly static. *SW*

BLEECKER STREET MEDIA/TY JOHNSON/ALLSTAR

Saturday

Bob Marley Reimagined, BBC Two

BBC One

6.0 **Breakfast** (T) **10.0** Saturday Kitchen (T) **11.30** A Countryside Summer (T) **12.0** Football Focus (T) **1.0** News (T) **1.10** Weather (T) **1.15** European Championships 2022 (T) **4.30** Final Score (T) **5.20** Superman & Lois (T) **6.0** Superman & Lois (T) **6.40** News (T) **6.50** Regional News and Weather (T) **6.55** Weather (T) **7.0** The Hit List (T) **7.45** Pointless Celebrities (T)

8.35 **Casualty** (T) Rash is desperate to help when Paige fails to turn up to work after her BRCA results.
9.15 **The Secrets She Keeps** (T) New series. Police have arrested Meghan for murder – but who is dead and why remains a mystery. Psychological thriller, starring Jessica De Gouw.

10.0 **News** (T) Weather
10.20 **Match of the Day** (T) Man City v Bournemouth and Arsenal v Leicester.
11.40 FILM **Greta** (Neil Jordan, 2018) (T) Thriller, starring Isabelle Huppert, Chloë Grace Moretz, Colm Feore and Maika Monroe.
1.15 **Weather for the Week Ahead** (T) **1.20** News (T)

BBC Two

6.30 **The Dengineers** (T) (R) **7.0** Marrying Mum and Dad (T) (R) **7.30** Blue Peter (T) (R) **8.0** Deadly Dinosaurs With Steve Backshall (T) (R) **8.30** Deadly Dinosaurs With Steve Backshall (T) (R) **9.0** European Championships 2022 (T) **1.15** FILM Rio Bravo (Howard Hawks, 1959) (T) **3.30** Inside the Factory XL: Buses (T) (R) **4.30** European Championships 2022 (T)

9.0 **Bob Marley Reimagined** (T) A concert at Birmingham's Town Hall celebrating the reggae superstar, with an all-star lineup including Chineke! Orchestra, Skip Marley, JP Cooper and Ruby Turner performing songs including Get Up Stand Up, Redemption Song, Is This Love and Exodus.

10.0 **When Bob Marley Came to Britain** (T) (R) Documentary examining the Jamaican reggae singer's relationship with the UK.
11.0 **Reggae at the BBC** (T) (R) Includes Gregory Isaacs and Desmond Dekker.
12.30 **The Newsreader** (T) (R) **1.20** The Newsreader (T) (R) **2.15** This Is BBC Two (T)

ITV

6.0 **CITV 8.25** News (T) **8.30** Garraway's Good Stuff (T) **9.25** James Martin's Saturday Morning (T) (R) **11.35** Jeremy Pang's Asian Kitchen (T) **12.35** News and Weather (T) **12.54** Local News and Weather (T) **12.55** Racing: Live from Newbury (T) **4.0** Tipping Point: Best Ever Finals (T) (R) **4.30** The Chase Celebrity Special (T) (R) **5.30** You've Been Framed! On a Roll (T) **6.30** News and Weather (T) **6.50** Local News (T) **7.0** **Alan Carr's Epic Gameshow** (T)

8.0 FILM **Tomorrow Never Dies** (Roger Spottiswoode, 1997) (T) James Bond joins forces with a Chinese agent to stop a media mogul's plan to start a war between Britain and China. Spy adventure, starring Pierce Brosnan, Jonathan Pryce, Teri Hatcher, Desmond Llewelyn and Michelle Yeoh.

10.15 **News** (T) Weather
10.34 **Local News** (T) Weather
10.35 **The Murder of Alex Rodda: Social Media Murders** (T) (R)
11.30 **English Football League Highlights** (T)
1.20 **Shop: Ideal World 3.0** Billy Connolly's Great American Trail (T) (R) **3.50** Unwind With ITV (T) **5.05** Gino's Italian Coastal Escape (T) (R)

Channel 4

6.10 **The Simpsons** (T) (R) **6.35** The Simpsons (T) (R) **7.0** The Simpsons (T) (R) **7.30** Live Formula E (T) **9.30** The Simpsons (T) (R) **10.0** **The Big Breakfast** (T) **12.30** Live Super League Rugby (T) Salford Red Devils v Huddersfield Giants (kick-off 1pm). **3.15** George Clarke's Amazing Spaces (T) **4.20** Escape to the Chateau (T) (R) **5.25** News (T) **5.55** FILM Grease (Randal Kleiser, 1978) Romantic musical, starring John Travolta and Olivia Newton-John.

8.0 **A Royal Guide to: Hobbies** (T) A look at some of the hobbies enjoyed by members of the royal family.
9.0 **Griff's Canadian Adventure** (T) New series. Griff Rhys Jones travels across Canada, from the Atlantic coast to the Pacific north-west, visiting each of the nation's provinces.

10.0 FILM **Deadpool** (Tim Miller, 2016) (T) Comedy adventure, starring Ryan Reynolds and Morena Baccarin.
12.10 FILM **The Shallows** (Jaume Collet-Serra, 2016) (T) **1.50** Ramsay's Hotel Hell (T) (R) **2.40** Hollyoaks Omnibus (T) (R) **4.40** The Dog House (T) (R) **5.35** Find It, Fix It, Flog It (T) (R) **5.45** Beat the Chef (R)

Channel 5

6.0 **Milkshake! 10.05** The Smurfs (T) **10.15** SpongeBob SquarePants (T) (R) **10.30** Entertainment News (T) **10.35** Friends (T) (R) **11.0** Friends (T) (R) **11.30** Friends (T) (R) **12.0** Friends (T) (R) **12.30** Friends (T) (R) **12.55** Friends (T) (R) **1.25** FILM Jesse Stone: Night Passage (Robert Harmon, 2006) (T) **3.20** Our Yorkshire Farm (T) (R) **4.20** Our Yorkshire Farm (T) (R) **5.15** News (T) **5.20** The Balmoral: Scotland's Finest Hotel (T) **7.0** Sandringham: Secrets of the Royal Palaces (T) (R)

8.0 **Ken Dodd: 30 Funniest Moments** (T) A celebration of the Liverpudlian comedian, who was embraced by the emerging TV age, while always keeping alive the old-school comedy of the music hall.

10.0 **When Classic TV Goes Horribly Wrong** (T) (R) Less than perfect moments from the nation's favourite shows.
1.0 **The Live Casino Show** (T) **3.10** 1988: The 30 Greatest Hits (T) (R) **5.35** Peppa Pig (T) (R) **5.40** Milkshake! Monkey's Amazing Adventures (T) (R) **5.45** Thomas & Friends (T) (R)

BBC Four

7.0 **Confucius: Genius of the Ancient World** (T) (R) Bettany Hughes profiles the influential Chinese thinker. Last in the series.

8.0 **Simon King's Shetland Adventure** (T) (R) The wildlife cameraman films gannets diving for fish and observes a pod of killer whales. Last in the series.
9.0 FILM **Who You Think I Am** (Safy Nebbou, 2018) French drama, starring Juliette Binoche, Nicole Garcia and François Civil.

10.35 **Clive James: Postcard from Paris** (T) (R)
11.25 **Flights of Fancy: Pigeons and the British** (T) (R)
12.25 **Ever Decreasing Circles** (T) (R) **12.55** Keeping Up Appearances (T) (R) **1.25** The Cruise (T) (R) **1.55** Confucius: Genius of the Ancient World (T) (R) **2.55** Simon King's Shetland Adventure (T) (R)

Other channels

BBC Three

7.0pm EastEnders **7.30** EastEnders **8.0** Glow Up: Britain's Next Make-Up Star **9.0** FILM The Notebook (2004) **10.55** Bellator MMA **11.55** The Rap Game UK **12.50** Rapman: Back of the Bus **1.0** Eddie Hall: The Beast v the Mountain **2.0** Glow Up: Britain's Next Make-Up Star **3.0** Eating With My Ex **3.30** Eating With My Ex

Dave

6.0am Teleshopping **7.10** Ultimate Movers **8.0** Rick Stein's Road to Mexico **9.0** Rick Stein's India **10.0** Top Gear **11.0** American Pickers **12.0** Storage Hunters UK **12.30** Storage Hunters UK **1.0** Top Gear **2.0** Top Gear **3.0** Red Bull Soapbox Race **4.0** Top Gear **5.0** Top Gear **6.0** Would I Lie to You? **8.0** Not Going Out **8.40** Not Going Out Live **9.20** Not Going Out **10.0** QI **10.40** Would I Lie to You? **12.0** QI XL **1.0** Dave Gorman: Modern Life Is Goodish **2.0** Would I Lie to You? **4.0** Teleshopping

E4

6.0am Rude(ish) Tube Shorts **6.10** Don't Tell the Bride **7.05** Don't Tell the Bride **8.05** Wipeout USA **9.05** Lego Masters Australia **10.55** Ramsay's Kitchen Nightmares USA **11.55** Ramsay's Kitchen Nightmares USA **12.55** Ramsay's Kitchen Nightmares USA **1.55** Ramsay's 24 Hours to Hell and Back **2.55** The Big Bang Theory **3.25** The Big Bang Theory **3.55** The Big Bang Theory **4.25** The Big Bang Theory **4.55** The Big Bang Theory **5.25** The Big Bang Theory **5.50** The Big Bang Theory **6.20** FILM Ghostbusters (2016) **9.0** Celebrity Gogglebox **10.0** Gogglebox **11.05** Gogglebox **12.10** First Dates **1.15** First Dates **2.20** Celebrity Gogglebox **3.15** Gogglebox **4.10** Don't Tell the Bride **5.05** Don't Tell the Bride

Film4

11.0am FILM Ferdinand (2017) Animated comedy, with John Cena and Kate McKinnon. **1.10** FILM Fantastic Mr Fox (2009) Stop-motion animated adventure, with George Clooney. **2.50** FILM Kung Fu Panda 2 (2011) Animated comedy, with Jack Black. **4.40** FILM Wonder (2017) Drama, starring Jacob Tremblay. **6.50** FILM Finding Your Feet (2017) Comedy, starring Imelda Staunton and Celia Imrie. **9.0** FILM The Predator (2018) Sci-fi thriller, starring Boyd Holbrook. **11.10** FILM Salt (2010) Action thriller, starring Angelina Jolie. **1.10** FILM Legend (1985) Fantasy adventure, starring Tom Cruise.

ITV2

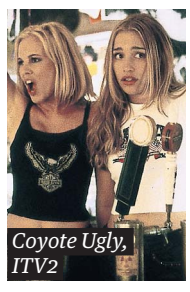
6.0am World's Funniest Videos **6.35** Coronation Street Omnibus **9.20** Secret Crush **10.25** Secret Crush **11.30** Dress to Impress **12.35** Dress to Impress **1.40** Family Fortunes **2.45** FILM Step Up All In (2014) **5.0** FILM Cloudy With a Chance of Meatballs 2 (2013) **6.55** FILM Coyote Ugly (2000) **9.0** FILM The Heat (2013) **11.20** Family Guy **11.50** Family Guy **12.20** American Dad! **12.45** American Dad! **1.15** Emergency Nurses: A&E Stories **2.15** Totally Bonkers Guinness World Records **2.45** Unwind With ITV **3.0** Teleshopping

Sky Max

6.0am Supergirl **7.0** Supergirl **8.0** Supergirl **9.0** Grimm **10.0** Grimm **11.0** Grimm **12.0** Grimm **1.0** Hawaii Five-0 **2.0** Hawaii Five-0 **3.0** Hawaii Five-0 **4.0** Hawaii Five-0 **5.0** The Flash **6.0** S.W.A.T **7.0** NCIS: Los Angeles **8.0** A League of Their Own **9.0** Strike Back: Vendetta **10.0** Banshee **11.15** Never Mind the Buzzcocks **12.0** The Force: Manchester **1.0** Road Wars **2.0** Hawaii Five-0 **3.0** Hawaii Five-0 **4.0** Stop, Search, Seize **5.0** Stop, Search, Seize

Sky Arts

6.0am Arts Uncovered **6.15** Alice's Adventures in Wonderland **8.30** Tales of the Unexpected **9.0** Tales of the Unexpected **9.30** Tales of the Unexpected **10.0** Tales of the Unexpected **10.30** Tales of the Unexpected **11.0** Discovering: Abba **12.0** Classic Albums


Coyote Ugly, ITV2

1.0 André Rieu Royale: Coronation Concert Live in Amsterdam **3.15** FILM Jesus Christ Superstar: Live in Concert (2018) **5.0** Michael Flatley: Lord of the Dance: Dangerous Games **6.45** High Tech Soul: The Creation of Techno Music **8.0** Guy Garvey: From the Vaults **9.0** **Gary Numan Resurrection** **10.30** FILM **Sisters With Transistors** (2020) **12.15** FILM Frenzy (1972) **2.30** Soundbreaking **3.30** Spielberg and Williams: The Adventure Continues **4.0** Rolling Stone: Stories from the Edge **5.0** More Than This: The Story of Roxy Music

Sky Atlantic

6.0am Urban Secrets **7.0** Urban Secrets **7.55** Urban Secrets **8.50** Urban Secrets **9.45** Billions **10.50** Billions **11.55** Billions **1.0** Billions **2.05** Billions **3.15** Chernobyl **4.25** Chernobyl **5.35** Chernobyl **6.40** The Night Of **7.45** Game of Thrones **9.0** **Enter the House of the Dragon** **10.0** Game of Thrones **1.30** Game of Thrones **3.0** Game of Thrones **4.30** In Treatment **5.0** Richard E Grant's Hotel Secrets

Radio

Radio 3

7.0am Breakfast. With Elizabeth Alker. **9.0** Record Review. Hannah French chooses five essential recordings of Handel. **11.45** New Generation Artists. Pianist Eric Lu performs Schumann's Arabesque. (5/8) **12.30** This Classical Life. Jess Gillam is joined by folk musician Sam Amidon. **1.0** Inside Music. Baritone Roderick Williams chooses a selection of pieces. **3.0** Sound of Cinema. Matthew Sweet considers film music in the context of the connoisseur. **4.0** Music Plane. A report from the Festival de Cuerdas Pulsadas in Colombia. **5.0** J to Z. Highlights of a 2021 concert by saxophonist Chelsea Carmichael. **6.30** Edinburgh International Festival. Pianist Nikolai Lugansky plays Rachmaninov, Janáček and Schubert. (R) **7.30** BBC Proms 2022. Marin Alsop conducts the Vienna Radio Symphony Orchestra and pianist Benjamin Grosvenor in Bartok's The Miraculous Mandarin Suite, Prokofiev's Piano Concerto No 3 in C, Hannah Eisendle's Heliosis and Dvořák's Symphony No 7 in D minor. **10.0** New Music Show. London Sinfonietta perform music by Joan Magrané Figuera and Roberto Gerhard. **12.0** Freeness **1.0** Through the Night

Radio 4

6.0am News and Papers **6.07** Open Country (R) **6.30** Farming Today This Week **6.57** Weather **7.0** Today **9.0** Saturday Live **10.30** The Kitchen Cabinet. Jay Rayner presents the culinary panel show from York. (5/7) **11.0** The Briefing Room (R) **11.30** From Our Own Correspondent **12.0** News **12.01** (LW) Shipping Forecast **12.04** Surviving the Cost of Living. People who have struggled with unemployment discuss the cost of living crisis. (3/4) **12.30** Party's Over (R) **12.57** Weather **1.0** News **1.10** Any Questions? (R) **2.0** Any Answers? **2.45** 39 Ways to Save the Planet (R) **3.0** Three Sisters Rewired (R) **4.0** Weekend Woman's Hour **5.0** Saturday PM **5.30** Boris. Adam Fleming explores Johnson's time as foreign secretary. (6/8) **5.54** Shipping Forecast **5.57** Weather **6.0** News **6.15** Loose Ends. Clive Anderson and Michelle McManus are joined by Luca Capani, Alan Cumming, Rich Hall and Amanda Thomson. With music from LOTOS and Hamish Hawk. **7.0** Witness. Saskia Sassen speaks about the taped interviews her father, Dutch journalist Willem Sassen, recorded with Nazi war criminal Adolf Eichmann in Argentina, before his capture in 1960. (R) **7.15** This Cultural Life. Musician, artist and DJ Goldie reveals his cultural turning points. **8.0** Tobacco and Me. Peter Taylor reports on tobacco companies' claims of a smoke-free future. **9.0** GF Newman's The Corrupted (R) **9.45** Writing Lives. Treats, by Natalie Smith. (R) **10.0** News **10.15** Rethink the World Order (R) **11.0** Brain of Britain (R) **11.30** Tongue and Talk: The Dialect Poets (R) **12.0** Midnight News **12.15** Living With the Gods (R) **12.30** Short Works (R) **12.48** Shipping Forecast **1.0** As World Service **5.20** Shipping Forecast **5.30** News **5.43** Bells on Sunday **5.45** Witness (R)

Radio 4 Extra

6.0am The Stones of Muncaster Cathedral **7.30** Great Lives (3/9) **8.0** Booked (1/6) **8.30** North By Northamptonshire (4/6) **9.0** Alexander Armstrong's Radio Heroes **12.0** The Personality Test (1/6) **12.30** Chambers (1/4) **1.0** Please Leave a Message After the Tone **2.0** Alex Horne Presents the Horne Section (1/6) **2.30** It's Jocelyn (1/4) **3.0** I've Never Seen Star Wars (1/6) **3.30** The Consultants (1/6) **4.0** The Stones of Muncaster Cathedral **5.30** Great Lives (3/9) **6.0** The Rain Maker **6.45** Ghost Stories By MR James (5/5) **7.0** Alexander Armstrong's Radio Heroes **10.0** Comedy Club: Alex Horne Presents the Horne Section (2/6) **10.30** Life: An Idiot's Guide (4/4) **11.0** Susan Calman: Keep Calman Carry On (1/4) **11.30** Old Harry's Game (5/6) **12.0** The Rain Maker **12.45** Ghost Stories By MR James (5/5) **1.0** Please Leave a Message After the Tone **2.0** Alex Horne Presents the Horne Section (1/6) **2.30** It's Jocelyn (1/4) **3.0** I've Never Seen Star Wars (1/6) **3.30** The Consultants (1/6) **4.0** The Stones of Muncaster Cathedral **5.30** Great Lives (3/9)

Sunday

Afghanistan: Getting Out, BBC Two

BBC One

6.0 **Breakfast** (T) **7.50** Match of the Day (T) (R) **9.15** Sacred Wonders (T) (R) **10.15** Wanted Down Under Revisited (T) (R) **11.0** Homes Under the Hammer (T) (R) **12.0** Bargain Hunt (T) (R) **1.0** News (T) **1.10** Weather for the Week Ahead (T) **1.15** Songs of Praise (T) **1.50** European Championships 2022 (T) **5.35** Seven Worlds, One Planet (T) (R) **6.35** News (T) **6.50** Regional News and Weather (T) **6.55** Weather (T) **7.0** Countryfile (T)

8.0 **Antiques Roadshow** (T) Fiona Bruce presents the show from the Bishop's Palace in Wells.

9.0 **Marriage** (T) New series. Drama starring Sean Bean and Nicola Walker as a couple struggling to adapt to changes in their lives, from redundancy to their daughter's new boyfriend.

10.0 **News** (T) Weather
10.25 **Regional News** (T) Weather
10.30 **Match of the Day 2** (T) Nottingham Forest v West Ham United and Chelsea v Tottenham Hotspur.
11.30 **Best of Top Gear** (T) New series. Highlights of series 31 and 32.
12.30 **Weather for the Week Ahead** (T) **12.35** BBC News (T)

BBC Two

6.35 **Gardeners' World** (T) (R) **7.35** Countryfile (T) (R) **8.30** Beechgrove (T) (R) **9.0** European Championships 2022 (T) **1.50** The Hundred (T) Northern Superchargers v London Spirit (start time 2.30pm). **5.35** European Championships 2022 (T) Clare Balding presents further live coverage from day four of the multi-sport championships in Munich, where Britain will have high hopes in the mixed team triathlon.

9.0 **Afghanistan: Getting Out** (T) Key figures from the US, UK and Afghanistan tell the story of the attempt to end the war in Afghanistan. The first part examines President Obama's efforts to get the troops out.

10.0 FILM **A Star Is Born** (Bradley Cooper, 2018) (T) A fading music star falls in love with a nightclub singer-songwriter. Drama, starring Lady Gaga and Bradley Cooper.
12.05 **Better Things** (T) **12.45** Better Things (T) **1.15** Sign Zone: Tom Daley – Illegal to Be Me (T) (R) **2.15** The Fringe, Fame and Me (T) (R)

ITV

6.0 **CITV 8.25** News (T) **8.30** Katie Piper's Breakfast Show (T) **9.25** You've Been Framed! (T) (R) **9.55** English Football League Highlights (T) (R) **11.50** News and Weather (T) **11.59** Local News and Weather (T) **12.0** Live British Touring Car Championship (T) **3.05** In for a Penny (T) (R) **3.40** FILM On Her Majesty's Secret Service (Peter H Hunt, 1969) (T) **6.25** News and Weather (T) **6.45** Local News (T) **7.0** Tipping Point: Lucky Stars (T) (R)

8.0 **Van Der Valk** (T) The body of diamond polisher Ahmed Baykam is discovered cut into three pieces and left on the doorsteps of the houses of his employers, the dysfunctional Cuyper siblings. Crime drama, with Marc Warren, Maimie McCoy and Emma Fielding.

10.0 **News** (T) Weather
10.19 **Local News** (T) Weather
10.20 **Long Lost Family: What Happened Next** (T) (R) The stories of people desperate to find their birth parents.
11.15 **Alan Carr's Epic Gameshow** (T) (R) Take Your Pick.
12.15 **Shop: Ideal World 3.0** Motorsport UK (T) (R) **3.50** Unwind With ITV (T)

Channel 4

6.10 **The Simpsons** (T) (R) **6.35** Paul Hollywood Eats Japan (T) (R) **7.30** Live Formula E (T) **9.30** Sunday Brunch (T) **12.30** The Simpsons (T) (R) **1.0** The Simpsons (T) (R) **1.30** The Simpsons (T) (R) **2.0** FILM Madagascar: Escape 2 Africa (Eric Darnell, Tom McGrath, 2008) (T) **3.45** FILM Spies in Disguise (Nick Bruno, 2019) (T) **5.45** The Dog House (T) **6.30** News (T) **7.0** Edward VIII: Britain's Traitor King (T) (R)

8.0 **The Real Windsors: The Outspoken Heir** (T) How Prince Charles has been seen by the public during his time as heir to the throne.
9.0 **India 1947: Partition in Colour** (T) Part two of two. In the wake of Mountbatten's announcement, uncertainty over the new national borders leads to tension.

10.0 **A Very British Way of Torture** (T) Documentary.
10.55 **Walter Presents: Hide and Seek** (T) Ukrainian thriller.
11.55 **Ramsay's Hotel Hell** (T) (R)
12.50 **MMA: Professional Fighters League** (T) **1.50** The Simpsons (T) (R) **2.40** Come Dine With Me (T) (R) **4.55** The Dog House (T) (R) **5.50** Jamie's Comfort Food (T) (R)

Channel 5

6.0 **Milkshake! 10.05** The Smurfs (T) **10.15** SpongeBob SquarePants (T) (R) **10.40** Friends (T) (R) **11.10** Friends (T) (R) **11.40** Friends (T) (R) **12.10** Friends (T) (R) **12.40** Dogs Behaving (Very) Badly (T) (R) **1.40** Dogs Behaving (Very) Badly (T) (R) **2.35** Cash in the Attic (T) (R) **3.35** Cash in the Attic (T) (R) **4.35** The Cotswolds With Pam Ayres (T) (R) **5.30** News (T) **5.35** Jane McDonald's Caribbean Holiday (T) (R) **7.0** Filthy Garden SOS (T) (R)

8.0 **Million Pound Motorhomes** (T) Siobhan takes her vehicle to the garage to get the bumper replaced.
9.0 **Rich House, Poor House** (T) New series. Property entrepreneur Roy Ledgister swaps his sprawling Kent estate for single mum Becky Biggington's two-bed council house.

10.0 **Bargain-Loving Brits in the Sun** (T) (R)
10.55 **Zara & Mike: No-Nonsense Royals** (T) (R)
11.50 **Secrets of the Luxury Super Yachts** (T) (R)
1.0 **The Live Casino Show** (T) **3.05** 1978: Britain's Biggest 70s Hits (T) (R) **4.15** The Yorkshire Vet (T) (R) **5.10** Wildlife SOS (R)

BBC Four

7.0 **Eisteddfod 2022 With Huw Stephens** (T) The best stories and performances from Eisteddfod 2022.

8.0 **Elgar's Cello Concerto at the Proms** (T) At the Royal Albert Hall in London, Eva Ollikainen conducts the BBC Philharmonic in pieces inspired by the natural world. Featuring Archora by Anna Thorvaldsdottir, Elgar's Cello Concerto, with soloist Kian Soltani, and Sibelius's Second Symphony.

10.0 **Monitor** (T) (R) A 1962 film by director Ken Russell about the composer Edward Elgar.
10.55 **10 Best Elgar** (T) (R)
11.55 **The Sound of Movie Musicals With Neil Brand** (T) (R)
12.55 **The Sound of Movie Musicals With Neil Brand** (T) (R) **1.55** Eisteddfod 2022 With Huw Stephens (T) (R) **2.55** Monitor (T) (R)

Other channels

BBC Three

7.0pm EastEnders **7.30** EastEnders **8.0** Glow Up: Britain's Next Make-Up Star **9.0** RuPaul's Drag Race Down Under **10.0** The Big Proud Party Agency **10.30** The Big Proud Party Agency **11.0** The Apprentice Australia **12.20** Glow Up: Britain's Next Make-Up Star **1.20** RuPaul's Drag Race Down Under **2.20** Dubai Hustle **2.50** Dubai Hustle **3.20** Dubai Hustle **3.50** What's in Your Schoolbag?

Dave

6.0am Teleshopping **7.10** Ultimate Movers **8.0** Rick Stein's India **9.0** Eddie Eats Christmas **9.30** Eddie Eats Christmas **10.0** Top Gear **11.0** Top Gear **12.0** Storage Hunters UK **1.0** Special Ops: Crime Squad UK **2.0** Extreme Heights Repair Team **3.0** Top Gear **4.0** Room 101 **4.40** Room 101 **5.20** Room 101 **6.0** Extreme Heights Repair Team **7.0** Special Ops: Crime Squad UK **8.0** QI XL **9.0** Have I Got a Bit More News for You **10.0** Live at the Apollo **11.0** QI **11.40** QI **12.20** Alan Davies: As Yet Untitled **1.20** QI XL **2.25** Live at the Apollo **3.15** Have I Got a Bit More News for You **4.0** Teleshopping

E4

6.0am Hollyoaks Omnibus **8.30** Rude(ish) Tube Shorts **8.50** Ramsay's Kitchen Nightmares USA **11.50** Ramsay's Hotel Hell **12.50** The Big Bang Theory **1.20** The Big Bang Theory **1.50** The Big Bang Theory **2.20** The Big Bang Theory **2.50** The Big Bang Theory **3.15** The Big Bang Theory **3.40** Lego Masters Australia **5.10** Wipeout USA **6.10** FILM Peter Rabbit (2018) **8.0** FILM Star Trek (2009) **10.25** Gogglebox **11.30** Gogglebox **12.35** First Dates **1.40** The Inbetweeners **2.15** The Inbetweeners **2.50** Derry Girls **3.15** Derry Girls **3.40** Hollyoaks Omnibus

Film4

11.0am FILM Meet Dave (2008) Sci-fi comedy, starring Eddie Murphy. **12.50** FILM Jason and the Argonauts (1963) Fantasy adventure, starring Todd Armstrong. **2.55** FILM The Spiderwick Chronicles (2008) Fantasy adventure, starring Freddie Highmore. **4.45** FILM Eddie the Eagle (2016) Biopic of ski jumper Eddie Edwards, starring Taron Egerton. **6.50** FILM The League of Extraordinary Gentlemen (2003) Comic-book fantasy adventure, starring Sean Connery. **9.0** FILM Mechanic: Resurrection (2016) Action thriller sequel, starring Jason Statham. **10.55** FILM Atomic Blonde (2017) Spy thriller, starring Charlize Theron. **1.10** FILM **120 BPM** (2017) French drama, starring Nahuel Pérez Biscayart.

ITV2

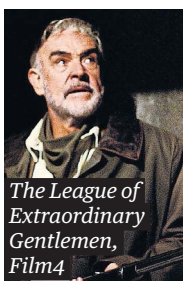
6.0am Totally Bonkers Guinness World Records **6.35** Secret Crush **8.35** Dress to Impress **10.35** Dress to Impress **11.35** Take Me Out **12.55** Family Fortunes **1.55** FILM Garfield 2: A Tale of Two Kitties (2006) **3.35** FILM The Croods (2013) **5.25** FILM Jurassic World: Fallen Kingdom (2018) **8.0** Emergency Nurses: A&E Stories **9.0** Family Guy **9.30** Family Guy **10.0** Family Guy **10.25** Family Guy **10.50** Family Guy **11.20** American Dad! **11.50** American Dad! **12.20** The Stand Up Sketch Show **12.50** Hey Tracey! **1.50** Don't Hate the Playaz **2.30** Totally Bonkers Guinness World Records **3.0** Teleshopping

Sky Max

6.0am Highway Patrol **6.30** Highway Patrol **7.0** Highway Patrol **7.30** Highway Patrol **8.0** The Flash **9.0** The Flash **10.0** The Flash **11.0** The Flash **12.0** NCIS: New Orleans **1.0** NCIS: New Orleans **2.0** NCIS: New Orleans **3.0** NCIS: New Orleans **4.0** Grimm **5.0** Grimm **6.0** Grimm **7.0** Grimm **8.0** An Idiot Abroad **9.0** S.W.A.T **10.0** NCIS: Los Angeles **11.0** An Idiot Abroad **12.0** SEAL Team **1.0** Road Wars **2.0** Hawaii Five-0 **3.0** Hawaii Five-0 **4.0** Stop, Search, Seize **5.0** Stop, Search, Seize

Sky Arts

6.0am Beethoven: The Complete Symphonies **6.40** On Broadway **8.30** Tales of the Unexpected **9.0** Tales of the Unexpected



The League of Extraordinary Gentlemen, Film4

9.30 Tales of the Unexpected **10.0** Tales of the Unexpected **10.30** Tales of the Unexpected **11.0** The Art of the Garden **12.0** Classic Albums **1.0** André Rieu: Welcome to My World **2.0** Cirque Du Soleil: Kooza **4.0** Tina Turner: Live in Barcelona **6.15** Johnny Cash: A Legend in Concert **7.0** The Great Songwriters **8.0** Alfred Hitchcock Presents **8.30** Alfred Hitchcock Presents **9.0** FILM Marnie (1964) **11.30** The Directors **12.30** Classic Artists: Jimi Hendrix **2.30** Classic Albums **3.45** Brian Johnson's A Life on the Road **4.45** The Great Songwriters **5.45** Arts Uncovered

Sky Atlantic

6.0am Fish Town **7.0** Fish Town **8.0** Fish Town **9.0** Fish Town **10.0** Billions **11.05** Billions **12.10** Billions **1.15** Billions **2.20** Billions **3.30** Chernobyl **4.45** Chernobyl **6.10** The Night Of **7.15** The Night Of **9.0** Westworld **10.05** The Baby **10.35** The Baby **11.10** Game of Thrones **12.35** Game of Thrones **2.0** Westworld **3.10** Richard E Grant's Hotel Secrets **4.10** Storm City **5.0** Storm City

Radio

Radio 3

7.0am Breakfast **9.0** Sunday Morning **11.0** BBC Proms 2022. Live from the Royal Albert Hall, Dinis Sousa conducts the Royal Northern Sinfonia, oboist Nicholas Daniel and violinist Maria Włoszczowska in Haydn's Symphony No 6 in D: Le Matin, Vaughan Williams's Oboe Concerto, Saariaho's Vers Toi Qui Es Si Loin and Beethoven's Symphony No 4 in B flat. **1.0** Proms Chamber Music 2022. Leif Ove Andsnes and friends play Mozart. (R) **2.0** The Early Music Show (R) **3.0** Choral Evensong (R) **4.0** Jazz Record Requests **5.0** The Listening Service (R) **5.30** Words and Music (R) **6.45** Sunday Feature: The Myth and Mystery of Anja Thauer. Phil Hebblethwaite examines the career of the cellist. (R) **7.30** BBC Proms 2022. Live from the Royal Albert Hall, Santtu-Matias Rouvali conducts the Philharmonia Orchestra and violinist Jennifer Koh in Tchaikovsky's Swan Lake Suite, Missy Mazzoli's Violin Concerto and Prokofiev's Romeo and Juliet (excerpts). **10.0** Record Review Extra **11.0** Free the Music With Pekka Kuusisto (R) **12.0** Classical Fix. For actor Ritu Arya. **12.30** Through the Night

Radio 4

6.0am News **6.05** Something Understood (R) **6.35** On Your Farm. A project in East Anglia to create a regional network for nature. **7.0** News; Sunday Papers **7.10** Sunday **7.54** Radio 4 Appeal **7.57** Weather **8.0** News **8.0** Sunday Papers **8.10** Sunday Worship **8.48** A Point of View (R) **8.58** Tweet of the Day (R) **9.0** Broadcasting House **10.0** The Archers **11.15** **The Reunion** Cast members of Grange Hill are reunited. (1/5) **12.0** News **12.01** (LW) Shipping Forecast **12.04** I'm Sorry I Haven't a Clue (R) **12.32** The Food Programme **12.57** Weather **1.0** The World This Weekend **1.30** Black Roots (R) **2.0** Gardeners' Question Time (R) **2.45** The Five Faces of Leonardo (R) **3.0** Brick Lane. Conclusion of Tanika Gupta's dramatisation of Monica Ali's novel. (2/2) **4.0** Open Book **4.30** Natalie Haynes Stands Up for the Classics. A discussion about Pompeii. (1/4) **5.0** From Kabul to Manchester (R) **5.40** Witness (R) **5.54** Shipping Forecast **5.57** Weather **6.0** News **6.15** Pick of the Week **7.0** The Archers **7.15** Alexei Sayle's Strangers on a Train. A journey from Hull to Liverpool. (6/6) **7.45** Three Fires. Girolamo Aflame, by Denise Mina. (5/5) **8.0** Feedback (R) **8.30** Last Word (R) **9.0** Surviving the Cost of Living (R) **9.25** Radio 4 Appeal (R) **9.30** Princess (R) **10.0** The Westminster Hour **11.0** Loose Ends (R) **11.30** Something Understood (R) **12.0** News **12.15** Sideways (R) **12.45** Bells on Sunday (R) **12.48** Shipping Forecast **1.0** As World Service **5.20** Shipping Forecast **5.30** News **5.43** Prayer for the Day **5.45** Farming Today **5.58** Tweet of the Day (R)

Radio 4 Extra

6.0am Loitering With Intent **6.45** Lady Curzon and a Pineapple **7.0** Shoot from the Hip: The World's Coolest Camera **7.15** Inheritance Tracks **7.20** Speaking for Themselves Omnibus: Part Two **8.30** Home to Roost **9.0** Take It from Here (21/29) **9.30** Coming Alive (4/6) **10.0** Desert Island Discs **10.45** David Attenborough's Life Stories **11.0** Radiolab (1/8) **11.55** Inheritance Tracks **12.0** Poetry Extra **12.30** Thanks a Lot, Milton Jones! (1/6) **1.0** The Vital Spark: Appointment in Arezzo Omnibus **2.10** Inheritance Tracks **2.20** The Frederica Quartet Omnibus (2/6) **3.30** Reel Histories: Dam Busters **4.0** Matilda (1/2) **5.0** Poetry Extra **5.30** Thanks a Lot, Milton Jones! (1/6) **6.0** Ray Bradbury's Tales of the Bizarre (3/6) **6.30** Earthsea (3/6) **7.0** Radiolab (1/8) **7.55** Inheritance Tracks **8.0** Matilda (1/2) **9.0** Desert Island Discs **9.45** David Attenborough's Life Stories **10.0** Thanks a Lot, Milton Jones! (1/6) **10.30** Can't Tell Nathan Caton Nothing (2/6) **10.45** Mastering the Universe (2/6) **10.55** The Comedy Club Interview **11.0** We Are Klang (3/4) **11.30** The Museum of Everything (4/6) **12.0** Ray Bradbury's Tales of the Bizarre (3/6) **12.30** Earthsea (3/6) **1.0** The Vital Spark: Appointment in Arezzo Omnibus **2.10** Inheritance Tracks **2.20** The Frederica Quartet (2/6) **3.30** Reel Histories **4.0** Matilda (1/2) **5.0** Poetry Extra **5.30** Thanks a Lot, Milton Jones! (1/6)

Gloria Bell, BBC Two

Monday

BBC One

6.0 **Breakfast** (T) **9.15** Animal Park (T) **10.0** Caught Red Handed (T) **10.30** Fraud Squad (T) (R) **11.15** Homes Under the Hammer (T) (R) **12.15** Bargain Hunt (T) **1.0** News and Weather (T) **1.30** Regional News and Weather (T) **1.45** European Championships 2022 (T) **6.0** News and Weather (T) **6.30** Regional News and Weather (T) **7.0** Rip Off Britain (T) **7.30** EastEnders (T)

8.0 **Panorama** (T) In-depth current affairs report.
8.30 **Down at the Docks: We Are England** (T) (R) Documentary following night-shift workers on Bristol docks.
9.0 **Marriage** (T) Emma has the opportunity to go to a work conference, where she might get contacts for her business idea.

10.0 **News** (T)
10.30 **Regional News** (T) Weather
10.40 **Have I Got a Bit More News for You** (T) (R) Romesh Ranganathan hosts an edition from May 2021.
11.25 **The Hit List** (T) (R) Marvin and Rochelle Humes present the music quiz.
12.10 **Weather for the Week Ahead** (T) **12.15** News (T)

BBC Two

6.30 **Animal Park** (T) (R) **7.15** Animal Park (T) (R) **8.0** Sign Zone: A Countryside Summer (T) (R) **8.30** Nadiya Bakes (T) (R) **9.0** European Championships 2022 (T) **1.45** Eggheads (T) (R) **2.15** Mastermind (T) (R) **2.45** Tigers About the House (T) (R) **3.45** Antiques Road Trip (T) (R) **4.30** Flog It! (T) (R) **5.15** Pointless (T) (R)

6.0 **European Championships 2022** (T) In Munich, athletics action incudes the men's and women's shot put and women's 10,000m final. The swimming championships in Rome feature finals of the men's 50m backstroke, women's 1500m freestyle and mixed 4x100m freestyle relay.

10.0 **Frankie Boyle's Tour of Scotland** (T) (R)
10.30 **Newsnight** (T) Weather
11.15 FILM **Gloria Bell** (Sebastián Lelio, 2018) (T) Comedy-drama, starring Julianne Moore and John Turturro.
12.50 **Countryfile** (T) (R) **1.45** Celebrity MasterChef (T) (R) **2.45** Dirty Rotten Scammers (T) (R)

ITV

6.0 **Good Morning Britain** (T) **9.0** Lorraine (T) **10.0** This Morning (T) **12.30** Loose Women (T) **1.30** News and Weather (T) **1.55** Local News and Weather (T) **2.0** Dickinson's Real Deal (T) (R) **3.0** Tenable (T) (R) **3.59** Local News and Weather (T) **4.0** Tipping Point (T) (R) **5.0** The Chase (T) (R) **6.0** Local News and Weather (T) **6.30** News and Weather (T) **7.30** Emmerdale (T)

8.0 **Coronation Street** (T) Audrey chooses to share her secret over afternoon tea with friends.
9.0 **Long Lost Family: What Happened Next** (T) Davina McCall and Nicky Campbell revisit the stories of Yasika Fernando and Paula Stillie, whose searches took them to opposite sides of the globe.

10.0 **News** (T) Weather
10.30 **Local News** (T) Weather
10.45 **Secrets of the Spies** (T) (R) Examining what kind of person becomes a spy.
11.45 **All Elite Wrestling: Dynamite**
1.25 **Shop: Ideal World 3.0** Girlfriends (T) (R) **3.50** Unwind With ITV (T) **5.10** Coronation Street Icons: Roy Cropper (T) (R)

Channel 4

6.0 **Countdown** (T) (R) **6.40** 3rd Rock from the Sun (T) (R) **7.30** The King of Queens (T) (R) **8.20** Frasier (T) (R) **9.45** The Big Bang Theory (T) (R) **11.05** The Simpsons (T) (R) **11.35** The Simpsons (T) (R) **12.05** News (T) **12.10** Ramsay's Kitchen Nightmares USA (T) (R) **1.05** Find It, Fix It, Flog It (T) (R) **2.10** Countdown (T) **3.0** A Place in the Sun (T) (R) **4.0** Help! We Bought a Village (T) **5.0** Celebrity Moneybags (T) **6.0** The Simpsons (T) (R) **6.30** Hollyoaks (T) (R) **7.0** News (T)

8.0 **Dispatches: Why Is My Car So Expensive?** (T) Ginny Buckley investigates the soaring cost of cars.
9.0 **24 Hours in A&E** (T) The wife and carer of an 80-year-old patient whose dementia is progressing reflects on 53 years together as a couple, and her story has a profound effect on nurse Josey.

10.0 **Porn King: The Rise & Fall of Ron Jeremy** (T)
11.05 **Celebrity Gogglebox for SU2C** (T) (R)
12.05 **Ramsay's Hotel Hell** (T) (R) **12.55** Couples Come Dine With Me (T) (R) **1.50** George Clarke's Old House, New Home (R) **2.45** Grand Designs (R) **3.40** Sarah Beeny's New Life in the Country (T) (R)

Channel 5

6.0 **Milkshake! 9.15** Jeremy Vine (T) **12.45** Nightmare Tenants, Slum Landlords (T) (R) **1.40** News (T) **1.45** Home and Away (T) (R) **2.20** Morning Show Mysteries: Mortal Mishaps (T) (R) **4.0** Bargain-Loving Brits in the Sun (T) (R) **5.0** News (T) **6.0** Cash in the Attic (T) **7.0** Police Interceptors (T) (R) **7.55** News (T)

8.0 **Motorway Cops: Catching Britain's Speeders** (T) PC Rich Woodward tracks down two men who were involved in the assault of an officer. Includes news update.
9.0 **Police: Hour of Duty** (T) Documentary following Derbyshire officers on duty between 9pm and 10pm. Last in the series.

10.0 **Casualty 24/7: Every Second Counts** (T) (R)
11.05 **999: Critical Condition** (R)
12.05 **Ambulance: Code Red** (R) **1.0** The Live Casino Show **3.05** 1979: Britain's Biggest 70s Hits (R) **4.15** The Yorkshire Vet (R) **5.10** Wildlife SOS (R) **5.35** Peppa Pig (R) **5.40** Milkshake! Monkey's Amazing Adventures (T) (R)

BBC Four

7.0 **Monkman & Seagull's Genius Adventures** (T) (R) The inventions that fuelled Britain's industrial infrastructure.

8.0 **Treasures of the Indus** (T) (R) Sona Datta travels across the Indian state of Tamil Nadu. Last in the series.
9.0 **Dangerous Borders: A Journey Across India & Pakistan** (T) (R) Adnan Sarwar and Babita Sharma's second leg of their journey takes them through the Punjab provinces.

10.0 **The Sky at Night** (T)
10.30 **Einstein's Quantum Riddle** (T) (R) Documentary.
11.30 **Horizon: Secrets of the Solar System** (T) (R)
12.30 **Monkman & Seagull's Genius Adventures** (T) (R) **1.30** The Cruise (T) (R) **2.0** Treasures of the Indus (R) **3.0** Dangerous Borders: A Journey Across India & Pakistan (T) (R)

Other channels

BBC Three

7.0pm Top Gear **7.0** The Catch Up **8.0** Glow Up: Britain's Next Make-Up Star **9.0** Life and Death Row **10.0** Red Rose **10.50** Cuckoo **11.20** Cuckoo **11.45** The Apprentice Australia **12.55** Glow Up: Britain's Next Make-Up Star **1.55** Red Rose **2.45** Cuckoo **3.15** Cuckoo **3.40** Zen Motoring

Dave

6.0am Teleshopping **7.10** Yianni: Supercar Customiser **7.35** Yianni: Supercar Customiser **8.0** Special Ops: Crime Squad UK **9.0** Storage Hunters UK **9.30** Storage Hunters UK **10.0** Secrets of the Supercars **11.0** Top Gear **12.0** Bangers and Cash **1.0** Special Ops: Crime Squad UK **2.0** Top Gear **3.0** Rick Stein's Road to Mexico **4.0** Top Gear **5.0** Rick Stein's Mediterranean Escapes **6.0** Taskmaster **7.0** Richard Osman's House of Games **7.40** Room 101 **8.20** Would I Lie to You? **9.0** QI XL **10.0** Big Zuu's Big Eats **10.35** Mock the Week **11.20** Mock the Week **12.0** Mock the Week **12.40** QI **1.20** QI XL **2.30** Room 101 **3.0** Room 101 **3.30** Richard Osman's House of Games

E4

6.0am Hollyoaks **6.30** Hollyoaks **7.0** Black-ish **7.30** Black-ish **8.0** The Big Bang Theory **8.30** Ramsay's Kitchen Nightmares USA **9.30** Married at First Sight Australia **11.0** Young Sheldon **11.30** Young Sheldon **12.0** Brooklyn Nine-Nine **12.30** Brooklyn Nine-Nine **1.0** The Big Bang Theory **1.30** The Big Bang Theory **2.0** The Big Bang Theory **2.30** The Big Bang Theory **3.0** Young Sheldon **3.30** Young Sheldon **4.0** Brooklyn Nine-Nine **4.30** Brooklyn Nine-Nine **5.0** The Big Bang Theory **5.30** The Big Bang Theory **6.0** The Big Bang Theory **6.30** The Big Bang Theory **7.0** Hollyoaks **7.30** The Big Bang Theory **8.0** Below Deck **9.0** Gogglebox **10.0** Naked Attraction **11.05** First Dates **12.10** Gogglebox **1.15** Below Deck **2.20** Naked Attraction **3.15** First Dates **4.10** Ramsay's Kitchen Nightmares USA **5.0** Baby Daddy **5.25** Baby Daddy

Film4

11.0am FILM Star Trek IV: The Voyage Home (1986) **1.30** FILM We Bought a Zoo (2011) **3.55** FILM The Man Who Would Be King (1975) **6.35** FILM The Second Best Exotic Marigold Hotel (2015) **9.0** FILM K-19: The Widowmaker (2002) **11.40** FILM Deepwater Horizon (2016) **1.45** FILM Ray & Liz (2018)

ITV2

6.0am World's Funniest Videos **6.30** World's Funniest Videos **7.0** Love Bites **8.0** Dress to Impress **9.0** Veronica Mars **10.0** One Tree Hill **11.0** The OC **12.0** Supermarket Sweep **1.0** Rolling in It **2.05** Family Fortunes **3.05** Veronica Mars **4.0** One Tree Hill **5.0** The OC **6.0** Celebrity Catchphrase **7.0** Superstore **7.30** Superstore **8.0** Bob's Burgers **8.30** Bob's Burgers **9.0** Family Guy **9.30** American Dad! **10.0** Family Guy **10.30** Family Guy **11.0** Family Guy **11.25** American Dad! **11.55** Bob's Burgers **12.25** Bob's Burgers **12.50** Superstore **1.15** Superstore **1.45** The Stand Up Sketch Show **2.10** All American **3.0** Teleshopping

Sky Max

6.0am Stargate SG-1 **7.0** Stargate SG-1 **8.0** The Flash **9.0** DC's Legends of Tomorrow **10.0** Supergirl **11.0** NCIS: New Orleans **1.0** Hawaii Five-0 **2.0** MacGyver **3.0** DC's Legends of Tomorrow **4.0** The Flash **5.0** Supergirl **6.0** Stargate SG-1 **7.0** Stargate SG-1 **8.0** Resident Alien **9.0** Cobra **10.0** Brassic **11.0** Freddie Fries Again **12.0** Road Wars **1.0** Brit Cops: War on Crime **2.0** The Force: North East **3.0** Hawaii Five-0 **4.0** MacGyver **5.0** Highway Patrol **5.30** Highway Patrol

Sky Arts

6.0am Pavarotti: A Voice for the Ages **7.15** Mario Lanza: The Best of Everything **9.0** Tales of the Unexpected **10.0** Alfred Hitchcock Presents **10.30** Alfred Hitchcock Presents **11.0** Discovering: Doris Day **12.0** The South Bank Show Originals **12.30** The South Bank Show Originals **1.0** Tales of the Unexpected **2.0** The Eighties **3.0** Discovering: Errol Flynn **4.0** Tales of the Unexpected **5.0** Alfred Hitchcock Presents **5.30** Alfred Hitchcock Presents **6.0** The Prince's Master Crafters: The Next Generation **7.0** André Rieu: Dreaming **8.30** André Rieu: Welcome to My World **9.30** Borromini: The Dark Side of Baroque **11.40** The Art of the Garden **12.40** Gary Numan Resurrection **2.10** Rankin Presents **3.0** Master of Photography **4.0** The Prince's Master Crafters: The Next Generation **5.0** Portrait Artist of the Year 2021

Deepwater Horizon, Film4

Sky Atlantic

6.0am Urban Secrets **10.0** Sharp Objects **12.20** Game of Thrones **1.55** Babylon Berlin **2.55** Babylon Berlin **3.55** Mare of Easttown **5.05** Mare of Easttown **6.15** The Night Of **7.25** Game of Thrones **9.0** Westworld **10.10** Irma Vep **11.15** Enter the House of the Dragon **12.15** Christian **1.20** Christian **2.30** In Treatment **3.0** In Treatment **3.30** In Treatment **4.0** Urban Secrets

Radio

Radio 3

6.30am Breakfast **9.0** Essential Classics **11.0** Edinburgh International Festival 2022. Live from the Queen's Hall, the Takács Quartet play Haydn, Coleridge-Taylor and Ravel. **1.0** Proms Chamber Music 2022. Live from the Royal Welsh College of Music and Drama in Cardiff, the Carion Wind Quintet play Ligeti's Bagatelles, Nielsen's Wind Quintet and Stravinsky's (arr David Palmquist) Suite No 2. **2.0** Afternoon Concert. The Prom from 4 August, with the BBC Philharmonic in Shostakovich's Symphony No 15. **4.30** New Generation Artists **5.0** In Tune **7.0** In Tune Mixtape **7.30** BBC Proms 2022. Live from the Royal Albert Hall, Sakari Oramo conducts the BBC SO and tuba player Constantin Hartwig in Turnage's Time Flies, Vaughan Williams's Tuba Concerto and Elgar's Symphony No 1 in A flat. **10.0** The Kershaw Tapes (R) **10.45** The Essay: Decameron Nights. Folk tales by theatre company 1927, starting with I'm Alright, Jack, by Suzanne Andrade. (1/3) (R) **11.0** Night Tracks **12.30** Through the Night

Radio 4

6.0am Today **9.0** How to Play. BBC SSO rehearsals for Mozart's Clarinet Concerto. (1/4) **9.30** NatureBang (R) **9.45** (LW) Daily Service **9.45** (FM) Book of the Week: Without Warning and Only Sometimes. By Kit de Waal. (1/5) **10.0** Woman's Hour **11.0** My Name Is Ashok. The experiences of Ugandan Asians who fled Idi Amin's regime in the 1970s. (5/7) **11.30** The Frost Tapes. Archive interviews with Andrew Lloyd Webber. (2/8) **12.0** News **12.01** (LW) Shipping Forecast **12.04** You and Yours **12.57** Weather **1.0** The World at One **1.45** Larkin Revisited. Simon Armitage explores Philip Larkin's poem To the Sea. (6/10) **2.0** The Archers (R) **2.15** Bones (R) **3.0** Brain of Britain (3/17) **3.30** The Food Programme (R) **4.0** Recalculating Art (R) **4.30** Beyond Belief (1/8) **5.0** PM **5.54** (LW) Shipping Forecast **5.57** Weather **6.0** News **6.30** I'm Sorry I Haven't a Clue (6/6) **7.0** The Archers **7.15** Front Row **8.0** Perfect Pitch (From Choir Stalls to Cricket Balls). Eleanor Oldroyd explores the unlikely connections between the sport and choral music. **8.30** Crossing Continents (R) **9.0** Clearing the Air (R) **9.30** How to Play (R) **9.59** Weather **10.0** The World Tonight **10.45** Book at Bedtime: Marzahn, Mon Amour. By Katja Oskamp. (1/5) **11.0** Word of Mouth (R) **11.30** You're Dead to Me (R) **12.0** News **12.30** Book of the Week (R) **12.48** Shipping Forecast **1.0** As World Service **5.20** Shipping Forecast **5.30** News **5.43** Prayer for the Day **5.45** Farming Today **5.58** Tweet of the Day (R)

Radio 4 Extra

6.0am Inspector Purbright: Naked Nuns (1/6) **6.30** Crown House (6/8) **7.0** Josh Howie's Losing It (4/6) **7.30** I'm Sorry I Haven't a Clue (5/6) **8.0** Round the Horne (5/20) **8.30** Yes Minister (1/8) **9.0** Dilemma (1/6) **9.30** Heated Rollers (4/6) **10.0** Baldi (6/6) **10.45** Short Works **11.0** TED Radio Hour (20/52) **11.50** Inheritance Tracks **12.0** Round the Horne (5/20) **12.30** Yes Minister (1/8) **1.0** Inspector Purbright: Naked Nuns (1/6) **1.30** Crown House (6/8) **2.0** Nine Perfect Strangers (1/10) **2.15** Five Days Which Changed Everything (1/5) **2.30** Listed **3.0** Baldi (6/6) **3.45** Short Works **4.0** Dilemma (1/6) **4.30** Heated Rollers (4/6) **5.0** Josh Howie's Losing It (4/6) **5.30** I'm Sorry I Haven't a Clue (5/6) **6.0** The Price of Fear **6.30** A Good Read (4/9) **7.0** Round the Horne (5/20) **7.30** Yes Minister (1/8) **8.0** Inspector Purbright: Naked Nuns (1/6) **8.30** Crown House (6/8) **9.0** TED Radio Hour (20/52) **9.50** Inheritance Tracks **10.0** I'm Sorry I Haven't a Clue (5/6) **10.30** Everyone Quite Likes Justin (4/6) **10.55** The Comedy Club Interview **11.0** Party's Over (3/6) **11.30** Matt Berry Interviews (4/4) **11.45** Tom Parry's Fancy Dressed Life (4/4) **12.0** The Price of Fear **12.30** A Good Read (4/9) **1.0** Inspector Purbright (1/6) **1.30** Crown House (6/8) **2.0** Nine Perfect Strangers (1/10) **2.15** Five Days Which Changed Everything (1/5) **2.30** Listed **3.0** Baldi (6/6) **3.45** Short Works **4.0** Dilemma (1/6) **4.30** Heated Rollers (4/6) **5.0** Josh Howie's Losing It (4/6) **5.30** I'm Sorry I Haven't a Clue (5/6)

Tuesday

Celebrity MasterChef, BBC One

BBC One

6.0 **Breakfast** (T) **9.15** Animal Park (T) **10.0** Caught Red Handed (T) **10.30** Fraud Squad (T) (R) **11.15** Homes Under the Hammer (T) **12.15** Bargain Hunt (T) (R) **1.0** News and Weather (T) **1.30** Regional News and Weather (T) **1.45** European Championships 2022 (T) **6.0** News and Weather (T) **6.30** Regional News and Weather (T) **7.0** Rip Off Britain (T) **7.30** EastEnders (T)

8.0 **Celebrity MasterChef** (T) With Gareth Malone, Chris Eubank, Cliff Parisi, Mel Blatt and Queen MoJo.
9.0 **Panorama: The Billion-Pound Savings Scandal** (T) An investigation into failed investment schemes, telling the story of the members who are challenging the regulators.

10.0 **News** (T)
10.30 **Regional News** (T) Weather
10.40 **Ambulance** (T) (R) Cameras observe the staff of North East Ambulance Service.
11.40 **Question of Sport** (T) (R) A Commonwealth Games special of the quiz.
12.10 **This Is MY House** (T) (R) **12.40** Weather for the Week Ahead (T) **12.45** News (T)

BBC Two

6.30 **Animal Park** (T) (R) **7.15** Sign Zone: A Countryside Summer (T) (R) **7.45** Our Lives: Who Needs Banksy (T) (R) **8.15** The Super League Show (T) (R) **9.0** European Championships 2022 (T) **1.45** Eggheads (T) (R) **2.15** Mastermind (T) (R) **2.45** Tigers About the House (T) (R) **3.45** Antiques Road Trip (T) (R) **4.30** Flog It! (T) (R) **5.15** Pointless (T) (R)

6.0 **European Championships 2022** (T) Live coverage on day six from Munich's Olympiastadion, with athletics action including the men's and women's 100m finals. There is also swimming from the European Aquatics Championships in Rome, featuring the mixed 4x200m freestyle relay final.

10.0 **Two Doors Down** (T) (R)
10.30 **Newsnight** (T) Weather
11.15 FILM **The Conversation** (Francis Ford Coppola, 1974) (T) Thriller, starring Gene Hackman and John Cazale.
1.05 **Sign Zone** Celebrity MasterChef (T) (R) **2.05** Celebrity MasterChef (T) (R) **2.35** Dirty Rotten Scammers (T) (R) **3.20** This Is BBC Two

ITV

6.0 **Good Morning Britain** (T) **9.0** Lorraine (T) **10.0** This Morning (T) **12.30** Loose Women (T) **1.30** News and Weather (T) **1.55** Local News and Weather (T) **2.0** Dickinson's Real Deal (T) (R) **3.0** Tenable (T) (R) **3.59** Local News and Weather (T) **4.0** Tipping Point (T) (R) **5.0** The Chase (T) (R) **6.0** Local News and Weather (T) **6.30** News and Weather (T) **7.30** Emmerdale (T)

8.0 **Who Wants to Be a Millionaire?** (T) (R) Jeremy Clarkson hosts the general knowledge quiz.
9.0 **Secrets of the Spies** (T) A focus on assassination attempts and the targeted elimination of the enemy, including the poisoning of British agent Alexander Litvinenko in 2006.

10.0 **News** (T) Weather
10.30 **Local News** (T) Weather
10.45 **Heathrow: Britain's Busiest Airport** (T) (R)
11.45 **Junk and Disorderly** (T) (R)
12.35 **Shop: Ideal World 3.0** Griff's Great Australian Adventure **3.25** Martin Clunes: My Travels and Other Animals **3.50** Unwind With ITV **5.05** Jeremy Pang's Asian Kitchen

Channel 4

6.0 **Countdown** (T) (R) **6.40** 3rd Rock from the Sun (T) (R) **7.30** The King of Queens (T) (R) **8.20** Frasier (T) (R) **9.45** The Big Bang Theory (T) (R) **11.05** The Simpsons (T) (R) **11.35** The Simpsons (T) (R) **12.05** News (T) **12.10** Ramsay's Kitchen Nightmares USA (T) (R) **1.05** Find It, Fix It, Flog It (T) (R) **2.10** Countdown (T) **3.0** A Place in the Sun (T) (R) **4.0** Help! We Bought a Village (T) **5.0** Celebrity Moneybags (T) **6.0** The Simpsons (T) (R) **6.30** Hollyoaks (T) (R) **7.0** News (T)

8.0 **Worst House on the Street** (T) Scarlette and Stuart Douglas meet a single mother who has bought a home in Wirral.
9.0 **Night Coppers** (T) PC Aj chases down a suspected house burglar, while PC Jack gets called to a street assault, but identifying the suspect proves difficult.

10.0 **Porn King: The Rise & Fall of Ron Jeremy** (T)
11.05 **8 Out of 10 Cats Does Countdown** (T) (R)
12.05 **Ramsay's Hotel Hell** (T) (R) **12.55** The Last Leg (T) (R) **1.50** Couples Come Dine With Me (T) (R) **2.50** Extraordinary Escapes With Sandi Toksvig (T) (R) **3.45** The Great Big Tiny Design Challenge (T) (R)

Channel 5

6.0 **Milkshake! 9.15** Jeremy Vine (T) **12.45** Nightmare Tenants, Slum Landlords (T) (R) **1.40** News (T) **1.45** Home and Away (T) **2.20** FILM Left for Dead: The Ashley Reeves Story (Gloria Kim, 2021) (T) **4.0** Bargain-Loving Brits in the Sun (T) (R) **5.0** News (T) **6.0** Cash in the Attic (T) **7.0** GPs: Behind Closed Doors (T) (R) **7.55** News (T)

8.0 **Kew Gardens: A New Year in Bloom** (T) Joe undertakes a year-long renovation of the peony garden, and there are major changes for Helena in the kitchen garden.
9.0 **Ben Fogle's New Lives in the Country** (T) A couple risk everything to start a lodge business in a remote part of Scotland. Last in the series.

10.0 **The Box: An American Murder Story** (T)
11.05 **April Jones: The Murder Tapes** (T) (R)
12.30 **Police Interceptors** (T) (R) **1.25** The Live Casino Show (T) **3.25** Curvy Girls: Stripped Bare (T) (R) **4.10** The Yorkshire Vet (T) (R) **5.10** Wildlife SOS (T) (R) **5.35** Peppa Pig (T) (R)

BBC Four

7.0 **Monkman & Seagull's Genius Adventures** (T) (R) Eric Monkman and Bobby Seagull explore breakthroughs from 1850 to 1900.

8.0 **Keeping Up Appearances** (T) (R) Richard forgets his wedding anniversary.
8.30 **Ever Decreasing Circles** (T) (R) Ann decides she needs to broaden her horizons.
9.0 **India's Partition: The Forgotten Story** (T) (R) Gurinder Chadha explores the events surrounding the partition of India in 1947.

10.0 **Imagine: Maya Angelou – And Still I Rise** (T) (R) A profile of the activist author.
11.35 **Angelou on Burns** (T) (R)
12.20 **Face to Face** (T) (R) **1.0** Monkman & Seagull's Genius Adventures (T) (R) **2.0** Charles Darwin and the Tree of Life (T) (R) **3.0** India's Partition: The Forgotten Story (T) (R)

Other channels

BBC Three
7.0pm Top Gear **7.0** The Catch Up **8.0** Glow Up: Britain's Next Make-Up Star **9.0** Life and Death Row **10.0** Red Rose **10.40** Ladhood **11.05** Ladhood **11.30** Ladhood **11.55** The Apprentice Australia **1.0** Glow Up: Britain's Next Make-Up Star **2.0** Red Rose **2.40** Cuckoo **3.10** Cuckoo **3.35** Press X to Continue

Dave
6.0am Teleshopping **7.10** Yianni: Supercar Customiser **7.35** Yianni: Supercar Customiser **8.0** Special Ops: Crime Squad UK **9.0** Storage Hunters UK **9.30** Storage Hunters UK **10.0** Secrets of the Supercars **11.0** Top Gear **12.0** Bangers and Cash **1.0** Cops on the Rock **2.0** Top Gear **3.0** Rick Stein's Mediterranean Escapes **4.0** Top Gear **5.0** Rick Stein's Mediterranean Escapes **6.0** Taskmaster: Champion of Champions **7.0** Richard Osman's House of Games **7.40** Room 101 **8.20** Would I Lie to You? **9.0** QI XL **10.0** Secrets of the Apollo **11.0** QI XL **12.0** Mock the Week **12.40** QI **1.20** QI XL **2.30** Room 101 **3.0** Room 101 **3.30** Richard Osman's House of Games **4.0** Teleshopping

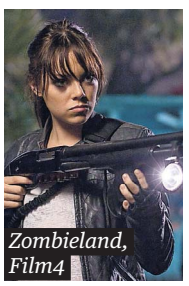
E4
6.0am Hollyoaks **6.30** Hollyoaks **7.0** Black-ish **8.0** The Big Bang Theory **8.30** Ramsay's Kitchen Nightmares USA **9.30** Married at First Sight Australia **11.0** Young Sheldon **12.0** Brooklyn Nine-Nine **12.30** Brooklyn Nine-Nine **1.0** The Big Bang Theory **3.0** Young Sheldon **4.0** Brooklyn Nine-Nine The Big Bang Theory **7.0** Hollyoaks **7.30** The Big Bang Theory **8.0** Below Deck **9.0** Gogglebox **10.0** Naked Attraction **11.05** First Dates **12.10** Gogglebox **1.15** Below Deck **2.10** Naked Attraction **3.05** First Dates **4.0** Ramsay's Kitchen Nightmares USA **4.55** Baby Daddy **5.20** Baby Daddy

Film4
11.0am FILM The SpongeBob SquarePants Movie (2004) **12.45** FILM Masters of the Universe (1987) **2.55** FILM Carry on Teacher (1959) **4.40** FILM The Black Shield of Falworth (1954) **6.45** FILM GI Joe: The Rise of Cobra (2009) **9.0** FILM Anna (2019) **11.20** FILM Zombieland (2009) **1.05** FILM Captive (2015)

ITV2
6.0am World's Funniest Videos **6.30** World's Funniest Videos **7.0** Love Bites **8.0** Dress to Impress **9.0** Veronica Mars **10.0** One Tree Hill **11.0** The OC **12.0** Supermarket Sweep **1.0** Rolling in It **2.05** Family Fortunes **3.05** Veronica Mars **4.0** One Tree Hill **5.0** The OC **6.0** Celebrity Catchphrase **7.0** Superstore **7.30** Superstore **8.0** Bob's Burgers **8.30** Bob's Burgers **9.0** Family Guy **9.30** Family Guy **10.0** Plebs **10.30** Plebs **11.0** Family Guy **11.30** American Dad! **12.25** Bob's Burgers **1.20** Superstore **2.15** All American **3.0** Teleshopping

Sky Max
6.0am Stargate SG-1 **7.0** Stargate SG-1 **8.0** The Flash **9.0** DC's Legends of Tomorrow **10.0** Supergirl **11.0** NCIS: New Orleans **12.0** NCIS: New Orleans **1.0** Hawaii Five-0 **2.0** MacGyver **3.0** DC's Legends of Tomorrow **4.0** The Flash **5.0** Supergirl **6.0** Stargate SG-1 **7.0** Stargate SG-1 **8.0** An Idiot Abroad **9.0** Strike Back: Vendetta **10.0** S.W.A.T **11.0** The Blacklist **12.0** The Force: North East **1.0** Brit Cops: War on Crime **2.0** Road Wars **3.0** Hawaii Five-0 **4.0** MacGyver **5.0** Highway Patrol **5.30** Highway Patrol

Sky Arts
6.0am Schumann: The Complete Symphonies **7.30** André Rieu: Dreaming **9.0** Tales of the Unexpected **9.30** Tales of the Unexpected **10.0** Alfred Hitchcock Presents **10.30** Alfred Hitchcock Presents **11.0** Discovering: Errol Flynn **12.0** Art Traffickers: Treasures Stolen from the Tombs **1.0** Tales of the Unexpected **1.30** Tales of the Unexpected **2.0** Tate Britain's Great Art Walks **3.0** Discovering: Sidney Poitier **4.0** Tales of the Unexpected **4.30** Tales of the Unexpected **5.0** Alfred Hitchcock Presents **5.30** Alfred Hitchcock Presents **6.0** The Prince's Master Crafters: The Next Generation **7.0** The Art of the Garden **8.0** Cirque Du Soleil: Mystery of Mystère **9.25** The Sky Arts Book Club Summer Reads Special **10.25** Donald Trump and Andy Warhol: Urban Myths **10.55** Charles Dickens and Hans Christian Andersen: Urban Myths **11.25** The Directors **12.25** Cheltenham Literature Festival **1.25** Why Do We Dance? **2.40** Landmark **3.40** Inside Art: Van Gogh at the Courtauld Gallery **4.05** The Prince's Master Crafters: The Next Generation **5.0** Portrait Artist of the Year 2021


Zombieland, Film4

Sky Atlantic
6.0am Fish Town **7.0** Fish Town **8.0** Fish Town **9.0** Fish Town **10.0** Sharp Objects **11.10** Sharp Objects **12.20** Game of Thrones **1.55** Babylon Berlin **2.55** Babylon Berlin **3.55** Mare of Easttown **5.05** Mare of Easttown **6.15** The Night Of **7.25** Game of Thrones **9.0** Enter the House of the Dragon **10.0** Irma Vep **11.10** The Affair **12.15** The Affair **1.20** Christian **2.25** Westworld **3.30** In Treatment **4.0** Fish Town

Radio

Radio 3
6.30am Breakfast **9.0** Essential Classics **11.0** Edinburgh International Festival 2022. The Dunedin Consort and tenor Nicholas Mulroy explore the 17th-century world of song and instrumental music in Italy. **1.0** Composer of the Week: Ruth Gipps (R) **2.0** Afternoon Concert. The 5 August Prom, featuring the BBC SO in Julian Anderson's Second Symphony. **5.0** In Tune **7.0** In Tune Mixtape **7.30** BBC Proms 2022. Vasily Petrenko conducts the Royal Philharmonic Orchestra and trombonist Peter Moore in Copland's Appalachian Spring Suite, George Walker's Trombone Concerto and Prokofiev's Symphony No 5 in B flat. **10.0** Sunday Feature: The Kershaw Tapes (R) **10.45** The Essay: Decameron Nights. Heartstrings, by Suzanne Andrade. (R) **11.0** Night Tracks **12.30** Through the Night

Radio 4
6.0am Today **9.0** Across the Red Line. Anne McElvoy invites figures from opposing sides of a political issue to listen to each other's arguments. (1/3) **9.45** (LW) Daily Service **9.45** (FM) Book of the Week: Without Warning and Only Sometimes. By Kit de Waal. (2/5) **10.0** Woman's Hour **11.0** The Curious Cases of Rutherford & Fry. Hannah Fry and Adam Rutherford explore inattentional blindness. (1/6) **11.30** In Suburbia. Ian Hislop challenges established myths about suburbia. (2/3) **12.0** News **12.01** (LW) Shipping Forecast **12.04** Call You and Yours **1.0** The World at One **1.45** Larkin Revisited. Simon Armitage explores Philip Larkin's poem Going Going. (7/10) **2.0** The Archers (R) **2.15** Sunrise. Drama, by Amit Gupta. (R) **3.0** The Kitchen Cabinet (R) **3.30** Made of Stronger Stuff. Kimberley Wilson and Dr Xand van Tulleken explore the kidneys. (5/7) **4.0** Word of Mouth (6/7) **4.30** Great Lives. Bobby Seagull nominates sitar player Ravi Shankar. (3/9) **5.0** PM **5.54** (LW) Shipping Forecast **6.0** News **6.30** Alone Comedy, by Moray Hunter. (1/6) **7.0** The Archers **7.15** Front Row **8.0** The Church of Social Justice. Helen Lewis investigates whether modern political movements have replaced religion. **8.40** In Touch **9.0** Pandemic 1918: Origins, Symptoms and Spread (R) **9.30** Across the Red Line (R) **10.0** The World Tonight **10.45** Book at Bedtime: Marzahn, Mon Amour (2/5) **11.0** Daliso Chaponda: Citizen of Nowhere (R) **11.30** Bridget Christie: Mortal (R) **12.0** News **12.30** Book of the Week (R) **12.48** Shipping Forecast **1.0** As World Service **5.20** Shipping Forecast **5.30** News **5.43** Prayer for the Day **5.45** Farming Today **5.58** Tweet of the Day (R)

Radio 4 Extra
6.0am Inspector Purbright: Naked Nuns (2/6) **6.30** Crown House (7/8) **7.0** North By Northamptonshire (5/6) **7.30** Andrew Maxwell Values (4/4) **8.0** The Goon Show (14/27) **8.30** King Street Junior (1/8) **9.0** Party's Over (3/6) **9.30** Chambers (2/4) **10.0** Baldi (1/6) **10.45** Short Works **11.0** Our Anniversary Obsession **12.0** The Goon Show (14/27) **12.30** King Street Junior (1/8) **1.0** Inspector Purbright: Naked Nuns (2/6) **1.30** Crown House (7/8) **2.0** Nine Perfect Strangers (2/10) **2.15** Five Days Which Changed Everything (2/5) **2.30** An English Journey (1/2) **3.0** Baldi (1/6) **3.45** Short Works **4.0** The Museum of Curiosity (5/6) **4.30** Chambers (2/4) **5.0** North By Northamptonshire (5/6) **5.30** Andrew Maxwell Values (4/4)

Wednesday

The Buddha of Suburbia, BBC Four

BBC One

6.0 **Breakfast** (T) **9.15** Animal Park (T) **10.0** Caught Red Handed (T) **10.30** Fraud Squad (T) (R) **11.15** Homes Under the Hammer (T) (R) **12.15** Bargain Hunt (T) (R) **1.0** News and Weather (T) **1.30** Regional News and Weather (T) **1.45** European Championships 2022 (T) **6.0** News and Weather (T) **6.30** Regional News and Weather (T) **7.0** Rip Off Britain (T) **7.30** EastEnders (T)

8.0 **The Repair Shop** (T) The craftspeople restore a pair of custom-made running shoes and a bulldog-shaped table.

9.0 **Shetland** (T) After the discovery of an unknown body, the search for Connor grows increasingly desperate. Perez follows Danny on a perilous journey into his murky past.

10.0 **News** (T)
10.30 **Regional News** (T) Weather
10.40 FILM **In the Heart of the Sea** (Ron Howard, 2015) (T) A whaling crew face a struggle to survive when the ship is attacked. Adventure, starring Chris Hemsworth and Cillian Murphy.
12.35 **Weather for the Week Ahead** (T) **12.40** News (T)

BBC Two

6.30 **Animal Park** (T) (R) **7.15** Bargain Hunt (T) (R) **8.0** Sign Zone: Gardeners' World (T) (R) **9.0** European Championships 2022 (T) **12.0** European Championships 2022 (T) **1.45** Eggheads (T) (R) **2.15** Mastermind (T) (R) **2.45** Tigers About the House (T) (R) **3.45** Antiques Road Trip (T) (R) **4.30** Flog It! (T) (R) **5.15** Pointless (T) (R)

6.0 **European Championships 2022** (T) Day seven of the multi-sport championships in Munich features finals of the men's 110m hurdles, the women's pole vault, hammer and 400m, and men's triple jump. There will also be diving action from the European aquatics championships in Rome.

10.0 **QI** (T) With Alan Davies, Stephen K Amos, Ivo Graham and Holly Walsh.
10.30 **Newsnight** (T) Weather
11.15 **Cricket: Today at the Test** (T) (R) England v South Africa.
12.15 **Sign Zone** Inside the Factory XL: Trains (T) (R) **1.15** Nadiya Bakes (T) (R) **1.45** Dirty Rotten Scammers (T) (R) **2.30** This Is BBC Two (T)

ITV

6.0 **Good Morning Britain** (T) **9.0** Lorraine (T) **10.0** This Morning (T) **12.30** Loose Women (T) **1.0** News and Weather (T) **1.20** Local News and Weather (T) **1.30** Racing: Live from York (T) **4.30** Tipping Point: Best Ever Finals (T) **5.0** The Chase (T) (R) **6.0** Local News and Weather (T) **6.30** News and Weather (T) **7.30** Emmerdale (T)

8.0 **Coronation Street** (T) Zeedan goes against Yasmeen's wishes to hear Stu out.

9.0 **Heathrow: Britain's Busiest Airport** (T) The Red Arrows fly over the airport during the Queen's jubilee celebrations, but passenger experience manager Suki has to wake a customer and get him on board a flight to Toronto.

10.0 **News** (T) Weather
10.30 **Local News** (T) Weather
10.45 **DNA Journey** (T) (R)
12.0 **English Football League Highlights** (R) **1.20** Shop: Ideal World **3.0** The Cruise: Shanghai to Sydney (T) (R) **3.25** The Cruise: Shanghai to Sydney (R) **3.50** Unwind With ITV **5.05** Craig and Bruno's Great British Road Trips (R)

Channel 4

6.0 **Countdown** (T) (R) **6.40** 3rd Rock from the Sun (T) (R) **7.30** The King of Queens (T) (R) **8.20** Frasier (T) (R) **9.45** The Big Bang Theory (T) (R) **11.05** The Simpsons (T) (R) **11.35** The Simpsons (T) (R) **12.05** News (T) **12.10** Ramsay's Kitchen Nightmares USA (T) (R) **1.05** Find It, Fix It, Flog It (T) (R) **2.10** Countdown (T) **3.0** A Place in the Sun (T) (R) **4.0** Help! We Bought a Village (T) **5.0** Celebrity Moneybags (T) **6.0** The Simpsons (T) (R) **6.30** Hollyoaks (T) (R) **7.0** News (T)

8.0 **Changing Rooms** (T) In Bedworth, a mum and dad and a daughter and son-in-law redesign rooms.

9.0 **Britain's Secret War Babies** (T) Two people born to African American GIs and British women set out to discover who their fathers were and learn more about their black heritage.

10.30 **The Great** (T) Catherine is visited by the Ottoman ambassador.
11.35 **First Dates** (T) (R)
12.35 **Ramsay's Hotel Hell** (T) (R) **1.25** Empire State of Mind (T) (R) **2.20** FILM Morgan (2016) (T) **3.55** Dispatches: Why Is My Car So Expensive? (T) (R) **4.50** The Dog House (R) **5.45** Find It, Fix It, Flog It (R)

Channel 5

6.0 **Milkshake! 9.15** Jeremy Vine (T) **12.45** Nightmare Tenants, Slum Landlords (T) (R) **1.40** News (T) **1.45** Home and Away (T) **2.20** FILM New Teacher, New Nightmare (Philippe Gagnon, 2018) (T) **4.0** Bargain-Loving Brits in the Sun (T) (R) **5.0** News (T) **6.0** Cash in the Attic (T) **7.0** The Highland Vet (T) (R) **7.55** News (T)

8.0 **Police Interceptors** (T) A high-performance car smashes its way through rural Nottinghamshire. Includes news update.

9.0 **HMP Styal: Women Behind Bars** (T) Behind the scenes at one of the most unique and controversial prisons in the UK, home to some of Britain's worst female criminals.

10.20 **Cold Case Killers** (T)
11.20 **A&E After Dark** (T) (R)
12.20 **Police: Hour of Duty** (T) (R) **1.15** The Live Casino Show (T) **3.25** Curvy Girls: Stripped Bare (T) (R) **4.15** The Yorkshire Vet (T) (R) **5.10** Wildlife SOS (T) (R) **5.35** Peppa Pig (T) (R) **5.40** Milkshake! Monkey's Amazing Adventures (T) (R)

BBC Four

7.0 **Cricket: Today at the Test** (T) (R) England v South Africa. Action from day one of the first Test at Lord's.

8.0 **South Pacific** (T) (R) How the 20,000 islands became colonised.

9.0 **My Family, Partition and Me: India 1947** (T) (R) Part two of two. Anita Rani begins her own partition journey, as she and her mother Lucky become the first members of her family to return to see what is now Pakistan.

10.0 **Hanif Kureishi Remembers: The Buddha of Suburbia** (T) The writer on the TV series.
10.10 **The Buddha of Suburbia** (T) (R) Hanif Kureishi's drama.
12.05 **The Sky at Night** (T) (R) **12.35** Horizon: Secrets of the Solar System (T) (R) **1.35** South Pacific (T) (R) **2.35** My Family, Partition and Me: India 1947 (T) (R)

Other channels

BBC Three

7.0pm Top Gear **7.0** The Catch Up **8.0** Glow Up: Britain's Next Make-Up Star **9.0** FILM The Notebook (2004) **10.55** Fleabag **11.25** The Apprentice Australia **12.30** Glow Up: Britain's Next Make-Up Star **1.30** Red Rose **2.20** Red Rose **3.0** Eating With My Ex **3.30** Eating With My Ex

Dave

6.0am Teleshopping **7.10** Yianni: Supercar Customiser **7.35** Yianni: Supercar Customiser **8.0** Cops on the Rock **9.0** Storage Hunters UK **9.30** Storage Hunters UK **10.0** Secrets of the Supercars **11.0** Top Gear **12.0** Bangers and Cash **1.0** Cops on the Rock **2.0** Top Gear **3.0** Rick Stein's Mediterranean Escapes **4.0** Top Gear **5.0** Rick Stein's Mediterranean Escapes **6.0** Taskmaster: Champion of Champions **7.0** Richard Osman's House of Games **7.40** Room 101 **8.20** Would I Lie to You? **9.0** QI XL **10.0** Mock the Week **10.40** Would I Lie to You? **11.20** Would I Lie to You? **12.0** Mock the Week **12.40** QI **1.20** QI XL **2.30** Room 101 **3.0** Room 101 **3.30** Richard Osman's House of Games **4.0** Teleshopping

E4

6.0am Hollyoaks **7.0** Black-ish **7.30** Black-ish **8.0** The Big Bang Theory **8.30** Ramsay's Kitchen Nightmares USA **9.30** Married at First Sight Australia **11.0** Young Sheldon **12.0** Brooklyn Nine-Nine **1.0** The Big Bang Theory **3.0** Young Sheldon **4.0** Brooklyn Nine-Nine **5.0** The Big Bang Theory **5.30** The Big Bang Theory **6.0** The Big Bang Theory **6.30** The Big Bang Theory **7.0** Hollyoaks **7.30** The Big Bang Theory **8.0** Below Deck **9.0** Gogglebox **10.0** Naked Attraction **11.05** Naked Attraction **12.10** Gogglebox **1.15** Below Deck **2.10** Naked Attraction **3.05** First Dates **4.0** Ramsay's Kitchen Nightmares USA **4.55** Baby Daddy **5.20** Baby Daddy

Film4

11.0am FILM Rugrats in Paris (2000) **12.35** FILM Night at the Museum: Battle of the Smithsonian (2009) **2.45** FILM The Pink Panther (1963) **5.05** FILM The Tin Star (1957) **6.55** FILM Evolution (2001) **9.0** FILM Zombieland: Double Tap (2019) **11.0** FILM **The Assistant** (2019) **12.45** FILM Raging Bull (1980)

ITV2

6.0am World's Funniest Videos **6.30** World's Funniest Videos **7.0** Love Bites **8.0** Dress to Impress **9.0** Veronica Mars **10.0** One Tree Hill **11.0** The OC **12.0** Supermarket Sweep **1.0** Rolling in It **2.05** Family Fortunes **3.05** Veronica Mars **4.0** One Tree Hill **5.0** Hart of Dixie **6.0** Celebrity Catchphrase **7.0** Superstore **7.30** Superstore **8.0** Bob's Burgers **8.30** Bob's Burgers **9.0** Gordon, Gino and Fred: European Road Trip **10.0** Family Guy **10.30** Family Guy **11.0** Family Guy **11.30** American Dad! **12.25** Bob's Burgers **1.20** Superstore **2.15** All American **3.0** Teleshopping

Sky Max

6.0am Stargate SG-1 **7.0** Stargate SG-1 **8.0** The Flash **9.0** DC's Legends of Tomorrow **10.0** Supergirl **11.0** NCIS: New Orleans **12.0** NCIS: New Orleans **1.0** Hawaii Five-0 **2.0** MacGyver **3.0** DC's Legends of Tomorrow **4.0** The Flash **5.0** Supergirl **6.0** Stargate SG-1 **7.0** Stargate SG-1 **8.0** SEAL Team **9.0** The Blacklist **10.0** Resident Alien **11.0** NCIS: Los Angeles **12.0** Road Wars **1.0** The Force: North East **2.0** Stop, Search, Seize **3.0** Hawaii Five-0 **4.0** MacGyver **5.0** Highway Patrol **5.30** Highway Patrol

Sky Arts

6.0am Darbar Festival 2017 **7.0** A Tribute to Randy Newman: Hollywood in Vienna **9.0** Tales of the Unexpected **9.30** Tales of the Unexpected **10.0** Alfred Hitchcock Presents **10.30** Alfred Hitchcock Presents **11.0** Discovering: Sidney Poitier **12.0** TS Eliot: The Search for Happiness **1.0** Tales of the Unexpected **1.30** Tales of the Unexpected **2.0** Discovering: Abba **3.0** Discovering: Steve McQueen **4.0** Tales of the Unexpected **4.30** Tales of the Unexpected **5.0** Alfred Hitchcock Presents **5.30** Alfred Hitchcock Presents **6.0** The Prince's Master Crafters: The Next Generation **7.0** Landscape Artist of the Year 2016 **8.0** Muriel Spark By Ian Rankin **9.0** Stevie Nicks: Rock a Little **10.15** The Art of Drumming **11.30** The Seventies **12.30** Revolution of Sound: Tangerine Dream **2.15** The Movies **3.05** Lily Cole's Art Matters **4.05** The Prince's Master Crafters: The Next Generation **5.0** Portrait Artist of the Year 2021

The Notebook, BBC Three

Sky Atlantic

6.0am Richard E Grant's Hotel Secrets **6.55** Richard E Grant's Hotel Secrets **7.45** In Treatment **8.15** Sharp Objects **9.25** Sharp Objects **10.30** Game of Thrones **11.55** Game of Thrones **1.20** Babylon Berlin **2.20** Mare of Easttown **3.25** Mare of Easttown **4.30** Mare of Easttown **5.40** The Night Of **7.25** Game of Thrones **9.0** Westworld **10.05** The Baby **10.40** The Baby **11.10** Irma Vep **12.15** Ray Donovan **1.20** Enter the House of the Dragon **2.20** Christian **3.30** In Treatment **4.0** Storm City **5.0** Storm City

Radio

Radio 3

6.30am Breakfast **9.0** Essential Classics **11.0** Edinburgh International Festival 2022. Live from Queen's Hall, soprano Golda Schultz and pianist Jonathan Ware perform C Schumann, Mayer, Clarke, Boulanger and Tagg. **1.0** Composer of the Week: Ruth Gipps (R) **2.0** Afternoon Concert. The 8 August Prom, with the BBC NOW in Gavin Higgins's Concerto Grosso. **4.0** Choral Evensong **5.0** In Tune **7.0** In Tune Mixtape **7.30** BBC Proms 2022. Live from the Royal Albert Hall, Thomas Dausgaard conducts the BBC SSO, pianist Behzod Abduraimov, soprano Elizabeth Watts and baritone Benjamin Appl in Ravel's La Valse, Beethoven's Piano Concerto No 1 and Nielsen's Symphony No 3 "Sinfonia Espansiva". **10.0** Sunday Feature: The Kershaw Tapes (R) **10.45** The Essay: Decameron Nights (R) **11.0** Night Tracks **12.30** Through the Night

Radio 4

6.0am Today **9.0** Sideways. A woman driven to uncover the truth behind a treasured family portrait. **9.30** Four Thought. Social researcher Chloe Juliette shares her experiences of the care system. (7/8) **9.45** (LW) Daily Service **9.45** (FM) Book of the Week: Without Warning and Only Sometimes (3/5) **10.0** Woman's Hour **10.25** (LW) Test Match Special: England v South Africa - First Test Day One **11.0** (FM) Perfect Pitch (From Choir Stalls to Cricket Balls) (R) **11.30** (FM) Princess. Anjli Mohindra on suffragette princess Sophia Duleep Singh. (3/8) **12.0** (FM) News **12.01** (LW) Shipping Forecast **12.04** (LW) TMS **12.04** (FM) You and Yours **1.0** (FM) World at One **1.45** (FM) Larkin Revisited. Simon Armitage explores the poem Bridge for the Living. (8/10) **2.0** (FM) The Archers (R) **2.15** (FM) Franklin (R) **3.0** (FM) Surviving the Cost of Living (R) **3.30** (FM) Pandemic 1918 (R) **4.0** (FM) Sideways (R) **4.30** (FM) The Media Show **5.0** (FM) PM **5.54** (LW) Shipping Forecast **5.57** (LW) TMS **6.0** (FM) News **6.30** (FM) Joe Lycett's Obsessions (R) **7.0** The Archers **7.15** Front Row **8.0** Behind the Crime. A man who pleaded guilty to indecent exposure. (3/3) **8.45** Four Thought (R) **9.0** Made of Stronger Stuff (R) **9.30** The Media Show (R) **10.0** The World Tonight **10.45** Book at Bedtime: Marzahn, Mon Amour (3/5) **11.0** Misguided Meditations (2/4) **11.15** Welcome to the Neighbourhood (8/10) **11.30** Alex Edelman's Peer Group (R) **12.0** News **12.30** Book of the Week (R) **12.48** Shipping Forecast **1.0** As World Service **5.20** Shipping Forecast **5.30** News **5.43** Prayer **5.45** Farming Today **5.58** Tweet of the Day

Radio 4 Extra

6.0am Inspector Purbright: Naked Nuns (3/6) **6.30** Crown House (8/8) **7.0** Michael Frayn's Pocket Playhouse (3/4) **7.30** Anneka Has Issues (4/4) **8.0** Hancock's Half Hour (7/14) **8.30** Any Other Business (4/6) **9.0** Booked (2/6) **9.30** The Attractive Young Rabbi (3/6) **10.0** Baldi (2/6) **10.45** Short Works **11.0** Clowning Around on 4 Extra (3/3) **12.0** Hancock's Half Hour (7/14) **12.30** Any Other Business (4/6) **1.0** Inspector Purbright (3/6) **1.30** Crown House (8/8) **2.0** Nine Perfect Strangers (3/10) **2.15** Five Days Which Changed Everything (3/5) **2.30** An English Journey (2/2) **3.0** Baldi (2/6) **3.45** Short Works **4.0** Booked (2/6) **4.30** The Attractive Young Rabbi (3/6) **5.0** Michael Frayn's Pocket Playhouse (3/4) **5.30** Anneka Has Issues (4/4) **6.0** Hordes of the Things (2/4) **6.30** Dad Made Me Laugh **7.0** Hancock's Half Hour (7/14) **7.30** Any Other Business (4/6) **8.0** Inspector Purbright (3/6) **8.30** Crown House (8/8) **9.0** Clowning Around on 4 Extra (3/3) **10.0** Anneka Has Issues (4/4) **10.30** Paul Sinha's History Revision (1/4) **10.55** The Comedy Club Interview **11.0** The Million Pound Radio Show (6/6) **11.30** Hearing With Hegley (5/8) **11.45** Creme De La Crime (1/4) **12.0** Hordes of the Things (2/4) **12.30** Dad Made Me Laugh **1.0** Inspector Purbright (3/6) **1.30** Crown House (8/8) **2.0** Nine Perfect Strangers (3/10) **2.15** Five Days Which Changed Everything (3/5) **2.30** An English Journey (2/2) **3.0** Baldi (2/6) **3.45** Short Works **4.0** Booked (2/6) **4.30** The Attractive Young Rabbi (3/6) **5.0** Michael Frayn's Pocket Playhouse (3/4) **5.30** Anneka Has Issues (4/4)

Thursday

Hotel Custody, ITV

BBC One

6.0 **Breakfast** (T) **9.15** Animal Park (T) **10.0** Caught Red Handed (T) **10.30** Fraud Squad (T) (R) **11.15** Homes Under the Hammer (T) **12.15** Bargain Hunt (T) (R) **1.0** News and Weather (T) **1.30** Regional News and Weather (T) **1.45** European Championships 2022 (T) **6.0** News and Weather (T) **6.30** Regional News and Weather (T) **7.0** Rip Off Britain (T) (R) **7.30** EastEnders (T)

8.0 **Celebrity MasterChef** (T) Freddy Forster sets a task for the contenders to cook a recipe that combines his classical cooking technique with flavours inspired by his west African heritage.
9.0 **Ambulance** (T) A call is received with reports of a high-speed collision involving trapped people.

10.0 **News** (T)
10.30 **Regional News** (T) Weather
10.40 **Red Rose** (T) (R) Student friends find a threatening app on their phones. Horror, starring Amelia Clarkson.
11.30 **Red Rose** (T) (R) Tragedy strikes the town.
12.10 **The Secrets She Keeps** (T) (R) **12.55** Weather for the Week Ahead (T) **1.0** News (T)

BBC Two

6.30 **Animal Park** (T) (R) **7.15** Bargain Hunt (T) (R) **8.0** Sign Zone: A Countryside Summer (T) (R) **8.30** Nadiya Bakes (T) (R) **9.0** European Championships 2022 (T) **1.45** Eggheads (T) (R) **2.15** Mastermind (T) (R) **2.45** Tigers About the House: What Happened Next (T) (R) **3.45** Antiques Road Trip (T) (R) **4.30** Flog It! (T) (R) **5.15** Pointless (T) (R)

6.0 **European Championships 2022** (T) Day eight coverage includes finals of the men's 1500m and high jump, plus the women's 5,000m and long jump at Olympiastadion. The heptathlon also concludes with the 800m, and there's diving action from the European aquatics championships in Rome.

10.0 **The Tuckers** (T) Murphy falls ill and has to recuperate.
10.30 **Newsnight** (T) Weather
11.15 **Cricket: Today at the Test** (T) (R) England v South Africa.
12.15 **Afghanistan: Getting Out** (T) (R) **1.15** Sign Zone: Inside the Factory XL – Buses (T) (R) **2.15** Dirty Rotten Scammers (T) (R) **3.0** This Is BBC Two (T)

ITV

6.0 **Good Morning Britain** (T) **9.0** Lorraine (T) **10.0** This Morning (T) **12.30** Loose Women (T) **1.0** News and Weather (T) **1.20** Local News and Weather (T) **1.30** Racing: Live from York (T) **4.30** Tipping Point: Best Ever Finals (T) **5.0** The Chase (T) (R) **6.0** Local News and Weather (T) **6.30** News and Weather (T) **7.30** Emmerdale (T)

8.30 **Tonight: Who's Polluting Our Water?** (T) Joe Crowley looks at the state of the nation's rivers and waterways.
9.0 **Hotel Custody** (T) New series. A look at the work of officers at a state-of-the-art custody centre in Grimsby, beginning with Halloween, when the Joker, Harley Quinn and Gangsta Granny check in.

10.0 **News** (T) Weather
10.30 **Local News** (T) Weather
10.45 **The Murder of Molly McLaren: Social Media Murders** (T) (R)
11.40 **All Elite Wrestling: Rampage**
12.40 **Shop: Ideal World 3.0** How to Keep Your Dog Happy at Home (T) (R) **3.25** Robson Green's Coastal Lives (T) (R) **3.50** Unwind With ITV

Channel 4

6.0 **Countdown** (T) (R) **6.40** 3rd Rock from the Sun (T) (R) **7.30** The King of Queens (T) (R) **8.20** Frasier (T) (R) **9.45** The Big Bang Theory (T) (R) **11.05** The Simpsons (T) (R) **11.35** The Simpsons (T) (R) **12.05** News (T) **12.10** Ramsay's Kitchen Nightmares USA (T) (R) **1.05** Find It, Fix It, Flog It (T) (R) **2.10** Countdown (T) **3.0** A Place in the Sun (T) (R) **4.0** Help! We Bought a Village (T) **5.0** Celebrity Moneybags (T) **6.0** The Simpsons (T) (R) **6.30** Hollyoaks (T) (R) **7.0** News (T)

8.0 **George Clarke's Old House, New Home** (T) The architect meets art deco fan Ododu, who has downsized to a Victorian terrace in Brighton.
9.0 **Football Dreams: The Academy** (T) The under-16s face a stressful time – they'll either be offered their first paid contract for two years or they'll be released.

10.0 **First Dates** (T)
11.05 **Gogglebox** (T) (R)
12.10 **Night Coppers** (T) (R) **1.05** Ramsay's Hotel Hell (T) (R) **1.55** Empire State of Mind (T) (R) **2.50** Cryptocurrency: Has the Bubble Burst? (T) (R) **3.45** Couples Come Dine With Me (T) (R) **4.40** The Dog House (T) (R) **5.35** Beat the Chef (T) (R)

Channel 5

6.0 **Milkshake! 9.15** Jeremy Vine (T) **12.45** Nightmare Tenants, Slum Landlords (T) (R) **1.40** News (T) **1.45** Home and Away (T) **2.20** FILM A Mother's Secret (Fred Olen Ray, 2020) (T) **4.0** Bargain-Loving Brits in the Sun (T) (R) **5.0** News (T) **6.0** Cash in the Attic (T) **7.0** Waitrose: Britain's Poshest Supermarket (T) (R)

8.0 **10 Years Younger in 10 Days** (T) Cherry Healey meets Lynn, who wants to find her mojo before reuniting with her husband in Australia. Includes news update.
9.0 **A Farm Through Time** (T) New series. Rob and Dave Nicholson go back to the second world war, guided by historian Ruth Goodman.

10.0 **Hotel Benidorm: Sun, Sea & Sangria** (T) (R)
10.55 **Porn Star Parents: Adults Only** (T) (R)
11.55 **Kinky for Cash: Adults Only** (T) (R)
1.05 **The Live Casino Show** (T) **3.15** 1999: The 30 Greatest Hits (T) (R) **5.35** Peppa Pig (T) (R) **5.40** Milkshake! Monkey's Amazing Adventures (T) (R)

BBC Four

7.0 **Cricket: Today at the Test** (T) (R) England v South Africa. Action from day two of the first Test at Lord's.

8.0 **The Culture Show** (T) (R) Mark Kermode talks to film director Steven Spielberg.
9.0 FILM **Empire of the Sun** (Steven Spielberg, 1987) (T) A boy in Shanghai is separated from his family and ends up in an internment camp. Second world war drama, starring Christian Bale and John Malkovich.

11.25 **Face to Face: Steven Spielberg** (T) (R) The US film-maker talks about his career with Jeremy Isaacs in a conversation first shown in January 1994.
12.05 **Lost Films of WW2** (T) (R) **1.05** Einstein's Quantum Riddle (T) (R) **2.05** Imagine: Maya Angelou – And Still I Rise (T) (R)

Other channels

BBC Three

7.0pm Top Gear **7.0** The Catch Up **8.0** Sky High Club: Scotland and Beyond **8.30** Sky High Club: Scotland and Beyond **9.0** **The Rap Game UK** **10.0** People Just Do Nothing **10.30** People Just Do Nothing **11.0** Rap Trip: Underground Scenes Uncovered **11.35** The Apprentice Australia **12.40** The Rap Game UK **1.40** Sky High Club: Scotland and Beyond **2.10** Sky High Club: Scotland and Beyond **2.40** People Just Do Nothing **3.40** Rapman: Back of the Bus

Dave

6.0am Teleshopping **7.10** Yianni: Supercar Customiser **7.35** Yianni: Supercar Customiser **8.0** Cops on the Rock **9.0** Storage Hunters UK **10.0** Secrets of the Supercars **11.0** Top Gear **12.0** Bangers and Cash **1.0** Cops on the Rock **2.0** Top Gear **3.0** Rick Stein's Mediterranean Escapes **4.0** Top Gear **5.0** Rick Stein's Mediterranean Escapes **6.0** Taskmaster **7.0** Richard Osman's House of Games **7.40** Room 101 **8.20** Would I Lie to You? The Unseen Bits **9.0** QI XL **10.0** Mock the Week **10.40** Would I Lie to You? **12.0** Mock the Week **12.40** QI **1.20** QI XL **2.30** Room 101 **3.30** Richard Osman's House of Games

E4

6.0am Hollyoaks **7.0** Black-ish **8.0** The Big Bang Theory **8.30** Ramsay's Kitchen Nightmares USA **9.30** Married at First Sight Australia **11.0** Young Sheldon **12.0** Brooklyn Nine-Nine **1.0** The Big Bang Theory **3.0** Young Sheldon **4.0** Brooklyn Nine-Nine **5.0** The Big Bang Theory **6.30** The Big Bang Theory **7.0** Hollyoaks **7.30** The Big Bang Theory **8.0** Below Deck **9.0** Gogglebox **10.0** Embarrassing Bodies **11.05** Naked Attraction **12.10** First Dates **1.15** Rick and Morty **1.45** Tuca & Bertie **2.15** Rick and Morty **2.40** Below Deck **3.30** Watch What Happens Live: Below Deck Reunion **4.20** Baby Daddy **5.10** Black-ish

Film4

11.0am FILM Tad the Lost Explorer and the Secret of King Midas (2017) **12.40** FILM Ferdinand (2017) **2.45** FILM Baby Boom (1987) **4.55** FILM Winchester '73 (1950) **6.45** FILM Finding Your Feet (2017) **9.0** FILM Taken 3 (2014) **11.15** FILM **Saint Frances** (2019) **1.20** FILM Hotel Splendide (2000)

ITV2

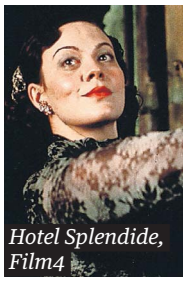
6.0am World's Funniest Videos **6.30** World's Funniest Videos **7.0** Love Bites **8.0** Dress to Impress **9.0** Veronica Mars **10.0** One Tree Hill **11.0** Hart of Dixie **12.0** Supermarket Sweep **1.0** Rolling in It **2.05** Family Fortunes **3.05** Veronica Mars **4.0** One Tree Hill **5.0** Hart of Dixie **6.0** Catchphrase Celebrity Special **7.0** Superstore **7.30** Superstore **8.0** Bob's Burgers **8.30** Bob's Burgers **9.0** Family Guy **9.30** Family Guy **10.0** Family Guy **10.30** Family Guy **11.0** Family Guy **11.25** American Dad! **11.55** American Dad! **12.25** Bob's Burgers **12.50** Bob's Burgers **1.20** Superstore **1.45** Superstore **2.15** All American **3.0** Teleshopping

Sky Max

6.0am Stargate SG-1 **7.0** Stargate SG-1 **8.0** The Flash **9.0** DC's Legends of Tomorrow **10.0** Supergirl **11.0** NCIS: New Orleans **12.0** NCIS: New Orleans **1.0** Hawaii Five-0 **2.0** MacGyver **3.0** DC's Legends of Tomorrow **4.0** The Flash **5.0** Supergirl **6.0** Stargate SG-1 **7.0** Stargate SG-1 **8.0** An Idiot Abroad 2 **9.0** **A League of Their Own** **10.0** Cobra **11.0** Rob & Romesh vs the NFL **12.0** Never Mind the Buzzcocks **12.45** Brassic **1.45** Road Wars **2.40** Road Wars **3.10** Hawaii Five-0 **4.05** MacGyver **5.0** Highway Patrol **5.30** Highway Patrol

Sky Arts

6.0am Gilbert and Sullivan: A Motley Pair **6.30** Gilbert and Sullivan: A Motley Pair **7.0** Son of Cornwall **9.0** Tales of the Unexpected **10.0** Alfred Hitchcock Presents **10.30** Alfred Hitchcock Presents **11.0** Discovering: Steve McQueen **12.0** FILM Sunflowers (2021) **1.0** Tales of the Unexpected **2.0** Mystery of the Lost Paintings **3.0** Discovering: Maureen O'Hara **4.0** Tales of the Unexpected **5.0** Alfred Hitchcock Presents **5.30** Alfred Hitchcock Presents **6.0** The Prince's Master Crafters: The Next Generation **7.0** Wonderland: From JM Barrie to JRR Tolkien **8.0** Discovering: Charles Bronson **9.0** The Directors **10.0** Comedy Legends **11.0** Alfred Hitchcock Presents **11.30** Alfred Hitchcock Presents **12.0** FILM I Dream of Wires (2014) **2.05** Classic Literature & Cinema **3.05** TS Eliot: The Search for Happiness **4.0** The Prince's Master Crafters: The Next Generation **5.0** Portrait Artist of the Year 2021



Hotel Splendide, Film4

Sky Atlantic

6.0am In Treatment **6.30** Sharp Objects **8.40** Babylon Berlin **11.0** Enter the House of the Dragon **12.0** Game of Thrones **11.0** Enter the House of the Dragon **12.0** Game of Thrones **1.05** Game of Thrones **2.15** Game of Thrones **3.25** Game of Thrones **4.30** Game of Thrones **5.30** Game of Thrones

Radio

Radio 3

6.30am Breakfast **9.0** Essential Classics **11.0** Edinburgh International Festival 2022. Live from the Queen's Hall, viol player Jordi Savall and Hesperion XXI play music from the height of the Ottoman empire. **1.0** Composer of the Week: Ruth Gipps (R) **2.0** Afternoon Concert. The 6 August Prom, with the National Youth Orchestra of Great Britain in Ravel and Gershwin. **5.0** In Tune **7.0** In Tune Mixtape **7.30** BBC Proms 2022. Live from the Royal Albert Hall, Thomas Dausgaard conducts the BBC SSO and pianist Francesco Piemontesi in Sibelius's Symphony No 7, Beethoven's Piano Concerto No 4 and Nielsen's Symphony No 4. **10.15** Sunday Feature: The Kershaw Tapes (R) **11.0** Great String Quartets at Edinburgh. The Chiaroscuro Quartet with Bach, Haydn and Schubert in 2017. **12.30** Through the Night

Radio 4

6.0am Today **9.0** Positive Thinking (3/6) **9.30** The Bear Next Door (R) **9.45** (LW) Daily Service **9.45** (FM) Book of the Week: Without Warning and Only Sometimes (4/5) **10.0** Woman's Hour **10.45** (LW) Test Match Special: England v South Africa – First Test Day Two **11.0** (FM) Crossing Continents. The dilemma facing the citizens of Kherson, Ukraine. (4/9) **11.30** (FM) The Art of Now (R) **12.0** (FM) News **12.01** (LW) Shipping Forecast **12.04** (LW) TMS **12.04** (FM) You and Yours **12.30** (FM) Sliced Bread (20/20) **1.0** (FM) The World at One **1.45** (FM) Larkin Revisited. Simon Armitage explores the poem Aubade. (9/10) **2.0** (FM) The Archers (R) **2.15** (FM) Knock of the Ban-Sithe. Contemporary ghost story based on Gaelic folklore, by Kenny Boyle. **3.0** (FM) Open Country. Helen Glover returns to her childhood home of Newlyn in Cornwall. (10/11) **3.27** (FM) Radio 4 Appeal (R) **3.30** (FM) Open Book (R) **4.0** (FM) The Curious Cases of Rutherford & Fry (R) **4.30** (FM) Inside Science **5.0** (FM) PM **5.54** (LW) Shipping Forecast **5.57** (LW) TMS **6.0** (FM) News **6.30** (FM) Michael Spicer: Before Next Door (R) **7.0** The Archers **7.15** Front Row **8.0** The Briefing Room (6/15) **8.30** The Digital Human (R) **9.0** Inside Science (R) **9.30** Positive Thinking (R) **10.0** The World Tonight **10.45** Book at Bedtime: Marzahn, Mon Amour (4/5) **11.0** Your Place Or Mine. Guy Garvey gets lyrical about New York. (4/10) **11.30** Dr Phil's Bedside Manner (R) **12.0** News **12.30** Book of the Week (R) **12.48** Shipping Forecast **1.0** As World Service **5.20** Shipping **5.30** News **5.43** Prayer **5.45** Farming Today **5.58** Tweet of the Day

Radio 4 Extra

6.0am Inspector Purbright: Naked Nuns (4/6) **6.30** Boxer and Doberman (1/2) **7.0** The Tim Vine Chat Show (1/4) **7.30** Michael Spicer: Before Next Door **8.0** The Burkiss Way (5/6) **8.30** Little Blighty on the Down (3/5) **8.55** In a Nutshell **9.0** The Personality Test (2/6) **9.30** Coming Alive (5/6) **10.0** The Dog **10.45** Short Works **11.0** Desert Island Discs **11.45** David Attenborough's Life Stories **12.0** The Burkiss Way (5/6) **12.30** Little Blighty on the Down (3/5) **12.55** In a Nutshell **1.0** Inspector Purbright (4/6) **1.30** Boxer and Doberman (1/2) **2.0** Nine Perfect Strangers (4/10) **2.15** Five Days Which Changed Everything (4/5) **2.30** Frinton Forever **3.0** The Dog **3.45** Short Works **4.0** The Personality Test (2/6) **4.30** Coming Alive (5/6) **5.0** The Tim Vine Chat Show (1/4) **5.30** Michael Spicer **6.0** Hordes of the Things (3/4) **6.30** Great Lives (4/9) **7.0** The Burkiss Way (5/6) **7.30** Little Blighty on the Down (3/5) **7.55** In a Nutshell **8.0** Inspector Purbright (4/6) **8.30** Boxer and Doberman (1/2) **9.0** Desert Island Discs **9.45** David Attenborough's Life Stories **10.0** Michael Spicer **10.30** Great Unanswered Questions (4/4) **10.55** The Comedy Club Interview **11.0** The Consultants (2/6) **11.30** Tom Wrigglesworth's Hang-Ups (1/4) **12.0** Hordes of the Things (3/4) **12.30** Great Lives (4/9) **1.0** Inspector Purbright (4/6) **1.30** Boxer and Doberman (1/2) **2.0** Nine Perfect Strangers (4/10) **2.15** Five Days Which Changed Everything (4/5) **2.30** Frinton Forever **3.0** The Dog **3.45** Short Works **4.0** The Personality Test (2/6) **4.30** Coming Alive (5/6) **5.0** The Tim Vine Chat Show (1/4) **5.30** Michael Spicer

Friday

This Is MY House, BBC One

BBC One

6.0 **Breakfast** (T) **9.15** Animal Park (T) **10.0** Caught Red Handed (T) **10.30** Fraud Squad (T) (R) **11.15** Homes Under the Hammer (T) (R) **12.15** Bargain Hunt (T) **1.0** News and Weather (T) **1.30** Regional News and Weather (T) **1.45** European Championships 2022 (T) **6.0** News and Weather (T) **6.30** Regional News and Weather (T) **7.0** Rip Off Britain (T) **7.30** Our Lives (T)

8.0 Question of Sport (T) With Conor Benn, Andros Townsend and Fran Halsall.
8.30 This Is MY House (T) With Judi Love, Joel Dommett and Fatiha El-Ghorri.
9.0 **Celebrity MasterChef** (T) The quarter-final.
9.30 **Would I Lie to You?** (T) (R) With Bob Mortimer and Samantha Morton.

10.0 **News** (T)
10.30 **Regional News** (T) Weather
10.40 FILM **Point Break** (Kathryn Bigelow, 1991) (T) An undercover FBI agent infiltrates a Californian surfing gang. Thriller, starring Keanu Reeves and Patrick Swayze.
12.35 **Weather for the Week Ahead** (T) **12.40** News (T)

BBC Two

6.15 **Animal Park** (T) (R) **7.0** Homes Under the Hammer (T) (R) **8.0** Sign Zone: A Countryside Summer (T) (R) **8.30** Nadiya Bakes (T) (R) **9.0** European Championships 2022 (T) **1.45** FILM Zeppelin (Étienne Périer, 1971) (T) **3.25** Beechgrove Repotted (T) **3.45** Antiques Road Trip (T) (R) **4.30** Flog It! (T) (R) **5.15** Pointless (T) (R)

6.0 **European Championships 2022** (T) From Munich, finals in the women's 1500m and men's 200m. Plus, the semi-finals of the women's beach volleyball, and diving action from the European aquatics championships in Rome.
9.30 Gardeners' World (T) Adam Frost visits a Victorian walled kitchen garden in Somerset.

10.30 **Newsnight** (T) Weather
11.05 **Cricket: Today at the Test** (T) (R) England v South Africa. Action from the third day of the first Test in the three-match series, which takes place at Lord's, London.
12.05 **Sign Zone** Panorama (T) (R) **12.35** Mountain Vets (T) (R) **1.35** Mountain Vets (T) (R) **2.35** This Is BBC Two (T)

ITV

6.0 **Good Morning Britain** (T) **9.0** Lorraine (T) **10.0** This Morning (T) **12.30** Loose Women (T) **1.0** News and Weather (T) **1.20** Local News and Weather (T) **1.30** Racing: Live from York (T) **4.30** Tipping Point: Best Ever Finals (T) **5.0** The Chase (T) (R) **6.0** Local News and eather (T) **6.30** News and Weather (T) **7.30** Emmerdale (T)

8.0 **Coronation Street** (T) Summer's health scare throws her holiday with Aaron into doubt.
9.0 Jane Austen's Sanditon (T) Lennox and Colbourne's rivalry over Charlotte peaks and Georgiana makes a decision. Edward's manipulation of Esther takes a dark turn.

10.0 **News** (T) Weather
10.30 **Local News** (T) Weather
10.45 FILM The Invisible Man (Leigh Whannell, 2020) (T) Starring Elisabeth Moss.
12.50 **Shop: Ideal World 3.0** South Africa With Gregg Wallace (T) (R) **3.25** The Village (T) (R) **3.50** Unwind With ITV (T) **5.05** Katie Piper's Breakfast Show (T) (R)

Channel 4

6.0 **Countdown** (T) (R) **6.40** 3rd Rock from the Sun (T) (R) **7.30** The King of Queens (T) (R) **8.20** Frasier (T) (R) (R) **9.45** The Big Bang Theory (T) (R) **11.05** The Simpsons (T) (R) **11.35** The Simpsons (T) (R) **12.05** News (T) **12.10** Ramsay's Kitchen Nightmares USA (T) (R) **1.05** Find It, Fix It, Flog It (T) (R) **2.10** Countdown (T) **3.0** A Place in the Sun (T) (R) **4.0** Help! We Bought a Village (T) **5.0** Celebrity Moneybags (T) **6.0** The Simpsons (T) **6.30** Hollyoaks (T) (R) **7.0** News (T)

8.0 **Hobby Man** (T) New series. Alex Brooker and guest Scarlett Moffatt enter the world of hobbies.
9.0 **8 Out of 10 Cats Does Countdown** (T) Richard Ayoade and Sara Pascoe take on Jon Richardson and Chris McCausland. Morgana Robinson is in Dictionary Corner.

10.0 **The Last Leg** (T)
11.05 **Sean Lock: Lockipedia Live** (T) (R) A 2010 standup show at Hammersmith Apollo.
12.10 **Ramy** (T) **12.35** Ramy (T) **1.10** FILM Action Point (Tim Kirkby, 2018) (T) **2.35** Ramsay's Hotel Hell (T) (R) **3.20** Come Dine With Me (T) (R) **5.40** Find It, Fix It, Flog It (T) (R)

Channel 5

6.0 **Milkshake! 9.15** Jeremy Vine (T) **12.45** Nightmare Tenants, Slum Landlords (T) (R) **1.40** News (T) **1.45** Home and Away (T) **2.20** FILM Tempting Fate (Kim Raver, Manu Boyer, 2019) (T) **4.0** Bargain-Loving Brits in the Sun (T) (R) **5.0** News (T) **6.0** Cash in the Attic (T) **7.0** Carol Klein's Summer Gardening (T) **7.55** News (T)

8.0 **Britain's Poshest Farm Shop** (T) Part two of two. Visits to four outstanding farm shops across the country. Includes news update.
9.0 **'Allo 'Allo!: 40 Years of Laughter** (T) A tribute to one of the UK's best-loved sitcoms, which centred on a cafe owner turned reluctant French resistance fighter.

10.30 **Britain's Favourite 80s Hits** (T) (R) Popular songs.
12.35 **Abba: In Their Own Words** (T) (R) **1.25** The Live Casino Show (T) **3.35** Britain's Favourite Takeaway (T) (R) **5.10** Wildlife SOS (T) (R) **5.35** Peppa Pig (T) (R) **5.40** Milkshake! Monkey's Amazing Adventures (T) (R) **5.45** Thomas & Friends (T) (R)

BBC Four

7.0 **Cricket: Today at the Test** (T) (R) England v South Africa.

8.0 **NYO Plays Gershwin, Ravel and Elfman at the Proms** (T) Gershwin's Rhapsody in Blue and Ravel's ballet score Daphnis et Chloé, performed by the National Youth Orchestra of Great Britain.
9.50 **Sounds of the Seventies** (T) (R) Archive performances by the Moody Blues, the Faces and David Bowie.

10.0 **Top of the Pops** (T) (R) From May 1993, including Suede, Stereo MC's and Tina Turner.
10.30 **Stevie Wonder at the BBC** (T) (R) Archive appearances.
11.30 **A Night of Wonder** (T) (R)
12.35 **Stevie Wonder: A Musical History** (T) (R) **1.35** Sings Stevie Wonder (T) (R) **2.35** Stevie Wonder at the BBC (T) (R)

Other channels

BBC Three

7.0pm Top Gear **7.0** The Catch Up **8.0** Eating With My Ex **8.30** Eating With My Ex **9.0** Canada's Drag Race **10.0** Some Girls **10.30** Some Girls **11.0** Some Girls **11.30** The Apprentice Australia **12.35** Sky High Club: Scotland and Beyond **1.05** Sky High Club: Scotland and Beyond **1.35** Some Girls **2.05** Some Girls **2.35** Some Girls **3.05** Eating With My Ex **3.35** My Mate's a Bad Date

Dave

6.0am Teleshopping **7.10** Yianni: Supercar Customiser **7.35** Yianni: Supercar Customiser **8.0** Cops on the Rock **9.0** Storage Hunters UK **9.30** Storage Hunters UK **10.0** Secrets of the Supercars **11.0** Top Gear **12.0** Bangers and Cash **1.0** Cops on the Rock **2.0** Top Gear **3.0** Rick Stein's Mediterranean Escapes **4.0** Top Gear **5.0** Rick Stein's Mediterranean Escapes **6.0** Taskmaster **7.0** Richard Osman's House of Games **7.40** Room 101 **8.20** Would I Lie to You? At Christmas **9.0** QI XL **10.0** Mock the Week **10.40** Big Zuu's Big Eats **11.20** Would I Lie to You? The Unseen Bits **12.0** Mock the Week **12.40** QI **1.20** QI XL **2.30** Room 101 **3.0** Room 101 **3.30** Richard Osman's House of Games **4.0** Teleshopping

E4

6.0am Hollyoaks **7.0** Black-ish **7.30** Black-ish **8.0** The Big Bang Theory **8.30** Ramsay's Kitchen Nightmares USA **10.0** Married at First Sight Australia **11.0** Young Sheldon **2.0** Brooklyn Nine-Nine **1.0** The Big Bang Theory **3.0** Young Sheldon **4.0** Brooklyn Nine-Nine **5.0** The Big Bang Theory **7.0** Hollyoaks **7.30** Below Deck **8.30** Below Deck **9.30** Gogglebox 2019 **11.30** Naked Attraction **12.35** First Dates **2.40** Gogglebox **3.35** Below Deck **4.25** The Big Bang Theory **4.50** Baby Daddy

Film4

11.0am FILM Alpha and Omega (2010) **12.45** FILM The Spiderwick Chronicles (2008) **2.35** FILM The Thirty-Nine Steps (1978) **4.40** FILM Jason and the Argonauts (1963) **6.50** FILM The League of Extraordinary Gentlemen (2003) **9.0** FILM The Predator (2018) **11.10** FILM The Toll (2021) **12.50** FILM Kill List (2011)

ITV2

6.0am World's Funniest Videos **6.30** World's Funniest Videos **7.0** Love Bites **8.0** Dress to Impress **9.0** Veronica Mars **10.0** One Tree Hill **11.0** Hart of Dixie **12.0** Supermarket Sweep **1.0** Rolling in It **2.05** Family Fortunes **3.05** Veronica Mars **4.0** One Tree Hill **5.0** Hart of Dixie **6.0** Celebrity Catchphrase **7.0** Superstore **7.30** Superstore **8.0** Bob's Burgers **8.30** Bob's Burgers **9.0** FILM The Heat (2013) **11.20** Family Guy **11.50** Family Guy **12.20** American Dad! **12.45** American Dad! **1.15** Bob's Burgers **1.40** Bob's Burgers **2.10** All American **3.0** Teleshopping

Sky Max

6.0am Stargate SG-1 **7.0** Stargate SG-1 **8.0** The Flash **9.0** DC's Legends of Tomorrow **10.0** Supergirl **11.0** NCIS: New Orleans **12.0** NCIS: New Orleans **1.0** Hawaii Five-0 **2.0** MacGyver **3.0** DC's Legends of Tomorrow **4.0** The Flash **5.0** Supergirl **6.0** Stargate SG-1 **7.0** Stargate SG-1 **8.0** Freddie Fries Again **9.0** Rob & Romesh vs Andy Murray **10.0** A League of Their Own **11.0** Banshee **12.15** The Blacklist **1.10** The Force: North East **2.05** Road Wars **3.0** Hawaii Five-0 **4.0** MacGyver **5.0** Highway Patrol **5.30** Highway Patrol

Sky Arts

6.0am Balletboyz: Them/Us **7.15** Andrea Bocelli: Love in Portofino **9.0** Tales of the Unexpected **9.30** Tales of the Unexpected **10.0** Alfred Hitchcock Presents **10.30** Alfred Hitchcock Presents **11.0** Discovering: Maureen O'Hara **12.0** Muriel Spark By Ian Rankin **1.0** Tales of the Unexpected **1.30** Tales of the Unexpected **2.0** Landmark **3.0** Discovering: Edward G Robinson **4.0** Tales of the Unexpected **4.30** Tales of the Unexpected **5.0** Alfred Hitchcock Presents **5.30** Alfred Hitchcock Presents **6.0** The Prince's Master Crafters: The Next Generation **7.0** Guy Garvey: From the Vaults **8.0** Elbow: Flying Dream 1 **8.30** Discovering: Tina Turner **9.0** PJ Harvey at Nuits De Fourvière **10.40** The Ronnie Wood Show **11.10** The Ronnie Wood Show **11.40** Ronnie Wood: Somebody Up There Likes Me **1.0** Gary Numan Resurrection **2.30** High Tech Soul: The Creation of Techno Music **3.45** Arts Uncovered **4.0** The Prince's Master Crafters: The Next Generation **5.0** Portrait Artist of the Year 2021

Canada's Drag Race, BBC Three

Sky Atlantic

6.30am Game of Thrones **11.55** Game of Thrones **1.0** Game of Thrones **2.05** Game of Thrones **3.10** Game of Thrones **4.15** Game of Thrones **5.20** Game of Thrones **6.25** Game of Thrones **7.30** Enter the House of the Dragon **8.30** Game of Thrones **9.30** Game of Thrones **10.45** Game of Thrones **11.50** Game of Thrones **12.50** Game of Thrones **1.55** Enter the House of the Dragon **2.25** Game of Thrones **3.30** Game of Thrones **4.30** Game of Thrones **5.30** Game of Thrones*

Radio

Radio 3

6.30am Breakfast **9.0** Essential Classics **11.0** Edinburgh International Festival 2022. Baritone Florian Boesch and pianist Malcolm Martineau in Schubert's Die Winterreise. **1.0** Composer of the Week: Ruth Gipps (R) **2.0** Afternoon Concert. The 7 August Prom, with the Mahler Chamber Orchestra playing Mozart. **4.30** The Listening Service (R) **5.0** In Tune. Live from Edinburgh international festival. **7.0** In Tune Mixtape **7.30** BBC Proms 2022. Live from the Royal Albert Hall, the BBC Singers and the English Concert perform Handel's Solomon, with soloists Iestyn Davies, Anna Dennis, Benjamin Hulett, Ashley Riches and Wallis Giunta. **10.30** Between the Ears (R) **11.0** Late Junction. Highlights from Newcastle's After Dark festival. **1.0** Piano Flow **2.0** Happy Harmonies With Laufey (R) **3.0** Through the Night

Radio 4

6.0am Today **9.0** The Reunion (R) **9.45** (LW) Daily Service **9.45** (FM) Book of the Week: Without Warning and Only Sometimes (5/5) **10.0** Woman's Hour **10.45** (LW) Test Match Special: England v South Africa - First Test Day Three **11.0** (FM) The Spark. Louise Perry talks about dangers facing young women today. (1/4) **11.30** (FM) Mucking In. Cicely wants Ben to go with her to Paris. (5/6) **12.0** (FM) News **12.01** (LW) Shipping Forecast **12.04** (LW) TMS **12.04** (FM) AntiSocial (9/12) **12.57** (FM) Weather **1.0** (FM) The World at One **1.45** (FM) Larkin Revisited: The Whitsun Weddings (10/10) **2.0** (FM) The Archers (R) **2.15** (FM) Exemplar Thriller, by Ben and Max Ringham. (1/5) **2.45** (FM) Living With the Gods (R) **3.0** (FM) Gardeners' Question Time. In East Sussex. **3.45** (FM) Short Works. Un Hotel Tranquille, by Olivia Fitzsimons. **4.0** (FM) Last Word **4.30** (FM) Feedback (7/9) **5.0** (FM) PM **5.54** (LW) Shipping Forecast **5.57** (LW) TMS **5.57** (FM) Weather **6.0** (FM) News **6.30** (FM) Party's Over. Henry receives an unwanted family visit. (4/6) **7.0** The Archers **7.15** Screenshot. Literary adaptations on screen. (3/9) **8.0** Any Questions? **8.50** A Point of View **9.0** Larkin Revisited Omnibus (6-10/10) **9.59** Weather **10.0** The World Tonight **10.45** Book at Bedtime: Marzahn, Mon Amour (5/5) **11.0** Great Lives (R) **11.30** Sarah Kendall (R) **12.0** News **12.30** Without Warning and Only Sometimes (R) **12.48** Shipping Forecast **1.0** As World Service **5.20** Shipping Forecast **5.30** News **5.43** Prayer for the Day **5.45** Four Thought? (R)

Radio 4 Extra

6.0am Inspector Purbright: Naked Nuns (5/6) **6.30** Boxer and Doberman (2/2) **7.0** Dot (4/4) **7.30** Alexei Sayle's Strangers on a Train (6/6) **8.0** It Sticks Out Half a Mile (8/14) **8.30** Thirty Minutes Worth (1/6) **9.0** Hidden Treasures (6/8) **9.30** One Flat Summer (6/6) **10.0** Baldi (3/6) **10.45** Short Works **11.0** Podcast Radio Hour **12.0** It Sticks Out Half a Mile (8/14) **12.30** Thirty Minutes Worth (1/6) **1.0** Inspector Purbright: Naked Nuns (5/6) **1.30** Boxer and Doberman (2/2) **2.0** Nine Perfect Strangers (5/10) **2.15** Five Days Which Changed Everything (5/5) **2.30** I Was George Orwell's Pupil (1/3) **3.0** Baldi (3/6) **3.45** Short Works **4.0** Hidden Treasures (6/8) **4.30** One Flat Summer (6/6) **5.0** Dot (4/4) **5.30** Alexei Sayle's Strangers on a Train (6/6) **6.0** Hordes of the Things (4/4) **6.30** Sounds Natural **7.0** It Sticks Out Half a Mile (8/14) **7.30** Thirty Minutes Worth (1/6) **8.0** Inspector Purbright (5/6) **8.30** Boxer and Doberman (2/2) **9.0** Podcast Radio Hour **10.0** Alexei Sayle's Strangers on a Train (6/6) **10.30** Lee Mack and Friends at the Fringe (2/2) **10.55** The Comedy Club Interview **11.0** The Pin (4/4) **11.15** World of Pub (4/4) **11.30** James Acaster's Perfect Sounds **12.0** Hordes of the Things (4/4) **12.30** Sounds Natural **1.0** Inspector Purbright (5/6) **1.30** Boxer and Doberman (2/2) **2.0** Nine Perfect Strangers (5/10) **2.15** Five Days Which Changed Everything (5/5) **2.30** I Was George Orwell's Pupil (1/3) **3.0** Baldi (3/6) **3.45** Short Works **4.0** Hidden Treasures (6/8) **4.30** One Flat Summer (6/6) **5.0** Dot (4/4) **5.30** Alexei Sayle's Strangers on a Train (6/6)

Dear Bradford

Farhaan was born in a divided city, and it divided him. He grew up in Bradford of south Asian Muslim heritage, living a dual existence that eventually compelled him to leave.

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