

1 April 2018

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bumper Easter
crossword

SUNDAY EXPRESS

Isabella Rossellini

Life behind
the lens

Free spirit

Style inspired
by romantic
folk tales



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1 April 2018

Contents

Happy Easter

The things they say...

"The great gift of Easter is hope"

Basil Hume
(1923-1999)



42



10

Gown, £450, Needle & Thread (needleandthread.com); top, £69, Coast (coast-stores.com); headband, £14, River Island (0344 576 6444, riverisland.com); earrings, £12.99, Zara (0800 030 4238, zara.com)



44

Fashion

4 Get this!

8 Focus

Blue and white are a perfect match for spring

10 Folk revival

Free the spirit in embroidery, florals and lace

34 In the closet

Casualty's Charlotte Salt reveals her style secrets

Lifestyle

33 Wild at heart

Celebrate the best Ireland has to offer, exploring its spectacular southwest coast

40 Victoria's best

Victoria Gray finds cracking eggcups

42 Interiors

Fresh touches of style for your home

44 Food

A seasonal menu of spring ingredients

51 Wine

Jamie Goode toasts tasty New Zealand pinots

53 Gardens

Down-to-earth buys for your outdoor space

People

22 Life as I know it

With singer and DJ Marvin Humes

24 Isabella Rossellini

The model and actress is still in vogue at 65

28 Aidan Gillen

Why the straight actor is turning to comedy

30 Natalie Anderson

The actress on *Fat Friends*, fame and family

58 My favourite photo

TV presenter Linda Nolan shares a snapshot

Regulars

7 First look The hottest tickets in town

18-21 Beauty

A new generation of peels to get under your skin

36 Health

How to beat anger and stay positive

38 Agony aunt

54 Hot off the press

56 Fiction

A story by bestselling author Wendy Holden

59-74 Switch on The week on TV and radio

77 Be a winner

A short break and cuddly toys could be yours

79 Mindy Hammond

A last-minute wedding alters our columnist's plans

80 The £1,000 Easter crossword

Pit your wits against the jumbo crossword

82 Stars Russell Grant predicts your week

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On the cover: Jacket, £520, Lena Hoschek (shop.lenahoschek.com); dress, £69, Marks & Spencer (0333 014 8000, marksandspencer.com); headscarf, £7.99; earrings, £9.99, both Stradivarius (0808 234 0211, stradivarius.com)



COVER, STYLING: PAULA O'CONNOR / PHOTOGRAPH: CHRIS BRACEWELL / STYLIST'S ASSISTANT: ELEANOR SMITH / PHOTOGRAPHER'S ASSISTANT: OLIVER SYMONS-THOMAS / HAIR AND MAKE-UP: CAROLYN WREN USING CHANEL ROUGE COCO LIP BLUSH AND SUBLIMAGE L'EXTRAIT MODEL: ARIANE FOURNIER AT PREMIE



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Get this!

There's something for every budget in this week's must-have selection **Compiled by Laura Mulley**



FREE AND EASY

Gato & Co dairy, gluten and refined sugar-free puddings, £2.29, Sainsbury's and Ocado



BOWLED OVER

Set of three picnic serving bowls, £19.50, Marks & Spencer (0333 014 8000, marksandspencer.com)



LET'S STICK TOGETHER

Sticky memos, £2, Flying Tiger (uk.flyingtiger.com)



SAFE AND SOUND

Smoke and carbon monoxide alarm, £109, Nest (nest.com/uk)

SWEET AND SOUR

Mr Gladstone's Curious Emporium rhubarb and custard alcoholic drink, £4, Tesco and Nisa



SHEER DELIGHT

Iris chiffon kimono, £71, Rosie On Fire (rosieonfire.com)



CUSHY NUMBER

Cushion, £10, Matalan (0333 004 4444, matalan.co.uk)



CLOSE CALL

Galaxy S9 smartphone, £739, Samsung (0330 726 7864, shop.samsung.com/uk)



SHINING EXAMPLE

Shine Halo ring, £100, Pandora (0808 234 5431, uk.pandora.net)



TAKE A BREAK

KitKat Senses individually wrapped bites, £3.99, nationwide



HANDLE WITH CARE

Dircle shopper bag, £60, Dune London (0333 240 7306, dunelondon.co.uk)



SWEET ENOUGH

Innocent oat, almond and hazelnut drinks, £1.99 each, Waitrose and Ocado



ART OF GLASS

Floral glass frame, £8, Morrisons (0345 611 6111, morrisons.com)



TEA TIME

Clipper National Trust tea, £3.79, Sainsbury's and shop.clipper-teas.com



EYE OF THE TIGER

Sweater, £48, Sugarhill Boutique (01273 911814, sugarhillboutique.com) – £10 goes to the Born Free Foundation's big cat campaign



SLICE OF THE ACTION

Mr Kipling Unicorn Slices, £1.75, Asda, Tesco and Sainsbury's



ROCK STARS

Crystal earrings, £45, Adore (uk.adorejewelry.com)



HERO OF THE HOUR

Tommy Hilfiger Tommy x Gigi watch, £175, Hourtime (01428 664702, hourtime.co.uk)



BODY TALK

Body+ body composition Wi-Fi scale, £89.95, Nokia Health (health.nokia.com)



BRANCH OUT

Linea palm tree candlestick, £30, House of Fraser (0345 602 1073, houseoffraser.co.uk)



JOLLY GOOD SHOW

Springtime Stories by Enid Blyton, £6.99, Express Bookshop (see page 82)



CANNED HEAT

Andy Warhol scented candle, £45, Amara (0800 587 7645, amara.com)

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my daffodil in
memory of my
mum, and the
amazing nurse
who cared for her."*

Alison Steadman, Marie Curie Ambassador



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**Care and support
through terminal illness**

first look

Amuse the little ones with a thrilling summer eco camp, an Easter egg hunt at Flamingo Land and a children's classic on stage **Compiled by Kirsten Jones**

SHOP

Debenhams says gorgeous comes in all sizes so it's celebrating with body positive lingerie fronted by plus size model Joann Van Den Herik. The store's DD+ spring lingerie collection features supportive bralettes, bodys and pretty pieces meant to be seen, not hidden. The new collection is available up to 40HH cup size, from £16, at debenhams.com.



DO

Spring is in full swing and Flamingo Land Theme Park, Zoo and Resort is now open daily from 10am. Between now and April 15 you can join the Easter Egg Hunt at the park's Dino Dig or the Zoo Trail and you could win a family annual pass. Kids will love to meet Peter Rabbit and see Menya, the Sumatran tiger cub born last August. With a variety of adult and junior rides – including the new Flamingo 1 family racing cars – there's loads to see and do. Day tickets cost £40 per person or £126 for a family of four with online discounts available. Visit flamingoland.co.uk.



BOOK

The hot summer holidays may seem a long way off, but get organised early and plan a six-day eco adventure for the kids at Camp Kernow in Cornwall.

The award-winning children's summer camp is back in August with a jam-packed programme of outdoor activities for seven to 14 year olds. Kids can spend the night in the woods, forage for wild food and try archery, shelter building and more. It's located in 200 acres of woodland and lakes just outside of Truro. Tickets cost from £420. Visit campkernow.org.uk.



Rod Campbell's much-loved children's book *Dear Zoo* has been made into a new stage show that's perfect for children aged two to six. It's on tour now and stars a wild puppet cast including a mischievous monkey, friendly frog and other extraordinary zoo creatures. Tickets start at about £14 (depending on the venue). The tour visits Lichfield on Wednesday, before going to other UK venues, finishing in Kettering on June 1. See dearzoofriends.com.

MUST haves

Enjoy a canine caper, uncover a family secret and watch a tale of childhood bravery

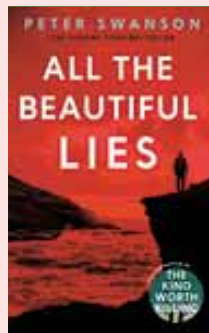
Isle Of Dogs

Bill Murray and Tilda Swinton are two of the voice stars in Wes Anderson's quirky stop-motion movie. Set in a dystopian future, all dogs are banished to Trash Island to rid a city of canine flu. Sounds bonkers, but it's a real treat. Track it down in cinemas now.



All The Beautiful Lies

After the shock death of his father, Harry is called home from college by his stepmother, Alice, and he discovers dark secrets in her past. We love the thrilling split narrative in Peter Swanson's novel. It's out on Tuesday, price £12.99. See Bookshop on page 82.



Wonder

August "Auggie" Pullman was born with facial differences but plucks up the courage to go to school, face the bullies and learn the meaning of true friendship. Jacob Tremblay and Julia Roberts star in this teary tale. It's out on Blu-ray and DVD now.



Perfect partners

Pair soft blues and white for the freshest look for spring
Compiled by Paula O'Connor



Dress, £130;
slingbacks, £80;
saddle bag, £98;
earrings, £25,
all Boden
(0330 333 0000,
boden.co.uk)



Facing page, left column, from top:

Handbag, £185, Reiss (0845 604 7457, reiss.com). Lace dress, £90, V by Very (0800 092 3355, very.co.uk). Shoes, £36, Next (0333 777 8000, next.co.uk)

Right column, from top:

Sleeveless shift dress, £190, Hobbs (020 3095 3939, hobbs.co.uk). Mules, £30, V by Very (as before). Shirt, £120, Minimum at Debenhams (0344 800 8877, debenhams.co.uk)



This page, left column, from top:

Off-the-shoulder top, £60, Monsoon (020 3372 3052, monsoon.co.uk). Jacket, £175, Jaeger (02920 101432, jaeger.co.uk). Handbag, £195, Reiss (as before).



Embroidered trousers, £135, Jaeger (as before)

Centre column, from top:

Long-sleeved jumpsuit, £250, Reiss (as before). Embroidered blouse, £29, Red Herring at Debenhams (as before). Biker jacket, £55, Red Herring at Debenhams (as before)



Right column, from top:

Dress, £159, Hobbs (as before). Pointed flats, £98, Jigsaw (020 8392 5603, jigsaw-online.com). Sleeveless dress, £75, J by Jasper Conran at Debenhams (as before)





Left: Embroidered jacket, £520, Lena Hoschek (shop.lenahoschek.com); tunic dress, £69, Marks & Spencer (0333 014 8000, marksandspencer.com); sandals, £215, Chie Mihara (chiemihara.com); headscarf, £7.99; drop earrings, £9.99, both Stradivarius (0808 234 0211, stradivarius.com); rope belt, £7.99, Pull&Bear (0800 015 9735, pullandbear.com); blanket, from a selection at Paris Essex (07545 124599, parisessex.com)

Right: Lace flare-sleeve top, £55, Michelle Keegan at Very (0800 092 3355, very.co.uk); Jacquard maxi skirt, £69.99, Zara (0800 030 4238, zara.com); canvas tie-up heels, £38, River Island (0344 576 6444, riverisland.com); silk scarf, £7.99; tassel earrings, £9.99, both Stradivarius (as before)

Folk revival

Embrace a romantic new look with ditsy florals, lace, smocking and embroidery

Photographs by Chris Bracewell

Styling by Paula O'Connor



Left: Lattice sleeveless gown, £450, Needle & Thread (020 7043 2363, needleandthread.com); sheer top (worn underneath), £69, Coast (0345 257 5555, coast-stores.com); straw fan earrings, £7.99, Bershka (0808 234 0209, bershka.com)

Right: Polo neck, £15.99, Stradivarius (0808 234 0211, stradivarius.com); jacket, £390, Orla Kiely (orkiely.com); floral maxi dress, £55, Joe Browns at QVC (0800 514131, qvcuk.com); loop earrings, £12.99; necklace, £17.99, both Zara (0800 030 4238, zara.com)



This page: Mini dress with contrasting embroidery, £39.99, Zara (0800 030 4238, zara.com); headband, £14, River Island (0344 576 6444, riverisland.com); tassel earrings, £9.99, Stradivarius (0808 234 0211, stradivarius.com)

Facing page: Paisley maxi dress, £730, Lena Hoschek (shop.lenahoschek.com); rope sandals, £49, Topshop (0344 984 0264, topshop.com); headscarf, £7.99, Stradivarius (as before)



FASHION

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Silk shirt, £155,
Liberty at Really
Wild (01491 352600,
reallywildclothing.
co.uk); fluffy jacket,
£49.99, Bershka
(0808 234 0209,
bershka.com);
maxi skirt, £40,
Joe Browns; crochet
bag, £36.50, The Sak,
both at QVC (0800
514131, qvcuk.com)



Stylist's assistant:
Eleanor Smith
**Photographer's
assistant:** Oliver
Symons-Thomas
Hair and make-up:
Carolyn Wren using
Chanel Rouge
Coco Lip Blush and
Sublimage L'Extrait
and Electric Hair
Model: Ariane Fournier
at Premier



Amy Packer



I've been writing about beauty for more than 15 years but occasionally can't help feeling I would benefit from a chemistry degree when it comes to understanding the jargon bandied about by skincare companies. And if even I find all the -oxys, -oxides and peptides bamboozling, despite a 20 minute one-to-one with a dermatologist, I've no idea how the average Jo(anna) keeps up.

Take the tidal wave of acids recently launched and often marketed as "peels". These have been declared by everyone who

knows anything about skin to be the must-have addition to your cleansing routine for 2018. But putting something on your face that sounds as though it could remove the enamel from your bath can be quite a leap of faith.

The reality however, is that acids are milder than you might imagine. Essentially liquid exfoliants many of which are simply swept over the skin with a cotton pad, they are a far gentler way to whisk away dead cells and deal with clogged pores than the old-school, grainy face scrubs

of your teenage years, which can cause microscopic tears in the skin's barrier.

A gentle peel is actually one of the best things you can do for your skin, returning radiance and glow within a fortnight. If you're not sure where to start, check out my selection here. Glossier, This Works and REN are great starting points if you're new to acids, while Paula's Choice and Dr Dennis Gross are brilliant when you're ready to bring out the big guns. Now, let's take a closer look at the small print.

AHAs (alpha-hydroxy acids) stimulate skin renewal by breaking the water bonds attaching dead skin cells to healthy skin to whisk away the top layer of cells, which makes them great for dealing with fine lines, dull skin and mild, newly arrived sun damage. Made from plant, milk or fruit sugars, they boost collagen production for firmer skin, too.

Anything marked glycolic, citric or lactic acid falls into this category. Just make sure you are using a daily sunscreen throughout the year if you add these into the mix

The acid test

Peel back the years with these new exfoliators



PHOTOGRAPHY MEGAN BRAMLEY / STYLING SARAH WHITE

as they make you more sensitive to UVA and UVB damage, which is very ageing.

BHAs (beta-hydroxy acids) are also exfoliating, but they work at a deeper level, penetrating skin to help exfoliate inside enlarged or clogged pores. They are antibacterial, so help even out oily skin prone to lumps, bumps and breakouts. Rather than causing irritation, BHAs are anti-inflammatory and help reduce redness. Look for salicylic or benzoic acid on labels to say bye-bye to blemishes.

PHAs (polyhydroxy acids) are functionally similar to AHAs but have larger molecules, making them extra gentle on the skin. They're more hydrating, too. Keep an eye out for gluconolactone and lactobionic acid.

Finally, **Hyaluronic acid**. It's the "acid" I get asked about most. But it isn't an acid in the exfoliation sense of the word. It's a water binding molecule that we make less of as we age and when applied topically helps plump and hydrate the skin.

I actually did a double-take when

passing a mirror the first time I used Swisscode Pure Hyaluron. It looked as though I had borrowed someone else's (much younger) forehead for the evening.

- **Dr Dennis Gross Alpha Beta Exfoliating Moisturizer** (£66; 020 8740 2085, spacenk.com)
- **REN Clean Skincare Ready Steady Glow Daily AHA Tonic** (£25; 0800 112 4339, renskincare.com)
- **Swisscode Pure Hyaluron** (£90; pureswissboutique.com)
- **La Roche-Posay Effaclar**

Clarifying Lotion (£11; 0345 070 8090, boots.com)

- **Paula's Choice Skin Perfecting 8% AHA Gel** (£23; 0203 608 9813, paulaschoice.co.uk)
- **This Works Evening Detox Spray-on Exfoliant** (£28; thisworks.com)
- **Glossier Solution Exfoliating Skin Perfector** (£19; glossier.com)
- **Nip+Fab Glycolic Fix Liquid Glow with 6% pure Glycolic Acid** (£19.95; nipandfab.com)
- **Elemis Dynamic Resurfacing Facial Pads** (£39 for 60; 0117 316 1888, elemis.com)



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Tailor-made for skin that is over 60 – which is when our faces really start to lose definition and natural skin tone fades – **Lancôme Rénergie Multi-Glow (£64; 0345 070 8090, boots.com)** aims to restore contours and infuse skin with a rosy glow. Trialled under extreme, micro-gravity conditions in collaboration with a space biology expert, 81 per cent of women in tests reported smoother, more-lifted skin after just four weeks of use. Linseed extract helps with cosmetic lifting while red berry extract corrects and evens out skin tone.



If the only quibble you had about the new **GHD Gold Professional Styler (£139; 01924 423400, ghdhair.com)**, with its frizz-fighting floating plates and dual heat sensors, was “why is it black?” you’ll love this new limited-edition gold version.

Eau so lovely

Diptyque is celebrating 50 years of sensational scents with two new creations from perfumer Olivier Pescheux, which are gracious nods to the fragrance house’s premier parfum, L’Eau. Both bottles have suitably 60s fonts.

Tempo (£115; 0800 840 0010, diptyqueparis.co.uk) pays tribute to the power flower of the time – patchouli – with three extracts from a sustainable project in Indonesia. Meanwhile, **Fleur de Peau (£115)** takes its lead from L’Eau’s notes of musk and powdery, elegant iris.



As a teenager, I had a watch that let me swap straps to complement my outfit. The new **Guerlain My Rouge G** collection takes me right back to those mix-and-match sessions. There are 15 stylish cases (£14.50 each) and 30 desirable lipsticks (£25.50 each) to choose from (0345 602 1073, houseoffraser.co.uk).



MICRO TREND

Freckle face...

What: A new take on fresh, healthy, summery skin.

How: Terry Barber, director of make-up artistry at MAC, says, “Use the tip of your brow pencil to dot a smattering of freckles across the nose and forehead for a gorgeous, outdoorsy freshness.”

Top tip: Apply varying pressures on the pencil to create different freckle sizes so that the final effect isn’t theatrical.

Try: **MAC Eye Brows in Lingering or Stud** for darker skin (£15.50; 0800 054 2999, maccosmetics.co.uk).



Life as I know it

Marvin Humes

The DJ and former member of JLS, 33, lives in Essex with his wife Rochelle, a presenter, and daughters Alaia-Mai and Valentina Words by Amy Packer

Not a lot of people know this but I'm very good at... table tennis. My dad was always amazing at it and no matter what age I was, he would never let me beat him. It used to frustrate me so much but I kept working at it and finally managed to win when I was about 18. Now he doesn't stand a chance.

My best friend is... my wife Rochelle.

My nickname is... Diesel. Before our band was called JLS, it was called UFO and we had these ridiculous nicknames for ourselves. I don't really know why I was given it but it stuck and I still get called Diesel or Deez by a few people.

The bravest thing I've ever done was...

abseil down Trellick Tower in west London. I'm terrified of heights so I was very proud of myself when I reached the ground.

My favourite TV show is... *Peaky Blinders*.

I was late to the flat-cap party, though, and only got around to it about three or four months ago. I love it so much. I have dug out my Thomas Shelby-inspired flat cap again.

My perfect evening is... one when I have a night off as I usually work nights as a DJ. Me and Rochelle have a curry, open some wine, watch a film and fall asleep on the sofa.

I'd like to say sorry to... Rochelle. I scared the life out of her yesterday. She was walking down the stairs and I heard her coming, so I decided to jump out from behind the door and shouted, "Let's go, let's go, let's go" in her face. She screamed and was almost crying. I thought it was hilarious but she was totally unimpressed, so then I felt really bad.

My first kiss was... probably myself in the mirror, if my daughter is anything like me... That is what she tends to do all the time at the moment. I genuinely don't remember my actual first kiss. I was at a drama school from the age of 11, so it was probably there.

The one thing I'd change about myself is... not having gone to university. I left

school at 16 and was lucky enough to do what I wanted to do but I DJ at a lot of universities now and it seems like a pretty cool way to spend three years.

I think I would have studied psychology.

The best thing my parents taught me was... to follow my dreams. They knew how much I loved singing and dancing, so when I was offered my record deal at 16, they said, "If it makes you happy, go for it."

The last time I cried was... while watching *The Voice Kids* last year. Usually I'm like Cameron Diaz in *The Holiday* when she can't make tears. Rochelle thinks I have a heart of stone, so when I started crying about this little boy whose dad had walked out on him, she was like, "You didn't cry at our wedding or when the girls were born but you're going to cry at a TV show?"

The first record I ever bought was... *Jump* by Kris Kross. I had lines shaved in my eyebrows and used to roll around with my clothes back to front like they did, thinking I was their singer Mac Daddy.

It's not good for my image but I like... McDonald's. This weekend, I went with my brother and got a Grand Big Mac, 20 nuggets and an apple pie and smashed through it all. I don't really do cheat days because I train a lot but I'd had a big night and sometimes McDonald's just hits the spot.

My greatest weakness is... brandy. If I'm out, I'll drink it with Coke and if I'm having a nice meal, I'll drink it straight.

If I could pass any law, I would... make a Monday an extension of the weekend. Everyone hates Mondays, so that'd be great.

I drive... a black Mercedes AMG S 63. Before we had children I had a much more selfish car, a two-seater Mercedes AMG SLS. I used to call it the Batmobile and it was amazing, but once the kids came along, it had to go.

The shop I can't walk past is... Superdrug. I mostly shop online but when I need to stock up on essentials, I go in there and bulk-buy.

In a film, I would be played by... Michael B Jordan. Why not? The girls are all going mad about him at the moment.

My worst job was... washing cars on the road where I used to live. I didn't hate it – I took pride in it – but my mum did as I used to walk through the house with all the buckets when I came in for soapy water.

My perfect Sunday... would be one I have off as usually I'm working. Just going to a pub with an open fire, having an amazing roast, chilling with the family and going for a nice walk.

My favourite place in Britain is... Edinburgh. I've been there quite a lot recently as I have a residency at a club there. The high street is really olde worlde and the people are great.

My last holiday was... in the Maldives with the family at New Year. It was where I proposed to Rochelle in 2011, so it was wonderful to go back. The kids were a lot more adaptable than we give them credit for and slept for most of the flight, which made things easy.

I'm currently reading... *First Man In: Leading From The Front* by Ant Middleton. He is on SAS: *Who Dares Wins* which I find really inspiring.

The best day of my life was... If you're talking about my career, it was winning the Brit awards with JLS back in 2010 as that was life-changing. But, personally, you can't make me pick between the day I got married and the days my girls were born – they were all precious.

If I had half an hour left on Earth I would... spend it with family. Our lives are not the norm in that we don't have nine-to-five jobs, so those times when the four of us are all home relaxing together are so special. 📍

Marvin has teamed up with Frankie Bridge to support the #FeelSuper campaign for terminal illness charity Marie Curie.



Just when she thought her modelling days were well and truly behind her, actress Isabella Rossellini is back as the face of Lancôme. Amy Packer meets her

Beauty redefined

There's a certain etiquette at celebrity interviews. At the start you ask a polite number of questions about what the star is promoting and in return you are allowed to be reasonably nosy about other aspects of their life. So to kick off my interview with Italian actress and model Isabella Rossellini, the face of Lancôme Rénergie Multi-Glow, I tell her I'll begin with a few questions about beauty. She sighs audibly.

"I don't like questions like that, they reflect a tradition we are trying to break with me coming back to Lancôme," she says, before launching into the tale of her controversial firing as the face of the French cosmetics giant 22 years ago.

In 1996, having featured in Lancôme's campaigns for 14 years, Isabella was deemed "too old" and dropped. "I was 42 and it was explained that advertisements should be about women's dreams of being young, not reality," she says. So the call to return came as a shock. She thanks Françoise Lehmann, Lancôme's new CEO, for her return.

"I said why me? Dragging me back will also bring back some of the controversy, but I think it had a lot to do with women entering the executive forces. Men only understood make-up when it was addressed to them, so there was a hyper-emphasis on it as a tool of seduction, while most women use it also as pleasure, as a toy, a game for ourselves to help us feel elegant."

The *Blue Velvet* star insisted the product she was to promote

wasn't referred to as an anti-ageing cream. "I was adamant about this because I don't want something to try and hide who I am, to say, 'You're 65, let me make you look 60' – as if that is my goal. I want to be a 65-year-old elegant, sophisticated lady."

We meet at London's Savoy, in a suite brimming with flowers which clearly delight Isabella, who remains seated as we are introduced, regally extending her hand to greet me. Shorter than I anticipated, she is dressed in long, bright, bohemian layers. Her hair is cropped and choppy and it is plain she has never had a knife or needle anywhere near her face.

"I haven't done anything, mostly because I am afraid," she explains. "I had two very severe operations on my back [for spinal deformity scoliosis, one at 13 and one five years ago] and I'm terrified about surgery. And look, I'm right, they called me back," she laughs.

Born in Rome and living near New York, Isabella holds dual citizenship. Her Italian accent remains as strong, with only a slight hint of north American. While her English is excellent,

things are still occasionally lost in translation. So when I suggest she fell into modelling, she looks horrified. "I fell into it?" she exclaims formidably. "I mean, I grew up in films."

A quick explanation – that while acting and working as a television reporter she attended her first model casting as a favour to a friend – and we are back on track.

"It was so unexpected when I got the cover of *Vogue*. I thought that would be the only one and bought loads of copies saying I would show them to my grandchildren," she says. "I was 28 and people were taken aback, already saying I was old. But within eight months my career as a model exploded. However, I didn't expect to go on to have 23 covers of *Vogue*."

Isabella has two children, daughter Elettra, 34, from her marriage to fashion model-turned-Microsoft executive Jonathan Wiedemann, and adopted son Roberto, 24. (She was also married to Martin Scorsese and has been in relationships with 2018 Oscar winner Gary Oldman and director David Lynch.) Both her children have dabbled with careers in modelling.

"I'm surprised they both like fashion so much, that neither one of them wants to be an actor, and that they prefer modelling," she says. "I liked modelling more than acting. It is very similar but you don't have to speak and because I have an accent there was the constant pressure of people saying speak another way, integrate. You can find roles but you are limited in that you can never play the sister or you can never be fully immersed in the group. So I became more visual. Even now, in my work as a director, I make funny films about animals, which are very visual."

Accent wasn't a problem for her latest role as Vita Sackville-West's mother in the movie *Vita And Virginia*, due out this year. "Vita's mother was Spanish and I said, 'You want me? I have an accent,' but they explained that Victoria grew up in New York so they wanted a Mediterranean-New York accent."

There was another, pragmatic reason that Isabella preferred modelling. "On a practical level it was easier to be a mother as a model than an actor because films are long. You're away for three or four months so it's difficult for the family. With modelling you work for three or four

"I didn't grow up saying 'my mum is a superstar'"





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Right: Isabella has returned as the face of Lancôme

Left: Isabella in 1953 with her mother Ingrid, her father Roberto and her siblings

Below left: With Kyle MacLachlan in *Blue Velvet*



days and then you can come home, pause, then get another job. That was the torment I had as a single mother. It was a torture to be away.”

Her face visibly lights up at the mention of her three-month-old grandson, Ronin. “I think the most touching thing is the closeness that you feel to your daughter,” she says of Elettra, who has moved to Long Island to live with her mother during the early, sleepless days of motherhood. “Of course I love the baby, they elicit in us lots of tenderness, but your first baby is quite shocking and you have so many emotions, are totally overwhelmed with tiredness – and it’s touching to be able to help her. It creates a strong bond.”

She misses this bond with her own parents, actress Ingrid Bergman and film director Roberto Rossellini. “When my parents died I sensed a void, a precipice behind me, a feeling of darkness and oppressiveness,” she recalls.

Despite Ingrid Bergman’s reputation as one of the world’s most beautiful women, as a child Isabella was largely unaware of her mother’s iconic status. “I didn’t grow up saying, ‘My mum is a superstar and my father is a great intellectual.’ To me they were Mum and Dad and I only discovered as I grew older that they held that position in society. I think that is true for my children, as well,” she says.

When I comment on a stunning photograph of her with her own children she recently retweeted, she quickly replies, “Me? No. I’m not on Twitter,” her tone hardening briefly. When I point out

there is an account with her name and picture, complete with blue tick to show the account has been verified as authentic, she says wearily, “This is one of the problems with social media. I see that people are using my name and my face, so if I follow Penélope [Cruz], how do I know if it is really her?”

“I don’t really understand this world. I am on Instagram, but that is it, and I use it mainly to follow my children so I know where they are as they never tell me. Once I got Instagram I could see where they had been for dinner and what parties they had gone to.”

Despite her mistrust of social media, it was Instagram Isabella turned to when her long-time friend and photographer Bruce Weber, who shot so many of her *Vogue* covers, was embroiled in allegations of sexual impropriety. She says it should be a case of innocent until proven guilty, adding, “I don’t think it’s a problem of the industry. I think it’s a general problem. It’s just that this industry gets more attention because that is where the celebrities are. I have an organic farm and I was very touched because I received a message from a group of farmers, saying, ‘We are standing by you. We have gone through the same.’”

Isabella does have hope that the industry and its representation of women is improving, though not because people are striving to make things better, but rather due to consumer demand.

“I think maybe platforms like Netflix and Amazon are reaching niches of people who were not reachable before,” she says. “Mothers couldn’t go out at night, so didn’t go to the cinema, or their show was on at 8pm on Wednesday but the baby was crying and they missed the episode, so the industry didn’t really try to speak to them. Now you can find and download whatever you want, when you are free to watch it, so they can reach new audiences – women and families. These new ways of distribution mean they have to make stories that are of interest to those groups. I think that will bring more interesting roles for women.”

For someone in the public eye from her teens, the moment Isabella actually realised just how famous she’d become is surprising – when she was invited to star in an episode of *Friends*. “They asked me to appear and I went on as myself – as Isabella Rossellini. That was ‘wow’. I once read that Charlie Chaplin understood he was famous in the US because he was walking through Times Square and saw the news on a big screen, saying, ‘Charlie Chaplin arrives in New York.’ That was how my *Friends* moment felt to me. I wasn’t playing a character, I played myself. I knew I was a successful model but I thought that was within the industry of fashion and cosmetics, not the whole of America.”

Lancôme Rénergie Multi-Glow, £64, is available in Boots stores and at lancome.co.uk.

Adventures in acting

From *The Wire* and *Game Of Thrones* to his latest comedy incarnation as Dave Allen, Aidan Gillen never shies away from a challenge Words by Amy Packer

Aidan Gillen has his mother's hot toddies to thank for getting his acting career off the ground. Having appeared in a few Irish theatre productions, at 18 the Dubliner moved to London to try and crack the West End but returned to Ireland nine months later with his tail between his legs.

"I'm sure my parents were delighted when I headed off on my big adventure," says the 49 year old. "So when I came back my mother was disappointed and sent me to an audition at London's National Theatre a few months later. I wasn't sure about going, as I was dying with the flu, but she bottled me up a couple of homemade whiskey concoctions and packed me off. I got the job."

An extremely close family, his parents were a great support during his early days on the London stage. "My folks never missed a theatre show I was in apart from once when my father was too ill," he reveals. "They'd come over and stay in a hotel at King's Cross or the Regent Palace at Piccadilly Circus and always bring me out for a steak – even if I didn't want one."

Aidan's career has skyrocketed since those days, having won roles in some of TV's biggest shows, including *Game Of Thrones*, *Peaky Blinders* and *The Wire*, as well as playing a CIA agent in his first major

Hollywood film, 2012's *The Dark Knight Rises*.

Today he is talking about his latest drama, the new BBC2 biopic *Dave Allen At Peace*. It was a part he came to with an almost entirely blank slate.

"To be honest, I didn't know Dave Allen that well as a kid," he says of the comedy legend famed for his acerbic bar-stool routines. "Well, apart from seeing him on a chat show one night and having a grim fascination with that finger, or rather missing finger, and there being an air of danger around him."

The late Dave Allen never shied away from controversy, taking down organised religion and the Roman Catholic church in barbed diatribes that led to a ban from Irish TV. But Aidan, himself brought up in a religious household, had no qualms about recreating the routines.

Of his upbringing, he says, "Our house was well decked out with holy pictures and crucifixes, but it all seemed normal. I didn't like catching Jesus's reflection in the mirror, though. I thought that was probably the devil, so the magic must have worked on me."

These days, Aidan only finds himself in church for filming. "I prayed and went to mass and all but there came a time in my mid-teens when I left all that behind. I still like the smell [of churches] though. I find them peaceful."

From Romany hitman Aberama Gold in the most recent series of *Peaky Blinders* to Petyr "Littlefinger" Baelish in *Game Of Thrones*, fans aren't used to seeing Aidan in comedy roles, but he pulls off Allen's sets skilfully and is a dead ringer for the comedian.

"I've not done much comedy in my later life but I have been making an effort to lighten up a bit," he confesses. "My first few roles were comedic and it was getting laughs in early shows that encouraged me to go down this road."

As for *Game Of Thrones*, he says it felt great not to make it to the show's final season, quipping, "Get out early and get some good gigs while the rest of them are tied up contractually."

The series, which was filmed in Northern Ireland, gave him the opportunity to get to know a part of the country he hadn't spent much time in previously. "My time there prior to *Game Of Thrones* was limited to late 1990," he recalls. "Things felt very different then. I liked it, particularly Derry, but it was kind of high octane, as I was from Dublin. I didn't really know my way around – I was jumpy."

"I've really enjoyed getting to spend so much time there over the last six or seven years. I've met some great people."

The cult hit brought the actor a level of fame that could potentially be uncomfortable



As comedic legend Dave Allen

— interviewers often remark on Aidan’s shy demeanour, quiet, halting sentences and hatred of small talk. But the actor doesn’t consider himself overly reserved.

“I am kind of shy but not so much that I wouldn’t strip off occasionally in front of a crowd of strangers and TV cameras I suppose,” he says. “The actor shyness thing is a strange mix. A lot of shy, retiring actors are actually blazing exhibitionists on the side.”

The father of a 19-year-old daughter, Berry, and a son, Joe, 17, Aidan has certainly played his share of “blazing exhibitionists”, from his breakout character Stuart in Channel 4’s *Queer As Folk* in 1999 to slimy politician Tommy Carcetti in HBO’s *The Wire*. “It’s good to play those parts, because that’s what you’re doing, playing at being things that you’re not,” he says. “You can get away with everything.”

Does that create an expectation among fans? “Being recognised is something that comes with the gig, I suppose, particularly if you’re in widely seen shows,” he says. “Hats and moustaches are good. I have those in my current role (new History UFO drama *Blue Book*).

“I don’t know what people expect in real life, to be honest. I suppose they’ll get you in whatever mood you’re in. I try to be friendly.” 📺

Dave Allen At Peace is on Monday at 9pm on BBC2

A full-page photograph of actress Natalie Anderson. She is wearing a black tuxedo jacket with a white satin lapel and matching white satin cuffs. Her hair is dark and styled in loose waves. She is looking slightly to the right of the camera with a subtle expression. Her right hand is resting on her hip, and her left hand is touching her hair.

The next stage

Why a lead role in
Fat Friends is the
perfect move for
Natalie Anderson

Words by Amy Packer

ans of Natalie Anderson, the former star of *Emmerdale* and *The Royal*, might think the actress once voted Britain's Sexist Soap Star is a strange casting for the new musical version of Kay Mellor's ITV hit *Fat Friends*. But the character Natalie plays carries baggage of the emotional kind, rather than excess pounds on her hips.

"Lauren is incredibly neurotic – the sort of person who'd look at Instagram and think, 'I need to look like this if I'm going to meet somebody'," she says. "It's why I wanted to be part of the show. It has a great message."

Natalie, who just missed out on making the live finals of *Pop Idol* back in 2001 before carving out a career in TV and theatre, is currently touring in *Fat Friends The Musical* with an all-star cast that includes Andrew "Freddie" Flintoff and Jodie Prenger. "Everyone has been brilliant," she says. "It's a brand-new show, new material, new songs, so we were all thrown in at the deep end in October with a four-week run in Leeds."

"I had my concerns before I signed up because it is a long time and so I worried about what it would be like if the dynamics weren't great, but we slotted together easily. I think it's because we all started on the journey together. There's great support and camaraderie. I laughed so much in the first few weeks that my ribs hurt."

Although soap fans might imagine this is how

close-knit the team was during Natalie's five years as Alicia Metcalfe in *Emmerdale*, she says the reality isn't quite the same. "The difference with working on a soap is that there are 60 of you in the cast but you don't see half of them for six months at a time. I suppose it's more similar to *The Royal* [she played Nurse Stella Davenport from 2005 to 2008]. There were only 13 regular characters and we were together all the time during filming."

Apart from the chance to flex her vocal muscles again – Natalie trained in musical theatre as a teenager and starred as Nessarose in the London production of *Wicked* in 2009 – there was another reason the *Fat Friends* tour appealed to her. "A lot of the dates are northern, so my son and husband can visit in the week, then I can get home easily on a Saturday night and be back for work on the Tuesday," says the 36-year-old actress, who lives near Leeds. "It is more flexible than a long run in London as I'm an hour away from home as opposed to four."

Spending plenty of quality time with her family is something Natalie learned the importance of after returning to work on *Emmerdale* when Freddie, who is now five, was only 12 weeks old.

"I think I completely underestimated how I would feel about being a mum," she admits. "When I agreed to go back that quickly I hadn't really any idea of how life was going to be with a baby. I found it difficult and never saw him and that's not why I became a mum. I wanted to be really hands-on. In the end I decided I couldn't keep up that pace."

"There's so much pressure on us as women today to be brilliant at everything – to look fabulous and have a career and be the best mum and the best wife – but something has to give. Having done it once I know that if we were to have another child I would definitely look to take at least six months off."

Luckily, being near her family doesn't require any compromise in the quality of her roles. "There are huge opportunities for people like me in the north – just look at shows like *Happy Valley* and *Last Tango In Halifax*," Natalie says. "The Yorkshire and Lancashire landscape is stunning for filming and we have incredible theatre, too, brilliant productions at Manchester Royal Exchange and in Leeds Grand Theatre."

"It makes me feel a bit more secure about the work that's out there for people like me who want to be a mum but keep doing what they love as well."

Something that has allowed Natalie to keep

working while raising her son is that her husband James takes an equal share of running their household. "He's amazing," she says. "We share everything. It's every man for himself in our house. James was a financial advisor for 20 years but took time out to be a stay-at-home dad to Fred and now he's building up a new career as a personal trainer, so anyone who is available does the ironing or the cooking or changes the beds."

The pair got together 13 years ago when Natalie, who was a cheerleader for Bradford Bulls rugby team, met James, a fan of rival team Leeds Rhinos, in a bar after a big game and tried to set him up with a friend. But he only had eyes for her and they are celebrating 10 years of marriage this summer with "a holiday to Dubai with our parents and friends and then a couple of days away just the two of us."

Family is very important to the actress, who has quite a collection of siblings. "We're like the Kardashians, we're terrible," she laughs. "I have two sisters who are a similar age to me then, on my dad's side, I also have a brother who is 18, a little sister who is 11 and another who is three. We get on so well and have

the best times. We're a mismatched, mad family but we love being together. It's only a few times a year that we get to be in the same room at the same time but it's great fun."

If any of them was to follow in her footsteps, she predicts it would be her 11-year-old sister, Francesca. "She's really into performing arts – she played Billy Elliott in her school production recently – and is showing signs that she wants to go into the industry. But me, being the strict big sister, I keep saying, 'She's too young, she's too young', even though I started at 13. It's very different now and I know how it is with younger actors in the industry, how you think everything is so important when you are that age. I think she needs to wait a while."

Natalie certainly won't be lining Francesca up for a spot on *The X Factor* any time soon. "I was 19 when I did *Pop Idol* and the way those shows have changed now, there's no way I could do it in the modern world," she admits. "The pressure and the hoops they have to jump through – I would have been a nervous wreck and been out straight away if I'd had to do the Six Chair Challenge. The fame is so instant and so global."

"I'm happy things developed at a much slower pace for me. I was able to build my career on my own terms." **S**

Fat Friends The Musical is touring now. For more information, go to fatfriendsthemusical.com.

"There's pressure on us to be brilliant – but something has to give"

Natalie in *Emmerdale* with Matthew Wolfenden

As nurse Stella Davenport in *The Royal*



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For hospitality, food and rugged scenery, you can't beat charming County Kerry

You know a place has truly got you when you feel a deep sadness as you leave. County Kerry did just that. It's a combination of the scenery, the people, their outlook on life and the food – and more on that later.

I had travelled to this beautiful corner of southwest Ireland with my mum and sister for a few days of R&R and catching up. And we couldn't have chosen a better spot.

We flew with Aer Lingus to Cork, then picked up a hire car to take us out to the Ring of Kerry and along the aptly named Wild Atlantic Way. This covers 2,500km of coastline along the west of Ireland from Derry to Kerry. We managed to cover just a fraction of it, but every part we saw was just breathtaking.

Our base for the four days was the Parknasilla Resort & Spa, overlooking Kenmare Bay. The hotel is one of the finest in the area and houses beautiful antiques, chandeliers and paintings by old masters. But while it might be grand in its furnishings, it is not at all stuffy in its manner.

Over the years the hotel has played host to the great and the good, from George Bernard Shaw and Westlife's Nicky Byrne to writer Cecelia Ahern and her father, the former Irish Taoiseach Bertie Ahern. Offbeat film *The Lobster* was filmed here, too, with Colin Farrell and Rachel Weisz staying as guests – and a certain 007 coming to visit.

It is an absolutely perfect base from which to explore. Every day we took off and discovered unspoilt beaches and breathtaking views. One of our favourite places was Derrynane beach, a long, glorious strand of white sand. When we visited on a blustery but beautiful day we were the only people there.

We also visited the very pretty village of Sneem which, with its multicoloured buildings and hanging baskets, is the perfect place to stop for a big mug of tea and a slice of carrot cake – and we stopped a lot for food.

The breakfasts at Parknasilla had everything you could want – eggs, black and white pudding, potatoes and so much bread. We couldn't get enough of the delicious soda bread, even having it as a starter at dinner.

We also visited the pretty town of Portmagee. It is just minutes from Skellig Michael, a UNESCO World Heritage site. A monastery was founded on the island between the sixth and eighth centuries and it is an incredible feat of engineering. Just scaling it is tough, so how they managed to build the beehive cells here is beyond belief.



Clockwise, from above: The glorious pale sands of Derrynane beach

Parknasilla hotel

Multicoloured buildings in Sneem village

Skellig Michael has also found greater fame recently, thanks to *Star Wars*. The final scenes of *Star Wars: The Force Awakens* were filmed here and it is where sequel *The Last Jedi* picks up where the story left off.

You can go on *Star Wars* boat trips around the island and you can see why director J J Abrams chose this spot. It is completely remote and otherworldly.

This part of Ireland is home to the Kerry International Dark-Sky Reserve. It is one of only three gold-tier reserves on the planet – the others are in Namibia and New Zealand – and the only one in the northern hemisphere. On clear nights at Staigue Fort, a stronghold said to date from the Iron Age, you can see the most incredible display of stars.

After all this walking and stargazing we had built up an appetite, so decamped to the Staigue Fort hotel. The lovely landlady Sheila let us dry out our soggy boots by the fire, while we had a pint of the black stuff and Tayto crisps. Heaven. 🍷

Margaret Hussey

Aer Lingus, Ireland's only four-star airline, operates four daily flights from London Heathrow to Cork starting at £54.99 one-way including taxes and charges. Visit aerlingus.com for further information. For more on the Wild Atlantic Way, visit ireland.com. Rates at Parknasilla Resort & Spa start at £138 including breakfast. Visit parknasillaresort.com.

Charlotte Salt

From funky and masculine styles to feminine frocks, the *Casualty* star is always a class act

Words and styling by Laura Mulley

Charlotte, 32, plays paramedic Sam Nicholls in BBC1's emergency medical drama *Casualty*. She has previously appeared in BBC period dramas *The Tudors* and *The Musketeers*, Sky's *Bedlam* and the 2007 film, *Beowulf*. She lives in Oxfordshire with her husband, actor Oliver Coleman, who played her on-screen husband Tom Kent in the hospital series. They have a one-year-old son Leo.

How would you describe your style? Quite funky and masculine.

I wear a lot of trousers but I will occasionally wear dresses for a feminine twist. I also stick to classic, simple styles – I don't really go for trends. You can't beat a great pair of jeans and a T-shirt.

What colours and shapes suit you best? I like a lot of monochrome, greys and blues – I have to make a real effort to wear colour. In terms of shapes, high waists and V-necks suit me best. I love the look of maxi skirts but they just drown me. I look better in shorter, more tailored stuff.

Who is your style icon? For red-carpet glamour, Blake Lively. She often makes bold choices that I probably wouldn't. She looked

amazing at Cannes Film Festival a couple of years ago. In terms of street style, Clémence Poésy is just so cool. I very much get inspiration from her.

What is the best costume you've ever worn for a role? I love the 1950s and I've done a couple of productions set in that era. I love the full skirts, knitwear and heels – together with the hair and make-up – it's so flattering. I think I like it because it's so different from my normal style.

And the worst? The obvious answer would be the paramedic's outfit, which doesn't do anything for me, but I actually think corsets are worse. They're just so uncomfortable. A lot of period costumes are made using traditional methods.

Which is your favourite high-street store? H&M, without a doubt. I love their knitwear, especially, and their homeware and childrenswear. I like & Other Stories, too.

Have you any favourite designers? I love Isabel Marant and Temperley London. I don't normally go for floaty, boho styles but I always seem to find something

"I stick to classic, simple styles," says Charlotte, who pairs this red lace skirt from H&M with a Marella T-shirt



I love in there. I buy most of it from the Bicester Village designer outlet, though.

Do you own anything vintage?

I love vintage jewellery but I can't do vintage clothing. I get totally overwhelmed in the stores. I like the costumes in period dramas, though, because then someone's done the work for me.

Are you a hoarder or do you have a regular clear-out of your wardrobe?

I'm a bit of a neat freak and have a lovely compartmentalised Ikea wardrobe at home, so I get rid of everything that no longer fits or I haven't worn for a while. Luckily, I've got a younger sister who I give a lot to.

What is the most expensive item in your wardrobe?

Probably my two pairs of Isabel Marant shoes – a pair of boots and some high-top trainers. They're money well spent, though, because I wear them half the year.

How much do you spend on clothes a month? Not much, as I debate a purchase for a long time before buying it. I might spend nothing for months and then drop £400. I don't really have time to

shop and I hate shopping online.

How many pairs of shoes do you own?

I'm not really into shoes – coats are what I buy a lot of. I hardly ever buy evening shoes, I've only got three pairs, but I need to stop buying fashion trainers. I probably only wear about six pairs most of the time.

Have you ever had any fashion disasters?

When I was younger I was quite adventurous with style and I had this denim catsuit with flared legs and badges all over it, which I loved. I wore it with a diamanté-encrusted American flag belt. I think I thought I looked like JLo.

What is the best piece of fashion advice you have ever been given?

My mum always told me to just do one of these three – short, low cut or tight.

What is your best beauty secret?

With skincare, less is more. If I try using lots of different products, my skin gets overloaded and reacts badly. If I have a bad-skin day now, I don't put anything on my face. ☺

Casualty is on BBC1 at 8.20pm on Saturday.

The actress prefers muted colours, such as this grey Rails T-shirt, which she has teamed here with black jeans from Citizens of Humanity



Clockwise, from left: Temperley London is one of her favourite designers and she snapped up this bargain print dress at Bicester Village. She wears it here with black YSL heels

Charlotte teamed her YSL peep toes with a clutch by Anya Hindmarch for this year's National Television Awards

"I'm not really into shoes," she says, but confesses that her expensive Isabel

Marant boots are much-loved and frequently worn. Her trainers are by Veja

She designed this necklace while in South Africa. The ring is from Boodles and her Chanel earrings are vintage

The actress's Coach backpack, Prada clutch and Alexander McQueen bag

She matches this Temperley London skirt with a white Sandro tee

Her green Lily and Lionel and Mulberry owl-print scarves

How to banish black moods

Tetchy, fractious or crabby? Lighten up with our feel-good guide and temper your temper, says Michele O'Connor

The average Briton spends 41 minutes a day in a bad mood – equating to one year and eight months of their life. And almost half of the 2,000 adults polled in a new study admit to having days where they feel grumpy from the moment they wake up until they go to bed at night.

“It’s the everyday things that add up – everything from a poor night’s sleep to technology and rudeness, amounting to a large chunk of our time,” reveals Dr Jen Tan of A Vogel Herbal Remedies, which was behind the study.

Here, a number of experts suggest how people can banish those dark days and darker moods.

Food for thought

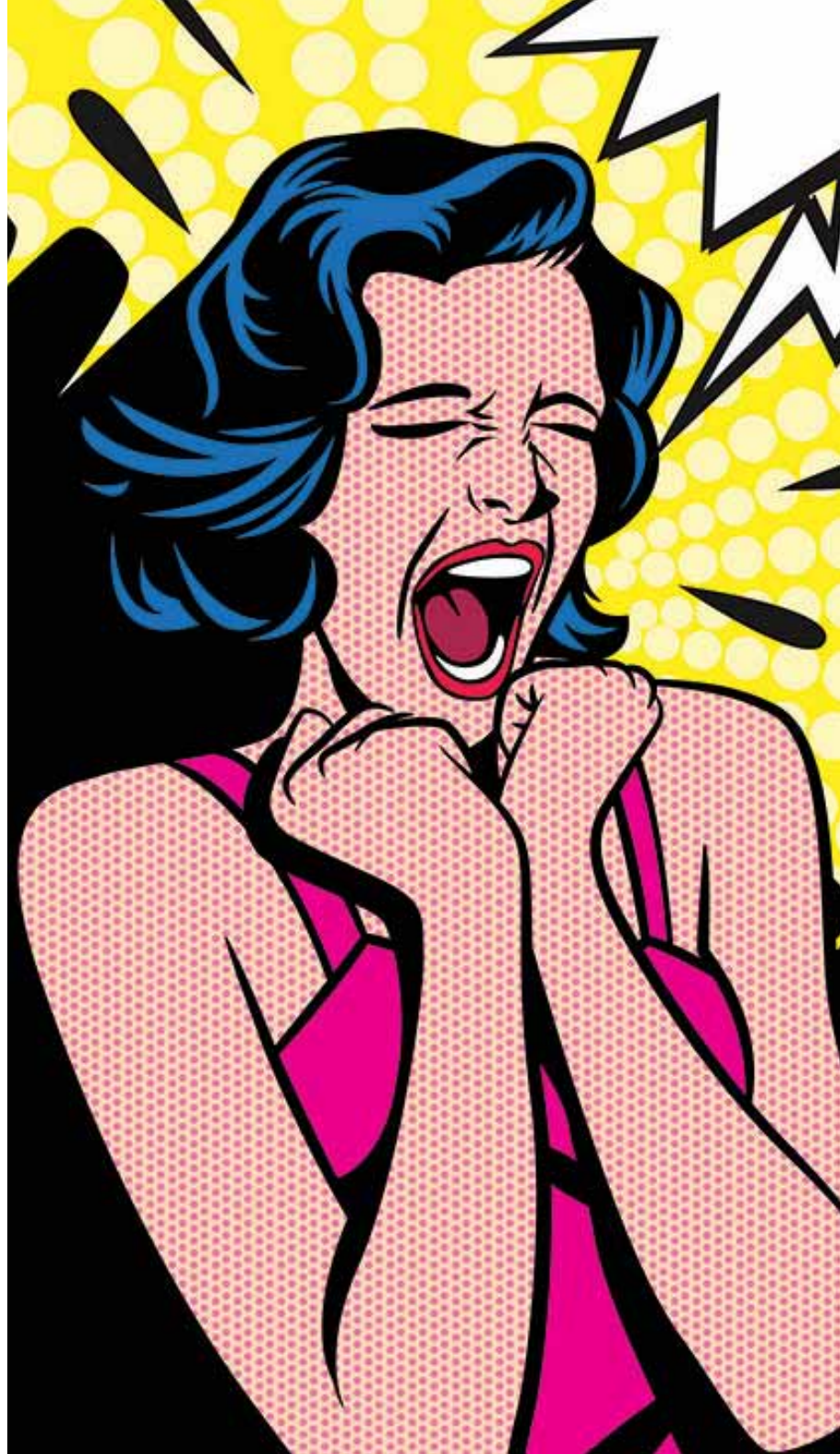
“Foods play a huge part in affecting your mood,” says Tara Jackson, holistic self-care and wellness coach. “If you eat foods with artificial ingredients, sweeteners

and additives it is likely you’ll be suffering from mood swings as your body isn’t getting the nutrition it needs to function properly. The addition of chemicals in many processed foods can also play havoc with your moods and emotions. Try to replace them with fruits, vegetables, wholegrains, lean protein and healthy fats.”

Scientists have found that a Mediterranean-style diet boosts the mood and reduces the risk of depression by about 30 per cent.

“Our gut is often referred to as our second brain, as there appears to be a clear association between changes in the gut microbiota and the production of neurotransmitters influencing our mood,” says nutritional therapist Natalie Lamb. “Multi-strain probiotic supplements can improve gut flora balance, increase vitamin D levels and improve mood.”

Clinical nutritionist Suzie Sawyer adds, “Porridge provides a great



‘hit’ of serotonin, our happy hormone, to keep you smiling all day long.”

Feeling low, cranky or angry can be a symptom of low blood sugar, warns nutritionist Fiona Hunter. “Try a snack with a mix of fast and slow release carbs, like mashed banana on wholemeal toast or a few oatcakes with peanut butter, to restore blood sugar and boost levels of serotonin in the brain,” she advises.

Suzie also recommends eating five eggs a week. “Eggs are the

perfect brain food,” she insists.

“They contain lecithin which is needed for great brain function and to keep you feeling happy.”

Let’s get physical

Healthspan personal trainer Nicola Addison says, “Exercise boosts levels of brain chemicals serotonin, dopamine and norepinephrine, which help buffer the effects of low mood, stress and anxiety.

“In a study published in the *American Journal Of Preventive Medicine* involving 80 adults aged

adjustments to improve the pose. Focusing solely on your body is akin to meditation," she says, while psychologist Dr Meg Arroll adds, "Walking in the park aids blood flow to the brain, while connecting with nature is beneficial to our emotional wellbeing."

Sweet dreams

Go to bed early: When people are sleep deprived they feel more irritable and angry, and waking several times in the night is more detrimental to positive mood than a shorter period of unbroken sleep.

Include tryptophan-rich foods, such as turkey, beans, peas and lentils in your evening meal: The body uses this amino acid to make serotonin, which is known to help moderate mood, emotion and sleep.

Change your bed linen: "There's nothing quite like the feeling of getting out of a bath into a clean bed to make a difference to your mood," says Angela Moran, product strategy director at bed manufacturer Silentnight.

Ideas that really work

- Meet a friend: "Face-to-face human contact prompts physiological responses in the brain that benefit our mental health in a way that technology-based contact can't," says nutritionist Antonia Magor.

- Socialise wisely: New research by the University of Warwick suggests that both good and bad moods can be "picked up" from friends.

- "Even if smiling is the last thing you feel like doing, a fake smile will not only help lift your mood but lower blood pressure, reduce stress and release feel-good endorphins," Dr Arroll says.

- Get up and do something: Life coach Claire Nicole Stansfield advises, "Don't ponder on whatever has triggered your bad mood. Instead, shift your mindset and do something to distract you – the washing, sort out a cupboard, read a book – anything. A diversion allows your emotions to calm down and you'll be in a better frame of mind after the task."

- Breathe: Athletes and singers know the importance of breathing

properly. "Take 10 deep breaths," says Claire. "This helps restore the balance between the parasympathetic (restorative) and sympathetic (fight-or-flight) nervous systems, buffering your natural reaction to stressful situations."

- Make a list: "It should include things that will make you feel better, like buying yourself flowers, taking some time out or even booking a hair appointment," advises Claire. "Lists force you to structure your concerns and help you move into problem-solving mode."

- Press pause: Amanda Dicker, creator of a new calming collection of candles, hand creams and pulse point scents, says, "Take your time applying hand cream then cup your hands to your face and breathe in the uplifting aroma, which will bring attention back to your breathing. Likewise, deflect tension from the mind by rolling calming scent on to key pulse points, like the neck, inner elbow and wrist."

- Pop it out: If you're verging on anger take a novel approach and try popping the air pockets in bubble wrap, Dr Arroll suggests. "This releases the bad mood in a tactile way and the noise of the popping plastic helps to express the negative emotion, providing relief."

- Hug: "The average hug lasts 2.1 seconds but needs to last seven seconds or longer to make a difference," says Andy Cope, author of *Happiness: Your Route-Map To Inner Joy* (£12.99, see the Bookshop on page 82).

- And hygge for longer: This helps Denmark to consistently rank in the world's top three happiest countries, says Andy. "Sitting by the fire on a cold night, wearing a woolly jumper, while drinking hot chocolate and stroking the cat – that's pretty much hygge," he says.

- High five: "The supplement 5-HTP is created from tryptophan which helps raise serotonin levels and is backed by robust research with more than 30 peer-reviewed clinical studies assessing its efficacy in more than 1,000 patients," says pharmacist, Mike Wakeman.

- Try a vitamin D mouth spray, suggests nutritionist Rick Hay. "If you're low on vitamin D this can exacerbate low mood," he warns. **S**

It's how you handle things

The American jazz musician Miles Davis once said, "When you hit a wrong note, it's the next note that makes it good or bad." This can apply to life, too, says Dr Mark Winwood, director of psychological services at AXA PPP healthcare. "It's perfectly normal to be in a bad mood sometimes," he says. "What matters is how you deal with it and what you do next."

Stay optimistic: "Evidence shows you're able to change your mood much more easily than you may think," Dr Winwood says. "People who realise this also feel more positive about life. Those who assume they can't control their feelings tend to be unhappier. So remember that you can make a difference to how you feel."

Set yourself a daily routine: "Reducing stress in your life and taking active steps to manage your time better can improve your mood, making you feel more in control of your day," he adds. "Work out your top priorities, break them down into more manageable tasks and complete one task at a time. Figure out what time of day you're at your best and do the most demanding task then."

Allow yourself to break out of your routine: Try a new recipe for dinner, sign up for a different gym class or visit somewhere you haven't been before, suggests Dr Winwood. "Trying something new can make you feel courageous and more confident and you may discover something you really like, find new friends or develop a new skill you never thought you could master."

Talk to someone who will listen: Talking about the things that make you feel stressed, angry or anxious can help relieve negative feelings and improve your mood.

20 to 45 years with mild to moderate depression, researchers explored the effects of exercise. They found that symptoms were almost halved in those who participated in 30-minute aerobic exercise sessions, three to five times a week after 12 weeks."

Yoga requires great focus, according to Cheryl MacDonald, founder of yogabellies.co.uk.

"Some poses not only ask you to hold your body in a balanced position, they also ask you to pay attention and make slight

GETTY IMAGES



Jane O'Gorman

Our agony aunt gets to the heart of your relationship problems

My ex moved me out and his lover in

I can't get over the terrible lies my ex-partner fed me in order to get me out of his house. When he split up with me in January, he said it was because he wanted to live on his own. He needed his house back (I moved in with him in 2009) and swore it had nothing to do with me. He said he still loved me and hoped we might get back together again one day, but just needed some head space after a difficult job change.

I was completely devastated, but what could I say? And when he gave me £5,000 to move out, I didn't feel I had any choice. When I left the place I'd lovingly decorated, furnished and cleaned I had tears rolling down my face. I said goodbye

to his cat and dragged myself into my brother's van.

I moved in with a friend and, for the first week, my ex rang me every day. He wanted to know how I was. Was I settling in OK? Did I need anything? Then suddenly the calls stopped and I couldn't get hold of him. A week later, my friend took me to one side to warn me that he'd moved another woman into my old home.

I couldn't believe it. I confronted him in the street and he just shrugged his shoulders and walked away. Now I realise everything he told me was a lie. He'd been carrying on with this other woman since June 2016 and he'd promised her she could move in virtually from the word go. I've been

a fool. How can I ever love or trust anyone else ever again?

You're devastated and feel very let down by your cold, deceptive ex-partner. No one would blame you for punching a pillow and screaming blue murder. I urge you to get your anger out of your system; allow yourself to cry, grieve and bash a teddy, if you like. But set yourself a time period of mourning for your old life before starting the vital fight back.

Unfortunately, your ex is not the person you thought he was. When he told you that he craved solitude, you believed him. Why wouldn't you? You're not a mind reader. If he was careful to hide his affair, you had no reason to suspect he had another woman in his life. Are you happy with the £5,000? Do you think it's fair considering all the work you put into his home for many years? Do you need to speak to a solicitor about your situation? Discuss this first with family and friends.

I know it's tough but your new life starts here. You have to put your ex and his sneaky ways behind you and find a way to move forwards. If he couldn't bring himself to be honest and truthful, he's not worth fretting over. The chances are he'll use and let this new woman down, too, once her usefulness is over. Maybe it's a pattern he's followed over the years.

The reality is that you existed and thrived before he came into your life and you'll go on to achieve

JANE'S BRAND-NEW ADVICE LINES

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

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NEW! Brilliant orgasms
☎ 0905 789 3411*

NEW! Is that kinky?
☎ 0905 789 3412*

NEW! Erection problems?
☎ 0905 789 3413*

NEW! Turn on your man
☎ 0905 789 3414*

NEW! Turn on your woman
☎ 0905 789 3415*

NEW! Stressed out
☎ 0905 789 3416*

NEW! Staying together
☎ 0905 789 3417*

NEW! Hate your body?
☎ 0905 789 3418*

NEW! Jealousy hell
☎ 0905 789 3419*

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

If you would like to have a problem answered by Jane, text SMAGJANE followed by a brief explanation of your problem to 85010.

Texts cost 50p plus your standard network rate. SP: Spoke, 0333 202 3390. Please note that Jane cannot respond to individual messages and not all problems will be published.

Sex matters

My 26-year-old daughter says she sleeps with an older man for cash. I'm so disappointed. She's a mature student away at university and her sugar daddy is a married man she met on a dedicated website. She tells me he's caring and lovely, but I'm disgusted. Until last October, she was constantly on at me to give her money, then finally I refused. So this is apparently my fault for being mean. How does that work?

Your daughter is old enough to know right from wrong. None of this is your fault and she can't blame you for her behaviour. Tell her you're disappointed and upset, that you never meant this to happen, and ask her to rethink and turn her life around. She needs to be reminded that if something seems too good to be true, it usually is. It would only take one bad experience to frighten her and knock her confidence for good. Offer to help her get other work.

PHOTOGRAPH: RCD1



Doctor, doctor

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

My 32-year-old husband is a bodybuilder and has gout from eating so much red meat. Will he have this for life?

The best way of managing gout in someone who is otherwise healthy

is to reduce the amount of purine-containing foods they eat (purine triggers uric acid in the blood, causing gout). Even though he is a bodybuilder, he may be eating more protein than

he requires. Cutting back on his red meat won't make any difference to his muscles and could stop his gout attacks. If his attacks continue, treatment with drugs that boost the excretion of uric acid usually stops gout attacks. Unfortunately, if he is an under-excreter of uric acid (which he may have inherited from one of his parents), this will be a lifelong

condition. He should also avoid becoming dehydrated (which concentrates uric acid in the blood) and also avoid too much alcohol.

Contact Dr Leonard at S Magazine, Sunday Express, Second Floor, Northern and Shell Building, 10 Lower Thames Street, London EC3R 6EN, or email dr.leonard@express.co.uk. Dr Leonard regrets that she cannot reply personally to letters. Read her column every Tuesday in the Daily Express.

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Victoria Gray's best...



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Eggcups

CLIVE SHALICE



From left: Eggcup bucket, £5.99 for four, Lakeland (01539 488100, lakeland.co.uk)

Spotty Bergen eggcup, £6 for four, Hema (0845 606 0903, hemashop.com)

At Home with Ashley Thomas eggcup, £4.50, Debenhams (0344 800 8877, debenhams.com)

Sunshine colour pop eggcup and

spoon set, £10, Sophie Conran (020 7603 1522, sophieconran.com)

Tilda Flower antique brass-style eggcup, £10, Rowen & Wren (01276 451077, rowenandwren.co.uk)

Park Wildlife swan eggcup, £16 for four, Cath Kidston (0333 320 2663, cathkidston.com)

Knit-effect bird eggcup, £4 for two, George

Home at Asda (0800 952 0101, george.com)

Latvian birch plywood eggcup, £18 for two, Kreis Design by Nikki Kreis (020 7837 0820, kreisdesign.com)

Miss Etoile eyes and dots eggcup, £8.75, Amara (0800 587 7645, amara.com)

Dressed Marcel Wanders eggcup and spoon set, £19, Alessi (alessi.com)

Fresh shoots

Pretty pastels and subtle botanicals will give your home an uplifting new look, says Victoria Gray

Below, left: Create a pretty table setting with House of Fraser's stoneware Tide crockery, which costs from £7 for a side plate. The Gray & Willow napkins are £30 for 12, the Gray & Willow Alta 16-piece cutlery set is £45 and the Junipa tumbler costs £6 (0345 602 1073, houseoffraser.co.uk)

Below, right: Snuggle up with Marks & Spencer's beautiful new bed linen collection, which includes the Casual Craft bed set, featuring naïve-style cross stitch and embroidery detailing on 100 per cent cotton. It costs £59 for a double set. The Bug printed and watercolour bedding sets are £49.50 each and the super-soft green throw is £29.50 (0333 014 8000, marksandspencer.com)

Right: Bring a touch of nature into your home with these charming cushions from the new Greenhouse collection at A for Amara. They feature delicately embroidered botanical and floral designs and cost £30 each. The lidded candle jar is £40, the Broste Copenhagen Curves jar costs £17.50 and the Ripple rug is £199 (0800 587 7645, amara.com)

Facing page, top right: Display a selection of spring flowers in these art-house vases. From left: Greenhouse Bickton smoked-glass vase, £140; Carclew vase, £40; Bennetts lizard vase, £100; Hidcote glass votive, £20; Forbury glass vase, £80; Carclew pot, £25, all available from Amara (as before)





Left: This fresh botanical floral patterned bed linen is new to Next. It is made from 100 per cent cotton sateen and features a piped-edge trim and contrast reverse. It costs £50 for a double set, which includes a duvet and two pillowcases (0333 777 8000, next.co.uk)

Get the look

Cherry tree, £27.50, Trees Direct (01584 878878, treesdirect.co.uk)



Cushion, £45, Bridgman (020 8003 8442, bridgman.co.uk)



Bossy Chair, £290 for a pair, Loaf (0845 468 0670, loaf.com)



Coffee table, £395, The Old Cinema (020 8995 4166, theoldcinema.co.uk)



Bluebells fig tin candle, £8, Cath Kidston (0333 320 2663, cathkidston.com)

A vibrant plate of vegetable grissini and a green goddess dip. The plate is filled with colorful vegetable sticks, including asparagus, carrots, and radishes, some wrapped in salmon. A small bowl of green goddess dip is on the left. The background shows a white vase with flowers and a glass of orange juice.

Season to taste

Freshen up your menu with crisp
spring ingredients Styling by Victoria Gray

Photographs by Winfried Heinze

Green
goddess dip and
vegetable grissini

Green goddess dip and vegetable grissini

Serves: 4 as a snack or canapé

Preparation time: 20 minutes

Cooking time: 2 minutes

Salt and pepper

100g (3½oz) peas

20g (¾oz) basil

20g (¾oz) parsley

2 spring onions

50ml (1¾fl oz) olive oil

Flesh of 2 ripe avocados

Juice of 1 lemon

1 tbsp Greek yoghurt

2 carrots

1 ridge cucumber (small cucumber)

12 asparagus spears

8 slices prosciutto ham

● Bring a large pan of salted water to the boil and blanch the peas for 2 minutes. Drain and cool under running cold water.

● Pick the leaves from the basil and parsley then discard the stalks.

● Blend together the drained and cooled peas, spring onions, basil, parsley, olive oil, avocado flesh, lemon juice and yoghurt until smooth. Season to taste.

● Peel the carrots then top, tail and cut each into 6 long wedges.

● Cut the cucumber lengthways into 8 wedges.

● Snap off the woody stalks from the bottom of the asparagus spears.

● Cut each piece of prosciutto into 4 long slices, carefully wrap around the top of each piece of vegetable and serve with the dip.

Spring super-green velvet soup

Serves: 4

Preparation time: 10 minutes

Cooking time: 10 minutes

6 spring onions

1 tbsp rapeseed oil

1x400g (14oz) tin cannellini beans

600ml (1 pint) good vegetable stock

200g (7oz) frozen or fresh peas

200ml (7fl oz) spinach

50g (1¾oz) watercress

A handful of mint leaves

Salt and pepper

4 tbsps crème fraîche

Croutons, to serve

● Thinly slice the spring onions and fry in a large saucepan with oil over



Spring
super-green
velvet soup



Grilled halloumi, pomegranate and baby leaf greens

- a medium heat for 2 minutes.
- Drain and rinse the cannellini beans. Add to the pan with the stock and bring to a simmer.
- Add the peas and boil for 2 minutes or until they are floating.
- Add the spinach, watercress and mint, making sure it is all submerged in the stock. Boil for 30 seconds then remove from the heat.
- Using a slotted spoon, put all the ingredients into a jug blender, leaving the liquid.
- Place the lid on tightly and blend for 30 seconds until very smooth. Gradually pour in the remaining liquid, blending continuously for a further 30 seconds, until smooth and vibrant green. Season to taste.
- Serve immediately with a swirl of crème fraîche and croutons.

Grilled halloumi, pomegranate and baby leaf greens

Serves: 4

Preparation time: 20 minutes

Cooking time: 15 minutes

2 red onions

1 red chilli

2 tbsps olive oil

1 tbsp sherry vinegar

1 tbsp caster sugar

200g (7oz) cherry tomatoes

A handful of parsley leaves

A handful of coriander leaves

Salt and pepper

500g (1lb 1¾oz) halloumi cheese

200g (7oz) baby leaf salad

50g (1¾oz) pomegranate seeds

- Peel, halve and thinly slice the onions and chilli into half-moons. Sauté in a large saucepan over a medium heat with half the oil for 2 minutes until slightly softening.

Sauté in a large saucepan over a medium heat with half the oil for 2 minutes until slightly softening.

- Add the vinegar, stir until fully absorbed into the onions and add the sugar. Cook for a further 4-5 minutes, stirring frequently, then spoon into a bowl and allow to cool for 10 minutes.

- Halve the tomatoes, and roughly chop the parsley and coriander. Mix with the cooled onions and season to taste. Don't over-salt as the halloumi is already quite salty.

- Cut down through the fold in the middle of the halloumi so you have 4 flat rectangles. Dice each half into 8 pieces then dab dry with kitchen paper – this will help it to fry.

- Toss together the baby leaves,

S READER OFFER

This six-piece utensil set from Cooks Professional includes a spoon, whisk, spaghetti server, slotted spatula, wide spatula and a cheese grater. Ergonomically designed, the utensils feature silicone handles and are made from heat-resistant nylon. All utensils fit into the cheese grater stand for easy storage. To order for £12.99 plus £3.95 UK mainland p&p (Northern Ireland, £5.95), call 0871 911 7022 and quote 82452. Calls cost 13p per minute plus your network access charge.



pomegranate seeds and onions then spread over a large platter or salad bowl.

- Heat a non-stick frying pan with the rest of the oil over a medium heat. Fry the halloumi cubes for 1-2 minutes then turn and repeat. You will only need to fry on 2 sides to leave the halloumi soft.

- Scatter the halloumi over the salad and serve with toasted flatbreads.

Bean smash with trout and goat's cheese

Serves: 4

Preparation time: 20 minutes

Cooking time: 5 minutes

1 red onion

1 head of fennel

Zest and juice of 1 lemon

4 trout fillets

Salt and pepper

3 tbsps olive oil

100g (3½oz) fresh peas

100g (3½oz) shelled broad beans

100g (3½oz) edamame beans

A handful of mint leaves

6 dill sprigs

200g (7oz) soft goat's cheese

- Peel, halve and cut the onion into thin half-moons then place in a large bowl.

- Remove the outer leaves from the fennel and carefully cut out the core. Thinly slice and place in the bowl with the onions.

Immediately zest and juice the lemon then toss together.

- Trim the trout and check for any pin bones by running your finger lightly up the middle of the fillet. If you find any, remove with tweezers. Cut each fillet in half.

- Bring a large pan of salted water to the boil then simmer.

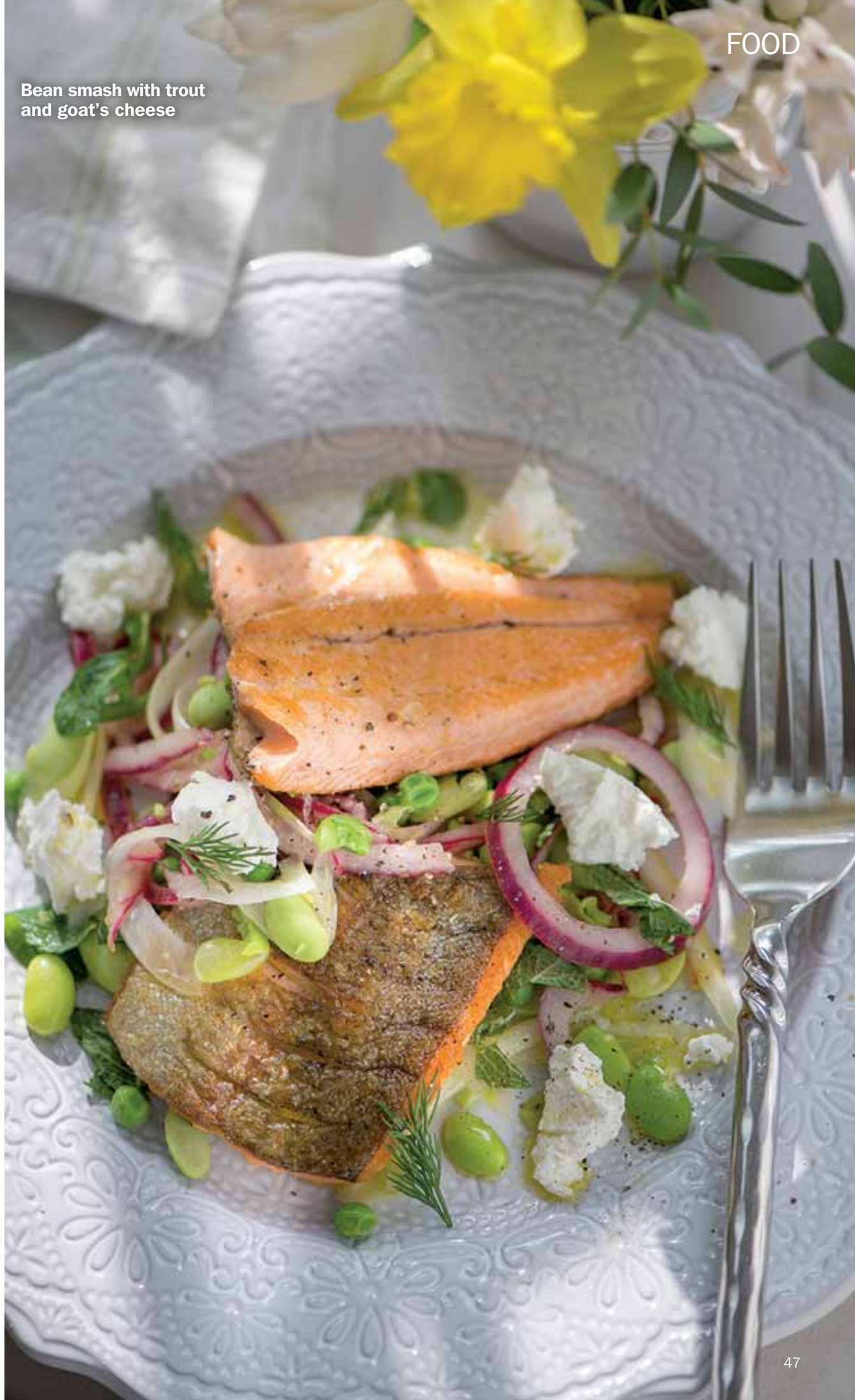
- Heat a large non-stick frying pan with 1 tablespoon of olive oil over a medium heat. Fry the trout, skin side down, for 2-3 minutes or until the skin is golden brown and crispy. Flip the fillets, sprinkle the skin with salt and fry for a further 30 seconds or until the trout is fully cooked through. This will depend on the thickness of the fillets.

- Meanwhile, boil the peas, broad beans and edamame for 2 minutes.

- Drain fully then place back into the saucepan and lightly crush using a potato masher.

- Toss the crushed peas with the

Bean smash with trout and goat's cheese



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fennel, rest of the olive oil, roughly chopped mint and dill then season to taste.

- Serve with the trout fillets and sprinkle with goat's cheese.

Apple and coconut crumble slices

Serves: 8-10

Preparation time: 30 minutes

Cooking time: 40 minutes

300g (10½oz) flour

150g (5¼oz) golden caster sugar

190g (6¾oz) butter, plus extra for greasing

1¼kg (2¾lb) Braeburn apples – about 6 – plus slices to decorate

120g (4¼oz) golden caster sugar

50g (1¾oz) butter

Zest of 1 orange

150g (5¼oz) dried coconut chips or desiccated coconut

- Mix the flour, 150g (5¼oz) of golden caster sugar and 190g (6¾oz) of butter in a food processor until it resembles fresh breadcrumbs.

- Preheat the oven to 160°C/325°F/gas mark 2½. Lightly grease and line a 20x30cm (8x12in) baking dish with baking paper.

- Press 500g (1lb 1¾oz) of crumble mix into the baking dish so that it's flat and compressed then chill for 20 minutes.

- Bake for 20 minutes or until lightly golden.

- Meanwhile, peel, core and dice the apples. Mix in a large saucepan with the 120g (4¼oz) golden caster sugar and 50g (1¾oz) of butter.

- Cover and cook the apples over a medium heat for 4 minutes. Uncover and cook for 7-8 minutes or until the liquid has been absorbed and the apples are just cooked through.

- Grate in the orange zest then spoon evenly over the baked crumble base.

- Mix the remaining crumble with the coconut. Sprinkle over the apples and bake for a further 20 minutes or until lightly golden on top.

- Allow to cool a little then serve warm with ice cream and decorated with apple slices. Or serve cool and sliced as snacks. 🍴

Recipes written and devised by home economist Dominic Hoile



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Jamie Goode

Our expert discovers top-notch Kiwi pinots that won't break the bank

I've recently spent a couple of months in New Zealand, and it's a beautiful country making some attractive wines. I was particularly taken by pinot noir, which is one of my favourite varieties and is well adapted to the cooler climates of New Zealand's wine regions. Here's my magnificent seven of delicious yet relatively affordable pinor noirs.

From left: Yealands Estate Single Vineyard Pinot Noir 2016 Awatere, Marlborough £14.95, greatwesternwine.co.uk (01225 322810), 13.5% alcohol
This is very attractive with nice

silkeness to the textured red cherry fruit. It's smooth and elegant with a hint of ginger and some dried herbs and lavender, showing good balance.

Churton Pinot Noir 2013, Marlborough £24, tanners-wines.co.uk (01743 234455), 13.5% alcohol
Churton is an organic producer farming some very interesting soils in the southern part of Marlborough's Wairau Valley, and this chunky, dense pinot

has lots of savoury complexity. It will age well, too.

Pura Bay Pinot Noir 2014, Nelson £9.75, *Morrison's*, 14% alcohol

This lighter-styled pinot – typical of the Nelson region – is a pale cherry red and has gorgeous flavours of sweet herbs, strawberries and raspberries. A bottle with finesse.

Brancott Estate Letter Series T Pinot Noir 2016, Marlborough £14.99, *Wine Rack*, 13.5% alcohol

Here's a fresh and vivid pinot with

a pleasant texture and sweet plum and cherry fruit. There's a bit of sappy greenness in the background and a spicy edge to the nicely concentrated fruit. Tasty with or without food.

Martinborough Vineyard Te Tera Pinot Noir 2014, Martinborough £16.99 or £14.99 each for six, *Majestic*, 14% alcohol
Supple, fresh and juicy, this red has a fine spiciness and a hint of green alongside elegant red cherry fruit flavours. There's even a bit of grip sitting under the pretty fruit. It has bags of character.

Mud House Claim 431 Vineyard Pinot Noir 2015, Central Otago £16.99 or £14.99 each for six, *Majestic*, 13.5% alcohol
Central Otago is probably New Zealand's most famous pinot noir region, and this red is perfumed and quite fine with elegant, juicy cherry fruit and a bit of raspberry grip. Sophistication in a glass.

Tesco Finest Central Otago Pinot Noir 2016 £12.50, *Tesco*, 13.5% alcohol
Made by leading Kiwi producer Villa Maria, here's an affordable introduction into Central Otago pinot. It's deep coloured with vivid, vibrant black cherry and raspberry flavours plus a bit of grip under the sleek fruit. For the quality, it's an absolute bargain. 



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Aldsworth wooden plant stand, £90, Cuckooland (01305 231231, cuckooland.com)



English herb gardeners' basket, £42.50, Winter In Venice (0845 652 1223, winterinvenice.co.uk)



Bug house, £6, George Home (0800 952 3003, george.com)

Garden shopping

Down-to-earth accessories

Compiled by Victoria Gray

Greengage watering can, £28, Garden Trading (01993 845559, gardentrading.co.uk)



Floral extra-grip gardening gloves, £1.75, Wilko (0800 032 9329, wilko.com)



RHS Rosemore sage wooden bench, £239, Wyevale Garden Centres (wyevalegardencentres.co.uk)



Three rustic terracotta pots in a wire basket, £16.45, The Farthing (thefarthing.co.uk)



Emma Bridgewater garden birds baby mug, £14.95, Daisy Park (daisypark.co.uk)

ALAN TITCHMARSH RETURNS NEXT WEEK



Charlotte Heathcote

Every week in S Magazine

Broken lives

Hannah Beckerman reviews tales of love and loss

The Stranger *****

by **Kate Riordan**

(Michael Joseph, £12.99)

In 1940, three young women arrive in Cornwall as members of the Women's Land Army. Diana, Rose and Jane are set to work as gardeners and their temporary home is Penhallow Hall, the home of 35-year-old Eleanor and her cantankerous, domineering mother, Mrs Fox.

Each of the women brings with them a secret and a distinct personality. Beautiful, flirtatious Diana has been expelled from school, although we don't know why until near the end of the novel, and "banished" to the countryside by her mother.

Rose is 30, married to a brutish man she doesn't love, and haunted by memories of a teenage love affair on a Cornish holiday years before. The reader might guess the secret about Jane's past long before Jane herself discovers it.

This richly textured novel explores depression, suicide, sexual abuse and the objectification of

women. Dysfunctional family relationships are subtly drawn and the author has a particularly acute understanding of the multifarious tensions between mothers and daughters.

She evokes the Cornish landscape in both its beauty and isolation. The influence of Daphne du Maurier's *Rebecca* infuses the novel, from imposing Penhallow Hall to the Silver Moon Ball, where the story reaches its dramatic climax.

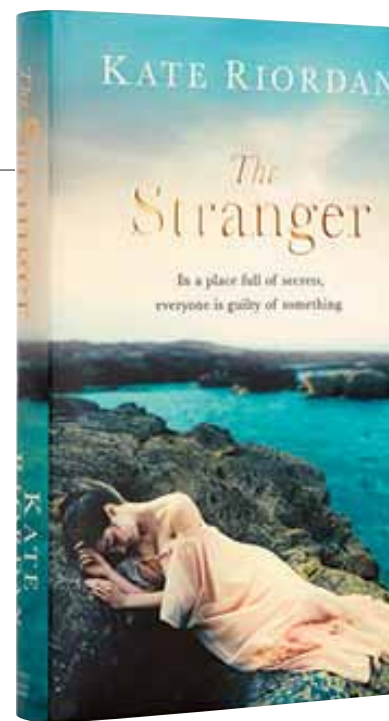
The Stranger is a novel about loss: lost childhoods, lost loves, lost family relationships and lost freedoms. But Kate Riordan's intricately plotted story offers hope and redemption in its clever and deeply satisfying conclusion.

Last Letter From Istanbul ****

by **Lucy Foley**

(HarperCollins, £14.99)

The year is 1921 and Istanbul has been occupied by the British for three years. Nur has been evicted from her opulent home, which the British requisitioned to use as a military



hospital. She now lives a meagre life. Her father is dead, her brother is missing in action and her husband has been killed in battle: "Each grief is not something to be experienced and overcome... it becomes a part of the self."

Nur lives with her psychologically damaged mother, her exacting grandmother, and a seven-year-old orphaned Armenian boy she rescued from his burning home.

When the boy becomes gravely ill one night, Nur is forced to seek help from the British army hospital. There she meets medical officer George Monroe and despite Nur's antipathy towards the British, a wary attraction develops between them. As their friendship progresses, political tensions rise, bringing the story – and their relationship – to a poignant conclusion.

Lucy Foley's atmospheric novel is told from

Where the heart is

Hannah Beckerman's selection of heart-warming reads for women will fill you with the feel-good factor



The Year That Changed Everything

by **Cathy Kelly**
(Orion, £12.99)

It is Ginger's 30th birthday but she is not spending the day the way she had hoped.

It's also Sam's 40th and, when her waters break after a longed-for pregnancy, she starts to panic about her impending motherhood. Meanwhile, Callie is celebrating her 50th birthday with a big party at her home in Dublin when an unexpected guest changes

her day in ways she could never have imagined. *The Year That Changed Everything* is the perfect read for fans of feel-good, warm and witty fiction.



Letters To Iris

by **Elizabeth Noble**
(Michael Joseph, £12.99)

The best-selling author of *Things I Want My Daughters To Know* returns with this tale of an unlikely but life-changing friendship. Gigi is

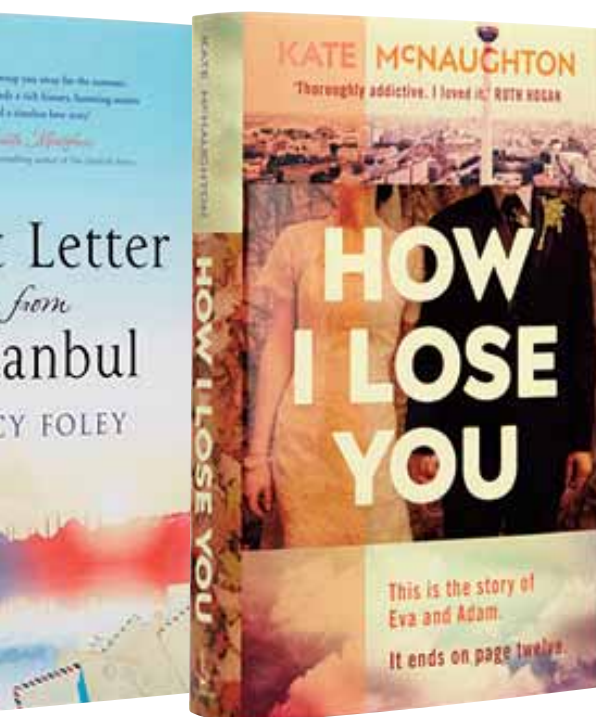
a grandmother who has reached breaking point in her marriage. Tess is pregnant with her first baby and is writing letters to her unborn child. As the two become friends, they begin to understand that only by dealing with the issues that haunt them can they successfully prepare for what lies ahead. This is a moving and heart-warming novel about love in all its forms: between parents and children, husbands and wives and the very best of friends.



One Cornish Summer

by **Liz Fenwick**
(Orion, £12.99)

At 53, Hebe has just received a shocking medical diagnosis and, unsure of the ramifications for herself and her family, she heads to Cornwall, where she spent many happy childhood holidays. Her niece,



multiple viewpoints, including those of Nur, the boy and George. While most of the narrative is set in 1921, the intriguing story of a narrator called The Traveller is set years later and only towards the end do we discover his identity and the purpose of his journey.

Last Letter From Istanbul is an evocative and sensitively written novel about ill-fated love, sacrifice and the violent effects of war.

How I Lose You ****
by Kate McNaughton
(Doubleday, £16.99)

It takes a brave author to kill off one half of her central couple on page 12, but Kate McNaughton's intriguing debut is no conventional love story.

Adam and Eva are a seemingly happily married

couple in their early thirties but then a previously undiagnosed heart condition kills Adam in his sleep. As Eva's world falls apart, the narrative alternates between her grief in the present and the back story of their relationship: their first meeting at university; the holiday with friends when Eva first realises Adam has feelings for her; enjoying a trip to New York when the Twin Towers were hit. But as we delve deeper into the past, we discover their marriage was not without its tensions.

Meanwhile, in the present-day narrative, Eva discovers the name of a woman Adam knew when he worked in Berlin and begins to wonder whether he was faithful. She heads to Berlin in search of the truth but once there, her story takes an unexpected turn, forcing her to confront disturbing revelations about her own family history and her mother's escape from East Berlin decades before.

For all its structural ambition, the novel's timeline can be confusing and some of the dialogues are overlong. But what sets the novel apart is the writer's perceptive and moving writing about grief: "You are like an animal being hit by a stun gun... scrabbling on the mossy ground as you try to get up again, but then they hit you with another shot, and another, and another..."

Thoughtful and sensitive, *How I Lose You* is an engaging debut about love, loss, memory and the stories we tell ourselves to make sense of our past and reimagine our present.

Lucy, who is facing difficulties of her own, accompanies her aunt in the hope of laying to rest her demons. Liz Fenwick, known for her absorbing and often heart-breaking Cornish novels, explores how one must confront the past in order to manage the future.



Last Letter Home
by Rachel Hore
(Simon and Schuster, £14.99)

While on holiday with friends in Naples, young and successful historian Briony Wood learns of a wartime story with a personal connection: her British grandfather was posted to the city during the war. When she discovers a batch of wartime letters in the villa she's staying in, she decides to track down their sender, Sarah Bailey. Briony's attempt to uncover the story of what

happened 70 years previously, when Sarah befriended a young German man, proves that secrets can be closely guarded, even after decades have passed.



Hetty's Farmhouse Bakery
by Cathy Bramley
(Corgi, £7.99)

Hetty Greengrass is forever doing helpful things for other people. So when her 12-year-old daughter chooses her aunt, rather than Hetty, as inspiration for her school project, she begins to doubt her own worth. And as problems begin to surface in her marriage, she has to figure out a way to make herself and her family feel special again.

To buy these books, see Express Bookshop on page 82.

Top fives

Top five fiction

1. Eleanor Oliphant Is Completely Fine

by Gail Honeyman
(HarperCollins, £8.99)

2. Love Like Blood

by Mark Billingham
(Sphere, £7.99)

3. Insidious Intent

by Val McDermid
(Sphere, £7.99)

4. The Last Tudor

by Philippa Gregory
(Simon & Schuster, £8.99)

5. Norse Mythology

by Neil Gaiman
(Bloomsbury, £8.99)

Top five non-fiction

1. Lose Weight For Good

by Tom Kerridge
(Absolute, £22)

2. Classic

by Mary Berry
(BBC, £26)

3. Sapiens

by Yuval Noah Harari
(Vintage, £9.99)

4. 5 Ingredients

by Jamie Oliver
(Michael Joseph, £26)

5. The Fat-Loss Plan

by Joe Wicks
(Bluebird, £16.99)

Top five children's

1. Brain Freeze

by Tom Fletcher and Shane Devries (Puffin, £1)

2. Paddington Turns Detective And Other Funny Stories

by Michael Bond and Peggy Fortnum (HarperCollins, £1)

3. Oi Goat!

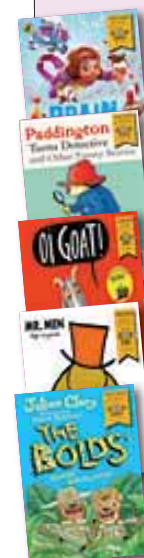
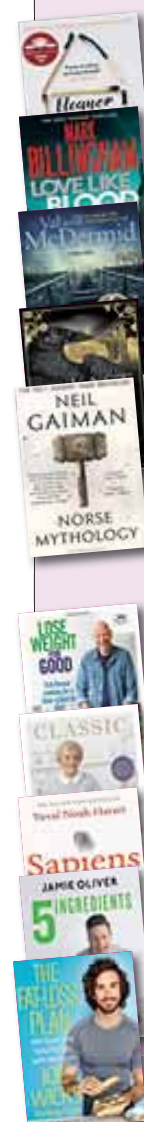
by Kes Gray and Jim Field
(Hachette Children's, £1)

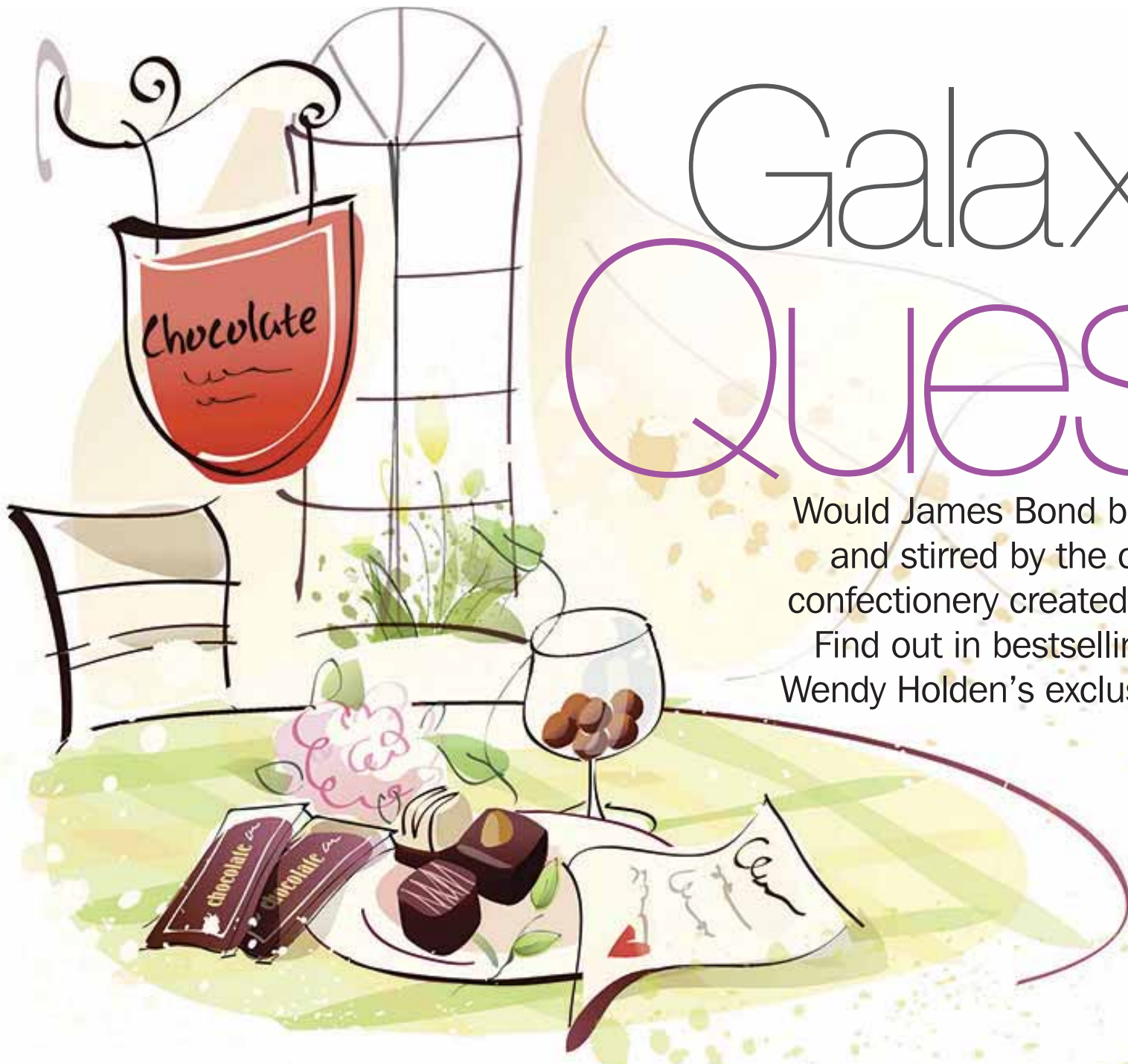
4. My Book About Me By Mr Silly

by Adam Hargreaves and Roger Hargreaves (Egmont, £1)

5. The Bolds' Great Adventure

by Julian Clary
(Andersen, £1)





Galaxy Quest

Would James Bond be shaken and stirred by the chocolate confectionery created for him? Find out in bestselling author Wendy Holden's exclusive story

© WENDY HOLDEN 2018 / ILLUSTRATION: GETTY IMAGES

Kiki, chic in her Sweaty Betty track pants and with her streaked-blond chignon twisted up in a pencil, looked critically at her assistant, Wyatt. The teenage girl was plump and gothic with unbrushed blue hair and huge Dr Martens boots. Not the ideal sidekick for Chocolateers, Kiki's modish chocolate shop selling creations straight from confectionery's cutting edge. White chocolate-coated Bovril cubes. Edamame beans rolled in cocoa powder. Foraged-nettle fancies.

But Wyatt's father was Deputy Governor of the Bank Of England. He was a power not only in the

land, but more importantly here in Great Hording, the secret bolthole of the British elite. Kiki had taken on Wyatt for one reason only – to curry favour with the famous financier.

Curry ganache favour, she thought wittily, watching her lumpen assistant pile the tandoori truffles in the balti dish centrepiece of her "East is Easter" Bollywood-inspired window dressing. Not for her the dreary eggs, chickens and bunnies that comprised the predictable seasonal efforts of everyone else. Kiki would no sooner put those on display than she would a bar of Galaxy.

Nothing wrong with Galaxy, of course. Not if that was your level. Infuriatingly, it was Wyatt's level. She came in every morning munching just such a mass-market bar. Where she had got it was anyone's guess. Certainly not in Great Hording. The comestibles available in the village shops were as exclusive as the village itself.

Caviar? No problem. Italian cheese rolled under the knees of octogenarian nonnas? Si! Sourdough from an Elizabethan bacillus? Verily. Butter churned in a vintage pastis barrel? You got it. But oven chips, mushy peas, mass-market chocolate? Forget it.

In Great Hording, chocolate was

handcrafted and artisanal. And Chocolateers was about to hit its greatest height yet. Kiki's newest invention would be premiered this Easter weekend, in honour of a very special guest.

Great Hording was no stranger to A-listers. Of the local downstairs loos, those lacking an Oscar or Grammy were rarer than those containing them. But even given this concentration of fame, Caspar Honeyman was something special. He was the reigning James Bond and, after much patient lobbying, Tim Lacey, the local über-director, had persuaded him to spend Easter in Great Hording.

The hope was that, having

experienced its delights first-hand, Honeyman might be persuaded to move to the village. That would send its celebrity credentials into the stratosphere.

His reception had been carefully planned. Great Hording must show itself at its absolute best. The right impression had to be created and various welcome options had already been proposed.

Kiki's won. She had offered to create for 007's arrival some chocolate-coated cheesy Wotsits suspended in Martini jelly. When Tim Lacey walked the superstar round the village, she would emerge from Chocolateers and present them.

Wyatt could take the day off. Kiki didn't want a blue-haired goth photobombing her on her Instagram pages.

Wyatt was fine with that. She could go and see her boyfriend, Kearn. Besides being the boy she loved, Kearn was the source of her Galaxy stash. His parents were publicans in a local village that was the absolute obverse of Great Hording. It was ordinary, even scruffy, and its pub, which sold both mass-market chocolate and oven chips, was as far from the champagne-by-the-glass splendours of Wyatt's local gastropub as a Massey Ferguson was from a Maserati.

But Wyatt preferred it to her own luxurious hamlet. It felt more real, and it had Kearn. Every other boy she knew had floppy hair and ambitions in finance. Kearn had short hair and a revolutionary outlook. His virtues were obvious to her and that the world – of Great Hording anyway – undervalued him was frustrating. One day he would prove his worth, but that day might be long in coming.

Wyatt's parents, in particular, undervalued Kearn. They were desperate to split the couple up. Wyatt had been sent on an endless sequence of internships designed to throw her in the path of someone more suitable. The glossy magazine had been the worst. Wyatt neither knew nor cared about fashion, so when assigned to that magazine department she mixed all the

clothes up. A shoot about "Revenge Dresses" had been photographed on the models for "Re-Imagining the Cardigan". "My aesthetic has been completely compromised," the fashion editor had wailed.

Now, as her parents had run out of options, Wyatt was working for Kiki.

The Easter weekend rolled round. Kiki, alone in Chocolateers, kept darting to the door to see if the celebrity party was nigh. For hours it was just the usual yummy mummies with their artful facelifts and tighty-whity jeans, But then a loud voice, red face and blue glasses hove into view. Tim Lacey. And this vision accompanying him, pure Hollywood in his pork pie hat, Hawaiian shirt, sequinned flip-flops and orange trousers? It was, it really was!

Kiki grabbed her Wotsits and shot out of the shop.

"Mr Honeyman... Caspar if I may, can I..." She proffered her creations.

The world's most famous spy looked down at the hessian-tied box in the Chocolateers neon orange-and-green-striped livery. "What's this?"

Kiki explained her unique and original idea. Caspar Honeyman yawned. "I've been given hundreds of those lately. What I'd really love is a bar of Galaxy."

There was a terrible silence. Tim Lacey glared at Kiki. Both knew that not a single ordinary chocolate bar existed in the whole village. Was Great Hording's stardom to be ended by Galaxy?

Suddenly, an idea struck Kiki. "Give me a minute." She dived back into the shop. Only one person could save them, and they weren't from Great Hording.

Some miles away, Wyatt's mobile started ringing. She listened to Kiki's desperate message and smiled at Kearn. His day had come. She would drive the hardest of bargains. It would be a happy Easter after all. **S**

Read more about Wyatt and Kearn in Wendy Holden's new novel *Last Of The Summer Moët* (Head of Zeus, £18.99, and on ebook), which is out now. See Express Bookshop on page 82.

7 things you never knew about Tony Hadley

Tony talks Benidorm, beer and the best thing he ever gave up



Shayne Ward with Jane McDonald and Tony Hadley

1. He recently had a cameo role on TV show *Benidorm*.

"I love *Benidorm*! I'm a massive fan of the show. We had such a fun time with the cast and crew – all I did was laugh. It's all 'tats', piercings and kebabs and one and a half Euros a pint!"

I've done a lot of things before I ever got signed to a record company. I think it's good to do that, you've got to work, it's important."



2. Giving up smoking 18 years ago is the best thing he ever did.

"When you watch the Spandau Ballet film *Soul Boys of the Western World* I was chain smoking all the time. Now I hate it!"

5. He has his own beer company called Hadley Brewing Co and brews Hadley's Gold Lager and Moonstone IPA.

"We had a very successful run with a chain in London, which is going very well. It does taste good though."

3. He LOVES the circus and only the role of Barnum would get him back on a theatre stage.

"If anything could tempt me back to the West End stage it would be playing Barnum. I've always loved the circus."

6. Tony loved his experience on *I'm A Celebrity* back in 2015.

"I've got to say, loved it. Absolutely brilliant fun, no regrets at all. I've gone through the Costa Rican jungle carrying 60 pounds of pack, so I love the jungle, anyway."

4. Starting work at the age of 12, he has never been unemployed.

"I don't think I've ever been unemployed – I've worked since I was about 12 or 13 years old.

7. After all these years he still loves singing.

"I still have to pinch myself and think, 'Wow – I've been doing this as a pro for 36 years, and I'm still enjoying and loving it'. I like to keep busy. I'm a bit of a workaholic."



Liked this? For more of Tony, catch him on Jane McDonald's new show, *Jane McDonald & Friends*, on Channel 5, Friday, 9pm.





"THIS picture of me (second left) and my sisters was taken around 1980, when I was probably about 21. We're all

excitedly showing off our first tour jackets, which were silk and had The Nolans embroidered on the back. I'd just had my hair permed for the photo shoot at the Grosvenor House hotel in London and as I walked into the dressing room the girls went 'ohh' at my hair. Then said nothing. I cried.

We were there for a publicity shoot before our first big tour and our hit song *I'm In The Mood For Dancing* had just been released.

On the left-hand side of the picture is Maureen. Then there's me with the curly hair, then Anne, the eldest of us, and Bernie on the right. Anne was always the one in charge, Maureen was the peacemaker, and Bernie and I were the gobby ones.

There were eight children in our family, Tommy was the eldest, then Anne, Denise, Maureen, Brian, then me, Bernie and Coleen. We were all born in Dublin apart from Coleen, who was born in Blackpool where we moved to in 1963.

When we were younger, we used to sing with our parents Maureen and Tommy Nolan, who were very successful in their own right in Ireland. Then in 1973, someone from a record company saw us singing and we were invited to work at the New London Theatre

in Drury Lane. We were then given producers, choreographers and stylists and we became The Nolans.

Even though I'm known for being one of The Nolans, I have been singing since I was four so I've been in showbiz for over 50 years. But when this photo was taken, it was the start of our real success.

Our brothers stayed in Blackpool – they both had jobs and girlfriends. Meanwhile, Coleen was still at school in Blackpool, so Dad stayed with her and Mum came to London with us.

Our first tour was hard work but because we were sisters, we always had a friend. With sisters, you can have a row that sounds like World War Three at the time, then within half an hour you are all friends again.

I vividly remember sitting at our house in Blackpool at the age of 10 watching *Top Of The Pops*. Then suddenly we were on it in 1980 – I felt like we had made really it.

I'm In The Mood For Dancing was one of our biggest hits. It got to number three in Britain but it was number one in Japan and Europe. That was the start of everything.

The other highlight was when we toured Europe with Frank Sinatra in 1975 for two weeks. We were brought up on Sinatra,




so we screamed when we found out he had picked us as an opening act. Our dad was actually Ireland's Frank Sinatra and used to sing with all the big bands. He'd tried to get tickets to go and see him at the Royal Albert Hall but couldn't get any. Then when we were asked to do the tour, we brought Dad backstage to meet him and for the first time in his life, he was speechless.

We did do a reunion in 2009 with me, Bernie, Maureen and Coleen, and we were talking about another before Bernie was re-diagnosed in 2012 with her breast cancer (she died in 2013). At the moment, it's still too fresh and raw to do something without her.

When you get a diagnosis like mine with secondary breast cancer,

you look at life in a completely different way. I always took things for granted but now when I am with my nieces and nephews, I spend time with them, make memories and laugh with them. I make sure I let people know that I love them.

I have a CT scan every three months to see if the cancer has stayed in my hip and thankfully the treatment is working. I try not to fret in between scans, though, otherwise I am letting cancer rule me.

I am living with cancer and will, hopefully, be able to work with it as well. I don't have any choice." 

Linda's autobiography, *From My Heart* (Pan Macmillan, £18.99), is out now. See Express Bookshop on page 82.

My favourite photograph by singer Linda Nolan

Linda, 59, recalls shooting to stardom with The Nolans and reveals what a strong bond she and her sisters still have Words by Connie Knox

S

What to watch

SUNDAY EXPRESS

Murder mystery, fun competitions and luxury trips – **Darren Scott** reveals the best on the box

Programme of the week

Ordeal By Innocence Tonight, 9pm, BBC1

Based on the novel by Agatha Christie and with a stellar cast including Bill Nighy, Anna Chancellor, Morven Christie and Luke Treadaway, this three part series is perfect Easter viewing. Wealthy philanthropist Rachel Argyll is murdered at her family estate. Her adopted son, Jack, a young delinquent, is arrested for her murder but protests his innocence. Eighteen months later, a mysterious scientist claims he can provide the alibi that can prove Jack's innocence. But Jack dies in prison before the case can come to trial and the Argylls are reluctant to dig up the secrets of the past.



The Big Painting Challenge Tonight, 6pm, BBC1

Mariella Frostrup and the Rev Richard Coles guide 10 amateur painters through a six-week boot camp. The hopefuls arrive in Glasgow to work with mentors and paint objects they have brought from home. The finished works are displayed and go to a public vote.

The Generation Game Tonight, 8pm, BBC1

One of the most popular game shows of all time returns to the Beeb this week. Hosted by Mel Giedroyc and Sue Perkins, these special episodes promise the laughs and mess we've come to expect from the long-running show as well as the famous conveyor belt.

The Million Pound Holiday Club Monday, 7.30pm, Channel 4

Four celebrities are assigned to review luxury experiences in this show. Rob Beckett jets off to private island Petit St Vincent, Fred Sirieix and Kelly Brook attempt a gourmet food challenge in Paris and Huey Morgan heads for an eccentric British countryside race in expensive vintage cars.

Soap watch

Mike Ward tunes in and catches up on the latest in the wonderful world of soapland

Coronation Street

Eileen is in a desperate state as she wakes up in hospital tomorrow, telling Liz that she blames herself for all the terrible things Phelan did. And as word spreads on the Street, questions are soon being asked about Eileen herself and the extent to which she may have been involved in Phelan's murderous actions.

EastEnders

Ted is beside himself with grief following Joyce's death. Bernie does her best to help, but his misery only deepens when his daughter Judith shows up. It's clear

they don't have the warmest of relationships. Meanwhile, the E20 club prepares to reopen.

Emmerdale

Priya finds herself the subject of further grim speculation this week when Megan finds bruises on Eliza's arms. Megan and Jai wait anxiously as the doctors investigate. Elsewhere, Aaron is in grave danger at the hands of Adam's cellmate Syd.

Hollyoaks

Alfie's state of mind is of serious concern by the end of the week.

He's started hearing a strange voice in his head (below), telling him not to trust his family.

Neighbours

Rafael bids a tearful farewell to David tomorrow as he flies home to Britain to help the police hunt for Dakota. Also this week, Mishti is in turmoil after suffering a miscarriage.



Home And Away

What on Earth will Ash do to Robbo when he finally catches up with him? And is Roo ready to hear the truth about her mum?

BBC 1



The Big Painting Challenge, 6pm

- 6.00** Breakfast (S) (W) **7.25** Match Of The Day (rpt) (S) (W) **9.00** Painting The Holy Land (S) (HD) **10.00** Easter Day From Sheffield Cathedral (S) (W) **11.00** Urbi Et Orbi (S) (W) (HD) **11.25** FILM: The Silent Child (2017) Oscar-winning short film, starring Maisie Sly. (S) **11.45** Bargain Hunt (rpt) (S) (W) (HD) **12.25** BBC News, (S) Weather (W) **12.40** FILM: Shaun The Sheep Movie (2015) Animation, featuring the voice of Justin Fletcher. (S) (W) (HD) **2.00** MasterChef (rpt) (S) (W) **3.00** MasterChef (rpt) (S) (W) (HD) **4.00** MasterChef (rpt) (HD) **4.30** Escape To The Country (rpt) (S) (W) **5.00** Songs Of Praise (S) (W) (HD) **5.35** BBC News (S) (HD) **5.50** Local News, (S) Weather
- 6.00** **NEW SERIES** **THE BIG PAINTING CHALLENGE** (1/6) Mariella Frostrup and Rev Richard Coles present a third series of the art contest, which begins with ten contestants getting a masterclass in still life in Glasgow. (S) (W) (HD)
- 7.00** **COUNTRYFILE** In West Yorkshire, Matt Baker meets a beekeeper who came to the county as a refugee from Syria, Anita Rani goes in search of mountain hares and Joe Crowley discovers Emily Bronte's passion for wildlife. Including Weather For The Week Ahead. (S) (W) (HD)
- 8.00** **THE GENERATION GAME** (1/2) Mel Giedroyc and Sue Perkins host the first of two special episodes reviving the classic gameshow in which teams of family members compete in bizarre challenges. They are joined by guests Lorraine Kelly, Richard Osman and Martin Kemp. (S) (W)
- 9.00** **NEW SERIES** **ORDEAL BY INNOCENCE** (1/3) Three-part adaptation of Agatha Christie's novel. The former husband of a murdered heiress prepares to remarry 18 months after her adopted son was convicted of killing her, before dying himself in a prison brawl. (S) (W)
- 10.00** **BBC NEWS** Latest headlines. (S) (W) (HD)
- 10.20** **LOCAL NEWS, WEATHER** Regional stories.
- 10.30** **MATCH OF THE DAY 2** Mark Chapman reviews the day's Premier League action, with highlights of Chelsea v Tottenham Hotspur at Stamford Bridge and Arsenal v Stoke City at the Emirates Stadium. (S) (W) (HD)
- 11.30** **THE WOMEN'S FOOTBALL SHOW** A look at the biggest issues in the women's game. (S) (W) Followed by Weather For The Week Ahead.
- 12.10** BBC News. Latest national and international headlines.

● (1/3) Episode Number (W) Widescreen (rpt) Repeat (S) Subtitles (AD) Audio Description (SL) Sign Language (HD) High Definition

BBC 2



Conspiracy Files: Murder In Washington, 9pm

- 6.20** Coast (rpt) (S) (W) (HD) **6.50** Glorious Gardens From Above (rpt) (S) (W) (HD) **7.35** Life In A Cottage Garden With Carol Klein (rpt) (S) (W) **8.05** Gardeners' World (rpt) (S) (W) (HD) **8.35** Countryfile (rpt) (S) (W) (HD) **9.30** Saturday Kitchen Best Bites (S) (W) (HD) **11.00** Spring Kitchen With Tom Kerridge (rpt) (S) (W) (HD) **11.45** Lorraine Pascale: How To Be A Better Cook (rpt) (S) (W) (HD) **12.15** MOTD2 Extra (S) (W) (HD) **1.00** Coast (rpt) (S) (W) **1.15** Pilgrimage: The Road To Santiago (rpt) (S) (W) (HD) **2.15** Canterbury Cathedral (rpt) (S) (W) (HD) **3.15** RAF At 100 With Ewan And Colin McGregor (rpt) (HD) **4.45** FILM: War Horse (2011) First World War drama, starring Jeremy Irvine. (HD)
- 7.00** **DOWN THE MIGHTY RIVER WITH STEVE BACKSHALL** In the conclusion of the two-part programme, the naturalist travels down the Balien River's lower gorge, one of the most dangerous stretches of white water in the world surrounded by rock walls. His exploration of the jungle leads to an encounter with a tribe that has had little contact with the outside world. (rpt) (S)
- 8.00** **TOP GEAR** (6/6) Matt LeBlanc, Chris Harris and Rory Reid test drive the latest SUVs through the medium of horse trialling, and are joined in the studio by Jason Manford. Plus, Chris takes an explosive drive in the new Alpine A110. (S) (W)
- 9.00** **CONSPIRACY FILES: MURDER IN WASHINGTON** The murder of political campaigner Seth Rich during the 2016 US presidential campaign, which has become the subject of rumours that he had released internal e-mails to Wikileaks. (S) (W) (HD)
- 10.00** **MOCK THE WEEK** (11/13) Ed Gamble, Milton Jones, Miles Jupp, Nish Kumar and Felicity Ward join host Dara O Briain and regular Hugh Dennis for the topical comedy show. (rpt) (S) (W) (HD)
- 10.35** **TOP GEAR: EXTRA GEAR** (6/6) The team try and solve Tokyo's transport problems, and are joined by racing drivers Enaam Ahmed and Chris Breen for a chat about the Monte Carlo Rally. (S)
- 11.00** **FILM** **SELMA** (2014) In 1965, amidst an atmosphere of racial unrest, civil rights campaigner Dr Martin Luther King Jr plans a march across Alabama which will change history. Fact-based drama, starring David Oyelowo. (S)
- 1.00** Sign Zone: Countryfile (rpt) (S) (HD) **1.55** Sign Zone: Holby City (rpt) (S) (HD) **2.55** This Is BBC Two (S) (W)

ITV



Change Your Tune, 7pm

- 6.00** CITV: Sooty (rpt) **6.10** Grizzly Tales For Gruesome Kids (rpt) **6.35** Dino Dan: Trek's Adventures (rpt) **6.50** Super 4 (rpt) **7.00** Signed Stories: Share A Story (rpt) **7.05** Thunderbirds Are Go (rpt) **7.30** Scrambled! Scrambled! **7.35** Scrambled! Tom And Jerry Show (rpt) **7.50** Scrambled! Teen Titans Go! (rpt) **8.10** Scrambled! Mr Bean: Animated Series (rpt) **8.30** Scrambled! Spy School (HD) **9.05** Scrambled! Adventure Time (rpt) **9.25** ITV News **9.30** Love Your Garden (rpt) **10.00** Countrywise (rpt) **10.30** The Voice UK (rpt) **12.00** Ant & Dec's Saturday Night Takeaway (rpt) (W) **1.30** ITV News, Weather **1.40** FILM: Willy Wonka And The Chocolate Factory (1971) Musical fantasy. (W) (HD) **3.45** Catchphrase (rpt) (W) (HD) **4.30** ITV News, Weather (W) **4.45** Local News, Weather (W) **5.00** Tipping Point (rpt)
- 6.00** **THE CHASE: CELEBRITY SPECIAL** (1/14) TV presenters Fiona Bruce, Rick Edwards, Kate Humble and Joe Swash pit their general knowledge against a trivia expert as they try to win thousands of pounds for charity. (rpt) (W)
- 7.00** **NEW SERIES** **CHANGE YOUR TUNE** Baz Ashmawy hosts the challenge in which some of the country's worst singers perform live, then undergo weeks of training to improve their voices, with the contestant who makes the most progress winning £10,000. (W)
- 8.00** **THE DURRELLS** (3/8) Larry and Louisa return to England. While his mother is reunited with her cousins, Larry returns to London, where he falls in with a group of Bohemian artists. Back in Corfu, Leslie gets offered a job as a policeman and Gerry saves a donkey from an abusive farmer. (W) (HD)
- 9.00** **THE GOOD KARMA HOSPITAL** (3/6) Gabriel joins Ruby on an outreach programme to a tea plantation, but discovers that she has not been honest about her reasons for wanting to go there. Meanwhile, Lydia tries to help a patient who she believes is a victim of domestic abuse.
- 10.00** **ITV NEWS, WEATHER** Latest headlines. (W)
- 10.15** **FILM** **SHERLOCK HOLMES** (2009) The eccentric detective investigates a criminal who has seemingly returned from the dead to carry out a spate of murders. Action thriller, with Robert Downey Jr and Jude Law. (W)
- 12.40** Marcella (rpt) (W) (HD) **1.30** Jackpot247 (W) **3.00** Take On The Twisters (rpt) (W) (HD) **3.50** ITV Nightscreen (W) (HD) **5.05** The Jeremy Kyle Show (rpt) (W) (HD)

REGIONAL VARIATIONS

BBC1 SCOTLAND As BBC1 except: **12.40** Put Your Money Where Your Mouth Is **1.25** MasterChef **2.25** MasterChef **3.25** MasterChef **4.00** Songs Of Praise **4.35-5.35** DIY SOS: The Big Build **11.30** Sportscene **12.30** The Women's Football Show
BBC2 WALES As BBC2 except: **1.15** Canterbury Cathedral **2.15-3.15** Blitz Wales with John Humphrys **10.00** Flex Lewis: Superstar Bodybuilder **10.55** Top Gear: Extra Gear **11.20** Film: Selma (2014) (12) Drama, starring David Oyelowo **1.20** Coast
BBC2 SCOTLAND As BBC2 except: **4.45** Grand Tours of Scotland **5.00** River City. Lenny faces a test. **6.00** Sportscene
BBC2 NORTHERN IRELAND As BBC2 except: **10.00** Hame

ITV WESTCOUNTRY As ITV except: **1.39-1.40** Local Weather **4.45-5.00** Local News. Headlines. **10.14-10.15** Local Weather
ITV YORKSHIRE As ITV except: **1.39-1.40** Local Weather. Latest forecast. **4.45-5.00** Local News **10.14** Local Weather
ITV TYNE TEES As ITV except: **1.39-1.40** Local Weather **4.45-5.00** Local News. Headlines. **10.14-10.15** Local Weather
ITV GRANADA As ITV except: **1.39-1.40** Local Weather. Latest forecast. **4.45-5.00** Local News **10.14-10.15** Local Weather
ITV BORDER As ITV except: **1.39-1.40** Local Weather. Latest forecast. **4.45-5.00** Local News **10.14-10.15** Local Weather
ITV WEST As ITV except: **1.39-1.40** Local Weather **4.45-5.00** Local News. Regional headlines. **10.14-10.15** Local Weather

ITV WALES As ITV WEST except: **1.39-1.40** Local Weather **4.45-5.00** Local News. Headlines. **10.14-10.15** Local Weather
S4C **6.00** Cyw **8.50** Penblwyddi Cyw **8.55** Pen-Blwydd Pwy? **9.00** Dal Ati: Dal Ati: Bore Da **10.00** Dal Ati: Dal Ati: Help Llaw **11.00** Rownd a Rownd **11.30** Rownd a Rownd **11.55** Calon **12.00** Dechrau Canu Dechrau Canmol **12.30** Perthyn **1.00** Y Dioddefaint Yn Ôl Ioan **2.55** Cegin Bryn **3.30** Cegin Bryn **4.00** Codi Pac **4.30** Ffermio **5.00** Newyddion a Chwaraeon **5.10** Pobol y Cwm **7.00** Dechrau Canu Dechrau Canmol **8.00** Band Cymru 2018 **9.00** Parch. Oskana makes an unusual request after leaving the police station. **10.00** Y Byd ar Bedwar **10.30** Rhodri Morgan: Ysbiwr yn y Teulu **11.30-12.05** Ffasiwn Mecanic

CHANNEL 4



The Green Mile, 10.05pm

- 6.15** The King Of Queens (rpt) **6.40** The King Of Queens (rpt) **7.05** The King Of Queens (rpt) **7.30** Everybody Loves Raymond (rpt) **7.55** Everybody Loves Raymond (rpt) **8.30** Frasier (rpt) **9.00** Frasier (rpt) **9.30** Sunday Brunch (HD) **12.30** Jamie And Jimmy's Friday Night Feast (rpt) (HD) **1.35** The Simpsons (rpt) **2.00** The Simpsons (rpt) **2.30** The Simpsons (rpt) **3.00** The Simpsons (rpt) **3.30** Ice Age: The Great Egg-Scapade (rpt) (HD) **4.00** FILM: Dumbo (1941) Disney animated adventure following the fortunes of a plucky young elephant with oversized ears. Mocked by his fellow circus performers, Dumbo finally finds a friend in an enterprising mouse, who helps the poor animal overcome his inhibitions and find fame and fortune as the world's only flying elephant. With the voices of Sterling Holloway and Edward Brophy, plus an Oscar-winning score by Frank Churchill and Oliver Wallace. **5.15** The Great Celebrity Bake Off For Stand Up To Cancer (rpt)
- 6.30** **CHANNEL 4 NEWS** Latest headlines. (HD)
- 7.00** **HOMES BY THE MED** (3/6) Charlie Luxton visits the Spanish island of Mallorca, where he discovers an Arab bath house that is over 1,000 years old in Palma's old town. (rpt) (HD)
- 8.00** **ESCAPE TO THE CHATEAU** As Dick and Angel prepare for winter, they attend a food festival in Rouen, where they hope to find inspiration over what to do with their fresh fruit and vegetables. Angel adds the finishing touches to the floating geodesic dome in time for a family sleepover. Last in the series. (HD)
- 9.00** **HOMELAND** (7/12) Carrie makes a move, Wellington has a reckoning and Saul expands an operation. Espionage drama, starring Claire Danes, Mandy Patinkin and Linus Roache.
- 10.05** **FILM** **THE GREEN MILE** (1999) A convicted child-killer of towering height and massive build is condemned to death row, but astonishes the guards with his good nature and miraculous healing powers. They believe the gentle giant is incapable of crime, and emotions run high as they realise there is no hope of overturning his death sentence. Supernatural drama, based on a novel by Stephen King, starring Tom Hanks and Michael Clarke Duncan. (HD)
- 1.25** The Supervet (rpt) (HD) **2.20** Coastal Walks With My Dog (rpt) (HD) **3.15** KOTV Boxing Weekly (HD) **3.40** The Question Jury (rpt) (HD) **4.35** George Clarke's Amazing Spaces (rpt) (HD) **5.30** Streetmate (rpt) (HD)

● All programme details are correct at time of going to press

5STAR

- 6.00am** Teleshopping **8.00** Last Man Standing **10.10** Will & Grace **2.55pm** Can't Pay? We'll Take It Away **3.55** Can't Pay? We'll Take It Away **5.00** Can't Pay? We'll Take It Away **6.00** Can't Pay? We'll Take It Away **7.00** Sinkholes: Buried Alive **8.00** Weather Terror: Eye of the Storm **9.00** Film: Fury (2014) (15) Second World War drama, starring Brad Pitt and Shia LaBeouf. **11.40** Film: Homefront (2013) (15) Crime thriller, starring Jason Statham. **1.45am** On Benefits: Single & Skint **2.45** Riverdale **3.35** Last Man Standing **4.00-6.00** Teleshopping

CHANNEL 5



Bruce Almighty, 9pm

- 6.00** Milkshake! Little Princess (rpt) **6.10** Milkshake! Monkey (rpt) **6.15** The Secret Life Of Puppies (rpt) **6.20** Mofy (rpt) **6.25** Simon (rpt) **6.35** Simon (rpt) **6.40** Peppa Pig (rpt) **6.45** Olly The Little White Van (rpt) **6.55** Blaze And The Monster Machines (rpt) **7.15** Paw Patrol (rpt) **7.30** Noddy: Toyland Detective (rpt) **7.45** Ben And Holly's Little Kingdom (rpt) **8.00** Shimmer And Shine (rpt) **8.10** Digby Dragon (rpt) **8.20** Peppa Pig (rpt) **8.40** Peppa Pig (rpt) **8.45** Thomas & Friends: Journey Beyond Sodor (rpt) **10.05** Teenage Mutant Ninja Turtles (rpt) **10.35** Police Interceptors (rpt) **11.40** Police Interceptors (rpt) **12.40** FILM: Joe Kidd (1972) Western, starring Clint Eastwood. **2.25** FILM: Space Cowboys (2000) Adventure, starring Clint Eastwood. (W) **4.55** FILM: Stargate (1994) Sci-fi adventure, starring Kurt Russell.
- 7.10** **CAN'T PAY? WE'LL TAKE IT AWAY** (9/42) The officers try to recover £13,000 owed by a high-performance car dealer in Birmingham and in Wolverhampton the agents chase nearly £2,000 owed to a car hire company. (rpt)
- 8.00** **CAN'T PAY? WE'LL TAKE IT AWAY** (10/42) In Staffordshire, the agents chase up a £3,000 deposit owed by a landlord to his tenant, and officers in Birmingham try to recover £25,000 from a nightclub owner for solicitor fees. (rpt)
- 8.55** **5 NEWS WEEKEND** The day's headlines.
- 9.00** **FILM** **BRUCE ALMIGHTY** (2003) God tires of a down-on-his-luck reporter's constant complaining, so passes on His powers to give him a taste of ultimate responsibility. The newsman falls in love with his extraordinary abilities – but a never-ending stream of incoming prayers and his ambitious attempt to please everyone soon prove there is more to the job than meets the eye. Comedy, starring Jim Carrey.
- 11.05** **FILM** **JUST GO WITH IT** (2011) A plastic surgeon pretends to be unhappily married to seduce women. When his girlfriend finds his prop wedding ring, he claims he is getting a divorce and has to persuade his assistant to pose as his soon-to-be ex-wife, but is forced to come up with yet more lies to maintain the illusion. Romantic comedy, starring Adam Sandler. (W)
- 1.15** SuperCasino **3.10** Inside Manchester's Midland Hotel (rpt) **4.00** The Railways That Built Britain With Chris Tarrant (rpt) (SL) **4.45** House Doctor (rpt) (SL) **5.10** Great Artists (rpt) (SL) **5.35** Wildlife SOS (rpt) (SL)

5USA

- 6.00am** Teleshopping **9.00** Access **9.10** Person of Interest **10.00** Person of Interest **10.55** Law & Order **11.55** Film: Columbo: Murder with Too Many Notes (2000) (PG) Drama. **1.50pm** Film: Columbo: Agenda for Murder (1990) (PG) Starring Peter Falk. **3.55** Film: Columbo: Rest in Peace, Mrs Columbo (1990) (PG) With Peter Falk. **6.00** NCIS: New Orleans **7.00** NCIS: New Orleans **8.00** NCIS: New Orleans **9.00** NCIS **10.00** CSI: NY **10.55** CSI: NY **11.55** Law & Order: Special Victims Unit **12.55am** Law & Order: Special Victims Unit

EASTER SUNDAY

1 APRIL 2018

- ITV2 6.00am** You've Been Framed! Gold **6.25** Emmerdale **9.00** Coronation Street **12.15pm** The Voice UK **1.55** Britain's Got Talent: Top 10 Golden Buzzers **2.55** Film: Happy Feet Two (2011,U) **4.50** Film: Hop (2011,U) **6.45** Film: Charlie and the Chocolate Factory (2005,PG) **9.00** Film: Spectre (2015,12) **11.55** Family Guy **1.20am** American Dad! **ITV3 6.00am** Film: Carry On Cruising (1962,U) **7.45** Film: Holiday on the Buses (1973,PG) **9.30** Film: Mutiny on the Buses (1972,PG) **11.10** Film: Carry On Cowboy (1966,U) **1.10pm** Film: Carry On Behind (1975,PG) **3.10** Film: Carry On Camping (1969,PG) **4.55** Midsomer Murders **6.55** Vera **9.00** Larry Grayson: Shut That Door! **11.00** Film: Are You Being Served? (1977,PG) **1.00am** Blue Murder **2.30** Carry On Forever **ITV4 6.00am** The Protectors **6.25** The Avengers **7.20** Storage Wars **10.30** Pawn Stars **12.20pm** When English Football Ruled Europe **2.20** Stuck on You: The Football Sticker Story **3.25** Film: Police Academy 2: Their First Assignment (1985,15) **5.10** Goodwood Members Meeting **6.10** The Big Fish Off **7.15** Film: The Scorpion King (2002,PG) **9.00** Film: Jaws (1975,PG) **11.25** Film: The Assassination of Jesse James by the Coward Robert Ford (2007,15) **2.35am** Football Rivalries **BBC FOUR 7.00pm** Only Connect **7.30** University Challenge **8.00** Painting the Holy Land **9.00** Timewatch: WWI Aces Falling **10.00** The Battle of Britain **11.30** Operation Jericho **12.30am** Dancing in the Blitz: How World War Two Made British Ballet **1.30** Revolution and Romance: Musical Masters of the 19th Century **SKY ONE 6.00am** Hour of Power **7.00** Supergirl **8.00** The Simpsons **11.00** WWE Raw Hlts **12.00noon** MacGyver **1.00** Modern Family **1.30** The Bachelor King **3.00** Film: Jumanji (1995,PG) **5.00** The Simpsons **6.30** Revolution **7.30** The Simpsons **8.00** MacGyver **9.00** Hawaii Five-0 **10.00** NCIS: Los Angeles **11.00** In the Long Run **12.00midnight** The Blacklist **1.00** Arrow **SKY ATLANTIC 6.00am** Cold Case **9.00** Without a Trace **2.00pm** Blue Bloods **6.00** David Attenborough's Galapagos **9.00** Save Me **10.00** The Zen Diaries Of Garry Shandling **12.50am** Billions **2.00** The Sopranos **SKY CINEMA PREMIERE 6.00am** Ready Player One: Special **6.30** Going in Style (2017,12) **8.10** Despicable Me 3 (2017,U) **9.45** Lou (2017,U) **10.00** Cars 3 (2017,U) **11.50** Spider-Man: Homecoming (2017,12) **2.10pm** Unforgettable (2017,15) **3.55** Hurricane Heist: Special **4.25** Despicable Me 3 (2017,U) **6.00** Cars 3 (2017,U) **8.00** Spider-Man: Homecoming (2017,12) **10.20** Unforgettable (2017,15) **12.10am** Going in Style (2017,12) **1.50** Chokeslam (2016,15) **FILM4 11.00am** Mr Popper's Penguins (2011,PG) **1.00pm** The Boxrolls (2014,PG) **2.50** Evolution (2001,PG) **4.50** Mirror Mirror (2012,PG) **6.55** Back to the Future Part II (1989,PG) **9.00** Commando (1985,18) **10.45** Bad Lieutenant: Port of Call New Orleans (2009,18) **1.10am** Your Highness (2011,15) **3.20** Close **TALKING PICTURES 6.00am** Film: Riders of the Rockies (1937,U) **7.05** Film: Monster from Green Hell (1957,PG) **8.25** Film: The Interrupted Journey (1949,PG) **10.00** The Big Valley **11.00** A Family at War **12.00noon** Film: Convict 99 (1938,U) **1.45** Film: Street Corner (1954,PG) **3.40** Film: Nobody Runs Forever (1968,PG) **5.40** Film: County Hospital (1932,U) **6.00** Film: The Gentle Sex (1943,U) **7.50** Rome: The Eternal City **8.00** A Family at War **9.00** The Human Jungle **10.00** Film: When the Bough Breaks (1947,PG) **11.40** Film: The Culpepper Cattle Co (1972,18) **1.30am** Film: Cosh Boy (1953,PG) **3.05** Film: No Lady (1931,U) **CBS REALITY 6.00am** Teleshopping **7.30** Tomorrow's World **8.00** The Key of David **8.30** The Lord's Challenge **9.00** Judge Judy **5.00pm** Bondi Rescue **7.00** Medical Detectives **9.00** Sins and Secrets **10.00** Donal MacIntyre's Murder Files **11.00** It Takes a Killer **12.00midnight** Killer Doctors on Death Row **SKY SPORTS MAIN EVENT 6.00am** Live Test Cricket. New Zealand v England. **7.30** Total Goals **9.00** Live Test Cricket. South Africa v Australia. **12.30pm** Live Nissan Super Sunday. Arsenal v Stoke City (Kick-off 1.30pm). **3.30** Live Nissan Super Sunday. Chelsea v Tottenham Hotspur (Kick-off 4.00pm). **6.00** Live ATP Masters Tennis. The Miami Open. **8.00** Live PGA Tour Golf. The Houston Open. **11.00** Live Test Cricket. New Zealand v England.

BBC 1



Times vary

Lenny Henry: The Commonwealth Kid, 9pm

- 6.00** Breakfast (HD) **9.15** Oxford Street Revealed (rpt) (HD) **10.00** Homes Under The Hammer (rpt) (HD) **11.00** The Sheriffs Are Coming (rpt) (HD) **11.45** Claimed And Shamed (S) (W) (HD) **12.15** Bargain Hunt (HD) **1.00** BBC News At One, Weather (W) (HD) **1.15** Local News, (S) Weather (W) **1.25** Father Brown (rpt) (S) (W) (HD) **2.10** Garden Rescue (rpt) (S) (W) (HD) **2.55** Escape To The Country (S) (W) (HD) **3.40** Money For Nothing (S) (W) (HD) **4.25** Flog It! (rpt) (S) (W) (HD) **5.15** Pointless (S) (HD)
- 6.00** **BBC NEWS AT SIX, WEATHER** (W) (HD)
- 6.20** **LOCAL NEWS, WEATHER** Headlines. (W)
- 6.30** **CELEBRITY MASTERMIND** John Humphrys tests Shappi Khorsandi, Chris Stark, Piers Taylor and Lee Pearson on Charlie Chaplin, Scott Mills, Bob Dylan and British birds. (rpt) (S) (W) (HD)
- 7.00** **THE ONE SHOW** Topical reports, presented by Matt Baker and Alex Jones. (S) (W) (HD)
- 7.30** **MASTERCHEF** (18/25) The semi-finals continue as the remaining six contenders have 90 minutes to cook dishes inspired by Italian cuisine, before one of the hopefuls is eliminated. (S) (W) (HD)
- 8.00** **EASTENDERS** Bernadette offers to help Ted organise the funeral and Sharon arranges a family lunch to build bridges with Phil. Kat tells Stacey and Mo they should start a cleaning business. (HD)
- 8.30** **CLASSIC MARY BERRY** (6/6) The food writer demonstrates a selection of her favourite recipes that have moved in and out of fashion, including her take on a classic prawn cocktail, as well as a rich onion soup and a banoffee pie. (S) (W) (HD)
- 9.00** **LENNY HENRY: THE COMMONWEALTH KID** The actor examines the relationship between the UK and the Commonwealth, exploring the role of this community of nations in the 21st century and the legacy of slavery. (HD)
- 10.00** **BBC NEWS AT TEN, WEATHER** (W) (HD)
- 10.20** **LOCAL NEWS, WEATHER** Headlines. (W)
- 10.30** **MICHAEL MCINTYRE: HAPPY & GLORIOUS** A chance to see a show from the popular stand-up star's 2015 tour of the UK and Ireland, recorded live in London. (rpt) (S) (HD)
- 11.30** **LIVE AT THE APOLLO** (1/6) Comedy sets by Eddie Izzard, Josh Widdicombe and Trevor Noah. (rpt) (S) (W) (HD) Followed by Weather. (S) (HD)
- 12.20** BBC News. Catch up with the latest headlines. (HD)

● (1/3) Episode Number (W) Widescreen (rpt) Repeat (S) Subtitles (AD) Audio Description (SL) Sign Language (HD) High Definition

BBC 2



Z For Zachariah, 11pm

- 6.15** The Repair Shop (rpt) (S) (W) (HD) **6.45** Money For Nothing (rpt) (S) (W) (HD) **7.30** Nature's Weirdest Events (rpt) (S) (W) (HD) **8.30** **FILM: Gnomeo & Juliet** (2011) Animated comedy, with the voices of James McAvoy and Emily Blunt. (S) (W) (HD) **9.45** **FILM: Rise Of The Guardians** (2012) Animated adventure, with the voice of Chris Pine. (S) (W) (HD) **11.15** The Super League Show (S) (W) **12.00** **FILM: Funny Lady** (1975) Musical comedy sequel, starring Barbra Streisand. (S) (W) (HD) **2.15** Trust Me, I'm A Vet (rpt) (S) (W) (HD) **3.15** Indian Ocean With Simon Reeve (rpt) (S) (W) (HD) **4.15** Patagonia: Earth's Secret Paradise (rpt) (S) (W) (HD) **5.15** Put Your Money Where Your Mouth Is (rpt) (S) (W) (HD)
- 6.00** **EGGHEADS** (95/95) Jeremy Vine hosts the quiz show in which the winners of famous gameshows work as a team to tackle a new set of challengers hoping to win a cash prize. (S) (HD)
- 6.30** **THE REPAIR SHOP** (1/15) The team of experts tries to restore three family heirlooms and treasured possessions to their former glory, working on a clock, a carving of a flying fish and an accordion. (rpt) (S) (W) (HD)
- 7.00** **TOP GEAR** (6/6) Matt LeBlanc, Chris Harris and Rory Reid test drive the latest SUVs and are joined in the studio by Jason Manford. (rpt) (HD)
- 8.00** **ONLY CONNECT** (32/37) Victoria Coren Mitchell asks the questions as round three losers the Detectives and the Vikings return for one last chance to win a place in the semi-finals. (S) (W)
- 8.30** **UNIVERSITY CHALLENGE** The quarter-final matches conclude as two teams of four students compete to make it to the next stage of the competition. Jeremy Paxman hosts. (S) (W) (HD)
- 9.00** **DAVE ALLEN AT PEACE** Fact-based drama filmed in the style of the Irish comedian's BBC TV series, following him from childhood to becoming a comedy great. Aidan Gillen stars. (S) (W) (HD)
- 10.00** **DAVE ALLEN: GOD'S OWN COMEDIAN** A look at the life, work and legacy of Irish comedy writer Dave Allen, who started his career in entertainment as a Butlin's Redcoat. (rpt) (S) (W)
- 11.00** **FILM Z FOR ZACHARIAH** (2015) Premiere. Sci-fi drama, starring Margot Robbie. (S)
- 12.30** Conspiracy Files: Murder In Washington (rpt) (HD) **1.30** Sign Zone: David Attenborough's Natural Curiosities (rpt) (HD) **2.00** Sign Zone: Imagine – Andrew Lloyd Webber: Memories (rpt) (HD) **3.30** This Is BBC Two (S)

ITV



Marcella, 9pm

- 6.00** CITV: Dino Dan: Trek's Adventures (rpt) (W) (HD) **6.10** Dino Dan: Trek's Adventures (rpt) (W) (HD) **6.25** Super 4 (rpt) (W) (HD) **6.40** Super 4 (rpt) (W) (HD) **6.55** The Bagel And Becky Show (rpt) (W) (HD) **7.05** The Bagel And Becky Show (rpt) (W) (HD) **7.20** Horrid Henry (rpt) (W) (HD) **7.35** Horrid Henry (rpt) (W) (HD) **7.50** Horrid Henry (rpt) (W) (HD) **8.05** Horrid Henry (rpt) (W) (HD) **8.20** Wishfart (rpt) (W) (HD) **8.35** Wishfart (rpt) (W) (HD) **8.50** Scrambled! Record Breakers (rpt) (W) (HD) **9.20** Mission Employable (rpt) (SL) (W) (HD) **9.25** **FILM: Dragonheart** (1996) Fantasy adventure, starring Dennis Quaid. (W) (HD) **11.25** **FILM: Free Willy** (1993) Family drama, starring Jason James Richter. (W) (HD) **1.40** ITV News, Weather (W) **1.50** Local News, Weather (W) **2.00** Judge Rinder (W) (HD) **3.00** Dickinson's Real Deal (rpt) (W) (HD) **4.00** Tipping Point (W) (HD) **5.00** The Chase (HD)
- 6.00** **PAUL O'GRADY: FOR THE LOVE OF DOGS** (7/8) A pair of Cavalier King Charles spaniels need surgery on their ears, there are concerns about an emaciated mongrel and Paul tries to cheer up the home's longest-serving resident. (rpt) (W) (HD)
- 6.30** **LOCAL NEWS, WEATHER** Bulletins. (W)
- 6.45** **ITV NEWS, WEATHER** Headlines. (W)
- 7.00** **EMMERDALE** Brenda struggles to contain her emotions, while Rebecca plans a meal. (W) (HD)
- 7.30** **CORONATION STREET** Bethany is shattered by Craig's announcement. (W) (HD)
- 8.00** **THE KYLE FILES** (5/6) Jeremy Kyle investigates the major dangers of the internet. (W) (HD)
- 8.30** **CORONATION STREET** Shona has a word with David about their poor love life. (W) (HD)
- 9.00** **MARCELLA** (7/8) The detective returns to Nigel Stafford's home to uncover the truth behind his false allegations about Vince, but the real story leads to tragedy for the team. (W) (HD)
- 10.00** **ITV NEWS, WEATHER** Headlines. (W)
- 10.20** **THE REAL FULL MONTY: LIVE** A special performance from Sheffield led by Ashley Banjo and Alexander Armstrong. (rpt) (W) (HD)
- 11.50** **THE DURRELLS** (3/8) Larry and Louisa return to England. While his mother is reunited with her cousins, Larry returns to London, where he falls in with a group of Bohemian artists. (rpt) (W) (HD)
- 12.40** The Kyle Files (rpt) (W) (HD) **1.05** Jackpot247 (W) **3.00** The Jeremy Kyle Show (rpt) **3.55** ITV Nightscreen (W)

REGIONAL VARIATIONS

BBC1 SCOTLAND As BBC1 except: **9.00-10.00** Long Night at Blackstone **10.30** Lenny Henry: The Commonwealth Kid **11.30** Michael McIntyre: Happy & Glorious. A chance to see a show from the popular stand-up star's 2015 tour of the UK and Ireland, recorded as-live at the O2 in London. Returning to a venue he has visited 27 times in the past, more than any other artist in the world, Michael showcases his particular brand of wit, taking aim once again at some of the absurdities of everyday life. **12.30** Live at the Apollo **1.15** Weather **1.20** BBC News **BBC1 NORTHERN IRELAND** As BBC1 except: **10.30** Keepin'er Country **11.00** The Arts Show **11.30** Michael McIntyre:

Happy & Glorious **12.30** Live at the Apollo. Eddie Izzard hosts an evening of stand-up at the Apollo in Hammersmith, London, treating the audience to his own brand of humour before introducing routines by The Last Leg star Josh Widdicombe and South African comic Trevor Noah. **1.15** BBC News. Headlines. **S4C** **6.00** Cyw: Hafod Haul **6.15** Cyw: Y Dywysoges Fach **6.25** Cyw: Guto Gwningen **6.40** Cyw: Tomos a'i Ffrindiau **6.50** Cyw: Ty Mel **7.00** Cyw: Meic y Marchog **7.15** Cyw: Jen a Jim Pob Dim **7.30** Cyw: Nico Nôg **7.40** Cyw: Sam Tân **7.50** Cyw: Sblj a Sbloj **8.00** Cyw: Cymylaubychain **8.15** Cyw: Sali Mali **8.20** Cyw: Cwpwrdd Cadi **8.30** Cyw: Cled **8.45** Cyw: Marcaroni **9.00** Cyw: Dwylo'r Enfys **9.15** Cyw: Stiwl **9.25** Cyw: Oli Dan

y Don **9.35** Cyw: Nodi **9.45** Cyw: Llan-ar-goll-en **10.00** Cyw: Hafod Haul **10.15** Cyw: Y Dywysoges Fach **10.25** Cyw: Guto Gwningen **10.40** Cyw: Tomos a'i Ffrindiau **10.50** Cyw: Ty Mel **11.00** Cyw: Meic y Marchog **11.15** Cyw: Jen a Jim Pob Dim **11.30** Cyw: Nico Nôg **11.40** Cyw: Sam Tân **11.50** Cyw: Sblj a Sbloj **12.00** Newyddion S4C a'r Tywydd **12.05** Teithiau Tramor Iolo **12.30** Ar Werth **1.00** Celwydd Noeth **1.30** Codi Hwyl **2.00** Newyddion S4C a'r Tywydd **2.05** Prynawn Da **3.00** Newyddion S4C a'r Tywydd **3.05** Pengelli **3.30** Dros Gymru **3.45** Rygbi **6.00** Newyddion S4C a'r Tywydd **6.05** Gwaith/Cartref **7.00** Heno **8.00** Pobol y Cwm **8.25** Yr Anialwch **9.30** Ffurmio **10.00** Bugelliaid Olaf Ewrop **11.00-11.35** Mike Phillips a'r Senghenydd Sirens

CHANNEL 4



Travel Man: 48 Hours In Brussels, 8.30pm

- 6.00** Countdown (rpt) (HD) **6.45** 3rd Rock From The Sun (rpt) **7.10** 3rd Rock From The Sun (rpt) **7.35** The Big Bang Theory (rpt) (HD) **8.00** The Big Bang Theory (rpt) (HD) **8.30** The Big Bang Theory (rpt) (HD) **8.55** FILM: The House Of Magic (2013) Animated adventure. (W) (HD) **10.35** The Simpsons (rpt) **11.05** The Simpsons (rpt) **11.35** The Simpsons (rpt) **12.00** FILM: The Jewel Of The Nile (1985) Comedy adventure sequel. (W) (HD) **2.10** Countdown (HD) **3.00** A Place In The Sun: Winter Sun (rpt) (HD) **4.00** A New Life In The Sun (rpt) (HD) **5.00** Four In A Bed (rpt) (HD) **5.30** Star Boot Sale (HD)
- 6.00** **THE SIMPSONS** (15/22) Homer signs up for a wife-swapping show so he can win the money to buy a plasma TV, but Marge's new "husband" falls in love with her. (rpt) (HD)
- 6.30** **HOLLYOAKS** Sienna surprises Joel with a gift. Meanwhile, Glenn and Grace continue to argue with each other, plus Leela and Ste are delighted by a progression with Tegan. (rpt) (HD)
- 7.00** **CHANNEL 4 NEWS** Headlines. (HD)
- 7.30** **THE MILLION POUND HOLIDAY CLUB** Rob Beckett, Fred Sirieix, Kelly Brook and Huey Morgan are thrown into the world of luxury reportage, as they are assigned to review exclusive holidays and experiences. (HD)
- 8.30** **NEW SERIES TRAVEL MAN: 48 HOURS IN BRUSSELS** Richard Ayoade returns with offbeat tourism show and is joined in the first edition by comedian and Not Going Out star Lee Mack for a short break in the Belgian capital. (HD)
- 9.00** **NEW SERIES THE ISLAND WITH BEAR GRYLLS** (1/5) A team of high-earning professionals and a group earning below the UK national average wage are marooned at opposite ends of an uninhabited island in the Pacific Ocean. (HD)
- 10.00** **NEW SERIES KISS ME FIRST** When her mother dies, Leila has to learn how to manage living on her own and it is only when she logs on to virtual reality game Azana that she feels truly alive. (HD)
- 11.05** **GREG DAVIES: THE BACK OF MY MUM'S HEAD** Stand-up comedy with the Man Down star, from the Lowry in Salford. (rpt) (HD)
- 12.05** Lee And Dean (rpt) (HD) **12.35** How To Get A Council House (rpt) (HD) **1.30** Britain's Favourite Food (rpt) (HD) **2.25** Coastal Walks With My Dog (rpt) (HD) **3.20** George Clarke's Amazing Spaces (rpt) (HD)

● All programme details are correct at time of going to press

5STAR

- 6.00am** Teleshopping **8.00** Dance Moms **8.45** Film: Loch Ness (1996) (PG) Family drama. **10.50** Film: Harry and the Hendersons (1987) (PG) Comedy. **1.00pm** Can't Pay? We'll Take It Away **3.00** Neighbours **3.30** Home and Away **4.00** Will & Grace **5.00** The Fresh Prince of Bel-Air **6.00** Home and Away **6.30** Neighbours **7.00** Last Man Standing **8.00** Can't Pay? We'll Take It Away **9.00** Fights, Camera, Action! **10.00** Bad Teen to Ballroom Queen **11.00** Film: The Back-up Plan (2010) (12) Comedy. **1.15am** 100 Per Cent Hotter **2.15** Bad Teen to Ballroom Queen

CHANNEL 5



Police UK: Armed And Deadly, 10pm

- 6.00** Milkshake! Puffin Rock (rpt) (HD) **6.10** Poppy Cat (rpt) (HD) **6.20** Simon (rpt) **6.25** Noddy: Toyland Detective (rpt) (HD) **6.35** Fireman Sam (rpt) (HD) **6.50** Thomas & Friends (rpt) **7.00** Monkey: Bananas About Food (HD) **7.05** Shimmer And Shine (HD) **7.20** Shane The Chef (HD) **7.35** Peppa Pig (rpt) **7.45** Peppa Pig (rpt) **7.50** Ben And Holly's Little Kingdom (rpt) (HD) **8.05** Paw Patrol (HD) **8.20** Floogals (HD) **8.35** Digby Dragon (rpt) (HD) **8.55** Rusty Rivets (rpt) (HD) **9.05** Mofy (rpt) (HD) **9.15** The Wright Stuff (HD) **11.15** Can't Pay? We'll Take It Away (rpt) (HD) **12.05** 5 News (HD) **12.10** Home And Away (HD) **12.40** Neighbours (HD) **1.10** FILM: Seven Brides For Seven Brothers (1954) Musical Western. (W) (HD) **3.10** FILM: Oliver! (1968) Musical. (W)
- 6.00** **NEIGHBOURS** Aaron hands in the proof that Paul was not responsible for the fire. (rpt) (HD)
- 6.30** **HOME AND AWAY** Ash and the River Boys pursue Robbo to the headland. (rpt) (HD)
- 6.55** **5 NEWS TONIGHT** Headlines. (HD)
- 7.00** **THE YORKSHIRE VET CASEBOOK** (2/10) Patients include Dave the baby emu, Dougie the pugnacious parrot and Bobby the police sniffer dog. Plus, highlights of a hectic lambing season. (rpt) (HD) Followed by 5 News Update. (HD)
- 8.00** **POLICE INTERCEPTORS** Dog handler Liam and his canine colleague Louie are part of a 20-strong team raiding two houses linked to a suspected drug dealer. Last in the series. (HD)
- 9.00** **PADDINGTON STATION 24/7** (2/20) There is a scare when mysterious containers are found shortly after the Salisbury nerve agent crisis, while the main lines between Didcot and Paddington lose power as rush hour nears. (HD)
- 10.00** **POLICE UK: ARMED AND DEADLY** (3/4) An officer reveals how he ended up on trial for murder after a fatal shooting and a surveillance operator who prevented one of the most audacious robbery plots. (HD)
- 11.05** **CRIMINALS: CAUGHT ON CAMERA** (1/5) The use of CCTV to fight crime. (rpt) (HD)
- 11.30** **FOOTBALL ON 5: THE CHAMPIONSHIP** Colin Murray introduces highlights of the latest games, including Preston v Derby County. (HD)
- 12.30** Football On 5: Goal Rush (HD) **1.00** SuperCasino (HD) **3.10** Inside Manchester's Midland Hotel (rpt) (HD) **4.00** The Railways That Built Britain With Chris Tarrant (rpt)

SUSA

- 6.00am** Teleshopping **9.00** Access **9.10** Catch a Contractor **9.35** Chicago PD **10.20** Law & Order **11.20** NCIS: New Orleans **12.20pm** NCIS: New Orleans **1.10** NCIS **2.10** Film: Columbo: Prescription Murder (1968) (PG) Crime drama. **4.20** Film: Columbo: Murder by the Book (1971) (PG) Drama. **6.00** CSI: Miami **7.00** NCIS **8.00** NCIS **9.00** NCIS **10.00** Law & Order: Special Victims Unit **10.55** Law & Order: Special Victims Unit **11.55** Law & Order: Special Victims Unit **12.55am** CSI: NY **2.50** Law & Order: Criminal Intent **4.00** Teleshopping

EASTER MONDAY

2 APRIL 2018

- ITV2 7.10am** Who's Doing the Dishes? **7.55** Emmerdale **8.20** Coronation Street **9.25** You've Been Framed! Gold **10.00** Totally Bonkers Guinness World Records **10.15** Film: Nanny McPhee and the Big Bang (2010,U) **12.25pm** Emmerdale **1.00** Coronation Street **2.00** The Jeremy Kyle Show **4.15** Film: The Smurfs (2011,U) **6.20** Film: The Amazing Spider-Man 2 (2014,12) **9.00** Family Guy **9.30** American Dad! **10.00** Action Team **10.35** Family Guy **12.00midnight** American Dad! **12.30** Plebs **1.00** Release the Hounds
- ITV3 6.00am** On the Buses **7.05** Film: Carry On Cowboy (1966,U) **8.55** Film: Carry On Behind (1975,PG) **10.45** Film: Carry On Dick (1974,PG) **12.30pm** Film: Carry On at Your Convenience (1971,PG) **2.15** Film: Carry On Henry (1971,PG) **4.00** Film: Rising Damp (1980,PG) **6.00** Rising Damp Forever **8.00** Lewis **10.00** DCI Banks **12.05am** Scott & Bailey
- ITV4 7.15am** Ironside **8.15** Quincy ME **9.20** Minder **10.20** Hornblower **12.30pm** Film: Aces High (1976,PG) **2.45** Film: Dunkirk (1958,PG) **5.30** Film: Diamonds Are Forever (1971,PG) **7.55** Mr Bean **9.00** An Audience with Billy Connolly **10.05** Film: First Blood (1982,15) **12.10am** Joey: The Man Who Conquered the TT
- BBC FOUR 7.00pm** Beyond 100 Days **7.30** Nature's Microworlds **8.00** Painting the Holy Land **9.00** Battlefield Britain **10.00** Bomber Boys **11.30** The Lancaster: Britain's Flying Past **12.30am** Top of the Pops: 1983 **1.35** Battlefield Britain
- SKY ONE 6.00am** Supergirl **8.00** Ready Player One: Special **8.30** Futurama **9.00** The Simpsons **10.30** Revolution **11.30** Film: Jumanji (1995,PG) **1.30pm** David Attenborough's Natural History Museum Alive **3.00** Football's Funniest Moments **5.00** The Simpsons **6.00** Futurama **6.30** The Simpsons **8.00** Supergirl **9.00** Film: Star Trek (2009,12) **11.25** The Force: North East **12.25am** Air Ambulance ER **1.25** Brit Cops
- SKY ATLANTIC 6.00am** The British **7.00** Urban Secrets **8.00** Richard E Grant's Hotel Secrets **9.00** The West Wing **11.00** House **1.00pm** Without a Trace **2.00** Film: The Fall: Decker vs Budd (2016) **4.00** Attenborough at 90: Behind the Lens **5.00** House **7.00** CSI: Crime Scene Investigation **8.00** Blue Bloods **9.00** Westworld: The Story So Far **10.00** Last Week Tonight with John Oliver **10.35** Our Cartoon President **11.10** Crashing **11.45** Divorce **12.20am** Here and Now
- SKY CINEMA PREMIERE 6.00am** Unforgettable (2017,15) **7.45** Despicable Me 3 (2017,U) **9.20** Lou (2017,U) **9.35** Cars 3 (2017,U) **11.25** Spider-Man: Homecoming (2017,12) **1.45pm** Despicable Me 3 (2017,U) **3.30** 6 Below: Miracle on the Mountain (2017,12) **5.15** Lou (2017,U) **5.30** Cars 3 (2017,U) **7.30** Hurricane Heist: Special **8.00** Spider-Man: Homecoming (2017,12) **10.20** 6 Below: Miracle on the Mountain (2017,12) **12.05am** Unforgettable (2017,15)
- FILM4 11.00am** Hotel for Dogs (2009,U) **1.05pm** My Neighbour Totoro (1988,U) **2.55** Ice Age: The Meltdown (2006,U) **4.40** Paddington (2014,PG) **6.30** Back to the Future Part III (1990,PG) **8.50** Free Fire Interview Special **9.00** Free Fire (2016,15) **10.50** Sin City: A Dame to Kill For (2014,18) **12.55am** Yakuza Apocalypse (2015,18)
- TALKING PICTURES 6.00am** Film: Chance of a Lifetime (1950,U) **7.50** The Screening Room **8.00** Film: Piccadilly Incident (1946,U) **10.00** Film: The Flemish Farm (1943,PG) **11.40** The Screening Room **11.50** Film: Esther Waters (1948,PG) **2.00pm** The Big Valley **3.00** Film: Innocent Sinners (1958,U) **4.50** Glimpses **5.00** The Detectives **5.30** Honey West **6.00** Scotland Yard **6.35** Film: Emergency (1962,PG) **7.50** New Towns for Old **8.00** Gideon's Way **9.00** Film: Hell Drivers (1957,U) **11.10** Film: The Naked Kiss (1964,18) **1.00am** Film: We Joined the Navy (1962,U)
- CBS REALITY 6.00am** Teleshopping **9.00** Judge Judy **7.00pm** Bondi Rescue **8.00** Celebrity Damage Control **9.00** Ice Cold Killers **10.00** Snapped: Killer Couples **11.00** Medical Detectives **12.00midnight** Cold Blood **1.00** Ice Cold Killers **2.00** Snapped: Killer Couples
- SKY SPORTS MAIN EVENT 6.00am** Test Cricket **7.30** Good Morning Sports Fans **9.00** Live Test Cricket **12.30pm** Live EFL **3.00** Live Betfred Super League **5.00** Live Masters - On the Range **5.30** Live EFL **7.30** Live EFL **10.00** Sky Sports News **10.15** SPFL Round-Up **10.30** Cricket Debate **11.00** Live Test Cricket

BBC 1



Come Home, 9pm

- 6.00** Breakfast (S) (W) (HD) **9.15** Oxford Street Revealed (rpt) (S) (W) **10.00** Homes Under The Hammer (rpt) (S) (W) (HD) **11.00** The Sheriffs Are Coming (rpt) (S) (W) (HD) **11.45** Claimed And Shamed (S) (W) (HD) **12.15** Bargain Hunt (S) (W) (HD) **1.00** BBC News At One, (S) Weather (W) (HD) **1.30** Local News, (S) Weather (W) **1.45** Moving On. Clare steals her son's passport to stop him going on holiday. (rpt) (S) (W) (HD) **2.30** Escape To The Continent (rpt) (S) (W) (HD) **3.30** Money For Nothing (S) (W) (HD) **4.15** Flog It! (rpt) (S) (W) (HD) **5.15** Pointless (S) (W)
- 6.00** **BBC NEWS AT SIX, (S) WEATHER (W) (HD)**
- 6.30** **LOCAL NEWS, WEATHER** Regional headlines.
- 7.00** **THE ONE SHOW** Another mix of nationwide reports and live studio-based chat, hosted by Matt Baker and Alex Jones. (S) (W) (HD)
- 7.30** **EASTENDERS** Ted's daughter Judith arrives and tries to take control, Hunter takes Phil up on his promise of showing him the ropes at the garage and Kat advertises the Slaters' new business. (S)
- 8.00** **HOLBY CITY (14/52)** Roxanna questions Gaskell's motives when he takes on a controversial new case. Meanwhile, Fletch clashes with new CEO Abigail over a vulnerable patient and challenges her to prove she's a worthy successor to Jac Naylor. (S) (W) (HD)
- 9.00** **COME HOME (2/3)** Marie is determined to press the reset button on her life but when things start to spiral out of control, she finds herself in the depths of despair and deceiving people around her. Elsewhere, Liam and Laura are getting frustrated with Brenna when she invites chaos and danger into the family home. (S) (W)
- 10.00** **BBC NEWS AT TEN** Latest headlines. (S) (HD)
- 10.30** **LOCAL NEWS, WEATHER** Regional stories. (W) Followed by National Lottery Update. (S)
- 10.45** **THIS COUNTRY (5/6)** It is the most important day of the year for Kerry – the annual steam fair. This year it falls on her birthday and Kurtan has organised her a surprise present. (S) (W) (HD)
- 11.15** **R KELLY: SEX, GIRLS & VIDEOTAPES** Reporter Ben Zand explores allegations against R&B star R Kelly, including claims that he ran a sex cult and accusations of an appetite for underage girls. (S) (W) (HD) Followed by Weather For The Week Ahead. (S) (W) (HD)
- 12.15** BBC News. Latest national and international headlines.

● (1/3) Episode Number (W) Widescreen (rpt) Repeat (S) Subtitles (AD) Audio Description (SL) Sign Language (HD) High Definition

REGIONAL VARIATIONS

BBC1 WALES As BBC1 except: **11.45** Bargain Hunt **12.30** A Week to Sell Your House **10.40** Hayley **11.10** This Country **11.40** R Kelly: Sex, Girls & Videotapes **12.40** BBC News

BBC1 SCOTLAND As BBC1 except: **8.00-9.00** River City **10.45** Holby City **11.45** This Country **12.15** R Kelly: Sex, Girls & Videotapes **1.10** Weather for the Week Ahead

BBC2 WALES As BBC2 except: **1.45-2.15** Weatherman Walking: Dylan's Walks – New Quay and Laugharne

BBC2 NORTHERN IRELAND As BBC2 except: **10.00-10.30** Keepin' er Country. Thousands of young single people descend on a festival. **11.15** Cunk on Britain **11.45** Mock the Week

BBC 2



Cunk On Britain, 10pm

Times vary

- 6.00** Flog It! Trade Secrets (rpt) (S) (W) **6.30** Money For Nothing (rpt) (S) (W) (HD) **7.15** Bargain Hunt (rpt) (S) (W) (HD) **8.00** Sign Zone: Hugh's Wild West (rpt) (SL) (S) (W) (HD) **9.00** Victoria Derbyshire (S) **11.00** BBC Newsroom Live (S) (HD) **11.30** Westminster In Review (S) (W) **12.00** Golf: Masters 2017 Review (S) (W) (HD) **1.00** The Super League Show (S) (W) **1.45** Plan It, Build It (rpt) (S) (W) (HD) **2.15** Trust Me, I'm A Vet (rpt) (S) (W) (HD) **3.15** Indian Ocean With Simon Reeve (rpt) (S) (W) (HD) **4.15** Patagonia: Earth's Secret Paradise (rpt) (S) (W) (HD) **5.15** Put Your Money Where Your Mouth Is (rpt) (S) (W) (HD)
- 6.00** **NEW SERIES EGGHEADS (1/95)** Jeremy Vine hosts the quiz in which the winners of famous gameshows work as a team to tackle a new set of challengers hoping to win a cash prize. (S) (W)
- 6.30** **THE REPAIR SHOP (2/15)** Jay Blades and Will Kirk restore a stool, clock expert Steve works on a vintage telephone and projector specialist Richard Rigby enlivens a magic lantern. (rpt) (S)
- 7.00** **ATTENBOROUGH'S WONDER OF EGGS** David Attenborough reveals the secrets of birds' eggs from creation to hatching, exploring how they are made, the reasons behind their shape and their intrinsic purpose. (rpt) (S) (W) (HD)
- 8.00** **GREAT INDIAN RAILWAY JOURNEYS (3/4)** Guided by his Bradshaw's 1913 Handbook of Indian, Foreign and Colonial Travel, Michael Portillo travels from Mysuru to the first stronghold of the East India Company in Chennai.
- 9.00** **HOSPITAL (2/6)** David Grant returns from annual leave to find his surgical list has snowballed. He's one of only two consultant surgeons at Nottingham University Hospitals' busy cancer head and neck service which is under strain. (S)
- 10.00** **NEW SERIES CUNK ON BRITAIN (1/5)** Comedy documentary, starring Diane Morgan, with a guest appearance by Robert Peston. (S)
- 10.30** **NEWSNIGHT** Analysis of events, presented by Evan Davis. (S) (HD) Followed by Weather. (W)
- 11.15** **PILGRIMAGE: THE ROAD TO SANTIAGO (3/3)** The celebrities take a dip in the freezing water within a beautiful wooded valley. (rpt) (S)
- 12.15** Sign Zone: Great British Railway Journeys (rpt) **12.45** Sign Zone: MasterChef (rpt) **1.45** Sign Zone: Murder, Mystery And My Family (rpt) **2.30** Sign Zone: Celebrity Antiques Road Trip (rpt) **3.30** This Is BBC Two (S) (W)

ITV



Emmerdale, 7pm

- 6.00** Good Morning Britain (W) (HD) **8.30** Lorraine (W) (HD) **9.25** The Jeremy Kyle Show (rpt) (W) (HD) **10.30** This Morning (W) (HD) **12.30** Loose Women (W) (HD) **1.30** ITV News, Weather (W) **1.55** Local News, Weather (W) **2.00** Judge Rinder (W) (HD) **3.00** Dickinson's Real Deal. The team revisit Uxbridge, Middlesex. (rpt) (W) (HD) **3.59** ITV Local Weather (W) **4.00** Tipping Point (W) (HD) **5.00** The Chase. Bradley Walsh presents the general knowledge quiz show. (W) (HD)
- 6.00** **LOCAL NEWS, WEATHER** Regional stories.
- 6.30** **ITV NEWS, WEATHER** Latest headlines. (W)
- 7.00** **EMMERDALE** Priya's plan to get a new job does not work out and she begins to suspect that Jai is interfering. Bob and Laurel tell one lie too many, while Ross makes an apology. (W) (HD)
- 7.30** **100 YEAR OLD DRIVING SCHOOL (5/6)** Bomber Command veteran George Dunn, 94, takes part in a driving assessment at Box Hill in Surrey. Cameras also follow 105-year-old motorist and yoga enthusiast Eileen Ash. (HD)
- 8.00** **PAUL O'GRADY: FOR THE LOVE OF DOGS – BEST IN SHOW** A panel of ITV viewers voted their two favourite episodes from the first five series set at Battersea Dogs & Cats Home. Here's a chance to find out which of the favourite pooches got the most votes and win the rosette for Best In Show. (rpt) (W) (HD)
- 9.00** **LAST LAUGH IN VEGAS** Comedians Cannon and Ball, Bernie Clifton, Kenny Lynch and Mick Miller, join forces with musicians Bobby Crush, Jess Conrad, Anita Harris and actress Su Pollard to stage their dream gig in Nevada. For two weeks they'll live together, explore the city and rehearse with Las Vegas producer Frank Marino, preparing for the biggest performance of their lives in one of the area's most iconic theatres. (W)
- 10.00** **ITV NEWS, WEATHER** Latest headlines. (W)
- 10.30** **LOCAL NEWS, WEATHER** Regional stories.
- 10.45** **THE REAL FULL MONTY: LADIES' NIGHT** Coleen Nolan and Ashley Banjo lead a group of eight female celebrities as they perform a one-off striptease show in Sheffield to raise awareness of breast cancer. (rpt) (W) (HD)
- 12.05** Heathrow: Britain's Busiest Airport (rpt) (HD) **12.55** Jackpot247 (W) **3.00** Loose Women (rpt) (W) **3.50** ITV Nightscreen (W) **5.05** The Jeremy Kyle Show (rpt) (SL)

Igam Ogam **10.45** Y Brodyr Coala **11.00** Meic y Marchog **11.15** Sbarc **11.30** Mwnici'n Dweud Mwnici'n Gwneud **11.35** Ahoi **11.55** Peppa **12.00** Newyddion S4C a'r Tywydd **12.05** Dudley ar Daith **12.30** Rhodri Morgan: Ysbiwr yn y Teulu **1.30** Only Men Aloud **2.00** Newyddion S4C a'r Tywydd **2.05** Prynawn Da **3.00** Newyddion S4C a'r Tywydd **3.05** John ac Alun **3.30** Popeth ar Ffilm **4.00** Awr Fawr **5.00** Stwnsh: Larfa **5.05** Stwnsh: Pigo Dy Drwyn **5.35** Stwnsh: Sgorio **6.00** Newyddion S4C a'r Tywydd **6.05** 04 Wal **6.30** Rownd a Rownd **7.00** Heno **7.30** Pobol y Cwm **8.00** Cefn Gwlad **9.00** Newyddion 9 a'r Tywydd **9.30** Y Byd ar Bedwar **10.00** Band Cymru 2018. Three groups battle it out for a place in the final of Band Cymru 2018. **11.00** Pobol y Rhondda

ITV MERIDIAN, CENTRAL, WESTCOUNTRY, ANGLIA, YORKSHIRE, TYNE TEES, GRANADA, BORDER & WEST As ITV except: **3.59-4.00** Local Weather **6.00-6.30** Local News

ITV WALES As ITV WEST except: **3.59-4.00** Local Weather **6.00-6.30** ITV News Wales at Six. Latest regional headlines.

S4C **6.00** Cyw: Dona Direidi **6.15** Tili a'i Ffrindiau **6.25** Halibalw **6.35** Igam Ogam **6.45** Y Brodyr Coala **7.00** Meic y Marchog **7.15** Sbarc **7.30** Mwnici'n Dweud Mwnici'n Gwneud **7.35** Ahoi **7.55** Peppa **8.00** Holi Hana **8.10** Amser Stori **8.15** Boj **8.30** Abadas **8.40** Bla Bla Blewog **8.55** Ben a Mali a'u Byd Bach O Hud **9.05** Sbridiri **9.25** Meripwsan **9.30** Straeon Ty Pen **9.45** Pentre Bach **10.00** Dona Direidi **10.15** Tili a'i Ffrindiau **10.25** Halibalw **10.35**

CHANNEL 4



The Great Celebrity Bake Off For Stand... 8pm

- 6.00** Countdown (rpt) (HD) **6.45** 3rd Rock From The Sun (rpt) **7.10** 3rd Rock From The Sun (rpt) **7.35** Everybody Loves Raymond (rpt) **8.00** Everybody Loves Raymond (rpt) **8.30** Frasier (rpt) **9.00** Frasier (rpt) **9.35** Frasier (rpt) **10.05** Ramsay's Kitchen Nightmares USA (rpt) **11.00** The Simpsons (rpt) **11.30** The Simpsons (rpt) **12.00** Channel 4 News (HD) **12.05** Come Dine With Me (rpt) (HD) **1.05** Posh Pawnbrokers (rpt) (HD) **2.10** Countdown (HD) **3.00** A Place In The Sun: Summer Sun (rpt) (HD) **4.00** A New Life In The Sun (rpt) (HD) **5.00** Four In A Bed (rpt) (HD) **5.30** Star Boot Sale (HD)
- 6.00** **THE SIMPSONS** (20/22) A bump on the head leaves Marge with no memory of Homer, who is forced to woo her all over again in a bid to re-establish their relationship. (rpt)
- 6.30** **HOLLYOAKS** Joel prepares himself to tell Sienna about him and Cleo, Sami continues to push Kyle, plus Yasmine and Imran come up with a plan to embarrass James. (rpt) (HD)
- 7.00** **CHANNEL 4 NEWS** Latest headlines. (HD)
- 8.00** **THE GREAT CELEBRITY BAKE OFF FOR STAND UP TO CANCER** Comedians Alan Carr and Aisling Bea, Paralympian Kadeena Cox and actress Teri Hatcher compete in culinary challenges. Judges Paul Hollywood and Prue Leith set the celebrities some tough tasks, beginning with a muffin signature, followed by a test of their pie-making abilities for the technical and then a showstopper cake challenge. Last in the series.
- 9.15** **SEVEN YEAR SWITCH** (5/6) With their time in Thailand drawing to a close, the four couples write letters explaining what must change to save their failing relationships. While Tony has a revelation, Gemma is close to calling it a day. (HD)
- 10.20** **GOGGLEBOX** Capturing the households' instant reactions to what they are watching on TV from the comfort of their own sofas. (rpt) (HD)
- 11.20** **INDIAN SUMMER SCHOOL** (1/3) Five British boys who have failed their core GCSEs take part in a study programme at the world-famous Doon School in India, which has an exam pass rate of 100 per cent. (rpt) (HD)
- 12.20** Ramsay's Kitchen Nightmares USA (rpt) **1.10** Britain's Favourite Food (rpt) **2.05** The Million Pound Holiday Club (rpt) **3.00** George Clarke's Amazing Spaces (rpt) (HD) **3.55** Building The Dream (rpt) **4.50** The Question Jury (rpt) **5.45** Kirstie's Fill Your House For Free (rpt)

● All programme details are correct at time of going to press

5STAR

6.00am Teleshopping **8.00** Funniest Fails, Falls & Flops **8.25** Dance Moms **9.10** Last Man Standing **10.05** Fresh Prince of Bel-Air **11.05** On Benefits: Famous & Claiming **12.05pm** Police Interceptors **1.05** Can't Pay? We'll Take It Away **3.00** Neighbours **3.30** Home and Away **4.00** Will & Grace **5.00** Fresh Prince of Bel-Air **6.00** Neighbours **6.30** Home and Away **7.00** Last Man Standing **8.00** World's Scariest Drivers **9.00** Car Crash TV **10.00** **Film:** Scary Movie 3 (2003) (15) **11.40** Wentworth Prison **12.45am** Can't Pay? We'll Take It Away

CHANNEL 5



The Yorkshire Vet Casebook, 7pm

- 6.00** Milkshake! Puffin Rock (rpt) **6.05** Poppy Cat (rpt) **6.20** Simon (rpt) **6.25** Noddy: Toyland Detective (rpt) **6.35** Fireman Sam (rpt) **6.50** Thomas & Friends (rpt) **7.00** Milkshake! Monkey: Bananas About Food **7.10** Shimmer And Shine **7.20** Shane The Chef **7.30** Peppa Pig (rpt) **7.40** Peppa Pig (rpt) **7.50** Ben And Holly's Little Kingdom (rpt) **8.05** Paw Patrol **8.20** Flogals (rpt) **8.35** Digby Dragon (rpt) **8.55** Rusty Rivets (rpt) **9.05** Mofy (rpt) **9.15** The Wright Stuff (HD) **11.15** Can't Pay? We'll Take It Away (rpt) (HD) **12.10** 5 News Lunchtime (HD) **12.15** GPs: Behind Closed Doors (rpt) (HD) **1.10** Access (HD) **1.15** Home And Away (HD) **1.45** Neighbours (HD) **2.15** NCIS (rpt) **3.15** **FILM:** Abducting Zoe (2014) Crime drama, starring Sammi Hanratty. (W) (HD) **5.00** 5 News At 5 (rpt) (HD) **5.30** Neighbours (rpt) (HD)
- 6.00** **HOME AND AWAY** Alf is back from hospital and anxious to explain his secrecy about Martha, but Roo avoids him. Robbo avoids implicating the Morgans and Colby's secret past is revealed. (rpt)
- 6.30** **5 NEWS TONIGHT** A round-up of the evening's main headlines, including coverage of the latest national and international stories. (HD)
- 7.00** **THE YORKSHIRE VET CASEBOOK** (3/10) Julian Norton has problems with a highland cow called Hilda and Peter Wright performs life-changing surgery on a panting pug named Bramble. (HD) Followed by 5 News Update.
- 8.00** **SECRETS OF THE NATIONAL TRUST WITH ALAN TITCHMARSH** (6/12) The presenter visits Castle Ward, in County Down, an 18th-century Northern Irish mansion that featured in Game Of Thrones. (HD) Followed by 5 News Update. (HD)
- 9.00** **NEW SERIES EVEREST: WORLD'S GREATEST MOUNTAIN** (1/4) Cameras explore the world's most iconic mountains, beginning with the highest in the world – Mount Everest. Plus, a look at the forces that created the mountain. (HD)
- 10.00** **FILM SABOTAGE** (2014) The leader of an elite Drug Enforcement Administration team tries to discover who is murdering his men after they secretly keep money they found during a raid. Action, with Arnold Schwarzenegger. (HD)
- 12.10** Police Interceptors (rpt) (HD) **1.10** SuperCasino **3.10** Inside Manchester's Midland Hotel (rpt) (HD) **4.00** The Railways That Built Britain With Chris Tarrant (rpt) (HD) **4.45** House Doctor (rpt) (SL) **5.10** Great Artists (rpt)

5USA

6.00am Teleshopping **9.00** Access **9.10** Catch a Contractor **9.35** Chicago PD **10.20** Law & Order **11.20** NCIS: New Orleans **12.20pm** NCIS: New Orleans **1.15** NCIS **2.10** Longmire **3.10** Law & Order **4.05** Law & Order **5.05** CSI: Crime Scene Investigation **6.00** CSI: Crime Scene Investigation **7.00** NCIS. A Navy reservist is found dead in his home. **8.00** NCIS **9.00** Law & Order: Special Victims Unit **10.00** Law & Order: Special Victims Unit **10.55** Law & Order: Special Victims Unit **11.55** Taken **12.55am** CSI: NY **1.50** CSI: NY

TUESDAY

3 APRIL 2018

- ITV2 6.00am** The Planet's Funniest Animals **6.20** Totally Bonkers Guinness World Records **7.10** Who's Doing the Dishes? **7.55** Emmerdale **8.20** Coronation Street **9.25** The Ellen DeGeneres Show **10.10** **Film:** The Smurfs 2 (2013,U) **12.15pm** Emmerdale **12.45** Coronation Street **1.45** The Ellen DeGeneres Show **2.35** The Jeremy Kyle Show **4.50** Judge Rinder **5.50** Take Me Out **7.00** You've Been Framed! **Gold 8.00** Two and a Half Men **9.00** **Film:** Bridesmaids (2011,15) **11.35** Family Guy **12.35am** American Dad!
- ITV3 6.00am** Classic Coronation Street **6.50** Heartbeat **7.55** The Royal **8.55** Judge Judy **10.15** Inspector Morse **12.35pm** The Royal **1.35** Heartbeat **2.40** Classic Coronation Street **3.45** Judge Judy **4.10** **Film:** Man About the House (1974,PG) **6.00** Heartbeat **7.00** Murder, She Wrote **8.00** Midsomer Murders **10.00** Scott & Bailey **12.05am** A Touch of Frost
- ITV4 6.00am** The Chase **7.35** Ironside **8.35** Quincy ME **9.40** Minder **10.40** The Saint **11.45** The Avengers **12.50pm** Ironside **1.55** Quincy ME **2.55** Minder **3.55** The Saint **5.00** The Avengers **6.05** Storage Wars **7.05** Pawn Stars **8.00** Football's Foreign Legion **9.00** **Film:** Lethal Weapon (1987,15) **11.15** **Film:** Crank (2006,18)
- BBC FOUR 7.00pm** Beyond 100 Days; Weather **7.30** Nature's Microworlds **8.00** BBC Young Musician – Forty Years Young **9.00** The Story of the Jews **10.00** Why the Industrial Revolution Happened Here **11.00** Bullseyes and Beer – When Darts Hit Britain: Timeshift
- SKY ONE 6.00am** Supergirl **8.00** Futurama **8.30** Modern Family **9.30** Simpsons **11.00** Warehouse 13 **12.00noon** NCIS: Los Angeles **1.00** Hawaii Five-0 **3.00** NCIS: Los Angeles **4.00** Stargate SG-1 **5.00** Simpsons **6.00** Futurama **6.30** The Simpsons **8.00** The Flash **9.00** The Blacklist **10.00** The Late Late Show with James Corden: Best of the Week **11.00** The Force: North East
- SKY ATLANTIC 6.00am** Fish Town **7.00** Urban Secrets **8.00** Storm City **9.00** **Film:** Dinosaur 13 (2014,PG) **11.00** House **1.00pm** Without a Trace **2.00** Blue Bloods **3.00** The West Wing **5.00** House **7.00** CSI: Crime Scene Investigation **8.00** Blue Bloods **9.00** Here and Now **10.10** Divorce **10.45** Crashing **11.20** SMILF **12.30am** The Sopranos **1.30** Ready Player One: Special
- SKY CINEMA PREMIERE 6.00am** 6 Below: Miracle on the Mountain (2017,12) **7.55** Whisky Galore! (2016,PG) **9.50** Cars 3 (2017,U) **11.45** Run the Tide (2016,12) **1.35pm** Spider-Man: Homecoming (2017,12) **4.00** Cars 3 (2017,U) **5.50** Hurricane Heist: Special **6.20** Run the Tide (2016,12) **8.00** Spider-Man: Homecoming (2017,12) **10.20** Unforgettable (2017,15) **12.05am** 6 Below: Miracle on the Mountain (2017,12)
- FILM4 11.00am** ParaNorman (2012,PG) **12.50pm** Kiki's Delivery Service (1989,PG) **3.05** Diary of a Wimpy Kid: Rodrick Rules (2011,U) **5.10** Johnny English (2003,PG) **6.50** Last Holiday (2006,12) **9.00** The Last Witch Hunter (2015,12) **11.05** The Grand Budapest Hotel (2014,15) **1.10am** The Social Network (2010,12)
- TALKING PICTURES 6.00am** **Film:** The First Travelling Saleslady (PG) **7.50** **Film:** Dead End (PG) **9.40** Glimpses: Trooping the Colour 1929 **9.45** **Film:** The Hurricane (PG) **11.45** **Film:** The Other Love (PG) **1.35pm** **Film:** Night Mail (U) **2.00** The Big Valley **3.00** **Film:** Buffalo Bill (U) **4.50** The Screening Room **5.00** The Detectives **5.30** Honey West **6.00** Scotland Yard **6.35** **Film:** The Marked One (U) **7.50** Rome: The Eternal City **8.00** Gideon's Way **9.00** **Film:** Penny Gold (1974,PG) **10.45** **Film:** Mix Me A Person (1962,12)
- CBS REALITY 6.00am** Teleshopping **9.00** Judge Judy **10.00** Bondi Rescue **11.00** Celebrity Damage Control **12.00noon** Unsolved Mysteries **1.00** Judge Judy **3.00** Bondi Rescue **4.00** Celebrity Damage Control **5.00** Judge Judy **7.00** Bondi Rescue **8.00** Celebrity Damage Control **9.00** Ice Cold Killers **10.00** Dark Waters of Crime **11.00** Medical Detectives **12.00midnight** Cold Blood **1.00** Ice Cold Killers **2.00** Dark Waters of Crime
- SKY SPORTS MAIN EVENT 6.00am** Good Morning Sports Fans Bitesize **7.00** Total Goals **9.00** Live Test Cricket. South Africa v Australia. **2.00pm** Live Masters – On the Range **4.00** Sky Sports News **5.00** Sky Sports News at 5 **6.00** The Masters Countdown **6.30** Sky Sports News at 6 **7.00** Sky Sports Tonight **7.30** Live EFL. Fulham v Leeds United (Kick-off 7.45pm). **10.00** The Debate **11.00** Sky Sports News **1.00am** Live WWE Late Night Smackdown **3.00** Sky Sports News

BBC 1



A Question of Sport, 10.45pm

- 6.00** Breakfast (S) (W) (HD) **9.15** Oxford Street Revealed (rpt) (S) (W) (HD) **10.00** Homes Under The Hammer (rpt) (S) (W) (HD) **10.30** Commonwealth Games: Opening Ceremony 2018. Hazel Irvine presents live coverage from Carrara Stadium in the city of Gold Coast, Queensland, Australia, as the 21st staging of the multi-sport event is officially declared open. (S) (W) (HD) **1.30** BBC News At One, (S) Weather (W) (HD) **2.00** Local News, (S) Weather (W) **2.15** Moving On (rpt) (S) (W) (HD) **3.00** Escape To The Country (S) (W) (HD) **3.30** Money For Nothing (S) (W) (HD) **4.15** Flog It! With Paul Martin. (rpt) (S) (W) (HD) **5.15** Pointless. Quiz show, presented by Alexander Armstrong. (S) (W)
- 6.00** **BBC NEWS AT SIX, (S) WEATHER (W) (HD)**
- 6.30** **LOCAL NEWS, WEATHER** Regional bulletin.
- 7.00** **THE ONE SHOW** Hosted by Alex Jones and Ore Oduba. (S) (W) (HD) Followed by BBC News, (S) Local News. Latest headlines. (W)
- 8.00** **MASTERCHEF (19/25)** As the semi-finals continue, the eight remaining cooks in the competition head to RAF Halton in Aylesbury to celebrate 100 years of the RAF's formation. (S)
- 9.00** **MY DAD, THE PEACE DEAL AND ME** On the 20th anniversary of the Good Friday Agreement, Patrick Kielty, who was born during the Troubles, explores the legacy of Northern Ireland's peace deal. He returns to his home village of Dundrum, where his father was killed by paramilitary gunmen when he was 16-years-old.
- 10.00** **BBC NEWS AT TEN** Latest headlines. (S) (W)
- 10.30** **BBC LOCAL NEWS, (S) WEATHER (W)** Followed by National Lottery Update. (S) (W)
- 10.45** **A QUESTION OF SPORT (28/36)** With Mark Butcher, Siobhan-Marie O'Connor, Andy Goode and Stef Reid. Sue Barker hosts, with Matt Dawson and Phil Tufnell as team captains. (S) (W)
- 11.15** **LENNY HENRY: THE COMMONWEALTH KID** The actor and comedian examines the relationship between the UK and the Commonwealth, exploring the role of this community of nations in the 21st century and the legacy of empire and slavery. (rpt) (S) (W) (HD)
- 12.15** Commonwealth Games 2018. Live coverage of day one from Queensland, Australia, as the first medals of the Games are decided in the men's and women's triathlons at Southport Broadwater Parklands. (S) (W) (HD)

BBC 2



The Secret Helpers, 8pm

- 6.00** Flog It! Trade Secrets (rpt) (S) (W) **6.30** Money For Nothing (rpt) (S) (W) (HD) **7.15** Bargain Hunt (rpt) (S) (W) (HD) **8.00** Sign Zone: See Hear (SL) (S) (W) (HD) **8.30** Sign Zone: Classic Mary Berry (rpt) (SL) (S) (W) **9.00** Victoria Derbyshire (S) (W) **11.00** Street Auction (rpt) (S) (W) (HD) **11.45** Claimed And Shamed (rpt) (S) (W) (HD) **12.15** Bargain Hunt (rpt) (S) (W) (HD) **1.15** The Hairly Bikers' Comfort Food (rpt) (S) (W) (HD) **2.00** Trust Me, I'm A Vet (rpt) (S) (W) (HD) **3.00** Indian Ocean With Simon Reeve (rpt) (S) (W) (HD) **4.00** Patagonia: Earth's Secret Paradise. Narrated by Santiago Cabrera. (rpt) (S) (W) (HD) **5.00** Put Your Money Where Your Mouth Is (S) (W)
- 6.00** **EGGHEADS (2/95)** Jeremy Vine hosts the quiz in which the winners of famous gameshows work as a team to tackle a new set of challengers. (S) (W)
- 6.30** **THE REPAIR SHOP (3/15)** Jay Blades and Will Kirk restore a prized Davenport desk which was damaged by burglars and Steve Fletcher tackles a tricky time-travelling conundrum. (rpt) (S)
- 7.00** **COMMONWEALTH GAMES 2018: THE GAMES TODAY** Highlights of the opening ceremony at Carrara Stadium in the city of Gold Coast, Queensland, Australia, as the 21st staging of the Games was officially declared open. (S) (W)
- 8.00** **THE SECRET HELPERS (3/5)** A woman seeks advice as she prepares for a job interview and an injured soldier who has returned from a tour in Afghanistan looks for help as he starts a new life before the birth of his first child with his wife. (S)
- 9.00** **THE ASSASSINATION OF GIANNI VERSACE: AMERICAN CRIME STORY (6/9)** Cunanan's inflated sense of entitlement begins to sour relationships. Starring Darren Criss. (S) (W)
- 9.50** **LIVE AT THE APOLLO (1/6)** Sarah Millican hosts, with Tom Allen and Arj Barker. (rpt) (S) (W)
- 10.30** **NEWSNIGHT** Presented by Emily Maitlis. (S) (W) (HD) Followed by Weather. (S) (W) (HD)
- 11.15** **GOLF: THE MASTERS PREVIEW 2018** A look ahead to this year's staging of the Major. (S) (W)
- 11.45** **HOSPITAL (2/6)** Cameras follow head and neck surgeon David Grant. (rpt) (S) (W) (HD)
- 12.45** Sign Zone: See Hear: The Silent Child (rpt) (SL) (S) (W) (HD) **1.15** Sign Zone: MasterChef (rpt) (SL) (S) (W) **2.15** Sign Zone: The Funeral Murders (rpt) (SL) (S) (W) (HD) Followed by Weather For The Week Ahead (S) (W) (HD) **3.20** BBC News. Latest headlines. (S) (W) (HD)

ITV



Benidorm, 9pm

- 6.00** Good Morning Britain (W) (HD) **8.30** Lorraine (W) (HD) **9.25** The Jeremy Kyle Show (rpt) (W) (HD) **10.30** This Morning (W) (HD) **12.30** Loose Women (W) (HD) **1.30** ITV News, Weather (W) **1.55** Local News, Weather (W) **2.00** Judge Rinder (W) (HD) **3.00** Dickinson's Real Deal (rpt) (W) (HD) **3.59** ITV Local Weather (W) **4.00** Tipping Point. Gameshow. (W) (HD) **5.00** The Chase. Quiz show. (W) (HD)
- 6.00** **LOCAL NEWS, WEATHER.** Regional bulletin.
- 6.30** **ITV NEWS, WEATHER** Latest headlines. (W)
- 7.00** **EMMERDALE** Brenda steals Laurel's wallet, Aaron receives a visit from Adam's cellmate, who plans to blackmail him and Megan panics when she sees bruising on Eliza's arms. (W) (HD)
- 7.30** **CORONATION STREET** David pays a secret visit to a clinic, Craig shuts himself away inside his flat and Mary suspects Jude is ashamed of her. (W)
- 8.00** **BRITAIN'S BRIGHTEST FAMILY (12/15)** Having made it through to the quarter-finals, two families go head to head for a place in the semi-finals of the tournament, aiming to move a step closer to winning the coveted title of Britain's Brightest Family and a holiday of a lifetime. (W)
- 8.30** **CORONATION STREET** David makes a huge sacrifice to protect his secret and Chesney becomes Dev's catch of the day. (W) (HD)
- 9.00** **BENIDORM (5/9)** Monty is concerned about Sammy's career re-launch, Kenneth's romantic troubles continues and the Dawson's are on edge about the arrival of Franco, Cyd's father. Meanwhile, Noreen and Pauline return to the Solana and Pauline's writers block soon disappears when she finds her muse. (W)
- 10.00** **ITV NEWS, WEATHER** Latest headlines. (W)
- 10.30** **LOCAL NEWS, WEATHER** Regional bulletin.
- 10.45** **UEFA CHAMPIONS LEAGUE HIGHLIGHTS** Action from the quarter-final first-leg matches, which were Liverpool v Manchester City, Barcelona v AS Roma, Juventus v Real Madrid and Sevilla v Bayern Munich. (W)
- 11.45** **PLAY TO THE WHISTLE (3/6)** With guests including Sam Quek, Jake Humphrey and Rob Beckett. Hosted by Holly Willoughby. (rpt) (W)
- 12.35** Sunday Night At The Palladium (rpt) (W) (HD) **1.25** Jackpot247 (W) **3.00** Tenable (rpt) (SL) (W) **3.50** ITV Nightscreen (W) **5.05** The Jeremy Kyle Show (rpt) (SL)

● (1/3) Episode Number (W) Widescreen (rpt) Repeat (S) Subtitles (AD) Audio Description (SL) Sign Language (HD) High Definition

REGIONAL VARIATIONS

BBC1 WALES As BBC1 except: **9.00-10.00** Keeping Faith **10.40** My Dad, the Peace Deal and Me **11.40** Lenny Henry: The Commonwealth Kid **12.40** Commonwealth Games 2018. JJ Chalmers presents. **2.45-6.00** Commonwealth Games 2018 **BBC2 WALES** As BBC2 except: **11.45** A Question of Sport. Sue Barker hosts. **12.15-1.15** Hospital. With David Grant. **BBC2 NORTHERN IRELAND** As BBC2 except: **9.50** The Priest In the Jeans **10.25-10.30** The Nature of Britain **ITV MERIDIAN, CENTRAL, WESTCOUNTRY, ANGLIA, YORKSHIRE, TYNE TEES, GRANADA, BORDER & WEST** As ITV except: **3.59-4.00** Local Weather **6.00-6.30** Local News

ITV WALES As ITV WEST except: **3.59-4.00** Local Weather **6.00-6.30** ITV News Wales at Six. Latest headlines and sport. **S4C 6.00** Cyw: Hafod Haul **6.15** Cyw: Y Dywysoges Fach **6.25** Cyw: Guto Gwningen **6.40** Cyw: Tomos a'i Ffrindiau **6.50** Cyw: Ty Mel **7.00** Cyw: Meic y Marchog **7.15** Cyw: Heini **7.30** Cyw: Digbi Draig **7.40** Cyw: Sam Tân **7.50** Cyw: Sblj a Sbloj **8.00** Cyw: Cymylaubychain **8.15** Cyw: Cegin Cyw **8.20** Cyw: Cwpwrdd Cadi **8.30** Cyw: Cled **8.45** Cyw: Marcaroni **9.00** Cyw: Dwylo'r Enfys **9.15** Cyw: Stiwl **9.25** Cyw: Oli Dan y Don **9.35** Cyw: Nodi **9.45** Cyw: Tecwyn y Tractor **10.00** Cyw: Hafod Haul **10.15** Cyw: Y Dywysoges Fach **10.25** Cyw: Guto Gwningen **10.40** Cyw: Tomos a'i Ffrindiau **10.50** Cyw: Ty Mel **11.00** Cyw: Meic y Marchog

11.15 Cyw: Heini **11.30** Cyw: Digbi Draig **11.40** Cyw: Sam Tân **11.50** Cyw: Sblj a Sbloj **12.00** Newyddion S4C a'r Tywydd. Latest headlines. **12.05** Crwydro **12.30** Cefn Gwlad **1.30** Camu O'r Cysgodion: Louise Weiss **2.00** Newyddion S4C a'r Tywydd. Latest headlines. **2.05** Prynawn Da **3.00** Newyddion S4C a'r Tywydd. Latest headlines. **3.05** Pengelli **3.30** Pobol y Glanau **4.00** Awr Fawr **5.00** Stwnsh: Larfa **5.05** Stwnsh: Boom! **5.15** Stwnsh: Mwy o Stwnsh Sadwrn **5.35** Stwnsh: Fi yw'r Bos **6.00** Newyddion S4C a'r Tywydd. Latest headlines. **6.05** Her yr Hinsawdd **6.30** Mwy o Sgorio **7.00** Heno **7.30** Pobol y Cwm **8.25** Celwydd Noeth **9.00** Newyddion 9 a'r Tywydd **9.30** Ar Werth **10.00** Codi Hwyl **10.30** Galw Nain Nain Nain **11.05-11.40** 999: Ambiwylans Awyr Cymru

CHANNEL 4



First Dates, 10pm

- 6.00** Countdown (rpt) (HD) **6.45** 3rd Rock From The Sun (rpt) **7.10** 3rd Rock From The Sun (rpt) **7.35** Everybody Loves Raymond (rpt) **8.00** Everybody Loves Raymond (rpt) **8.30** Frasier (rpt) **9.00** Frasier (rpt) **9.35** Frasier (rpt) **10.05** Ramsay's Hotel Hell (rpt) (HD) **11.00** The Simpsons (rpt) **11.30** The Simpsons (rpt) **12.00** Channel 4 News Summary (HD) **12.05** Come Dine With Me (rpt) (HD) **1.05** Posh Pawnbrokers (rpt) (HD) **2.10** Countdown (HD) **3.00** A Place In The Sun: Winter Sun (rpt) (HD) **4.00** A New Life In The Sun (rpt) (HD) **5.00** Four In A Bed (rpt) (HD) **5.30** Star Boot Sale (HD)
- 6.00** **THE SIMPSONS** (21/22) Lisa defies a new ruling that bans the teaching of the theory of evolution – but her actions land her in court and a heated trial ensues. With the guest voices of Melanie Griffith and Larry Hagman. (rpt)
- 6.30** **HOLLYOAKS** The Nightingale family are furious when they discover what Yasmine and Imran have done. Meanwhile, Tegan wakes from her coma, meaning Ryan's big secret could be revealed. (rpt)
- 7.00** **CHANNEL 4 NEWS** Latest headlines. (HD)
- 8.00** **THE SUPERVET** Sports pundit Lee Dixon brings his beloved rescue dog to see Professor Noel Fitzpatrick, looking for help treating a limp and getting his pet back to full fitness. Elsewhere, a Springer Spaniel all the way from Guernsey is brought in for spinal surgery and a Caucasian Shepherd puppy called Bear requires two hip replacements. Last in the series. (HD)
- 9.00** **ONE BORN EVERY MINUTE** (5/10) Sharnee, who's 25, and 27-year-old Dan await the arrival of their first child together and after trying for seven years to conceive, Pat and Jo arrive on the ward to be induced. (HD)
- 10.00** **NEW SERIES FIRST DATES** The return of the dating show, with ex-husband and wife Stuart and Mandy arriving in the restaurant to offer each other moral support as they try to find love again.
- 11.05** **GOGGLEBOX** Capturing the households' instant reactions to what they are watching on TV from the comfort of their own sofas. (rpt) (HD)
- 12.05** Live From Abbey Road Classics (HD) **12.35** Seven Year Switch (rpt) (HD) **1.30** FILM: Multiplicity (1996) Sci-fi comedy, starring Michael Keaton. (W) (HD) **3.30** The Question Jury (rpt) (HD) **4.25** George Clarke's Amazing Spaces (rpt) (HD) **5.20** Streetmate (rpt) (HD) **5.45** Kirstie's Fill Your House For Free (rpt) (HD)

● All programme details are correct at time of going to press

5STAR

6.00am Teleshopping **8.00** Funniest Fails, Falls & Flops **8.25** Dance Moms **9.10** Last Man Standing **10.05** The Fresh Prince of Bel-Air **11.05** On Benefits: 30 Stone and Claiming **12.05pm** Police Interceptors **1.05** Can't Pay? We'll Take It Away **3.00** Neighbours **3.30** Home and Away **4.00** Will & Grace **5.00** The Fresh Prince of Bel-Air **6.00** Neighbours **6.30** Home and Away **7.00** Last Man Standing **8.00** 100 Per Cent Hotter **9.00** Riverdale **10.00** Star: New series. **11.00** Film: The Silence of the Lambs (1991) (18) Tense thriller. **1.25** Wentworth Prison

CHANNEL 5



Housing Yorkshire: Somewhere Called ... 9pm

- 6.00** Milkshake! Puffin Rock (rpt) (HD) **6.10** Poppy Cat (rpt) (HD) **6.20** Simon (rpt) (HD) **6.25** Noddy: Toyland Detective (rpt) (HD) **6.35** Fireman Sam (rpt) (HD) **6.50** Thomas & Friends (rpt) **7.00** Milkshake! Monkey: Bananas About Food (HD) **7.05** Shimmer And Shine (HD) **7.20** Shane The Chef (HD) **7.35** Peppa Pig (rpt) **7.45** Peppa Pig (rpt) **7.50** Ben And Holly's Little Kingdom (rpt) **8.05** Paw Patrol (HD) **8.20** Floogals (rpt) **8.35** Digby Dragon (rpt) (HD) **8.55** Rusty Rivets (rpt) **9.05** Mofy (rpt) **9.15** The Wright Stuff **11.15** Can't Pay? We'll Take It Away (rpt) **12.10** 5 News Lunchtime **12.15** GPs: Behind Closed Doors (rpt) **1.10** Access **1.15** Home And Away **1.45** Neighbours **2.15** NCIS (rpt) **3.15** FILM: First Class Fear (2013) Thriller, starring Lacey Chabert. (W) **5.00** 5 News At 5 **5.30** Neighbours (rpt)
- 6.00** **HOME AND AWAY** Jasmine receives a threatening text from her stalker and Justin tells Mason and Brody about his part in the Robbo affair. Meanwhile, Roo struggles with Alf's revelations about her mother. (rpt) (HD)
- 6.30** **5 NEWS TONIGHT** Latest headlines. (HD)
- 7.00** **THE YORKSHIRE VET CASEBOOK** (4/10) Julian Norton and Peter Wright work together to try to save a working sheepdog. They are also both needed at a local farm, where a cow is in agony. (HD) Followed by 5 News Update. (HD)
- 8.00** **GPS: BEHIND CLOSED DOORS** (36/42) Dr Tom Pelly sees woman patient suffering withdrawal symptoms from tramadol, while Dr Helen Thomas wants to test her patient for a certain bacteria before resorting to painkillers. (HD) Followed by 5 News Update. (HD)
- 9.00** **NEW SERIES HOUSING YORKSHIRE: SOMEWHERE CALLED HOME** (1/3) Documentary following the work of housing officers across Yorkshire. Knaresborough officer Gwyneth is horrified to learn that a tenant's hoarding has become a fire hazard. (HD)
- 10.00** **WHY DO MEN EARN MORE THAN WOMEN?** Presenter Karren Brady investigates unequal pay and the gender pay gap. (HD)
- 11.05** **MURDER ON THE INTERNET** (1/2) Part one of two. The dark side of online dating. (rpt) (HD)
- 12.05** When Kids Kill (HD) **1.00** SuperCasino (HD) **3.10** Inside Windsor Castle (rpt) (HD) **4.00** Cruising With Jane McDonald (rpt) (SL) (HD) **4.45** House Doctor (rpt) (SL) **5.10** Great Artists (rpt) (SL) **5.35** Wildlife SOS (rpt) (SL)

5USA

6.00am Teleshopping **9.00** Access **9.10** Catch a Contractor **9.35** Longmire **10.20** Law & Order **11.20** NCIS: New Orleans **12.20pm** NCIS: New Orleans **1.10** NCIS **2.10** Longmire **3.05** Law & Order **4.05** Law & Order **5.05** CSI: Crime Scene Investigation **6.00** CSI: Crime Scene Investigation **7.00** NCIS **8.00** NCIS **9.00** Taken **10.00** Law & Order: Special Victims Unit **11.55** Chicago Justice **12.55am** CSI: NY **1.55** CSI: NY **2.50** Law & Order: Criminal Intent **3.50** Access **4.00-6.00** Teleshopping

WEDNESDAY

4 APRIL 2018

ITV2 6.00am Planet's Funniest Animals **6.20** Totally Bonkers Guinness World Records **7.10** Who's Doing the Dishes? **7.55** Emmerdale **8.20** You've Been Framed! Gold **8.50** Totally Bonkers Guinness World Records **9.05** Ellen DeGeneres Show **10.00** Film: St Trinian's 2: The Legend of Fritton's Gold (2009,PG) **12.15pm** Emmerdale **12.40** You've Been Framed! Gold **1.45** Ellen DeGeneres Show **2.35** Jeremy Kyle Show **4.55** Judge Rinder **6.00** Take Me Out **7.00** You've Been Framed! Gold **8.00** Two and a Half Men **9.00** Hell's Kitchen USA **10.55** Family Guy **12.25am** American Dad!

ITV3 6.55 Heartbeat **7.55** The Royal **8.55** Judge Judy **10.15** Inspector Morse **12.35pm** The Royal **1.35** Heartbeat **2.40** Classic Coronation Street **3.45** Judge Judy **4.10** Film: Carry On Up the Khyber (PG) **6.00** Heartbeat **7.00** Murder, She Wrote **8.00** Endeavour **10.00** Law & Order: UK **12.05am** Unforgotten

ITV4 6.00am The Chase **6.50** Pawn Stars **7.30** Ironside **8.30** Quincy ME **9.30** Minder **10.35** The Saint **11.40** The Avengers **12.50pm** Ironside **1.50** Quincy ME **2.55** Minder **3.55** The Saint **5.00** The Avengers **6.05** Storage Wars **6.35** Storage Wars: Best of Jarrod and Brandi **7.00** Pawn Stars **8.00** British Superbike Championship Highlights **9.00** The Motorbike Show **10.00** The Americans **11.00** Film: Red Heat (1988,18)

BBC FOUR 7.00pm Beyond 100 Days; Weather **7.30** Nature's Microworlds **8.00** Microworlds! – The Blacksmith's Tale **9.00** Make! Craft Britain **10.00** Martin Luther King: The Assassination Tapes **10.45** Martin Luther King and the March on Washington **11.45** Carved with Love: The Genius of British Woodwork **12.45am** Top of the Pops: 1983

SKY ONE 6.00am Supergirl **8.00** Futurama **8.30** Modern Family **9.30** The Simpsons **11.00** Warehouse 13 **12.00noon** NCIS: Los Angeles **1.00** Hawaii Five-0 **3.00** NCIS: Los Angeles **4.00** Stargate SG-1 **5.00** The Simpsons **6.00** Futurama **6.30** The Simpsons **8.00** DC's Legends of Tomorrow **9.00** A League of Their Own **10.00** Golf's Funniest Moments **11.00** The Force: North East **12.00midnight** Air Ambulance ER

SKY ATLANTIC 6.00am Fish Town **7.00** The Guest Wing **8.00** Storm City **9.00** The West Wing **11.00** House **1.00pm** Without a Trace **2.00** Blue Bloods **3.00** The West Wing **5.00** House **7.00** CSI: Crime Scene Investigation **8.00** Blue Bloods **9.00** Save Me **10.00** The Departed: Surviving El Salvador **10.30** King In The Wilderness **12.45am** SMILF **1.55** Billions

SKY CINEMA PREMIERE 6.00am Whisky Galore! (2016,PG) **7.55** 6 Below: Miracle on the Mountain (12) **9.50** Cars 3 (U) **11.50** Spider-Man: Homecoming (12) **2.15pm** Chokeslam (15) **4.00** Hurricane Heist: Special **4.30** Run the Tide (12) **6.10** Cars 3 (U) **8.00** Spider-Man: Homecoming (12) **10.20** Insyriated (15) **12.00midnight** 6 Below: Miracle on the Mountain (12) **1.50pm** Anna and the King (1999,12) **1.50pm** The Borrowers (1997,U) **3.30** Dr Dolittle (1998,PG) **5.10** Dr Dolittle 2 (2001,PG) **6.50** Ender's Game (2013,12) **9.00** Die Hard (1988,18) **11.40** American Reunion (2012,15) **1.50am** Day of the Flowers (15)

TALKING PICTURES 6.00am Film: Encore (PG) **7.50** Film: Luck of the Navy (PG) **9.15** Film: Shadow of the Eagle (U) **11.05** Film: The Strange Love of Martha Ivers (U) **1.25pm** Film: Laughing Gravy (U) **2.00** The Big Valley **3.00** Film: Nobody Runs Forever (PG) **5.00** The Detectives **5.30** Honey West **6.00** Scotland Yard **6.35** Climb Up the Wall **7.55** Glimpses: Of The Clifton Suspension Bridge 1950s **8.00** A Family at War **9.00** Film: The Bulldog Breed (PG) **11.00** Film: Valley of Eagles (U) **12.40am** Film: Mix Me A Person (12)

CBS REALITY 6.00am Teleshopping **9.00** Judge Judy **10.00** Bondi Rescue **11.00** Celebrity Damage Control **12.00noon** Unsolved Mysteries **1.00** Judge Judy **3.00** Bondi Rescue **4.00** Celebrity Damage Control **5.00** Judge Judy **7.00** Bondi Rescue **8.00** Celebrity Damage Control **9.00** Ice Cold Killers **10.00** Donal MacIntyre's Murder Files **11.00** Medical Detectives **12.00midnight** Cold Blood **1.00** Ice Cold Killers

SKY SPORTS MAIN EVENT 6.00am Total Goals **9.00** Good Morning Sports Fans **10.00** Premier League Daily **11.00** Sky Sports Daily **12.00noon** Sky Sports News **2.00** Live Masters – On the Range **4.00** Sky Sports News **7.00** Live Masters – Par Three Tournament **10.30** Sky Sports News at Ten

BBC 1



Not Going Out, 9pm

- 6.00 Breakfast (S) (W) (HD) 9.15 Commonwealth Games 2018. Clare Balding presents further live coverage of day one, with track cycling and swimming taking centre stage in Queensland. (HD) 1.00 BBC News At One, Weather (W) (HD) 1.30 Local News, (S) Weather (W) 1.45 Moving On (rpt) (HD) 2.30 Escape To The Continent (rpt) (HD) 3.30 Money For Nothing (HD) 4.15 Flog It! (rpt) (HD) 5.15 Pointless. Quiz show in which pairs of contestants have to score the fewest points possible. Presented by Alexander Armstrong and Richard Osman. (HD)
- 6.00 **BBC NEWS AT SIX, WEATHER** (W) (HD)
- 6.30 **LOCAL NEWS, WEATHER** Bulletins. (W)
- 7.00 **THE ONE SHOW** Topical stories. (S) (W) (HD)
- 7.30 **EASTENDERS** Bernadette tries to make Judith see sense when she deliberately disagrees with Ted over the funeral arrangements. Kat resolves to fix the situation with the neighbours. (HD) Followed by BBC News, (S) Local News. (HD)
- 8.00 **MASTERCHEF** (20/25) The remaining contenders serve a three-course fish lunch to celebrate 100 years of women's right to vote. The contestants must each serve one dish of their own creation on the menu to VIP diners including Dr Helen Pankhurst, great-granddaughter of suffragette leader Emmeline Pankhurst, broadcasters Kate Adie, Jenni Murray and Kirsty Wark, space scientist Dr Maggie Aderin-Pocock and leading female chefs and restaurateurs. (HD)
- 9.00 **NOT GOING OUT** (5/7) Lee and Lucy become addicted to a TV boxset, causing them to cancel dinner with Toby and Anna at the last moment. Domestic comedy, starring Lee Mack. (S) (HD)
- 9.30 **STILL GAME** (5/6) Jack and Victor try to get their hands on the last steak pie in the butcher's. (HD)
- 10.00 **BBC NEWS AT TEN, WEATHER** (W) (HD)
- 10.30 **LOCAL NEWS, WEATHER** Bulletins. (W)
- 10.45 **UNSOLVED: THE MAN WITH NO ALIBI** Part two of two. Investigating the case of a heroin addict convicted of murder. (S) (W) (HD)
- 11.45 **CLOSE CALLS: ON CAMERA** (7/20) A rescue worker comes to the aid of a crashed mountain biker, and a woman misreads road crossing signs and steps out in front of a biker. (rpt) (S) (W)
- 12.15 Commonwealth Games 2018. JJ Chalmers presents live swimming, hockey and track cycling as day two of the Games gets under way in Queensland, Australia. (HD)

BBC 2



Civilisations, 9pm

- 6.00 Commonwealth Games 2018. Hazel Irvine presents continued live coverage of day one, with artistic gymnastics, track cycling and netball all taking place in Queensland, Australia. (S) (W) (HD) 9.15 Oxford Street Revealed (rpt) (S) (W) (HD) 10.00 Homes Under The Hammer (rpt) (S) (W) (HD) 11.00 Street Auction (rpt) (S) (W) (HD) 11.45 Claimed And Shamed (rpt) (S) (W) (HD) 12.15 Bargain Hunt (rpt) (S) (W) (HD) 1.00 Commonwealth Games 2018. Jason Mohammad presents highlights of the opening day in Queensland, Australia, with the men's and women's triathlons, track cycling and swimming all taking place. (S) (W) (HD) 5.15 Put Your Money Where Your Mouth Is (rpt) (S) (W) (HD)
- 6.00 **EGGHEADS** (3/95) Jeremy Vine hosts the quiz show in which the winners of famous gameshows work as a team to tackle a new set of challengers hoping to win a cash prize. (S) (HD)
- 6.30 **COMMONWEALTH GAMES 2018: THE GAMES TODAY** Clare Balding hosts the best of the action from day one in Queensland, as Alistair and Jonny Brownlee looked to repeat their triathlon medal-winning exploits of Glasgow 2014. (S) (HD)
- 8.00 **BIG CATS ABOUT THE HOUSE** An injured cheetah needs Giles' help, while Maya becomes famous after appearing on breakfast TV – but her behaviour is pushing the family to their limits. Last in the series. (S) (HD)
- 9.00 **CIVILISATIONS** (6/9) David Olusoga show how art was always on the frontline when distant and disparate cultures came together in the 15th and 16th centuries. Benin bronzes record the meeting of an ancient West African kingdom and Portuguese voyagers in a spirit of mutual respect and exchange, while Aztec artworks recall a forgotten side to the Spanish conquest of Central America. And in Japan David shows how the Tokugawa Shogunate were wary of outside interference. (S) (W) (HD)
- 10.00 **MOTD: THE PREMIER LEAGUE SHOW** The latest football news and highlights. (S) (HD)
- 10.30 **NEWSNIGHT, WEATHER** (S) (W) (HD)
- 11.15 **TOP GEAR** (6/6) Matt LeBlanc, Chris Harris and Rory Reid test drive the latest SUVs and are joined in the studio by Jason Manford. (rpt) (HD)
- 12.20 Sign Zone: MasterChef (rpt) 12.50 Sign Zone: Amazing Hotels: Life Beyond The Lobby (rpt) 1.50 Sign Zone: Back In Time For Tea (rpt) (HD) 2.55 BBC News (HD)

ITV



The Cruise: Sailing The Caribbean, 8.30pm

- 6.00 Good Morning Britain (W) (HD) 8.30 Lorraine (W) (HD) 9.25 The Jeremy Kyle Show (rpt) (W) (HD) 10.30 This Morning (W) (HD) 12.30 Loose Women (W) (HD) 1.30 ITV News, Weather (W) 1.55 Local News, Weather (W) 2.00 Judge Rinder (W) (HD) 3.00 Dickinson's Real Deal (rpt) (W) (HD) 3.59 ITV Local Weather (W) 4.00 Tipping Point. Ben Shephard hosts the quiz show. (W) (HD) 5.00 The Chase (HD)
- 6.00 **LOCAL NEWS, WEATHER** Bulletins. (W)
- 6.30 **ITV NEWS, WEATHER** Headlines. (W)
- 7.00 **EMMERDALE** Aaron and Robert take offence, Daz wakes up with regret and Rebecca reveals she is going to see a hypnotherapist. (W) (HD)
- 7.30 **PETS: THE TRUE COST – TONIGHT** Jonathan Maitland investigates the price the public is willing to pay for its love affair with pets, revealing the eye-watering cost of the 16million dogs and cats in the UK. (W) (HD)
- 8.00 **EMMERDALE** Aaron is taken hostage by Syd and time is running out for Cain and Robert to raise the money the kidnapper is demanding. Bernice thinks it is all over, while Lachlan fears his secret will come out. (W) (HD)
- 8.30 **NEW SERIES THE CRUISE: SAILING THE CARIBBEAN** (1/3) Life on board the Royal Princess during a busy season island-hopping around the Caribbean. (W) (HD)
- 9.00 **NEW SERIES THE INVESTIGATOR: A BRITISH CRIME STORY** (1/3) Former detective Mark Williams-Thomas looks into several cases of missing women, aiming to link them to two men currently serving time for murder. (W) (HD)
- 10.00 **ITV NEWS, WEATHER** Headlines. (W)
- 10.30 **LOCAL NEWS, WEATHER** Bulletins. (W)
- 10.45 **UEFA EUROPA LEAGUE HIGHLIGHTS** Action from the quarter-final first-leg matches, which were Arsenal v CSKA Moscow, Atletico Madrid v Sporting Lisbon, Lazio v FC Red Bull Salzburg and RB Leipzig v Marseille. (W) (HD)
- 11.45 **PLAY TO THE WHISTLE** Holly Willoughby welcomes footballer Ashley Cole. Strictly Come Dancing 2016 winner Ore Oduba and comedian Kevin Bridges to the show. (rpt) (HD)
- 12.35 Pets: The True Cost – Tonight (rpt) (W) (HD) 1.00 Jackpot247 (W) 3.00 ITV Nightscreen (W) (HD) 5.05 The Jeremy Kyle Show (rpt) (SL) (W) (HD)

● (1/3) Episode Number (W) Widescreen (rpt) Repeat (S) Subtitles (AD) Audio Description (SL) Sign Language (HD) High Definition

REGIONAL VARIATIONS

BBC1 WALES As BBC1 except: 9.30-10.00 Rhod Gilbert's Work Experience 10.45 Wales Football: The Women in Red 11.15-12.15 Unsolved: The Man with No Alibi. In July 2002, Korean student Jong Ok Shin was stabbed to death as she walked home after a night out in Bournemouth.

BBC2 WALES As BBC2 except: 10.00-10.30 Still Game 11.15 MOTD: The Premier League Show 11.45-12.50 Top Gear

BBC2 SCOTLAND As BBC2 except: 10.00-10.30 Limmy's Homemade Show 11.15 MOTD: The Premier League Show 11.45 Top Gear 12.50 Sign Zone: MasterChef 1.20 Sign Zone: Amazing Hotels: Life Beyond the Lobby 2.20 This Is BBC Two

BBC2 NORTHERN IRELAND As BBC2 except: 11.15 Party Political Broadcast 11.20 My Dad, the Peace Deal and Me. Patrick Kiely explores the legacy of Northern Ireland's peace deal.

S4C 6.15 Cyw: Tili a'i Ffrindiau 6.25 Cyw: Halibawl 6.35 Cyw: Igam Ogam 6.45 Cyw: Y Brodyr Coala 7.00 Cyw: Meic y Marchog 7.15 Cyw: Y Diwrnod Mawr 7.30 Cyw: Mwnci'n Dweud Mwnci'n Gwneud 7.40 Cyw: Peppa 7.45 Cyw: Cacamwnci 8.00 Cyw: Holi Hana 8.10 Cyw: Amser Stori 8.15 Cyw: Boj 8.30 Cyw: Abadas 8.40 Cyw: Bla Bla Blewog 8.55 Cyw: Ben a Mali a'u Byd Bach O Hud 9.05 Cyw: Sbridiri 9.25 Cyw: Meripwsan 9.30 Cyw: Straeon Ty Pen 9.45 Cyw: Cei Bach 10.00 Cyw: Dona Direidi 10.15 Cyw: Tili a'i Ffrindiau 10.25 Cyw:

Halibawl 10.35 Cyw: Igam Ogam 10.45 Cyw: Y Brodyr Coala 11.00 Cyw: Meic y Marchog 11.15 Cyw: Y Diwrnod Mawr 11.30 Cyw: Mwnci'n Dweud Mwnci'n Gwneud 11.40 Cyw: Peppa 11.45 Cyw: Cacamwnci 12.00 Newyddion S4C a'r Tywydd 12.05 Straeon y Ffin 12.30 Gig Eden ac Elin Fflur 1.30 Sion a Siân 2.00 Newyddion S4C a'r Tywydd 2.05 Prynawn Da 3.00 Newyddion S4C a'r Tywydd 3.05 O Gymru Fach 4.00 Awr Fawr 5.00 Stwnsh: Larfa 5.05 Stwnsh: Hendre Hurt 5.15 Stwnsh: Tref a Tryst 5.45 Stwnsh: Edi Wyn 6.00 Newyddion S4C a'r Tywydd 6.05 Ar Werth 6.30 Rownd a Rownd 7.00 Heno 7.30 Pobol y Cwm 8.00 Gwaith/Cartref 9.00 Newyddion 9 a'r Tywydd 9.30 Zimbabwe, Taid a Fi 10.15 Codi Pac 10.45 Hansh 11.15-11.50 Mwy o Sgorio

CHANNEL 4



Location, Location, Location, 8pm

- 6.00** Countdown (rpt) **6.45** 3rd Rock From The Sun (rpt) **7.10** 3rd Rock From The Sun (rpt) **7.35** Everybody Loves Raymond **8.00** Everybody Loves Raymond (rpt) **8.30** Frasier (rpt) **9.00** Frasier (rpt) **9.35** Frasier (rpt) **10.05** Ramsay's Hotel Hell (rpt) (HD) **11.00** The Simpsons (rpt) **11.30** The Simpsons (rpt) **12.00** Channel 4 News (HD) **12.05** Come Dine With Me (rpt) (HD) **1.05** Posh Pawnbrokers (rpt) (HD) **2.10** Countdown (HD) **3.00** A Place In The Sun: Winter Sun (rpt) (HD) **4.00** A New Life In The Sun (HD) **5.00** Four In A Bed (rpt) **5.30** Star Boot Sale (HD)
- 6.00** **THE SIMPSONS** (22/22) Homer and Marge dispense marital advice to a player on the Isotopes baseball team whose career is flagging due to his sexy wife's singing before each game. (rpt)
- 6.30** **HOLLYOAKS** Marnie and Ellie are concerned when they notice Alfie's change in behaviour. Meanwhile, Misbah confides in the wrong person about Tegan's health. (rpt) (HD)
- 7.00** **CHANNEL 4 NEWS** Headlines. (HD)
- 8.00** **LOCATION, LOCATION, LOCATION** Kirstie Allsopp is in Bournemouth with Mary Jane and Paul, single parents looking for the perfect home to bring their families together. However, a slow-moving market makes the search challenging with a first viewing that really does not go to plan. Phil Spencer is helping Alan and Nora, who have relocated to the seaside from Coventry with their four teenage children. (HD)
- 9.00** **INDIAN SUMMER SCHOOL** (2/3) Jack faces extreme consequences after refusing to join in with a dare, Ethan struggles to fit in and Harry has a fight. (HD)
- 10.00** **24 HOURS IN POLICE CUSTODY** Cameras follow as police dig up the back garden in Luton searching for the body of Natalia Wilkanowska, who disappeared in 2003. (rpt)
- 11.05** **FIRST DATES** The return of the dating show, with ex-husband and wife Stuart and Mandy arriving in the restaurant to offer each other moral support as they try to find love again. (rpt)
- 12.05** 999: On The Frontline. The paramedics fight to save a man whose heart has stopped. (rpt) (HD) **1.00** The Island With Bear Grylls (rpt) (HD) **1.55** The Supervet (rpt) (HD) **2.50** George Clarke's Old House, New Home (rpt) **3.45** Building The Dream (rpt) (HD) **4.40** The Question Jury (rpt) (HD) **5.35** Streetmate (rpt)

● All programme details are correct at time of going to press

5STAR

6.00am Teleshopping **8.00** Funniest Fails, Falls & Flops **8.25** Dance Moms **9.10** Last Man Standing **10.05** The Fresh Prince of Bel-Air **11.05** On Benefits: Baked Bean King **12.05pm** Police Interceptors **1.05** Can't Pay? We'll Take It Away **3.00** Neighbours **3.30** Home and Away **4.00** Will & Grace **5.00** The Fresh Prince of Bel-Air **6.00** Neighbours **6.30** Home and Away **7.00** Last Man Standing **8.00** Weather Terror: Brits Abroad **9.00** When Mum Becomes Dad and Son Becomes Daughter **10.00** Film: RocknRolla (2008) (15) **12.20am** Riverdale

CHANNEL 5



Undercover: Nailing The Fraudsters, 10pm

- 6.00** Milkshake! Puffin Rock (rpt) (HD) **6.10** Poppy Cat (rpt) (HD) **6.20** Simon (rpt) (HD) **6.25** Noddy: Toyland Detective (rpt) (HD) **6.35** Fireman Sam (rpt) (HD) **6.50** Thomas & Friends (rpt) **7.00** Milkshake! Monkey: Bananas About Food (HD) **7.05** Shimmer And Shine (HD) **7.20** Shane The Chef (HD) **7.35** Peppa Pig (rpt) **7.45** Peppa Pig (rpt) **7.50** Ben And Holly's Little Kingdom (rpt) (HD) **8.05** Paw Patrol (HD) **8.20** Floogals (rpt) (HD) **8.35** Digby Dragon (rpt) (HD) **8.55** Rusty Rivets (rpt) (HD) **9.05** Mofy (rpt) (HD) **9.15** The Wright Stuff (HD) **11.15** Can't Pay? We'll Take It Away (rpt) (HD) **12.10** 5 News Lunchtime (HD) **12.15** GPs: Behind Closed Doors (rpt) (HD) **1.10** Access (HD) **1.15** Home And Away (HD) **1.45** Neighbours (HD) **2.20** NCIS (rpt) (HD) **3.20** FILM: Concrete Evidence: A Fixer Upper Mystery (2017) Premiere. Light-hearted mystery drama sequel, starring Jewel Kilcher. (W) (HD) **5.00** 5 News At 5 (HD) **5.30** Neighbours (rpt) (HD)
- 6.00** **HOME AND AWAY** Alf is devastated when Roo leaves home, while Olivia feels uninspired as the deadline for her winter designs nears and Maggie receives mixed results from the cancer scan. (rpt)
- 6.30** **5 NEWS TONIGHT** Headlines. (HD)
- 7.00** **THE YORKSHIRE VET CASEBOOK** (5/10) Julian Norton helps a sick calf, and Peter Wright tends to a two-day-old lamb that has problems with its eyes and a dog that needs major surgery. (HD) Followed by 5 News Update. (HD)
- 8.00** **NEW SERIES BAD TENANTS, ROGUE LANDLORDS** (1/4) An eviction lawyer tries to evict squatters from an abandoned print works and landlords fall foul of two YouTube stars using their rental property as a film set. (HD) Followed by 5 News Update. (HD)
- 9.00** **CAN'T PAY? WE'LL TAKE IT AWAY** (35/42) Gareth and Mitch are on the trail of £2,500 in unpaid parking tickets, while Matt and Garry consider seizing a haul of luxury watches to pay more than £16,000 owed to a landlord. (HD)
- 10.00** **UNDERCOVER: NAILING THE FRAUDSTERS** (2/6) Paul Connolly investigates a selection of boiler room scams. (HD)
- 11.05** **FILM 3 DAYS TO KILL** (2014) Action thriller, starring Kevin Costner. (W) (HD)
- 1.15** SuperCasino (HD) **3.10** Secrets Of The National Trust With Alan Titchmarsh (rpt) (HD) **4.00** Cruising With Jane McDonald (rpt) (SL) (HD) **4.45** House Doctor (rpt)

SUSA

6.00am Teleshopping **9.00** Access **9.10** Catch a Contractor **9.35** Longmire **10.20** Law & Order **11.20** NCIS: New Orleans **12.20pm** NCIS: New Orleans **1.15** NCIS **2.10** Longmire **3.10** Law & Order **4.05** Law & Order **5.05** CSI: Crime Scene Investigation **6.00** CSI: Crime Scene Investigation **7.00** NCIS **8.00** NCIS **9.00** Chicago Justice **10.00** Law & Order: Special Victims Unit **10.55** Law & Order: Special Victims Unit **11.55** Training Day **12.55am** CSI: NY **1.55** CSI: NY **2.50** Law & Order: Criminal Intent **3.50** Access **4.00-6.00** Teleshopping

THURSDAY

5 APRIL 2018

ITV2 7.10am Who's Doing the Dishes? **7.55** Emmerdale **8.20** Coronation Street **9.25** The Ellen DeGeneres Show **10.20** Film: Nanny McPhee (2005,U) **11.20** FYI Daily **11.25** Film: Nanny McPhee (2005,U) **12.15pm** Emmerdale **12.45** Coronation Street **1.45** The Ellen DeGeneres Show **2.35** The Jeremy Kyle Show **4.55** Judge Rinder **6.00** Take Me Out **7.00** You've Been Framed! Gold **8.00** Two and a Half Men **9.00** Family Guy **10.00** Celebrity Juice **10.50** Family Guy **11.50** American Dad! **12.40am** Two and a Half Men

ITV3 6.00am Classic Coronation Street **6.55** Heartbeat **7.55** The Royal **9.00** Judge Judy **10.20** Inspector Morse **12.35pm** The Royal **1.35** Heartbeat **2.40** Classic Coronation Street **3.45** Judge Judy **4.15** Film: Carry On Camping (1969,PG) **6.00** Heartbeat **7.00** Murder, She Wrote **8.00** Vera **10.00** The Suspicions of Mr Whicher **12.05am** DCI Banks

ITV4 6.00am The Chase **6.50** Pawn Stars **7.30** Ironside **8.30** Quincy ME **9.35** Minder **10.35** The Saint **11.40** The Avengers **12.50pm** Ironside **1.50** Quincy ME **2.55** Minder **3.55** The Saint **5.00** The Avengers **6.05** Storage Wars: Best of Darrell and Brandon **6.30** Storage Wars: Best of Barry Weiss **7.00** Pawn Stars **8.00** The Big Fish Off **9.00** Film: Live and Let Die (1973,PG) **11.30** Film: 6 Bullets (2012,15) **1.45am** Minder

BBC FOUR 7.00pm Beyond 100 Days **7.30** Top of the Pops: 1985 **8.00** Commonwealth Games Extra **9.00** Putin, Russia & the West **10.00** Inside Porton Down: Britain's Secret Weapons Research Facility **11.00** Russia - A Century of Suspicion: A Timewatch Guide **12.00midnight** Al Murray's Great British Spy Movies

SKY ONE 6.00am Supergirl **8.00** Futurama **8.30** Modern Family **9.30** The Simpsons **11.00** Warehouse 13 **12.00noon** NCIS: Los Angeles **1.00** Hawaii Five-0 **3.00** NCIS: Los Angeles **4.00** Stargate SG-1 **5.00** The Simpsons **6.00** Futurama **6.30** The Simpsons **8.00** Arrow **9.00** SEAL Team **10.00** In the Long Run **10.30** Football's Funniest Moments **11.00** The Force: North East **12.00midnight** Air Ambulance ER **1.00** Brit Cops

SKY ATLANTIC 6.00am Fish Town **7.00** The Guest Wing **8.00** Storm City **9.00** The West Wing **11.00** House **1.00pm** Without a Trace **2.00** Blue Bloods **3.00** The West Wing **5.00** House **7.00** CSI: Crime Scene Investigation **8.00** Blue Bloods **9.00** Billions **10.10** Silicon Valley **10.45** Our Cartoon President **11.20** Divorce **11.55** Last Week Tonight with John Oliver **12.30am** Here and Now **1.40** Blue Bloods

SKY CINEMA PREMIERE 7.50am Cars 3 (2017,U) **9.45** Spider-Man: Homecoming (2017,12) **12.10pm** Double Date (2017,15) **2.00** Run the Tide (2016,12) **3.50** Cars 3 (2017,U) **5.40** 6 Below: Miracle on the Mountain (2017,12) **7.30** Hurricane Heist: Special **8.00** Spider-Man: Homecoming (2017,12) **10.20** Double Date (2017,15) **12.00midnight** Unforgettable (2017,15) **1.55** Insyriated (2017,15)

FILM4 11.00am The SpongeBob SquarePants Movie (2004,U) **12.45pm** Parental Guidance (2012,U) **2.50** Mr Popper's Penguins (2011,PG) **4.40** Robots (2005,U) **6.25** Battleship (2012,12) **9.00** Pride and Prejudice and Zombies (2016,15) **11.10** Conan the Barbarian (2011,15) **1.20am** 13 Assassins (2010,15) **3.50** Close

TALKING PICTURES 7.45am Film: Sailor Beware! (1956,PG) **9.25** Film: Time Is My Enemy (1954,PG) **10.40** Film: Boys Will Be Boys (1935,U) **12.15pm** Film: Send for Paul Temple (1946,PG) **2.00** The Big Valley **3.00** Film: Whistle Down the Wind (1961,PG) **5.00** The Detectives **5.30** Honey West **6.00** Scotland Yard **6.35** Film: Master Spy (1964,U) **8.00** Gideon's Way **9.00** Film: The Servant (1963,12) **11.20** Film: The Brain Machine (1955,U) **1.05am** Film: Tornado (1944,U)

CBS REALITY 6.00am Teleshopping **9.00** Judge Judy **10.00** Bondi Rescue **11.00** Celebrity Damage Control **12.00noon** Unsolved Mysteries **1.00** Judge Judy **3.00** Bondi Rescue **4.00** Celebrity Damage Control **5.00** Judge Judy **7.00** Bondi Rescue **8.00** Celebrity Damage Control **9.00** Ice Cold Killers **10.00** Sins and Secrets **11.00** Medical Detectives **12.00midnight** Cold Blood

SKY SPORTS MAIN EVENT 6.00am Good Morning Sports Fans Bitesize **7.00** Good Morning Sports Fans **10.00** Live NRL **1.00pm** Sky Sports News **7.00** The Masters - Live. The opening day from the Major event. **12.30am** Jordan Spieth - From Minor to Major **1.00** Sky Sports News **3.20** Live HSBC Sevens World Series

BBC 1



The Graham Norton Show, 10.35pm

- 6.00** Breakfast (S) (W) (HD) **9.15** Commonwealth Games 2018. Continued live coverage of day two of the Games in Queensland, with swimming at the Optus Aquatic Centre and track cycling at the Anna Meares Velodrome the main focus. (S) (W) (HD) **1.00** BBC News At One, (S) Weather (W) (HD) **1.30** Local News, (S) Weather (W) **1.45** Moving On (rpt) (S) (W) (HD) **2.30** Escape To The Continent (rpt) (S) (W) (HD) **3.30** Money For Nothing (S) (W) (HD) **4.15** Flog It! (rpt) (S) (W) (HD) **5.15** Pointless (S) (W)
- 6.00** **BBC NEWS AT SIX, (S) WEATHER (W) (HD)**
- 6.30** **LOCAL NEWS, WEATHER** Regional stories.
- 7.00** **THE ONE SHOW** Another mix of nationwide reports and live studio-based chat, hosted by Alex Jones and Amol Rajan. (S) (W) (HD)
- 7.30** **NEW SERIES SOUNDS LIKE FRIDAY NIGHT (1/5)** New series. Music by Years And Years, Snow Patrol and Meghan Trainor. (S) (W) (HD) Followed by BBC News, (S) Local News. (W)
- 8.00** **EASTENDERS** Hunter makes Phil question the security at the club and suggests hooking up the CCTV to his mobile. What is he up to? (S) (W)
- 8.30** **ROOM 101** The best bits from the series, plus some unseen clips. Last in the series. (S) (W)
- 9.00** **MASTERCHEF (21/25)** The best six amateurs are tasked to impress top restaurant critics Tracey MacLeod, Tom Parker Bowles and Fay Maschler as they compete in the semi-finals. (S)
- 9.30** **NEW SERIES HAVE I GOT NEWS FOR YOU** Jeremy Paxman hosts the satirical news quiz, still featuring original team captains Ian Hislop and Paul Merton. (S) (W) (HD)
- 10.00** **BBC NEWS AT TEN** Latest headlines. (S) (HD)
- 10.25** **LOCAL NEWS, WEATHER** Regional stories. (W) Followed by National Lottery Update. (W)
- 10.35** **NEW SERIES THE GRAHAM NORTON SHOW (1/13)** With guests Emily Blunt, John Krasinski and Kylie Minogue. (S) (W) (HD)
- 11.25** **COMMONWEALTH GAMES 2018: THE GAMES TODAY** Clare Balding presents the best action from day two in Queensland. (S) (W)
- 11.55** **COMMONWEALTH GAMES 2018** JJ Chalmers presents live coverage of artistic gymnastics, triathlon and hockey. (S) (W)
- 4.00** Commonwealth Games 2018. JJ Chalmers presents further live coverage of day three in Queensland. (HD)

● (1/3) Episode Number (W) Widescreen (rpt) Repeat (S) Subtitles (AD) Audio Description (SL) Sign Language (HD) High Definition

BBC 2



Episodes, 10pm

Times vary

- 6.00** Commonwealth Games 2018. Live coverage of day two of the Games in Queensland, with the women's artistic gymnastics team all-around final. (S) (W) (HD) **9.15** Oxford Street Revealed (rpt) (S) (W) (HD) **10.00** Homes Under The Hammer (rpt) (S) (W) (HD) **11.00** Street Auction (rpt) (S) (W) (HD) **11.45** Claimed And Shamed (S) (W) (HD) **12.15** Bargain Hunt (rpt) (S) (W) (HD) **1.00** Commonwealth Games 2018. Jason Mohammad presents highlights of the second day in Queensland. (S) (W) (HD) **5.15** Put Your Money Where Your Mouth Is (rpt) (S) (W) (HD) **5.45** Golf: The Masters Highlights (S) (W) (HD)
- 6.45** **FOOTBALL: WOMEN'S WORLD CUP QUALIFICATION** England v Wales (Kick-off 7.00pm). Coverage of the World Cup qualifying Group One match at St Mary's Stadium, Southampton. The hosts currently occupy second place in the table behind Wales, but boast a perfect record thus far having won all of their games. Wales' record coming into this contest stands at three wins and one draw. (HD)
- 9.00** **NEW SERIES THE CITY AND THE CITY (1/4)** A dead woman is recovered at Bulkya Docks, on the border between Beszel and Ul Qoma – two cities with a dangerous and volatile relationship. Thriller based on the novel by China Mieville, starring David Morrissey, Mandeep Dhillon, Lara Pulver and Ron Cook. (S) (W) (HD)
- 10.00** **EPISODES (2/7)** Sponsors begin withdrawing their support from the show after the video of Matt's escapade with the girl in the box goes viral. Comedy, starring Matt LeBlanc. (S) (W) (HD)
- 10.30** **NEWSNIGHT** Analysis of events, presented by Evan Davis. (S) (HD) Followed by Weather. (W)
- 11.05** **NEW SERIES FRONT ROW LATE** Mary Beard and guests discuss The Inheritance, a new play directed by Stephen Daldry, about different generations of gay men in New York. (S) (W)
- 11.35** **THE ASSASSINATION OF GIANNI VERSACE: AMERICAN CRIME STORY (6/9)** Cunanan's inflated sense of entitlement begins to sour relationships and he finds himself falling from favour. (rpt) (S) (W) (HD)
- 12.25** Sign Zone: Rehab: Addicted Lives (rpt) (SL) (W) (S) **1.45** Sign Zone: Civilisations (rpt) (SL) **2.45** Sign Zone: The Assassination Of Gianni Versace: American Crime Story. (rpt) (SL) (S) (W) Followed by Weather For The Week Ahead. (S) (W) (HD) **3.35** BBC News (S) (W)

ITV



Coronation Street, 7.30pm & 8.30pm

- 6.00** Good Morning Britain (W) (HD) **8.30** Lorraine (W) (HD) **9.25** The Jeremy Kyle Show (rpt) (W) (HD) **10.30** This Morning (W) (HD) **12.30** Loose Women. Singer Alesha Dixon joins the panellists. (W) (HD) **1.30** ITV News, Weather (W) **1.55** Local News, Weather (W) **2.00** Judge Rinder (W) (HD) **3.00** Dickinson's Real Deal. (rpt) (W) (HD) Followed by Local News. (W) **4.00** Tipping Point. Ben Shephard hosts the quiz show. (W) (HD) **5.00** The Chase (W)
- 6.00** **LOCAL NEWS, WEATHER** Regional stories.
- 6.30** **ITV NEWS, WEATHER** Latest headlines. (W)
- 7.00** **EMMERDALE** Laurel faces an emotional day, while Robert faces the fallout. Elsewhere, Rebecca needs to confess. (W) (HD)
- 7.30** **CORONATION STREET** Mary and Tracy spring a surprise on Jude, while Shona hopes that David has come to his senses. Elsewhere, Bethany fights Craig's corner. (W) (HD)
- 8.00** **LOVE YOUR GARDEN (6/8)** Alan Titchmarsh and his team of green-fingered experts arrive at nurse Maggie Simkiss' Hull home and help transform the unkempt garden into a grown-up Mediterranean hideaway. (W) (HD)
- 8.30** **CORONATION STREET** Jude begs Mary to keep a secret, Josh's new friendship rings alarm bells, while Michelle scoffs at Robert's theory. (W)
- 9.00** **LETHAL WEAPON (11/22)** Riggs and Murtaugh are thrown into the world of counterfeit money and when a group of teenagers inadvertently gets involved, it strikes a chord with Murtaugh who is dealing with his own issues regarding his son RJ. Away from the case, Riggs decides to pay a visit to someone from his past. (W) (HD)
- 10.00** **ITV NEWS, WEATHER** Latest headlines. (W)
- 10.30** **LOCAL NEWS, WEATHER** Regional stories.
- 10.45** **FILM HELLBOY II: THE GOLDEN ARMY (2008)** The demon superhero, aided by a team from the Bureau of Paranormal Research and Defence, leads the fight against renegade elf Prince Nuada who is intent on reawakening an unstoppable robot army and bringing about the demise of mankind. Action fantasy sequel directed by Guillermo del Toro, starring Ron Perlman, Selma Blair, Doug Jones and Luke Goss.
- 12.50** Jackpot247. Live interactive gaming. (W) **3.00** Take On The Twisters. Julia Bradbury presents the quiz. (rpt) (W) (HD) **3.50** ITV Nightscreen. Information service. (HD)

REGIONAL VARIATIONS

BBC1 NORTHERN IRELAND As BBC1 except: **6.55-7.00** Political Broadcast. By the Social Democratic and Labour Party. **BBC2 WALES** As BBC2 except: **5.15-5.45** Wales Football: The Women in Red. Behind the scenes with the some of the team. **BBC2 NORTHERN IRELAND** As BBC2 except: **6.45** Escape to the Country **7.30** Ulster Rugby Live **9.30-10.00** The City and the City. New series. Thriller, starring David Morrissey. **11.05** Episodes **11.35** Front Row Late **12.05** BBC News **ITV MERIDIAN, CENTRAL, WESTCOUNTRY, ANGLIA, YORKSHIRE, TYNE TEES, GRANADA, BORDER & WEST** As ITV except: **3.59-4.00** Local Weather **6.00-6.30** Local News

ITV WALES As ITV WEST except: **3.59-4.00** Local Weather **6.00-6.30** ITV News Wales at Six **8.00-8.30** Velindre: Hospital of Hope. The work of the staff at Cardiff's cancer treatment centre. **S4C 6.00** Cyw: Hafod Haul **6.15** Cyw: Y Dywysoges Fach **6.25** Cyw: Guto Gwningen **6.40** Cyw: Tomos a'i Ffrindiau **6.50** Cyw: Ty Mel **7.00** Cyw: Meic y Marchog **7.15** Cyw: Ysbyty Cyw Bach **7.30** Cyw: Nico Nôg **7.40** Cyw: Digbi Draig **7.50** Cyw: Twm Tisian **8.00** Cyw: Cymylyaubychain **8.10** Cyw: Olii Wyn **8.20** Cyw: Crads Bach y Traeth **8.25** Cyw: Cled **8.40** Cyw: Marcaroni **8.55** Cyw: Bach a Mawr **9.10** Cyw: Stiwi **9.25** Cyw: Yn yr Ardd **9.35** Cyw: Nodi **9.45** Cyw: Llan-ar-goll-en **10.00** Cyw: Hafod Haul **10.15** Cyw: Y Dywysoges Fach **10.25** Cyw: Guto Gwningen

10.40 Cyw: Tomos a'i Ffrindiau **10.50** Cyw: Ty Mel **11.00** Cyw: Meic y Marchog **11.15** Cyw: Ysbyty Cyw Bach **11.30** Cyw: Nico Nôg **11.40** Cyw: Digbi Draig **11.50** Cyw: Twm Tisian **12.00** Newyddion S4C a'r Tywydd **12.05** Genod y Carnifal **12.30** Band Cymru 2018 **1.30** Llys Nini **2.00** Newyddion S4C a'r Tywydd **2.05** Prynawn Da **3.00** Newyddion S4C a'r Tywydd **3.05** Pengelli **3.30** Dei a Tom **4.00** Awr Fawr **5.00** Stwnsh: Larfa **5.05** Stwnsh: Crwbanod Ninja **5.30** Stwnsh: Gogs **5.35** Stwnsh: Y Gemau Gwyllt **6.00** Newyddion S4C a'r Tywydd **6.05** Cwppwrdd Dillad **6.30** Celwydd Noeth **7.00** Heno **7.30** Clwb Rygbi. Ospreys v Connacht (Kick-off 7.35pm). From Liberty Stadium. **9.35** Galw Nain Nain Nain **10.10** Y Stiwdio Gefn **10.40-11.45** Parch

CHANNEL 4



Hollyoaks, 6.30pm

- 6.00 Countdown (rpt) (HD) 6.45 3rd Rock From The Sun (rpt) 7.10 3rd Rock From The Sun (rpt) 7.35 Everybody Loves Raymond (rpt) 8.00 Everybody Loves Raymond (rpt) 8.30 Frasier (rpt) 9.00 Frasier (rpt) 9.30 Frasier (rpt) 10.00 Ramsay's Hotel Hell (rpt) 10.50 The Simpsons (rpt) 11.20 The Simpsons (rpt) 11.50 Channel 4 News (HD) 11.55 Formula 1 Bahrain Grand Prix Practice 1 Live. Coverage from the second round of the season. (HD) 2.10 Countdown 3.00 A Place In The Sun: Winter Sun (rpt) (HD) 4.00 A New Life In The Sun (rpt) (HD) 5.00 Four In A Bed (rpt) (HD) 5.30 Star Boot Sale
- 6.00 **THE SIMPSONS** (9/22) Three festive animated shorts. Homer must deliver the nativity sermon after Rev Lovejoy's car breaks down and Grampa vows to exact revenge on Santa Claus. (rpt)
- 6.30 **HOLLYOAKS** Ellie attempts to cheer up Alfie, but his mind remains elsewhere. Meanwhile, Diane worries about Dee Dee's behaviour, so Tony suggests they spend a day bonding. (rpt)
- 7.00 **CHANNEL 4 NEWS** Latest headlines. (HD)
- 8.00 **NEW SERIES I DON'T LIKE MONDAYS** (1/3) Comedy gameshow, hosted by Alan Carr, in which everyone in the audience arrives with their resignation letter in hand and, with the help of a guest, Alan whittles participants down to the lucky chosen one via hilarious games. (HD)
- 9.00 **GOGGLEBOX** Capturing the households' instant reactions to what they are watching on TV from the comfort of their own sofas. (HD)
- 10.00 **LEE AND DEAN** (2/5) Lee broods over the fact that Dean is dating Mrs Bryce D'Souza, thus breaking the un-written rule. Sitcom, starring Miles Chapman and Mark O'Sullivan. (HD)
- 10.35 **8 OUT OF 10 CATS** (8/11) Irreverent panel show hosted by Jimmy Carr, in which guests join team captains Rob Beckett and Aisling Bea to answer questions based on opinion polls. (rpt)
- 11.20 **ROB BECKETT'S PLAYING FOR TIME** (2/4) Asim Chaudhry joins the host to play video games from the late 1990s, such as Sega Bass Fishing.
- 11.50 **RUDE TUBE** (8/10) Clips include one of the worst wedding ring deliveries ever. (rpt) (HD)
- 12.45 **FILM: Lawless** (2012) Drama, with Shia LaBeouf. 2.45 Kiss Me First (rpt) 3.40 Electric Dreams: Kill All Others (rpt) 4.35 The Question Jury (rpt) 5.30 Streetmate (rpt) 5.55 Kirstie's Fill Your House For Free (rpt) (HD)

● All programme details are correct at time of going to press

5STAR

- 6.00am Teleshopping 8.00 Funniest Fails, Falls & Flops 8.25 Dance Moms 9.10 Last Man Standing 10.05 The Fresh Prince of Bel-Air 11.05 Benefits: Through a Child's Eyes 12.05pm Police Interceptors 1.05 Can't Pay? We'll Take It Away 3.00 Neighbours 3.30 Home and Away 4.00 Will & Grace 5.00 The Fresh Prince of Bel-Air 6.00 Neighbours 6.30 Home and Away 7.00 Last Man Standing 8.00 Can't Pay? We'll Take It Away 9.00 Film: Fury (2014) (15) Second World War drama. 11.40 Film: Revolver (2005) (15) Crime drama. 2.00 Car Crash TV

CHANNEL 5



The Gadget Show, 7pm

- 6.00 Milkshake! Puffin Rock (rpt) 6.10 Poppy Cat (rpt) 6.20 Simon (rpt) 6.25 Noddy: Toyland Detective (rpt) 6.35 Fireman Sam (rpt) 6.50 Thomas & Friends (rpt) 7.00 Milkshake! Monkey: Bananas About Food 7.05 Shimmer And Shine 7.20 Shane The Chef 7.35 Peppa Pig (rpt) 7.50 Ben And Holly's Little Kingdom (rpt) 8.05 Paw Patrol 8.20 Floogals (rpt) 8.35 Digby Dragon (rpt) 8.55 Rusty Rivets (rpt) 9.05 Mofy (rpt) 9.15 The Wright Stuff 11.15 Can't Pay? We'll Take It Away (rpt) 12.10 5 News (HD) 12.15 GPs: Behind Closed Doors (rpt) 1.15 Home And Away (HD) 1.45 Neighbours 2.15 NCIS (rpt) 3.15 FILM: A Father's Guilty Secret (2016) Thriller, starring Willa Ford. (W) (HD) 5.00 5 News At 5 (HD) 5.30 Neighbours (rpt)
- 6.00 **HOME AND AWAY** The Astonis are rocked by Maggie's bad reaction to chemotherapy, while Jasmine finds her stalker in her caravan. (rpt) (HD)
- 6.30 **5 NEWS TONIGHT** A round-up of the evening's main headlines, including coverage of the latest national and international stories. (HD)
- 7.00 **THE GADGET SHOW** (4/12) The team puts the latest outdoor gadgets to the test – from staying dry against the weather and using a supercharged torch for tea-making, to dodging paintballs and hunting Bigfoot. (HD) Followed by 5 News. (HD)
- 8.00 **BRITAIN'S GREAT CATHEDRALS WITH TONY ROBINSON** (2/6) The history of Canterbury Cathedral, the "mother church" for more than 85 million people, and one of the biggest tourist attractions in the UK. (HD) Followed by 5 News Update. (HD)
- 9.00 **JANE MCDONALD & FRIENDS** Host Jane McDonald sings some of her favourite songs with a live band, inviting Spandau Ballet legend Tony Hadley plus singer and actor Shayne Ward to join her. Last in the series. (HD)
- 10.00 **WILL & GRACE** (14/16) Jack is unhappy that Will has rekindled his relationship with Michael. (HD)
- 10.35 **GREATEST EVER CELEBRITY WIND UPS** (4/6) Caroline Flack endures a terrifying driverless car journey, courtesy of Olly Murs. (rpt) (HD)
- 11.35 **LIP SYNC BATTLE UK: JOEY ESSEX VS LOUIE SPENCE** (3/4) Melanie Brown and Professor Green present the musical gameshow.
- 12.00 SuperCasino. Live interactive gaming. (HD) 3.10 GPs: Behind Closed Doors (rpt) (HD) 4.00 GPs: Behind Closed Doors (rpt) (HD) 4.45 House Doctor (rpt) (SL) 5.10 Great Scientists (rpt) (SL) 5.35 Wildlife SOS (rpt)

SUSA

- 6.00am Teleshopping 9.00 Access 9.10 Catch a Contractor 9.35 Longmire 10.20 Law & Order 11.20 NCIS: New Orleans 12.20pm NCIS: New Orleans 1.20 NCIS 2.15 Longmire 3.10 Law & Order 4.05 Law & Order 5.05 CSI: Crime Scene Investigation 6.00 CSI: Crime Scene Investigation 7.00 NCIS 8.00 NCIS 9.00 Training Day. Frank hunts for a father-and-son crime team. 10.00 Film: Ted Bundy (2002) (18) Biopic, starring Michael Reilly Burke. 12.10am NCIS 1.05 CSI: NY 2.05 CSI: NY 3.00 Law & Order: Criminal Intent

FRIDAY 6 APRIL 2018

- ITV2 6.00am** The Planet's Funniest Animals 6.15 Totally Bonkers Guinness World Records 7.05 Who's Doing the Dishes? 7.55 Emmerdale 8.50 Totally Bonkers Guinness World Records 9.05 The Ellen DeGeneres Show 9.55 Film: Around the World in 80 Days (PG) 12.15pm Emmerdale 1.15 You've Been Framed! Gold 1.45 Ellen DeGeneres Show 2.35 The Jeremy Kyle Show 4.50 Judge Rinder 5.50 Take Me Out 7.00 You've Been Framed! Gold 8.00 Two and a Half Men 9.00 Film: American Pie (15) 11.00 Family Guy 11.55 American Dad! 12.55am Two and a Half Men
- ITV3 6.00am** Classic Coronation Street 6.50 Heartbeat 7.55 Royal 9.00 Judge Judy 10.20 Inspector Morse 12.35pm The Royal 1.35 Heartbeat 2.40 Classic Coronation Street 3.45 Judge Judy 4.10 Film: Carry On Henry (PG) 5.55 Heartbeat 7.00 Murder, She Wrote 8.00 Agatha Christie's Marple 10.00 The Syndicate 11.05 Killer Women with Piers Morgan 12.10am Rising Damp Forever 2.05 Film: Rising Damp (PG)
- ITV4 6.00am** The Chase 6.50 Pawn Stars 7.30 Ironside 8.30 Quincy ME 9.35 Minder 10.35 The Saint 11.40 The Avengers 12.50pm Ironside 1.50 Quincy ME 2.55 Minder 3.55 The Saint 5.00 The Avengers 6.05 Storage Wars: Best of the Appraisals 6.30 Storage Wars: Texas 7.00 Pawn Stars 8.00 The Motorbike Show 9.00 Car Crash Britain: Caught on Camera 10.00 Film: First Blood (1982, 15) 12.05am The Americans
- BBC FOUR 7.00pm** World News Today 7.30 BBC Young Musician 2018 9.00 Forever Young – How Rock 'n' Roll Grew Up 10.00 Billy Fury: The Sound of Fury 11.30 It's Only Rock 'n' Roll: Rock 'n' Roll at the BBC
- SKY ONE 6.00am** Supergirl 8.00 Futurama 8.30 Modern Family 9.30 The Simpsons 11.00 Warehouse 13 12.00noon NCIS: Los Angeles 1.00 Hawaii Five-0 3.00 NCIS: Los Angeles 4.00 Stargate SG-1 5.00 The Simpsons 6.00 Futurama 6.30 The Simpsons 8.30 Modern Family 9.00 Karl Pilkington: The Moaning of Life 10.00 The Late Late Show with James Corden: Best of the Week 11.00 A League of Their Own
- SKY ATLANTIC 6.00am** Fish Town 7.00 The Guest Wing 8.00 Storm City 9.00 The West Wing 11.00 House 1.00pm Without a Trace 2.00 Blue Bloods 3.00 The West Wing 5.00 House 7.00 CSI: Crime Scene Investigation 8.00 Blue Bloods 9.00 Game of Thrones 12.45am The Sopranos 2.50 Crashing
- SKY CINEMA PREMIERE 6.00am** Unforgettable (15) 7.50 The Hurricane Heist (12) 9.40 Cars 3 (U) 11.30 Hurricane Heist: Special 12.00noon The Hurricane Heist (12) 1.45 Spider-Man: Homecoming (12) 4.05 Run the Tide (12) 5.45 Cars 3 (U) 7.30 Hurricane Heist: Special 8.00 The Hurricane Heist (12) 9.50 Spider-Man: Homecoming (12) 12.10am Double Date (15) 1.50 6 Below: Miracle on the Mountain (2017, 12) **FILM4 11.00am** The Boxtrolls (PG) 12.50pm The Rugrats in Paris: The Movie (2000, U) 2.25 Hotel for Dogs (2009, U) 4.30 The Princess Diaries (2001, U) 6.45 Back to the Future (1985, PG) 9.00 Four Weddings and a Funeral (1994, 15) 11.20 Bullet to the Head (2012, 15)
- TALKING PICTURES 6.00am** Film: Ball of Fire (U) 8.15 Film: Innocents in Paris (PG) 10.00 Film: Valley of Eagles (U) 11.40 Glimpses: Families of the World 12.00noon Film: We Joined the Navy (U) 2.00 The Big Valley 3.00 Film: Miracle in Soho (U) 5.00 The Detectives 5.30 Honey West 6.00 Scotland Yard 6.35 Film: Profile (PG) 7.55 Glimpses: London's West End 1946 8.00 Gideon's Way 9.00 Film: The Naked Truth (U) 10.50 Film: Room at the Top (15) 1.10am Film: Never Let Go (PG) 3.00 Film: Sailor Beware! (1956, PG)
- CBS REALITY 9.00am** Judge Judy 10.00 Bondi Rescue 11.00 Celebrity Damage Control 12.00noon Unsolved Mysteries 1.00 Judge Judy 3.00 Bondi Rescue 4.00 Celebrity Damage Control 5.00 Judge Judy 7.00 Bondi Rescue 8.00 Celebrity Damage Control 9.00 Beyond the Headlines 10.00 It Takes a Killer 11.00 Medical Detectives 12.00midnight Cold Blood
- SKY SPORTS MAIN EVENT 6.00am** Live HSBC Sevens World Series 9.00 Good Morning Sports Fans 10.00 Premier League Daily 11.00 Sky Sports Daily 11.30 Paddock Uncut 11.45 Live Formula 1 1.45pm Paddock Uncut 2.00 Football Centre 3.30 Paddock Uncut 3.45 Live Formula 1 5.45 Paddock Uncut 6.00 Sky Sports News at 6 7.00 Masters – Live 12.30am Last 9 On Sunday 1.30 Betfred Super League Highlights

BBC 1



Troy: Fall Of A City, 9.10pm

- 6.00** Breakfast (S) (W) (HD) **10.00** Commonwealth Games 2018. Further live coverage from Queensland, as day three of the Games continues with swimming, track cycling and netball all high on the agenda. (HD) **12.00** Football Focus (S) (W) (HD) **1.00** BBC News, (S) Weather (W) (HD) **1.15** Golf: The Masters Highlights (S) (W) (HD) **2.15** Commonwealth Games 2018. Jason Mohammad presents highlights from Queensland, with swimming, artistic gymnastics, track cycling and triathlon all taking place on day three of the Games. (S) (W) (HD) **4.30** Final Score (S) (W) **5.15** TBA **5.45** Doodlebugs (S) (W) (HD)
- 6.00** **READY OR NOT** (2/6) Gameshow featuring unsuspecting members of the public who face surprise challenges while going about their daily lives. Hosted by Paddy McGuinness. (S) (W) (HD)
- 6.30** **BBC NEWS, WEATHER** Headlines. (W) (HD)
- 6.40** **LOCAL NEWS, WEATHER** Bulletins. (W)
- 6.50** **POINTLESS CELEBRITIES** Richard Osman and Alexander Armstrong present a star-studded version of the general knowledge quiz. (S) (HD)
- 7.40** **WHO DARES WINS** Gameshow in which two pairs of complete strangers team up, each battling to outdo the other by listing as much as they know about a given subject. (S) (W) (HD)
- 8.20** **CASUALTY** Hospital drama with the staff of Holby's A&E department. (S) (W) (HD)
- 9.10** **TROY: FALL OF A CITY** (8/8) The Trojans are stunned to discover a deserted Greek camp, and all that remains on the beach is an offering to the gods in the form of a large, wooden horse. (HD)
- 10.10** **BBC NEWS, WEATHER** Headlines. (HD) Followed by National Lottery Update. (S) (W)
- 10.30** **MATCH OF THE DAY** Gary Lineker presents highlights of the latest Premier League matches, including two huge derby games – Manchester City v Manchester United at the Etihad Stadium and Everton v Liverpool at Goodison Park. (HD)
- 11.55** **COMMONWEALTH GAMES 2018** JJ Chalmers introduces live coverage on day four of the Games in Queensland, with swimming, boxing and hockey some of the standout sports on today's schedule. (S) (W) (HD)
- 4.00** Commonwealth Games 2018. JJ Chalmers presents further live coverage of day four in Queensland, with swimming, boxing and women's hockey all part of the day's programme. (S) (W) (HD)

BBC 2



Commonwealth Games 2018, 12noon

- 6.00** Commonwealth Games 2018. Hazel Irvine introduces live coverage of the third day in Queensland. At the Anna Meares Velodrome in Brisbane, decorated Team GB Olympians Callum Skinner and Phillip Hindes will be expected to progress from the men's track cycling sprint quarter-finals, along with Skinner's Scotland team-mate Jack Carlin. Over at the Coomera Indoor Sports Centre, Canadian world silver medallist Ellie Black will be among the favourites to take home the gold in the women's artistic gymnastics all-around final, while Northern Ireland face South Africa in the netball preliminary round at the Gold Coast Convention and Exhibition Centre. (S) (W) (HD) **10.00** Robot Wars (rpt) (S) (W) (HD) **11.00** Homes Under The Hammer (S) (W) **12.00** Commonwealth Games 2018. Clare Balding presents live coverage as day three of the Games reaches its conclusion with swimming medals up for grabs in the women's 200m breaststroke and 4x200m freestyle relay. (S) (W) (HD) **2.15** TBA **3.00** 10 Puppies And Us (S) (W) **4.00** The Secret Helpers (rpt) (S) (W) (HD) **5.00** Big Cats About The House (rpt) (S) (W) (HD)
- 6.00** **COMMONWEALTH GAMES 2018: THE GAMES TODAY** Clare Balding and Gabby Logan round up the third day's action in Queensland. Swimmer Adam Peaty was expected to go for a third Commonwealth gold medal in the men's 100m breaststroke final at Optus Aquatic Centre, while Yorkshire brothers Alistair and Jonny Brownlee were scheduled to take part in the mixed team triathlon relay at Southport Broadwater Parklands. Artistic gymnast Max Whitlock was the man to beat in the men's individual all-around final at Coomera Indoor Sports Centre, while England and Scotland were hoping for track cycling glory at the Anna Meares Velodrome in Brisbane. (S) (W) (HD)
- 7.30** **GOLF: THE MASTERS LIVE** Eilidh Barbour introduces coverage of the third day from the Augusta National in Georgia, as the opening Major of the year continues. Yorkshireman Danny Willett was the defending champion here last year, but two poor opening rounds of 73 and 78 saw him miss the cut by one stroke, becoming the first holder of the green jacket to exit the tournament on Friday since Mike Weir in 2004. With commentary by Peter Alliss, Ken Brown, Andrew Cotter and Paul Azinger. (S) (W) (HD)
- 12.00** TBA **1.15** Civilisations (rpt) (HD) **2.20** BBC News (HD)

ITV



Sherlock Holmes: A Game Of Shadows, 10.30pm

- 6.00** CITV: Sooty (rpt) (HD) **6.10** Grizzly Tales For Gruesome Kids (rpt) **6.20** Grizzly Tales For Gruesome Kids (rpt) **6.35** Dino Dan: Trek's Adventures (rpt) (HD) **6.50** Super 4 (rpt) (HD) **7.00** Signed Stories: Share A Story (rpt) **7.05** Star Wars Freemaker Adventures (rpt) (W) (HD) **7.30** Scrambled! Scrambled! (W) (HD) **7.35** Scrambled! The Tom And Jerry Show (rpt) (W) (HD) **7.50** Scrambled! Teen Titans Go! (rpt) (W) (HD) **8.10** Scrambled! The Bagel And Becky Show (rpt) (HD) **8.30** Scrambled! Thunderbirds Are Go (HD) **9.05** Scrambled! Adventure Time (rpt) (W) (HD) **9.25** ITV News (W) **9.30** James Martin's Saturday Morning (W) (HD) **11.25** Who's Doing The Dishes? (rpt) (W) (HD) **12.20** The Harbour (rpt) (W) (HD) **12.50** ITV News, Weather (W) **1.00** TBA **1.30** Change Your Tune (rpt) (W) **2.30** Britain's Brightest Family (rpt) (W) (HD) **3.00** Tenable (rpt) (W) (HD) **4.00** Tipping Point (rpt) (W) (HD) **5.00** The Chase. Bradley Walsh presents as four contestants pit their wits against ruthless quiz genius the Chaser. (rpt) (W) (HD)
- 6.00** **ITV NEWS, WEATHER** Headlines. (W)
- 6.15** **LOCAL NEWS, WEATHER** Bulletins. (W)
- 6.30** **YOU'VE BEEN FRAMED!** Harry Hill narrates a comical selection of mishaps filmed by viewers, featuring everything from cute kids and crazy animals to pranks and painful-looking accidents.
- 7.00** **ANT & DEC'S SATURDAY NIGHT TAKEAWAY** Entertainment show, featuring undercover pranks, surprises galore, star guests and competitions. Last in the series. (W) (HD)
- 8.30** **THE VOICE UK** The grand final of the spinning-chair singing contest. (W) (HD)
- 10.10** **ITV NEWS, WEATHER** Headlines. (W)
- 10.30** **FILM SHERLOCK HOLMES: A GAME OF SHADOWS** (2011) The detective investigates a series of seemingly unconnected crimes all around the world and becomes convinced one man is behind them all – the elusive Professor Moriarty. He sets forth on an international journey to bring the evil mastermind to justice, but finds he is dealing with a foe who is his intellectual equal. Detective thriller sequel, starring Robert Downey Jr, Jude Law, Noomi Rapace and Jared Harris. (W) (HD)
- 12.35** Jackpot247. Viewers are offered the chance to participate in live interactive gaming. **3.00** Babushka (rpt) (SL) (W) (HD) **3.50** ITV Nightscreen (W) (HD)

● (1/3) Episode Number (W) Widescreen (rpt) Repeat (S) Subtitles (AD) Audio Description (SL) Sign Language (HD) High Definition

REGIONAL VARIATIONS

BBC1 SCOTLAND As BBC1 except: **4.30-5.15** SportsScene
BBC1 NORTHERN IRELAND As BBC1 except: **5.00-5.15** Final Score from Northern Ireland. Latest football results.
BBC2 NORTHERN IRELAND As BBC2 except:
6.00 TBA **6.30-7.30** The Conference
ITV MERIDIAN As ITV except: **12.59-1.00** Local Weather **6.15-6.30** Local News. Headlines. **10.29-10.30** Local Weather
ITV CENTRAL As ITV except: **12.59-1.00** Local Weather **6.15-6.30** Local News. Headlines. **10.29-10.30** Local Weather
ITV WESTCOUNTRY As ITV except: **12.59-1.00** Local Weather **6.15-6.30** Local News **10.29-10.30** Local Weather

ITV ANGLIA As ITV except: **12.59-1.00** Local Weather **6.15-6.30** Local News. Headlines. **10.29-10.30** Local Weather
ITV YORKSHIRE As ITV except: **12.59-1.00** Local Weather **6.15-6.30** Local News. Headlines. **10.29-10.30** Local Weather
ITV TYNE TEES As ITV except: **12.59-1.00** Local Weather **6.15-6.30** Local News. Headlines. **10.29-10.30** Local Weather
ITV GRANADA As ITV except: **12.59-1.00** Local Weather **6.15-6.30** Local News. Headlines. **10.29-10.30** Local Weather
ITV BORDER As ITV except: **12.59-1.00** Local Weather **6.15-6.30** Local News. Headlines. **10.29-10.30** Local Weather
ITV WEST As ITV except: **12.59-1.00** Local Weather **6.15-6.30** Local News. Latest headlines. **10.29-10.30** Local Weather

ITV WALES As ITV WEST except: **12.59-1.00** Local Weather **6.15-6.30** Local News. Headlines. **10.29-10.30** Local Weather
S4C **6.00** Cyw **8.00** Stwnsh Sadwrn **10.00** Yr Ynys **11.00** Ceffylau Cymru **11.30** O Gymru Fach **12.30** TBA **12.45** Cefn Gwlad **1.45** Clwb Rygbi. Cheetahs v Cardiff Blues (Kick-off 2.00pm). Coverage of the PRO14 fixture, which takes place in Bloemfontein. **4.00** Ffermio **4.25** Bois y Ffair **4.50** Newyddion a Chwaraeon **5.00** Rygbi **7.15** Sgorio. Connah's Quay v Bangor City (Kick-off 7.45pm). Coverage of the Welsh Premier League encounter at Belle Vue. **9.45** Noson Lawen Eisteddfod Sir Gâr. A concert from 2014 on the National Eisteddfod pavilion stage in Llanelli, Carmarthenshire. **11.15-11.50** Hansh

CHANNEL 4



Coastal Railways With Julie Walters, 7pm

- 6.15** Mobil 1: The Grid **6.45** TBA **7.15** The King Of Queens (rpt) **7.40** The King Of Queens (rpt) **8.10** Everybody Loves Raymond (rpt) **8.40** Everybody Loves Raymond (rpt) **9.10** Frasier (rpt) **9.40** Frasier. Eddie appears depressed. (rpt) **10.05** Frasier (rpt) **10.35** The Big Bang Theory. Sheldon discovers his friends tampered with the Arctic expedition data and Leonard gets frustrated as constant interruptions hamper his attempts to woo Penny. (rpt) (HD) **11.05** The Big Bang Theory. Sheldon and Howard stake their most coveted comic books on a bet over the species of a cricket. (rpt) (HD) **11.35** The Big Bang Theory. Sheldon succeeds in getting Penny to conform to his standards, so Leonard adopts a similar strategy. Meanwhile, Howard and Raj meet two women at a goth nightclub. (rpt) (HD) **12.00** The Simpsons. An impassioned video rant by Homer becomes an internet sensation and he is given his own talk show and before long the lovable oaf is the new voice of American politics. (rpt) **12.30** The Simpsons (rpt)
- 1.00** **FORMULA 1 BAHRAIN GRAND PRIX PRACTICE 3 LIVE** Coverage from the second round of the season at the Bahrain International Circuit in Sakhir, as the drivers conclude their preparations ahead of the qualifying session. (HD)
- 2.30** **FI MEETS** An interview with a prominent figure from the world of Formula One. (HD)
- 2.55** **FORMULA 1 BAHRAIN GRAND PRIX QUALIFYING LIVE** Coverage from the Bahrain International Circuit in Sakhir (Start-time 4.00pm), as the second round continues. (HD)
- 5.45** TBA
- 6.45** **CHANNEL 4 NEWS** Headlines. (HD)
- 7.00** **COASTAL RAILWAYS WITH JULIE WALTERS** The actress travels on the famous Great Western Railway to Cornwall. She recalls childhood holidays when she stops at Torquay before heading to a supposedly haunted castle at Kingswear. She also uncovers tales of smuggling and joins members of the RNLI on a practice run before visiting an unusual cake shop in Penzance. (rpt) (HD)
- 8.00** TBA
- 10.00** TBA
- 12.10** Ramsay's Kitchen Nightmares USA. The chef comes to the aid of failing restaurants. (rpt) **1.00** TBA **2.00** Hollyoaks (rpt) (HD) **4.20** Building The Dream (rpt)

● All programme details are correct at time of going to press

5STAR

- 6.00am** Teleshopping **8.00** The Fresh Prince of Bel-Air **8.25** The Fresh Prince of Bel-Air. Ashley seeks relationship advice from Hilary. **8.55** The Fresh Prince of Bel-Air. Hilary lands a new job as a weathergirl when she accompanies Will to the TV station. **9.20** The Fresh Prince of Bel-Air. Carlton's former girlfriend arrives with a baby in tow, but Will does not believe his cousin could be the father. **9.50** TBA **12.20pm** TBA **2.45** TBA **4.45** TBA **7.00** TBA **9.00** TBA **11.15** TBA **1.15am** Sex Pod **2.15** TBA **3.15** The Magicians **4.00-6.00** Teleshopping

CHANNEL 5



Football On 5: The Championship, 9pm

- 6.00** Milkshake! Little Princess (rpt) **6.10** Wissper (rpt) (HD) **6.20** The Mr Men Show (rpt) **6.30** Milkshake! Monkey (rpt) (HD) **6.35** The Secret Life Of Puppies (rpt) (HD) **6.40** Mofy (rpt) (HD) **6.45** Simon (rpt) (HD) **6.50** Simon (rpt) (HD) **6.55** Peppa Pig (rpt) **7.05** Paw Patrol (rpt) (HD) **7.20** Thomas & Friends (rpt) **7.30** Fireman Sam (rpt) (HD) **7.40** Olly The Ben And Holly's Little Kingdom (rpt) (HD) **7.50** Blaze And The Monster Machines (rpt) (HD) **8.15** Paw Patrol (rpt) (HD) **8.30** Nella The Princess Knight (rpt) (HD) **8.40** Noddy: Toyland Detective (rpt) (HD) **8.50** Ben And Holly's Little Kingdom (rpt) (HD) **9.05** Shimmer And Shine (rpt) (HD) **9.15** Digby Dragon (rpt) (HD) **9.35** Peppa Pig (rpt) **9.45** Peppa Pig (rpt) **9.55** Teenage Mutant Ninja Turtles (HD) **10.30** The Gadget Show (rpt) (HD) **11.30** Police Interceptors: The Fatal Four (rpt) (HD) **12.30** Police Interceptors (rpt) (HD) **1.30** Live Aviva Premiership Rugby Union. Bath v Leicester Tigers (Kick-off 2.00pm). (HD) **4.00** Can't Pay? We'll Take It Away (rpt) **5.00** Can't Pay? We'll Take It Away (rpt) (HD)
- 6.00** **CAN'T PAY? WE'LL TAKE IT AWAY** Documentary giving an insight into the world of debt collection from the perspectives of people who owe money, their creditors and those who collect the payments. (rpt) (HD)
- 7.00** **CRUISING WITH JANE MCDONALD** (3/4) Jane makes her way from Lyon to Arles in Provence via the Rhone, and her journey gives her a chance to sample a side of France she has never seen before. (rpt) (HD)
- 8.00** **INSIDE WINDSOR CASTLE** (3/4) A look back at events that shaped the monarchy between 1952 and 1972, as Prince Philip grew restless and the Queen Mother reportedly ran up debts of £7million. (rpt) (HD)
- 8.55** **5 NEWS WEEKEND** The day's headlines. (HD)
- 9.00** **FOOTBALL ON 5: THE CHAMPIONSHIP** Colin Murray introduces highlights from the weekend's games in the Championship, including Cardiff City v Wolverhampton Wanderers and Norwich City v Aston Villa. (HD)
- 10.00** **FOOTBALL ON 5: GOAL RUSH** (HD)
- 10.30** **20 MOMENTS THAT ROCKED THE 90S** Hosted by Cold Feet star Helen Baxendale. (rpt)
- 12.00** SuperCasino (HD) **3.10** Greatest Ever Celebrity Wind Ups (rpt) (HD) **4.00** Bad Tenants, Rogue Landlords (rpt) (HD) **4.45** House Doctor (rpt) **5.10** Great Scientists

SUSA

- 6.00am** Teleshopping **9.00** Catch a Contractor **9.20** Person of Interest **10.05** Person of Interest **11.00** Law & Order **12.00noon** Law & Order **1.00** Law & Order **2.00** Film: Columbo: Agenda for Murder (1990) (PG) Crime drama, starring Peter Falk and Patrick McGoohan. **4.00** NCIS **5.00** NCIS **6.00** NCIS. Gibbs and the team track an arsonist. **7.00** TBA **8.00** TBA **9.00** TBA **10.00** Bull **11.00** Bull **12.00midnight** Law & Order: Special Victims Unit **2.50** Law & Order: Special Victims Unit **3.50** Access **4.00-6.00** Teleshopping

SATURDAY

7 APRIL 2018

- ITV2 6.25am** Emmerdale **9.10** Coronation Street **11.55** Ant & Dec's Saturday Night Takeaway **1.30pm** Britain's Got Talent: Top 10 LOL Moments **2.30** You've Been Framed! Gold **2.40** Film: The Smurfs (2011,U) **4.35** FYI Daily **4.40** Film: The Smurfs (2011,U) **5.40** Film: Mr Bean's Holiday (2007,PG) **7.30** Film: The Amazing Spider-Man 2 (2014,12) **10.10** Celebrity Juice **11.00** Family Guy **11.55** American Dad! **12.45am** Action Team **1.15** Film: Jack and Jill (2011,PG)
- ITV3 6.00am** Judge Judy **6.20** Film: Mutiny on the Buses (1972,PG) **8.00** Murder, She Wrote **9.05** Lewis **11.00** A Touch of Frost **3.20pm** Columbo **5.00** Midsomer Murders **11.00** Vera **1.00am** Road to Avonlea
- ITV4 7.00am** Pawn Stars **7.30** BRDC Formula 3 Highlights **8.30** British Superbike Championship Highlights **9.30** ITV Racing: The Opening Show **10.30** The Big Fish Off **11.30** Film: Police Academy 2: Their First Assignment (1985,15) **1.20pm** Football's Greatest: Thierry Henry **1.30** ITV Racing: Live from Kempton **4.00** Film: Red River (1948,U) **6.40** Film: Live and Let Die (1973,PG) **9.05** Film: Lethal Weapon 2 (1989,18) **11.25** Film: The Assassination of Jesse James by the Coward Robert Ford (2007,15) **2.30am** Football Rivalries
- BBC FOUR 7.00pm** Atlantic: The Wildest Ocean on Earth **8.00** Commonwealth Games Extra **9.00** Salamander **10.30** Top of the Pops: 1985 **11.00** TBA **12.00midnight** The Man Who Brought the Blues to Britain: Big Bill Broonzy **1.00** Young Guns Go for It
- SKY ONE 6.00am** Futurama **7.00** The Flash **8.00** The Simpsons **10.00** Soccer AM **11.30** Revolution **12.30pm** Game Changers **1.30** The Simpsons **3.00** Gillette Soccer Saturday **6.00** TBA **7.00** The Simpsons **8.00** NCIS: Los Angeles **9.00** SEAL Team **10.00** TBA **12.00midnight** Russell Howard's Hour **1.00** Duck Quacks Don't Echo **2.00** Hawaii Five-0 **3.00** TBA
- SKY ATLANTIC 6.00am** Richard E Grant's Hotel Secrets **8.00** CSI: Crime Scene Investigation **1.00pm** Cold Case **4.00** Without a Trace **9.00** Blue Bloods **10.00** Westworld **12.20am** Last Week Tonight with John Oliver **12.55** CSI: Crime Scene Investigation **1.55** The Sopranos **3.10** TBA **4.00** Urban Secrets
- SKY CINEMA PREMIERE 6.00am** Run the Tide (2016,12) **7.45** The Top Ten Show 2018 **8.00** Cars 3 (2017,U) **10.00** The Emoji Movie (2017,U) **11.30** The Hurricane Heist (2018,12) **1.30pm** Hurricane Heist: Special **2.00** Spider-Man: Homecoming (2017,12) **4.20** Cars 3 (2017,U) **6.20** The Emoji Movie (2017,U) **8.00** The Hurricane Heist (2018,12) **9.50** Spider-Man: Homecoming (2017,12) **12.10am** Unforgettable (2017,15) **1.55** The Hurricane Heist (2018,12) **3.45** Double Date (2017,15) **5.30** Ready Player One: Special
- FILM4 11.00am** The SpongeBob Movie: Sponge Out of Water (2015,U) **1.00pm** Ice Age: The Meltdown (2006,U) **2.40** Back to the Future Part II (1989,PG) **4.45** Back to the Future Part III (1990,PG) **7.00** X-Men (2000,12) **9.00** X-Men 2 (2003,12) **11.35** X-Men: The Last Stand (2006,12) **1.40am** TBA
- TALKING PICTURES 6.00am** Glimpses: Auburn's 1938 Gold Rush Celebration **6.10** Film: Buffalo Bill (1944,U) **8.00** Glimpses: The Wayward Wind **8.05** Hawkeye & the Last of the Mohicans **8.35** Film: And the Same to You (1960,PG) **10.00** The Big Valley **11.00** A Family at War **12.00noon** Film: The Big Money (1956,U) **1.45** Glimpses **1.50** Film: The Gentle Sex (1943,U) **3.45** Film: County Hospital (1932,U) **4.10** Film: The Second Woman (1951,PG) **6.00** Film: Ghost Ship (1952,U) **7.35** Film: Helpmates (1932,U) **8.00** Film: The Informers (1963,12) **10.10** Film: The Purple Plain (1954,PG) **12.10am** Film: Midnight Fear (1990,18) **2.00** Film: The House on Haunted Hill (1959,12)
- CBS REALITY 6.00am** Teleshopping **9.00** Judge Judy **5.00pm** Bondi Rescue **7.00** Medical Detectives **9.00** 48 Hours: Mystery **1.00am** I Survived **3.00** Teleshopping **4.00** Cheaters **4.45** Cops **5.35** Neighbours at War
- SKY SPORTS MAIN EVENT 6.00am** Live HSBC Sevens World Series. The Hong Kong Sevens. **7.40** Rugby Greatest Games **8.00** Good Morning Sports Fans **9.00** Masters Breakfast - Live **11.30** Live Premier League **12.30pm** Live Premier League. Everton v Liverpool (Kick-off 12.30pm). **3.15** Gillette Soccer Saturday **5.00** Live Premier League **8.00** The Masters - Live **12.30am** Live MLS. Toronto FC v DC United (Kick-off 12.30am). **2.35** Live HSBC Sevens World Series

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Mindy Hammond

Every week in S Magazine

An Easter break, a late flight, a wedding... what could possibly go wrong? Still, as our columnist knows, there's always the chocolate Illustration by Susan Hellard

Ahh, spring lambs in the fields and chicks in the barn, that's the picture conjured up at Easter time... except not so much this year, perhaps? After the heavy snow just a few weeks ago, the ewes may be nervous about delivering their babies and farmers are worried about sub-zero temperatures, which can prove fatal to newborn lambs. Even our chickens are resisting the urge to sit on their eggs (thankfully).

For many people, the most exciting bit about Easter is the chocolate and, like it or not, every supermarket has been bursting at the seams with it. Even when the weather prevented bread deliveries, there was always chocolate.

Mindful of the girls' exams on their return to school and the inevitable boredom a long Easter break seems to bring, I decided to book a last-minute jaunt to the sunshine (not registering we'd be away for Easter Sunday) and for the first time in living history, can you believe the girls began to moan they'd miss the festival of chocolate? So much so, I found myself planning little Easter presents to hide in my suitcase.

Just a few weeks before our departure date, I confirmed the booking and sighed with relief. Then, 48 hours later, my sister called; she and her fiancé had finally decided on a date for their wedding – the day before we flew back.

With rising panic I jumped on to the flight websites and spent several hours searching for an earlier plane – there were none that flew anywhere near Herefordshire and the only one I could find returning a day earlier flew us into a different airport at the opposite end of the country. Still, it was worth it. After all, there was no way we were going to miss Sar's big day.

I would have to abandon my plan to drive us and leave the car in the airport car park. It would be in the wrong place. So despite booking a cut-price holiday, the taxi to and from the airport was going to cost more than the flights – how crazy is that? But no matter, it would be worth every penny. My only hurdle was breaking it to the girls. They didn't mind missing the last day of the holiday at all and were both very excited about the wedding celebrations. But how would they feel about landing late at night and a three-hour drive home?

Better to keep mum on this one, I decided, and avoided any discussion about transport. Whenever the subject of our Easter break raised its head I quickly turned the conversation to the hotel and the lovely pool, fabulous restaurant and proximity to the beach.

My plan worked perfectly, until just last week when packing preparations began and the girls started to question me about the trip.

"What time is our flight?" rang through the kitchen. I know this question very well and it's always followed by, "Where are we flying from?" and finally, "What time is the flight back?"

Just as I braced myself to confess all, the buzzer sounded for the front gate and I leapt up. It was an online delivery the girls had been waiting for, but this time I wouldn't complain. And when I brought the parcel in they disappeared upstairs to try everything on. The perfect distraction.

My nails have grown noticeably shorter from constant nervous nibbling and my conscience is telling me I've made an enormous boo-boo. Had I fessed up in the first place everything would be plain (or should that be plane) sailing by now.

I'm breaking under the strain and even resorted to raiding the Easter aisle at the supermarket yesterday (sometimes chocolate really is the only answer). Thank goodness I never plumped for a job in the Secret Service – I'd be dreadful. I struggle keeping anything secret and feel as though everyone knows I'm being dishonest.

So much for preaching honesty is the best policy.

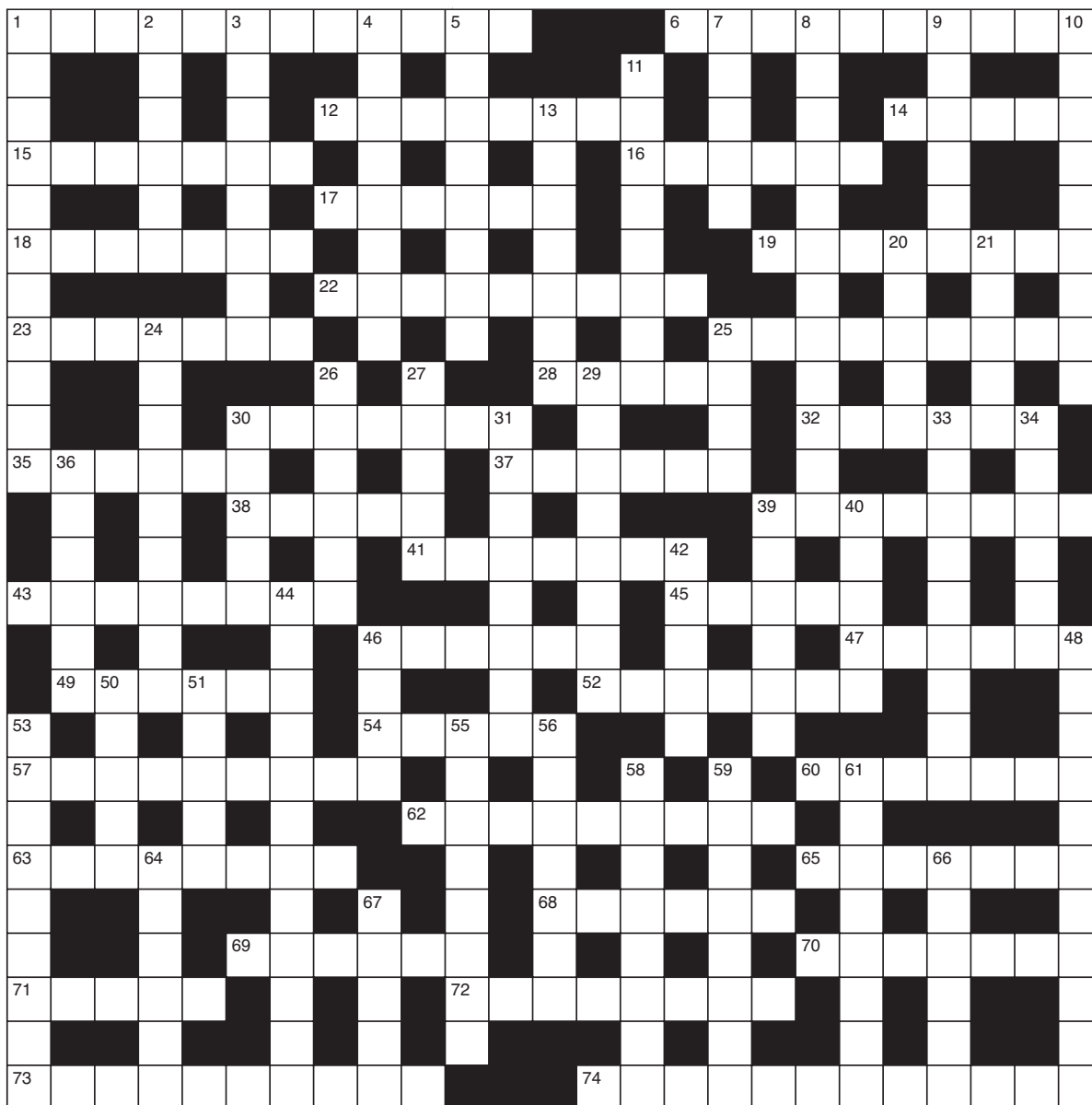
I blame the Easter bunny. It's all his fault. After all, he sneaks about in the dead of night hiding eggs all over the place – and does anyone ever see him? No. I bet he doesn't tell his kids about his travel plans. In fact, for all we know, several of them have been recruited into the family business.

If you happen to see two irritated teenagers and a chocolate-covered mother in a departure lounge today, look upon the poor woman with sympathy and perhaps remind those girls that mothers are for life, not just for Easter. ☹



SUSAN HELLARD C/O ARENA

Jumbo £1,000 Easter crossword



ACROSS

- 1** Italian Renaissance artist whose works included the *Pietà* sculpture of Jesus on the lap of his mother Mary after the Crucifixion (12)
- 6** Hollowed-out eggs filled with toys or confetti, an Easter tradition in Mexico (10)



- 12** A small arboreal anteater of Central and South America (8)
- 14** In the US and Canada, a small platform with steps up to it at the entrance to a building (5)
- 15** Simon __, fictional character known as The Saint created by Leslie Charteris (7)
- 16** The capital of the Philippines (6)
- 17** __ coat, a heavy coat, usually with a hood and fastened with toggles (6)
- 18** Refunds paid when one has paid more tax, rent etc than needed (7)
- 19** A widespread occurrence of a disease (8)
- 22** __ *Pasqua* ("Easter dove" in English), a traditional Italian Easter cake (7,2)
- 23** A substance occurring in plant or animal tissue and producing a characteristic colour (7)
- 25** Person who trains big cats, particularly in a circus (4,5)
- 28** La __, shortened name for the chief opera house in Italy (5)
- 30** British overseas territory in the Atlantic, where kites are flown on Good Friday to symbolise Christ's resurrection (7)

Post your solution to Competition 16072 Sunday Express General Knowledge (£1,000) Crossword, PO Box 12577, Sutton Coldfield B73 9BS, to arrive by 23:59 on Friday. You can order the Sunday Express Crossword Dictionary 2nd revised edition for £6.99, with free UK postage and packing, from the Express Bookshop (see page 82). Spellings and definitions are taken from the Collins English Dictionary (12th edition out now, price £45), which is also available to order from the Bookshop. For full terms, go to www.express.co.uk/comprules.

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SOLUTION FOR MARCH 25

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- 32** To evaporate or boil a liquid and condense its vapour (6)
35 At, in or to that relatively distant place; over there (6)
37 Beetle regarded in ancient Egypt as divine (6)
38 To run away secretly with a lover, especially to marry (5)
39 A mountain range between France and Spain (8)
41 Rectangular slabs or blocks forming the lowest part of the base of columns, statues etc (7)
43 _ Book, the record of a survey of the land of England completed in 1086 (8)
45 A collection of maps, usually in book form (5)
46 A papier-mâché party decoration filled with sweets, hung up and struck with a stick until it breaks open (6)
47 The standard monetary unit of Portugal until 2002 (6)
49 To remain or endure until the end of (3,3)
52 and **48** Down. *The _ _ _ _*, 2004 Mel Gibson-directed film depicting the Crucifixion (7,2,3,6)
54 Spiny succulent plants of the arid regions of America (5)
57 A feeling of regret for one's sins; repentance (9)
60 Name given to Jesus Christ as the awaited redeemer of the Jews (7)



- 65** The sweet, leavened bread prepared for Easter in Bulgaria and Romania (7)
68 European country in which people enjoy crime fiction and murder mysteries during the Easter weekend (6)
69 A trail, slope or course for a winter sport (3,3)
70 Jan _, 17th-century Dutch painter (7)
71 A rich cake, originating in Austria, usually decorated or filled with cream, fruit, nuts and jam (5)
72 People learning the skills needed for a particular job or activity (8)
73 Large gun dogs that can be trained to recover game (10)
74 An instance of deploring or condemning openly or vehemently (12)

DOWN

- 1** A type of drama based on the life of Christ, dating from the Middle Ages; still performed in York and Chester (7,4)
2 A fairground game in which a player tries to throw a large ring over an object to win it (6)
3 Plant native to tropical America, cultivated for its pods containing pale-green, edible seeds (4,4)
4 Alexander _, Russian composer and conductor who died in 1936 (8)
5 A children's game in which players jump over each other's bent backs (8)
7 A seated venue in which sport, entertainment etc takes place (5)
8 The day before Shrove Tuesday (6,6)
9 _ of Easter, the eight-day period that starts on Easter Sunday (6)

- 10** Holy _, the tomb in which Christ was laid after the Crucifixion (9)
11 Asian country, the capital of which is Phnom Penh (8)
13 Léo _, French composer of the ballet *Coppélia* (1870) (7)
20 The years of a person's birth and death (5)
21 A traditional Finnish Easter dessert (5)
24 Mary _, the woman Jesus cured of evil spirits; traditionally linked with giving Easter eggs (9)
25 Animal that is traditionally represented in a butter sculpture accompanying the Easter meal for some Russian, Slovenian and Polish Catholics (4)
26 A religious house governed by a senior monk (6)
27 Mint _, a long drink consisting of bourbon whiskey, crushed ice, sugar and mint (5)
29 Informal word for contrived but foolish talk (8)
30 Baked food, such as the Ukrainian Easter *paska* (5)
31 A person with a powerful or ambitious plan or desire to do or be something (8)
33 Elongated flexible organs occurring near the mouth in some invertebrates (9)
34 Looked at in an oblique, sneering or suggestive manner (6)
36 The rounded edible bulbs of an alliaceous plant (6)
39 A raised platform in a church for preaching (6)
40 "Christ is _!", the Paschal Greeting or Easter Acclamation (5)
42 A type of Latin American big-band dance music (5)
44 Russian author of the short story *Easter Eve* (5,7)

- 46** _ Egg play, traditional English drama with a rebirth theme, performed during Easter (4)
48 See **52** Across
50 Machine that selects the winning numbers of Premium Bonds (5)
51 A group of eight musicians (5)
53 A person viewing anything (9)
55 Dried fruit; a traditional ingredient of British Easter biscuits (8)
56 A daughter of a king of Spain (7)
58 Italian city in which a cart full of fireworks (*Scoppio del Carro*) is lit on Easter Sunday (8)
59 The capital and largest city of Bosnia and Herzegovina (8)
61 Restricted to or intended for an enlightened or initiated minority (8)
64 _, 1916, poem by WB Yeats about the uprising in Ireland against British rule (6)
66 A very hard, brittle, bluish-white metal; the densest naturally occurring element (6)
67 A member of any of the various mendicant religious orders of the Roman Catholic Church (5)



- 62** A cape on the coast of Spain, scene of the decisive naval battle in which Nelson was mortally wounded (9)
63 Large, swift, feline mammals of Africa and Asia, with black-spotted, light-brown coats (8)



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Russell Grant What does this week hold for you?

Aries

MARCH 21 – APRIL 20

Mylene Klass
April 6, 1978

Keep it quiet for a few days if you take on a new job or assignment. A personal matter could receive unwelcome publicity or someone will slip up and reveal information you'd told them confidentially. Some people can't be trusted to keep their word. A key person could bow out of arrangements already made and this will lead to a certain amount of chaos and confusion. Although changing your plans will be inconvenient, the changes will bring a new friend your way. It will be happy endings all round.



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Gemini

MAY 22 – JUNE 21

You're as busy as a bee and struggling to keep on top of it all. You don't have to make all decisions and do everything on your own. It may be time to delegate tasks to your fellow workers. You and your partner will share love in a romantic setting.

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Cancer

JUNE 22 – JULY 23

Happiness comes through increased rapport between you and a romantic or business partner. You're feeling bright and optimistic but be careful about jumping into anything too quickly. You don't want to make a career move that is too ambitious.

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Leo

JULY 24 – AUG 23

First impressions may not hold true. Review and rethink a "brilliant" financial or business idea. Even an experienced professional can make mistakes. If you have a choice between taking risks or opting for an ultra-practical approach, go for the latter.

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Scorpio

OCT 24 – NOV 22

Someone will make thoughtful arrangements that take you by surprise. As well as being grateful for their consideration you realise the true value of some friendships. Accepting a new assignment will put a twinkle in your eyes and a spring in your step.

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Sagittarius

NOV 23 – DEC 21

A female friend usually asks for your advice then does the opposite. This time outwit her with contrary advice and smile when she takes the action you think is right for her. Favourable family influences will give you even more to smile about.

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Capricorn

DEC 22 – JAN 20

Your boss wants to lift standards at work. You won't have any problem with this as your hard work and organised methods will raise the bar for everyone. Being asked to take the helm of a big assignment will give your ego a boost.

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Taurus

APRIL 21 – MAY 21

A slightly annoying setback early in the week will be offset by a heart-warming romantic invitation. Being forced to come up with alternative ideas could be a blessing in disguise as this will open the way for you to accept new opportunities.

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Virgo

AUG 24 – SEPT 23

Once you tally up recent expenditures, especially joint ones, you'll realise the need to balance your accounts. Spending money makes a partner happy. As much as you want to please them, you need to keep a tighter hold of the purse strings.

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Aquarius

JAN 21 – FEB 19

There may be confusion over money in connection with a friend or neighbour. Between home interests, entertaining and work commitments, you are in for a very busy time. But you should realise how well you have kept on top of everything.

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Libra

SEPT 24 – OCT 23

This is your chance to catch up on paperwork and clear up matters that had been left hanging in the air. An outing with friends or a short trip with your partner will be fun but you could miss a visitor who makes a surprise call.

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Pisces

FEB 20 – MARCH 20

Hearing from an old friend could bring a note of bittersweet nostalgia. Fond memories may prompt you to visit a place that was special to you in your childhood. You're in a position to do a friend a favour but be careful not to miss out yourself.

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