Bad Move
In this comedy series, starring Jack Dee and Kerry Godliman, a couple’s dream life in the countryside is quickly turning into a nightmare.

Wednesday, 8pm

Cold Feet
Friday, 9pm

Doc Martin
Wednesday, 9pm
Bromans
**Thursday, 9pm**

Real Housewives of Cheshire
**Monday, 10pm**

Lewis *
**Wednesday, 10.15pm**

Test Match Bowls Live: England v Wales *
**Wednesday and Thursday, 10am**

Vera
**Saturday and Sunday, 8pm**

The Tom and Jerry Show *
**Tuesday and Thursday, from 4.30pm**

Week 38/39 23rd - 29th September 2017
Bad Move
**Wednesday 27th September, 8pm**

A brand new comedy drama, starring Jack Dee and Kerry Godliman as a married couple who swap the rat race of city living for an idyllic rural home. They have been seduced by the TV relocation shows and have read the glossy lifestyle magazines, and now they are ready to live a simple existence in their dream house. But the dream is rapidly turning into a nightmare.

Nicky and Steve’s situation takes another turn for the worse when they discover their kitchen has been flooded. Nicky’s dad, the ever unimpressed Ken, comes to their rescue with a pump, but Steve is convinced that the source of the flooding could be a natural spring. He hopes that this will be the answer to all of their problems. Nicky decides to take a more practical approach to their finances, and decides to take up dog walking. When the locally based rock star Grizzo turns up with some alarming news, it is not just Nicky’s job that might be at risk.

Cold Feet
**Friday 29th September, 9pm**

Series seven of the award-winning hit comedy, continues. Adam (James Nesbitt) is shocked when graphic material featuring Tina (Leanne Best) appears online. Tina is devastated and whilst Adam comforts her, he cannot help but take matters into his own hands. Seeking revenge, he tracks down Tina’s ex-partner Jamie. Adam confides in his work friend Sarah (Amy Huberman), who also happens to be Jamie’s wife. Despite their complicated connection, they are growing close and she is a welcome distraction from all the drama in Adam’s life – but Adam cannot work out how to tell Tina about their friendship. The situation is then made worse by a revelation from Sarah. With David’s (Robert Bathurst) help, Karen (Hermione Norris) takes on Benjamin (Paul Ritter), but their efforts are not enough and Karen needs to quickly find enough cash to save her venture. David tries to persuade Nikki (Siobhan Finneran) to leave her husband, George, but she is backed into a corner – can David be her white Knight too? Tensions flare in the Gifford household, as Pete (John Thomson) and Jenny (Fay Ripley) try to adjust to their new house guest.
Doc Martin
*Wednesday 22nd September, 9pm*

The new series starring Martin Clunes as Doctor Martin Ellingham, a GP with an unfortunate bedside manner and an inconvenient phobia of blood, continues. Caroline Catz stars as Martin’s wife Louisa alongside Ian McNeice, Dame Eileen Atkins, Joe Absolom and Selina Cadell. As Janice (Robyn Addison) has now left, Martin (Clunes) and Louisa (Catz) look for a nursery for James. Mrs Tishell (Cadell) is shocked when she discovers Al (Absolom) has extremely high blood pressure, and sends him straight to Martin. Ruth (Atkins) is approached about selling her farm, which provides an appealing opportunity as both the B&B and whisky business are not going well. A B & B customer called John (Art Malik) turns out to have more of a connection to Portwenn than he realises, after a revelation about Ruth and his father. At school, Louisa helps with the diagnosis of a pupil, after the child begins to behave strangely in class. This influences Louisa to explore a possible career change. The idea is not welcomed by Martin who dislikes any change, even if it is good.

Liar
*Monday 25th September, 9pm*

The six-part drama starring Joanne Froggatt and Ioan Gruffudd continues. Teacher Laura Neilsen (Froggatt) has only just split up from her police officer boyfriend Tom (Warren Brown) when she runs into Andrew Earlham (Gruffudd), the handsome father of one of her pupils. Widowed surgeon Andrew shows a keen interest in Laura, and after being encouraged by her sister who is also one of Andrew’s colleagues, Laura agrees to go on a date with him. There is an immediate chemistry between the pair and the date seems to go well. The next morning a distraught Laura arrives at her sister’s house with a shocking piece of information. Laura’s past comes back to haunt her when the mystery text sender joins forces with Andrew. Together, the pair visit Vanessa and Rory to offer a new version of events. Laura cannot find her earring and begins to worry that she has left it in Andrew’s house. An incident involving one of her pupils requires her to put her personal struggles aside, and the situation unexpectedly throws Laura on the mercy of Andrew. Laura is not the only one whose professionalism is being put to the test, as Vanessa has an unsettling encounter with Andrew that shakes her resolve.
Victoria

Sunday 24th September, 9pm

The acclaimed historical drama starring Jenna Coleman as Queen Victoria and Tom Hughes as Prince Albert, continues. Victoria sets sail on her first voyage to the continent to try her hand at foreign diplomacy. She feels confident that she will be able to rescue Anglo-French relations by deterring the wily King of the French, Louis Philippe, from forming a potentially dangerous allegiance with Spain, through the marriage of his son to the Spanish Queen. The trip proves to be an adventure for both the royals and the servants, but Victoria soon realises she will need to keep her wits about her. Louis Philippe is charming, but not altogether trustworthy, and does not immediately take Victoria seriously as a Queen. Victoria turns to Albert for help, but she finds him distant. She is unaware that he is still reeling from his recent discovery, and his driven to despair by the debauchery and scandal of the French Court. Left to take on the King of France alone, does Victoria have what it takes to be an international leader, and can she outsmart Louis Philippe?

Safe House

Thursday 28th September, 9pm

The drama starring Stephen Moyer as ex-police officer Tom and Zoe Tapper as his partner Sam, concludes tonight. During his time on the force, Tom was responsible for capturing a serial killer referred to as the Crow – but he does not believe the right man is in prison. When a woman called Julie Delaney is abducted, Tom is certain the Crow has returned, and he and Sam take Julie’s partner and daughter to their safe house. In the final episode, Sam confronts Tom and he confesses his real reasons for leaving the police force. As the truth begins to shatter the image Sam has of the man she loves, she needs to decide if she will be able to forgive Tom for all his lies. With Roger Lane at large, Simon and Liam Duke are potentially in danger. The Duke’s arrive at the safe house, but it is no longer secure and the threat follows them. Jane and Vedder will need to put the pieces together in time, as Tom faces his adversary and attempts to stop the Crow once and for all.
The brand new six-part series, which ventures into the world of extreme cleaners, continues. From dead body clean-ups to squalid homes and hoarders, nothing fazes these brave grime-busters as they pull on the rubber gloves and tackle some horror homes.

In this episode, Shaun and his team are in Kent, where they have two days to clear a badly damaged rental property. When landlady Wendy’s tenants left, she was distraught to find mess, graffiti and doors pulled off their hinges, so the team have their work cut out to get it back to its original state. Mother and daughter Maxine and Jasmine help Richard, who is suffering from depression and struggling to cope after the breakdown of his marriage. In Richard’s flat, the duo discover a fridge full of mouldy food and a mountain of around 2,000 cigarette butts. The programme also follows siblings Yvonne and Angela, who claim that the best jobs are the dirtiest ones, as the cleaning duo tackle a tiny bedsit in Luton. It is only when they begin cleaning that they discover the resident has not been living alone in the flat. Amongst food debris and rubbish, the bedsit is teeming with fast-breeding cockroaches. They have just nine hours to eradicate the pests and clean the filthy room.

The X Factor
Saturday 23rd and Sunday 24th, 8pm

Britain’s biggest singing competition continues its 14th series. This year’s series sees plenty of familiar faces – both on the judging panel and on the presenting team – returning once more, and high drama and top talent remain the order of the day as more hopeful singers and groups step on to the stage in a bid to win a coveted recording contract. Music and talent show mogul Simon Cowell leads the judging panel again this year, alongside returning music industry experts and seasoned judges Louis Walsh, Sharon Osbourne and Nicole Scherzinger. Sticking with last year’s format, the process kicked off with closed room auditions in cities around the country earlier this year. This year’s competition also sees the return of the Six Chair Challenge following the initial auditions, which is one of the most nail-biting stages for both judges and contestants – even more so this time round as there is a twist in store for the judges. Dermot O’Leary offers his unique take on all the X Factor action, doling out friendly support for the hopeful contestants and dealing with the formidable four on the judging panel as only he knows how. As the auditions come to a close this weekend, the final few hopefuls face the judges in the hope of making in through to bootcamp. Do they have what it takes to make it to the next round?
Robson Green’s Coastal Lives  
**Tuesday 26th September, 8pm**

In this series, Robson Green explores the extraordinary lives and homes of the people who live off Britain’s coastline – from families swapping their city homes for a new life by the sea to those who have lived on the coast for generations. In previous episodes, Robson visited the stunning coastline around the Isle of Skye, in Scotland and Anglesey, off the north coast of Wales. He met the people who live in these coastal communities and joined in with their activities, from scallop diving to helping a crofting family transport their sheep by boat.

In this episode, Robson travels to the beautiful Cornish peninsula. In St Ives, he meets a couple who are using their life savings to renovate their coastal home. As well as carrying out the work on their home they still find time to volunteer for the local lifeboat station. Robson also takes to the skies above St Agnes Heritage coast with a husband and wife hang gliding team.

The Jonathan Ross Show  
**Saturday 23rd September, 9.15pm**

The new series of the popular chat show hosted by Jonathan Ross, continues with its usual combination of celebrity guests, live music and comedy. Jonathan is no stranger to chatting with big names, and previous series have seen a plethora of famous faces take to the couch, including John Malkovich, Russell Brand, Emily Blunt, Miranda Hart, Michael Douglas, Kylie Minogue, Phil Collins, Britney Spears, Robbie Williams and many more.

This new series sees him getting up close and personal with another impressive list of A-list celebrities, using his trademark no-holds-barred interview style. This week Jonathan is joined by celebrated comedy legend Mel Brooks, three time F1 world champion Lewis Hamilton, the newly married Russell Brand, and Brit award-winning singer Paloma Faith will be chatting and performing in the studio.
Tipping Point Lucky Stars
Sunday 24th September, 7pm

Ben Shephard welcomes a host of famous faces as he presents a new series of celebrity editions of the fun-filled game show. Based around a giant version of a classic amusement arcade machine, the game tests the knowledge, skill and tactical thinking of contestants as they try to collect and play with counters worth thousands of pounds. Players must answer questions to win turns on the machine – the more they get right, the more chances they have of getting a good result by securing the most counters. If they get a question wrong, the machine does not pay out, meaning that the player with the least amount of money at the end of the round gets eliminated. The last player standing then goes head-to-head with the Tipping Point machine, with their focus on just one counter – the golden jackpot disc. Again, answering questions for the right to play the machine, they win a big cash sum if they can manage to make it release the jackpot counter. Can this week’s trio of celebrities – football legend Matt Le Tissier, Loose Women’s Andrea McLean and Benidorm star Steve Pemberton – keep their cool and win the jackpot for their chosen charity?

Saturday Morning with James Martin
Saturday 23rd September, 9.30am

Celebrity chef James Martin throws open the doors of his own home for a brand-new weekend cookery show. Each episode is packed with inspirational recipes, handy tips and tricks and some exciting ideas from fellow top chefs. James also welcomes some famous faces to his kitchen, along with a few guest appearances from his pet pooches.

Joining him this Saturday - for another morning packed with great food and entertainment - are broadcaster Carol Kirkwood and chef Nathan Outlaw (pictured). On the delicious menu this morning are a Swiss roll, rib eye steak with peppercorn sauce and scallops with a seaweed butter. James also takes on a new car-based challenge, as he attempts to make a lemon meringue pie whilst sat in the passenger seat of an off-road racing car driven by professional driver Jason Plato.
Family Chase
Saturday 23rd September, 7pm

Following on from the celebrity version, Bradley Walsh hosts a family series of the popular quiz show, inviting contestants to take on the ruthless quiz genius known as the Chaser. The contestants each have a shot at building up money for a limitless final prize as decided by the Chaser, but must then secure whatever they have earned during a head-to-head battle of wits with him or her. There are now five different trivia experts who carry the title of Chaser – stand-up comedian Paul “The Sinnerman” Sinha, Anne “The Governess” Hegerty, Shaun “The Barrister” Wallace, Mark “The Beast” Labbett and Jenny “The Vixen” Ryan – but which of the formidable five will emerge from the darkness for this week’s battle of wits? The Chasers do not hold back as they attempt to reduce contestants to quivering wrecks with their astounding and wide-ranging knowledge, but just how much can they manage to intimidate this week’s family? Taking on the chaser tonight are the Ghandi family from Middlesex. How will they get on as they pit their knowledge against one of the country’s finest quiz brains?

Bromans
Thursday 28th September, 9pm

Eight modern-day lads are thrown back in time to see if they can cut it as Roman Gladiators, as the reality show continues. They will be joined on their journey back to ancient Rome by their girlfriends, and cameras follow the couples as they immerse themselves in the ancient world. The boys are trained by the fearsome “Doctore”, played by David McIntosh, and take part in daily, physical tasks in preparation for the grand final – a battle in front of a baying crowd in a coliseum. In this episode, a brand new Broman and his girlfriend arrive in Rome, and Jordan takes the fight outside the coliseum as he tries to win Jade’s affections. In training the boys get a drilling and the girls get more than just their hands dirty, as they make roman sculptures of their favourite body parts. All roads will lead to home for one more couple, as the remaining citizens take another step towards the Emperor’s games.
Keith Lemon hosts a brand new series of his outrageous hit show Celebrity Juice. The comedy panel show remains one of the most popular programmes on the channel, with big name celebrities continuing to appear despite Keith’s reputation for humiliating his guests, putting them in sticky situations and just generally being rather obnoxious! Holly Willoughby and Fearne Cotton are back as the team captains and the series continues its usual format, with a whole host of new stars joining them on the Celebrity Juice panel. Guests in the previous series included reigning Queen of the Jungle and former Gogglebox star Scarlett Moffatt, chat show supremo Jonathan Ross, blonde bombshell Pamela Anderson, Spice Girl Emma Bunton, actor Will Mellor, comedian Jimmy Carr, Spandau Ballet frontman Tony Hadley and TV presenter Rylan Clark-Neal. Joining Keith, Holly and Fearne this week are father and son duo, top actor Larry Lamb and popular presenter George Lamb, Celebrity Big Brother winner Sarah Harding, chart topping singer Paloma Faith and hilarious comedian Jimmy Carr. What does Keith have in store for his special guests tonight?

Celebrity Juice
Thursday 28th September, 10pm

The Real Housewives of Cheshire
Monday 25th September, 10pm

Series six of the popular show following the lavish lifestyles of some of the ladies of Cheshire’s golden triangle, continues. The women enjoy packed social calendars, which are a whirlwind of parties and important society events, but still find time for plenty of personal drama. The last series saw no shortage of conflict, gossip and shocking revelations, and this series promises to be just as eventful. Two new housewives were welcomed to the group in the first episode. With a new group dynamic, these fresh arrivals are sure to cause some new drama. This week, the guest list for Dawn’s Blessing is confirmed, but who is invited? Ester’s attempts to heal old wounds don’t all go to plan, and Nermina hosts an explosive pink party to remember.

ITV.com
Rishi Persad presents coverage from the England v Wales mixed Test Match at Bristol Indoor Bowls Club. He is joined by Paul Coleman and John Price. The International Test Match Series is the highlight of the team level World Bowls events, and this match is unique as you have men competing against women – bowls is one of the few sports where this happens. The competitors play in teams consisting of three women and three men. The team compete in triples, pairs and singles in a Ryder Cup format where each tie gives one point towards the total score over the best of 11 format. Wales currently lead England in the head-to-heads by two series to one, having won the 2016 event. For the following two weeks, the series head to New Earswick Indoor Bowls Club in York. The first match in York will see the top two countries in World Bowls go head to head, with the Women’s Test Match between England v Scotland, which last year gave England their head-to-head lead of 3-1. This is followed by the Men’s Test Match, which last year saw one of the greatest matches in history as Scotland’s top two players Alex Marshall MBE and Paul Foster MBE assisted their team in securing victory.
Vera

Saturday 23rd and Sunday 24th, 8pm

ITV Encore presents another chance to see the first two episodes from series one of the acclaimed crime drama series, starring Brenda Blethyn as the caustic, complex DCI Vera Stanhope of the Northumbria and City Police. In Hidden Depths, after two young people are killed in the same way – drowned and surrounded by flowers – Vera knows that she must catch the murderer before they strike again. Aided by her team, especially her trusted right-hand man Sgt Joe Ashworth (David Leon), she unpicks the complex and dysfunctional relationships amongst a group of bird-watching friends. As the friends' loyalty turns to betrayal, Vera finds that a small act of teenage blackmail and an illicit affair may have driven someone to kill. In Telling Tales, after Jeanie Long commits suicide, evidence comes to light exonerating her for the murder of teenager Abigail Mantel 11 years earlier, Vera and her team set out to retrospectively solve the killing, delving into the secrets and lies of a small community which still feels the repercussions of Abigail's death. Then the case takes a violent and unexpected turn – can Vera use her skill and instinct to find the truth and lay ghosts to rest?

The Tom and Jerry Show

Tuesday 26th and Thursday 28th September, from 4.30pm

The second season of the updated animated series continues. The original characters and theatrical cartoon series was created by William Hanna and Joseph Barbera in 1940 and the beloved creations have appeared in numerous short cartoons, comic books, video games and films. On Tuesday, In No Fly Zone, Jerry battles a pesky fly over a cheese wedge and in Charity Case, Jerry donates Tom's blanket to 'Badwill'. The final episode of the day is Duck Duck Loose, in which Jerry discovers that Little Quacker is a sleepwalker. On Thursday, the episodes begin with, Tuffy's Big Adventure, when Tuffy and Tyke head out for a big adventure. In Flea Bitten, Butch brings an infestation of fleas into the house. Finally, in Shadow Boxin', Tom becomes separated from his own shadow.
Showbiz legends prepare for the gig of a lifetime in Las Vegas. What happens when a group of British showbiz legends are let loose in Sin City? ITV is about to find out in a brand new five-part series for 2018 called Last Laugh In Vegas.

Some of the most famous names from comedy, music and variety from the 60s, 70s and 80s are to be given one last shot at putting on their dream gig in the variety capital of the world. The theatre is booked for one night only and eight acts will be given the chance to fulfil the dream they thought had long gone and put on a spectacular variety performance at one of the iconic venues in Las Vegas.

The eight showbiz legends are comedy double act Cannon & Ball, entertainer Bernie Clifton, comedian Mick Miller, pianist and entertainer Bobby Crush, singer Kenny Lynch, 60’s pop idol Jess Conrad OBE, actress and singer Anita Harris and actress, singer and comedienne Su Pollard.

Cameras will follow these stars from their departure from their homes in the UK to the moment they step onto the stage in Vegas. They’ll live in a house together, enjoy and explore the Vegas Strip and rehearse and reminisce together to deliver a show that they’ll all be proud of.

Viewers will also be treated to a unique insight into the legends’ vast and varied careers as they look back and talk firsthand about their incredible stories.

The culmination will be an hour long special of their variety performance in Vegas.

ITV’s head of entertainment commissioning Siobhan Greene said: “Last Laugh In Vegas is the chance for the audience to reconnect with true iconic entertainers, as they get the trip of a lifetime to perform in the show business capital of the world. You won't believe the names we got, and I am so happy that they, and the audience, will get to see them living their dream.”

Shiver’s executive producer Sally Evans said “Working with our showbiz heroes and giving them the chance to go on a journey that genuinely means so much to each of them is such an exciting proposition. The entertainment community of Vegas won’t know what's hit them!”

The five-part series was commissioned for ITV by head of entertainment commissioning Siobhan Greene and entertainment commissioner, Joe Mace. It will be made for ITV Studios’ factual entertainment arm Shiver, executive produced by Sally Evans, Mark Robinson and John Kaye Cooper, series produced by Stuart Ramsay and series directed by Iain Thompson.

Press contact: gary.smith@itv.com
West End legend Michael Crawford will guide seven well known celebrities through an all singing, all dancing musical theatre extravaganza, coming to ITV this Christmas.

Hosted by Freddie Flintoff, All Star Musicals will feature a cast of famous faces who will each perform an iconic number from a hit musical at the legendary Palladium Theatre in London's West End.

Sir Tony Robinson, Denise Lewis OBE, Nicky Campbell, Sally Phillips, Lucy Fallon, Michael Parr and Rebecca Front, all of whom have been selected based upon their stand out performance skills, will train with some of the West End's most seasoned performers as they get to grips with their chosen song. They will then debut their number – supported by a sensational chorus line - to a packed house at the London Palladium.

Along the way they will be guided by one of Britain’s best loved musical stars Michael Crawford, who will be on hand to offer guidance, advice and encouragement ahead of their big performance. With both Tony and Olivier awards to his name, Michael has amassed a West End career spanning five decades.

Presenter Freddie Flintoff will soon himself be no stranger to the stage, as he will be making his debut in Fat Friends the musical later this year.

The show will feature numbers from a range of famous musicals, including Chicago, Evita and Guys and Dolls, with the theatre audience deciding at the end of the night whose performance wowed them the most.

Head of entertainment commissioning for ITV, Siobhan Greene, said "All Star Musicals is going to be the ultimate night out, in. I am so excited that Michael Crawford has agreed to take part and with Freddie Flintoff hosting too, the viewers have a real treat in store, with our fabulous cast performing in some truly iconic musical numbers."

Richard Hastings, creative director for Shiver, said, ‘All Star Musicals will be the ultimate ‘Night out at the Musicals', with the legendary Michael Crawford guiding and supporting our celebrities to create a completely unique and magical event'.

All Star Musicals was commissioned by ITV’s head of entertainment commissioning Siobhan Greene and will be made by Shiver. It will be executive produced by Fiona Clark and Richard Hastings, and produced by Iona Mackenzie.

Press contact: justin.jeffreys@itv.com
ITV2’s multi-award winning comedy Plebs has been commissioned for a fourth series and goes into production this week.
Over a million viewers regularly tuned in across the first three series making it the highest rated British scripted comedy on multichannel.
Casting and storylines will be confirmed nearer transmission in Spring 2018.

Press contact: gary.smith@itv.com
This Week’s ITV Hub Top 10 (as at 14/09/2017)

1. Coronation Street *(original TX date 13/09/2017)*
Gary shares his woes with an unexpected confidante. Maria suspects Adam and Eva. Rana makes excuses to avoid Imogen.

2. Emmerdale *(original TX date 13/09/2017)*
Vanessa struggles with a secret. Debbie is on the back foot. Kerry spots an opportunity.

3. The Only Way is Essex *(original TX date 13/09/2017)*
Reality series. The gang’s jaunt to sunny Spain continues with the arrival of Jon Clark, who sets his sights on Lauren P. Courtney invites Megan and Amber T on a night out.

4. Yummy Mummies *(original TX date 13/09/2017)*
Reality series. Maria and Carlos cope with the euphoria and exhaustion of early parenthood. Meanwhile, Rachel is determined to help bring on labour for an overdue Lorinska.

5. Love Your Home and Garden *(original TX date 13/09/2017)*
Alan Titchmarsh takes the garden makeover show to the next level. In this edition, Alan is in Chester to meet retirees Richard and Ann Price, who have been married for 34 years.

6. Dinner Date *(original TX date 13/09/2017)*
Culinary-themed dating series. Matt from Somerset chooses three dates based on five menus. When the dinners have been eaten, who will he want to see for seconds?

7. Liar *(original TX date 11/09/2017)*
Drama series. Teacher Laura Nielson is unsure about getting back on the dating scene, but when she meets renowned surgeon Andrew Earlham, an initial attraction leads to a date.

8. Cold Feet *(original TX date 08/09/2017)*
Return of the popular comedy drama. Adam may have won his landlady Tina's heart, but is the relationship for keeps? Is Pete ready to step up and support Jenny all the way?

9. Safe House *(original TX date 07/09/2017)*
The gripping crime drama returns. When former detective Tom Brook hears news of a shocking abduction, he is convinced that the Crow, a notorious killer, is back.

10. The Jeremy Kyle Show *(original TX date 13/09/2017)*
Jeremy Kyle deals with more dilemmas, fiery confrontations and topical issues all in front of a studio audience.

ITV.com
Also still available on the ITV Hub (www.itv.com/hub)

1. 100 Year Old Driving School (available until 12/10/2017)
Series which follows some of Britain’s oldest drivers as they take tests organised by the Royal Society for the Prevention of Accidents (RoSPA) to ensure their safety on the road.

2. Save Money: Good Health (available until 12/10/2017)
Journalist Sian Williams and Dr Ranj Singh get to the bottom of the true cost of some of the nation’s biggest health spends, from sleep to pain to allergies and diets.

3. Cannonball (available until 09/10/2017)
Andrew ‘Freddie’ Flintoff presents the action-packed show in which 24 brave contestants take on a series of challenging water-based inflatable games and obstacles.

4. Amercian Dad (available until 18/09/2017)
Animated series. Stan tries to matchmake Bullock with one of Francine’s friends, but his attempt to relax everyone with alcohol ends in disaster.

5. There’s Something About Megan (available until 05/10/2017)
Reality series. In the last episode of the series, Megan has to put on her very own showcase for industry boss Nick. Has she done enough to impress him?

Crime drama series. The discovery of a 2,000-year-old body offers a new lead in a missing persons case. Endeavour and Thursday must investigate the eerie village of Bramford. Endeavour’s personal problems come to a head.

7. Cycling: Tour of Britain Highlights (available until 10/10/2017)
Coverage of the final stage, from Worcester to Cardiff. Presented by Matt Barbet and Yanto Barker, with commentary from Marty MacDonald and Brian Smith.

8. Ninjago (available until 27/09/2017)
Animation. Four ninja warriors fight to protect the city of Ninjago. The ninjas race against Morro to the tomb of the First Spinjitzu Master in Ronin’s airship.

9. This Morning (available until 20/09/2017)
Phillip Schofield and Holly Willoughby present the morning magazine programme, featuring a mix of celebrity interviews, showbiz news, topical discussion, health, beauty and more.

10. Lorraine (available until 20/09/2017)
Morning show with a topical mix of entertainment, discussion and showbiz glamour, as well as featuring the latest fashion, food and celebrity gossip.