

Daily Mirror Pride of Britain Awards 2022 Thursday, 8pm





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Ainsley's World Cup Flavours
Saturday, 11.40am
22nd October
ITV

Ahead of the 2022 World Cup finals, Ainsley Harriott cooks dishes inspired by iconic matches and footballing legends and is joined by some familiar faces.

Ainsley is kicking things off by serving up an Argentinian bavette steak for former England manager Sam Allardyce and Mark Pougatch, the face of ITV Sport. Plus, Olly Murs lends a hand in making a German doner kebab and chats about his new music.



Ninja Warrior UK: Race for Glory
Saturday, 5.30pm
22nd October
ITV

Ben Shephard, Rochelle Humes, and Chris Kamara are back for another edition of arguably the toughest test of physical strength, prowess, and endurance on TV.

It's the last chance for the Ninja Warrior UK competitors to race each other - and then the Elite Ninjas - to reach the 2022 Grand Final, but who will make it there? They'll have to overcome the Shrinking Steps, Ring Chaser, Pole Grasp and more to do so.



The Masked Dancer
Saturday, 5.30pm
22nd October
ITV

Joel Dommett and his panel of famous faces return to see if they are any closer to working out the identities of the remaining performers in the current series.

It's the Grand Final of The Masked Dancer, and TV's biggest mystery will be solved as the identities of all of the remaining Masked Dancers will be revealed and the final three compete to be crowned the ultimate champion. Who's taking the crown?



The Voice UK
Saturday, 8pm
22nd October
ITV

Emma Willis introduces another set of performers who think that they have what it takes to impress the star coaches and become the UK's next big singing talent.

It's the semi-final of The Voice UK 2022, and the remaining 12 acts are singing for that all-important place in the final. Sir Tom Jones, Olly Murs, Anne-Marie and will.i.am can pick only one act from their teams of three to progress in the competition.



The Jonathan Ross Show
Saturday, 10pm
22nd October
ITV

The UK's top celebrity interviewer continues the new series of the programme that sees him interview famous faces with his usual healthy doses of wit and fun.

Jonathan is joined by legendary, award-winning composer Hans Zimmer, international star of film, modelling and fashion Rosie Huntington-Whiteley and double Olympic gold champion Dame Kelly Holmes. Plus, music is provided by Arctic Monkeys.



**Rugby World Cup 2021:
England v South Africa**
Saturday, 5.15am
22nd October
ITV

With their eyes on the quarter-finals, England round off the group stages against South Africa. Nolli Waterman and Maggie Alphonsi join David Flatman.

England's side is full of World Cup know-how in the shape of Emily Scarratt, Marlie Packer, Alex Matthews and skipper Sarah Hunter, and they will be favourites against a South Africa team making their first appearance at a World Cup for eight years.



Family Fortunes
Sunday, 6.30pm
Sunday 23rd October
ITV

Gino D'Acampo is our host with the most as the show in which two families guess the answers to survey questions makes its return. Will they win big money?

Prepare to be entertained as two families try to guess the most popular responses to survey-based questions posed to 100 people. The Dayalan family from Oxfordshire go up against the Bibby family from St Helens for a chance to win a £30,000 jackpot prize.



Gino's Italy:
Like Mamma Used to Make It
Sunday, 7.30pm
23rd October
ITV

Gino D'Acampo reaches the end of his odyssey around Italy in the series that sees him celebrate his family heritage and the women who have kept his country fed.

Back from his whistle-stop culinary tour, Gino returns to his hometown and the heart of his extended Italian family - he cooks a modern twist on a traditional aubergine parmigiana in the foothills of Mount Vesuvius before hosting duties begin.



The Larkins
Sunday, 8pm
23rd October
ITV

Joanna Scanlan and Bradley Walsh reprise their roles as the lovable Ma and Pa Larkin as the second series of the hit comedy-drama series continues.

As the new series rolls on, it is BBQ weather, and no-one throws a party like the Larkins - everyone is welcome, including the dubious Jerebohms. Truths and tension are served alongside the sausages and burgers, and a trap is set to bring Pop down.



Who Wants to Be a Millionaire?
Celebrity Special
Sunday, 9pm
23rd October
ITV

Jeremy Clarkson returns to test the little grey cells of more famous faces, all playing for the opportunity to win big money for their chosen charities.

Jeremy asks the questions as comedian and presenter Joel Dommett and former football-turned-pundit Chris Kamara hope that they can go all the way and win a million pounds for charity, but have they got what it takes to win the jackpot?



Sorry, I Didn't Know
Sunday, 10.20pm
23rd October
ITV

Jimmy Akingbola hosts the hilarious and informative panel show that aims to both reveal and celebrate the lesser-known events and figures of Black British history.

Jimmy and regular guests Chizzy Akudolu and Eddie Kadi are joined on this edition of the show by Kae Kurd, Shaun Wallace, Yuriko Kotani, Variety D and Jack Barry - as they attempt to educate the nation - and have some fun doing it along the way.



The Ink Life
Sunday, 10.45pm
23rd October
ITV

This film, which is part of the Fresh Cuts series of innovative new documentaries for Black History Month 2022, is an exploration of the world of tattoos.

This film sets out to explore tattoos and the impact that they can have within Black British culture. It follows tattoo artists Sammy Inks, Nish Rowe and Tianna Tatts, as cameras capture them at work, and check in on their customers to see their new ink.



Riddiculous
Monday-Friday, 3pm
24th October
ITV

A quiz show that sees three teams of two go head-to-head over a series of quick-fire questions that will lead the teams to unlock the riddles of the Riddlemaster.

Ranvir Singh hosts the quiz in which contestants take on the Riddlemaster in a bid to solve his riddles. If they can navigate the general knowledge, they have the chance to take on Riddlemaster Henry Lewis. Can they unravel his words to take home the prize?



The Walk-In
Monday, 9pm
24th October
ITV

Stephen Graham stars in this five-part drama, based on real events and taking an uncompromising look at the terrifying rise of far-right extremism in Britain.

As the tense drama series continues, Matthew Collins tries to keep Robbie Mullen safe following the setting of a date for the trial of the members of National Action. However, his actions in doing so inadvertently put his own family in harm's way.



The Martin Lewis Money Show
Tuesday, 8pm
25th October
ITV

The new series of the show in which financial expert Martin Lewis and his co-host Angellica Bell provide more advice on what to do with your money continues.

Celebrating 10 years of the show, Martin looks back at some of his biggest viewer successes. This anniversary special also includes a debt-cutting masterclass and news on how to boost your state pension, and Martin will answer your big money questions.



Police, Camera, Murder
Tuesday, 9pm
25th October
ITV

This documentary follows the work of police officers as they attempt to use smartphone and CCTV analysis to crack cases that might otherwise be unsolved.

In this episode, police are on the hunt for a suspected serial killer in Greater Manchester, and an online feud leads to a frenzied murder in Nelson in Lancashire - can smartphone and CCTV analysis find the suspect and solve the cases?



On Assignment
Tuesday, 10.45pm
25th October
ITV

Rageh Omaar presents the latest instalment of ITV's monthly investigative news series that takes a look at the stories that don't necessarily make the headlines.

Rageh travels to Taiwan, where tensions between the island state and China - which sees Taiwan as a breakaway province - are at an all-time high, and Rachel Younger learns how Germany is looking to put measures in place to deal with an energy crisis.



Doc Martin
Wednesday, 9pm
26th October
ITV

Martin Clunes stars as the lovably grumpy GP as the final series of the much-loved medical comedy-drama continues - and he has more problems to deal with.

As the series continues, the village is throwing the Ellinghams a farewell party - Ruth is helping Mrs Tishell deal with the news and encourages her to attend, but it seems that Martin and Louisa aren't going to make it because a farmer has spotted their lost dog!



**Daily Mirror
Pride of Britain Awards 2022
Thursday, 8pm
27th October
ITV**

Rageh Omaar presents the latest instalment of ITV's monthly investigative news series that takes a look at the stories that don't necessarily make the headlines.

Hundreds of famous faces pay tribute to ordinary members of the public who have done truly extraordinary things. Featuring awe-inspiring stories of bravery, selflessness and phenomenal fundraising feats, expect surprises and emotional moments.



**Professor T
Friday, 9pm
28th October
ITV**

Stars from showbusiness, sport and politics are united for the UK's most remarkable annual awards ceremony. Carol Vorderman and Ashley Banjo host.

As we reach the conclusion of the second series, the CID team blunder into a Drugs Squad operation against a major trafficker after discovering the body of an undercover police officer - and it appears to implicate one of their closest colleagues...

itv2 Weekly highlights



Don't Hate The Playaz

Wednesday, 10pm
26th October
ITV2

The anarchic hip hop comedy show that features two teams of famous faces competing for the ultimate prize - bragging rights - returns for a fourth series.

Host Jordan Stephens and regulars Maya Jama, Lady Leshurr and DJ Shortee are joined in the first episode of the new run by Big Narstie, Melvin Odoom, and Thanya Moore, and there'll also be a cameo by Ms Banks as the two sides try to prove their superiority.



Dress To Impress

Monday-Friday, 7pm
24th-28th October
ITV2

Matt Edmondson returns as the narrator for more stylistic successes and setbacks as the hit fashion-savvy dating show makes a long-awaited third series comeback.

This week's singletons looking for love include an events manager, a fire prevention officer, and a fashion student - each of the possible dates will have three suitors competing to dress them in a series of challenges, but will any of the final pairs click?

itvBe. Weekly highlights



The Real Housewives of Cheshire

Monday, 9pm
24th October
ITVBe

The Housewives are reeling after Jasmine's 21st birthday party in the latest episode of the reality show about the residents of the Golden Triangle of Cheshire.

Nicole is still upset with the way that she's been treated, but Seema's fashion showcase succeeds in bringing all of the Housewives together - elsewhere, Rachel and Nick make plans for the future, and Lystra breaks some important news to Sheena.



Billie & Greg: The Family Diaries

Wednesday, 9pm
26th October
ITVBe

It's back to reality as the Shepherds arrive home from their holidays, but tensions are high between Billie and Greg in the latest episode of the fly-on-the-wall show.

The pressure is mounting to get into the house before the Shepherds' new baby arrives - Billie's also busy with work commitments and a launch lunch for her new range, but a family emergency during a charity walk then results in Billie having to rush to hospital.

itv3 Weekly highlights



Foyle's War

Monday-Friday, 10pm
24th-28th October
ITV3

Another chance to catch the much-loved World War II-set mystery drama series, starring Michael Kitchen as the razor-sharp Hastings detective Christopher Foyle.

Foyle is unhappy not to be on the front lines of the battle against Britain's enemies, but he soon learns that the role he plays is in no way a small one as the war has intensified the heinous nature of domestic crime carried out against innocent people.



The Comedy Years

Sunday, 10pm
23rd October
ITV3

We're rewinding back to the year that saw the love triangle in *The Office* reach its dramatic conclusion in this episode of the series looking at classic comedy on TV.

2003 saw Tim, Lee and Dawn come to terms with their complex relationship and the finale of Ricky Gervais' iconic show - while hidden camera shows like *Trigger Happy TV* were making the public its stars, *Cold Feet* was ending its first run with a shock finish.

itv4 Weekly highlights



The Grand Fishing Adventure

Wednesday, 8pm
26th October
ITV4

Ali Hamidi and Bobby Zamora's bucket-list fishing tour of the UK concludes with fly fishing in Essex and a record-breaking attempt at Grenville in Cambridgeshire.

Ali and Bobby warm up for the attempt by going fishing for trout - they then head to Grenville, which is well-known for its massive stock of carp. The mission here is for Bobby to beat his UK carp personal best, but he'll need a man-of-the-match showing...



Darts: European Championship

Thursday & Friday, from 5.45pm
27th & 28th October
ITV4

Jacqui Oatley presents coverage of the first two days of the prestigious tournament as the stars of the PDC head to Dortmund in Germany for the event.

Rob Cross was the 2021 winner but will start as an outsider this time around, with Michael van Gerwen likely to be amongst the favourites following his recent win in the World Grand Prix - Chris Mason and Alan Warriner-Little join Jacqui for match analysis.



Weekly highlights



Overlord and the Underwoods
Monday-Friday, 7pm
24th-28th October
CITV

The sci-fi comedy series about an evil overlord who flees from his home planet and takes refuge with a distant Earth cousin returns with brand-new episodes.

This fresh week of mayhem sees Overlord use an opportunity to hypnotise the adults at the Underwoods' school, make some money to buy an expensive new blender, and go to extremes to ensure that he gets into the Underwoods' latest family portrait...



Dare Master
Monday-Friday,
7.25am & 10.25am
24th-28th October
CITV

The crazy and hilarious clip show, featuring CITV viewers taking part in all kinds of kooky challenges given by the Dare Master, is back with more thrilling adventures.

Danny Miller's dares - should he choose to accept them - include a tandem skydive beginning 15,000 feet in the air, a 14-metre rock climb, and a mission to collect a set of flags from high-rock obstacles. Will he succeed in avoiding some very messy forfeits?



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The Hub Top 10



01 | The Larkins Broadcast - 16th October, ITV. The Larkins are joined by new neighbours who take a dislike to them after a dinner party goes awry.



02 | Emmerdale - 50 Unforgettable Years Broadcast - 16th October, ITV. A special programme, featuring interviews with past and present crew, celebrating 50 years of the hit soap.



03 | The Walk-In Broadcast - 17th October, ITV. Robbie Mullen refuses to enter witness protection after helping the police with their latest arrests.

04 | Coronation Street Broadcast - 21st October, ITV. An expectant Summer receives an unexpected offer, and Bernie struggles to convince the police of her innocence.

05 | Emmerdale Broadcast - 16th October, ITV. A special episode celebrating 50 years of the soap sees a storm brew on Kim and Will's wedding day and Amelia get trapped.

06 | The Voice UK Broadcast - 15th October, ITV. The Blind Auditions come to an end, but the ten acts on each team now go through the Callbacks.

07 | The Masked Dancer Broadcast - 15th October, ITV. It's the Semi Final - five Masked Dancers remain, but two celebrities must be unmasked in a thrilling double elimination episode.

08 | Doc Martin Broadcast - 19th October, ITV. The news of Martin's Imperial College job offer is flying through Portwenn, and Caitlin is blaming Bert for the pub's flooding.

09 | The Jonathan Ross Show Broadcast - 15th October, ITV. Jonathan Ross returns with guests including England Euro-winning footballer Chloe Kelly and multi-BRIT Award-winning singer Lewis Capaldi.

10 | Behind the Rage: America's Domestic Violence Broadcast - 17th October, ITV. A new film for ITV's Exposure strand explores male violence against women in the USA.



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