



Weekly Highlights

Week 29/30 - Saturday 20th - Friday 26th July 2024

McDonald & Dodds Sunday, 8pm





Changing Ends
Saturday, 9pm
20th July
ITV1

An autobiographical comedy series based on Alan Carr's life in Northampton while growing up as the son of a Fourth Division football manager in Thatcher's Britain.

A vicious stray Alsatian in the close forces the Carrs to have some unexpected quality time together, but the front room starts to resemble a pressure cooker with Nige, Ange and Nanna Joyce trapped in the house too before a single white lie makes things worse.



Piglets
Saturday, 9.30pm
20th July
ITV1

A bold sitcom following a newly-recruited group of six very different would-be cops and the handful of key staff whose thankless task it is to knock them into shape.

In the very first episode of the comedy set in a fictional police training college, it's the first day of a fresh intake arriving at the prestigious Norbourne institute - each candidate has their own motives for being there, but some of them are more legitimate than others.



Love & Death
Saturday, 10pm
20th July
ITV1

A riveting psychological drama that tells the unbelievable true story of Candy Montgomery, a 1980s Texas housewife accused of murder after having an affair.

After a surprisingly charged moment at a church volleyball match, Candy (Elizabeth Olsen) proposes that she and Allan have an affair - though he initially refuses, the pair soon begin planning a secret arrangement that will lead to an axe-wielding nightmare.



McDonald & Dodds
Sunday, 8pm
21st July
ITV1

Two detectives - DCI McDonald and DS Dodds, who seemingly have nothing in common - are thrown together and forge a rumbustious partnership in this drama.

McDonald and Dodds have just tied up a case after a local scandal-breaking journalist dies of anaphylaxis at a party, but their work isn't over as a woman is separately found dead in a rented flat - can McDonald and Dodds navigate Bath's elites to find the truth?

**Long Lost Family****Monday, 9pm****22nd July****ITV1**

Davina McCall and Nicky Campbell present the documentary series which aims to reunite family members desperate to find long-lost relatives after many years apart.

This episode features the cases of Sue Stalley - a mother searching for the son she was forced to give up as a teenager because her mother was deeply ashamed - and Melanie Mackney, a woman haunted by the mystery of what happened to her elder twin sisters.

**Midsomer Murders****Tuesday, 8pm****23rd July****ITV1**

The much-loved detective series based on the novels by Caroline Graham returns with Inspector Barnaby investigating another murder mystery in Middle England.

There's trouble when the world of organic baking begins to crumble after a series of incidents up at the newly-revamped Larkton's Mill - the incidents need to be resolved as soon as possible, but which suspect will be toast once Barnaby gets onto their case?



**Turbulence:
How Safe Is Your Flight?
Wednesday, 9pm
24th July
ITV1**

Buckle up for a gripping journey as this documentary examines the science of turbulence while also exploring its causes, effects and implications for the future.

The film goes onboard Singapore Airlines Flight SQ321 - a flight which left one man dead and many others with life-changing injuries - with detailed analysis of the drama that unfolded and an exploration of how air passengers can take precautions when flying.



**Tom Kerridge Cooks Britain
Thursday, 8.30pm
25th July
ITV1**

Tom Kerridge hits the road in his 1950s food truck to learn what it takes to produce the food on our plate and to cook the British ingredients that he finds along the way.

In this episode of the programme, Tom heads to Scotland to visit the UK's largest mussel farm in Inverlussa before putting himself to the test against seasonal workers who can pick strawberries staggeringly quickly and learning why they thrive in eastern Scotland.



Tabloids on Trial
Thursday, 9pm
25th July
ITV1

ITV News' Rebecca Barry meets high-profile celebrities including Prince Harry to hear about ongoing efforts to expose the illegal tactics of Britain's tabloid press.

The phone hacking scandal exposed a murky tabloid world where stealing secrets was big business and privacy meaningless, and this documentary features Prince Harry's first major interview since the conclusion of his court case with the Mirror News Group.



Champions: Full Gallop
Friday, 9pm
26th July
ITV1

This series gets a backstage pass into the lives of jockeys and trainers at some of the best Jumps fixtures in a journey that provides a unique insight into horse racing.

There are thrills and spills in the race to be champion jockey - one of them, Sean Bowen, is riding high 30 wins ahead of his nearest rival when a heavy Boxing Day fall puts his title aspirations into jeopardy. Can Sean win a battle to recover before a big race meeting?



Love Island
Sunday-Friday, 9pm
Love Island: Unseen Bits
Saturday, 9pm
Love Island: Aftersun
Sunday, 10pm
ITV2

The reality show where glamorous singles live in a beautiful villa under the watchful gaze of an audience at home who have the power to decide who will ultimately win.

The Islanders may be having the time of their lives, but they also know to expect the unexpected... as always, there's a chance to catch up with Unseen Bits on Saturday at 9pm and for viewers to have their say with Love Island: Aftersun on Sunday at 10pm



Extraordinary
Tuesday, 10.05pm
23rd July
ITV2

A vibrant and very down-to-earth comedy series following Jen, a self-aware young woman who lives in a world where everybody has a superpower... except her, that is.

Jen tries to make some quick cash by convincing Jizzlord to enter a cat show and has a surprising realization about his place in her life. Kash blows off date night with Carrie to go crime fighting with his vigilante friends and she responds by embarking on an affair.

itvBe Weekly highlights



The Real Housewives of Miami
Monday & Tuesday, 10pm
22nd & 23rd July
ITVBe

This branch of the popular reality series heads to America's Sunshine State of Florida to meet some of Miami's most affluent and glamorous female residents.

The ladies have fun in the sun in the Bahamas, Julia surprises the girls with a gift, and Alexia and Adriana confront one another. Then, Marysol arrives in the Bahamas and receives news about her ex, and a rage ritual ends in injury after an explosive dinner.



Botched
Thursday, 10pm
25th July
ITVBe

US reality series in which two of California's most respected plastic surgeons look at cases of surgery that have gone badly wrong and try to help those affected by them.

An inspirational young woman born with multiple rare diseases has been left with an incomplete surgically constructed ear that she can't hear out of and needs to shave, and Dr Dubrow helps a single mother who was abandoned by her physician.



Joanna Lumley's Home Sweet Home - Travels in My Own Land
Sunday, 9pm
21st July
ITV3

After a lifetime of travels that have taken her across the globe, Joanna Lumley is making her most personal journey yet as she travels around the United Kingdom.

In this first of three parts, national treasure Joanna begins at Tilbury Docks in Essex, before heading north. She's in Lancashire to make a nostalgic return to the cobbles of Coronation Street, before heading to the seaside and enjoying a day in Whitby.



Unforgotten
Monday-Wednesday,
10pm & 11pm
22nd-24th July
ITV3

Nicola Walker and Sanjeev Bhaskar return to their roles as DCI Cassie Stuart and DI Sunil Khan as the fourth series of the captivating police drama begins..

A body is found in a scrapyard minus its head and hands, and the team, led by Sunny, investigate. The body is identified as Matthew Walsh who vanished 30 years earlier, and a number of suspects emerge. Meanwhile, Cassie's plans to retire are scuppered



Tour de France Live
Saturday, 12.30pm
Sunday, 3pm
20th & 21st July
ITV4

Gary Imlach presents coverage of the final week of the 2024 Tour de France as the 111th edition of the world's most prestigious cycling race reaches its conclusion.

The penultimate stage features four big mountains with over 4,500 metres in vertical gain for the riders to climb here. Then Sunday features the final stage of the 2024 Tour de France as it concludes for the first time since 1989 with an individual time trial.



ITV Racing:
Arc Racing League Live
Thursday, 5.15pm
25th July
ITV4

Matt Chapman presents coverage as the 2024 Arc Racing League gets under way with seven regional teams lining up to take the start of the action at Yarmouth.

2023 champions Ireland will be keen to defend their throne as the seven teams teams do battle over six meetings culminating in a showdown Southwell at the end of August. Jason Weaver and Luke Harvey provide analysis of all of the day's exciting racing.