



**THE NOT SO SECRET LIFE OF
THE MANIC DEPRESSIVE:
10 YEARS ON**

SUNDAY OCTOBER 09 AT 8.30PM

WEEK 42

MENTAL AS WEEK

**SUN OCTOBER 09 to
SAT OCTOBER 15 2016**



**PROFESSOR GREEN:
SUICIDE AND ME**

**MONDAY
OCTOBER 10
AT 9.30PM**

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Program Guide

Sunday, 9 October 2016

5:00am	Ella The Elephant (CC,Repeat,G)
5:10am	Boj (Repeat,G)
5:20am	Mouk (Repeat,G)
5:35am	Angelina Ballerina: The Next Steps (CC,Repeat,G)
5:45am	The Adventures Of Abney & Teal (CC,Repeat,G)
6:00am	The Numtums (CC,Repeat,G)
6:05am	Waybuloo (CC,Repeat,G)
6:25am	This Is Scarlett And Isaiah (CC,Repeat,G)
6:30am	Bob The Builder: Project Build It (CC,Repeat,G)
6:40am	Dinosaur Train (Repeat,G)
6:55am	The Furchester Hotel (CC,Repeat,G)
7:05am	The Day Henry Met (CC,Repeat,G)
7:15am	Sarah & Duck (Repeat,G)
7:30am	Thomas and Friends (CC,Repeat,G)
7:45am	Hoot Hoot Go! (CC,Repeat,G)
7:55am	Peppa Pig (CC,Repeat,G)
8:00am	Kazoops! (CC,Repeat,G)
8:10am	Ben And Holly's Little Kingdom (CC,Repeat,G)
8:30am	Ready, Jet, Go! (CC,Repeat,G)
8:55am	Chuggington Badge Quest (Repeat,G)

9:00am	Sesame Street (CC,Repeat,G)
9:30am	Play School (CC,Repeat,G)
10:00am	Bananas In Pyjamas (CC,Repeat,G)
10:10am	The Hive (Repeat,G)
10:25am	Sydney Sailboat (CC,Repeat,G)
10:35am	Bing (Repeat,G)
10:45am	Playdate (G)Final
10:50am	Lily's Driftwood Bay (CC,Repeat,G)
11:00am	Baby Jake (CC,Repeat,G)
11:10am	Miffy's Adventures Big And Small (Repeat,G)
11:15am	The Pajanimals (CC,Repeat,G)
11:30am	In The Night Garden (CC,Repeat,G)
12:00pm	Sesame Street (CC,Repeat,G)
12:30pm	Arthur (Repeat,G)
12:40pm	Sally & Possum (CC,Repeat,G)
12:55pm	Messy Goes To Okido (Repeat,G)
1:10pm	Yo Gabba Gabba! (CC,Repeat,G)
1:35pm	Grandpa In My Pocket (Repeat,G)
1:50pm	Mister Maker (CC,Repeat,G)
2:20pm	Bookaboo (CC,Repeat,G)
2:35pm	Curious George (CC,Repeat,G)
2:55pm	dirtgirlworld (CC,Repeat,G)

3:10pm	The WotWots (CC,Repeat,G)
3:20pm	Mofy (CC,Repeat,G)
3:30pm	Play School (CC,Repeat,G)
4:00pm	Bananas In Pyjamas (CC,Repeat,G)
4:10pm	Ready, Steady, Wiggle! (CC,Repeat,G)
4:20pm	Tree Fu Tom (CC,Repeat,G)
4:45pm	Pocoyo (Repeat,G)
5:00pm	Fireman Sam: Alien Alert (CC,G)
6:00pm	Hey Duggee: The Surprise Badge (CC,Repeat,G) Duggee and the squirrels have bought Hennie a present for her birthday, but first they need to wrap it up. It's very big and will need rather a lot of paper. The Squirrels each choose some colourful paper and get wrapping.
6:10pm	Octonauts: The Octonauts And The Lost Sea Star (CC,Repeat,G) When the Octonauts find an unusual Sea Star on the beach, they search the ocean from top to bottom (literally) to help find its home.
6:20pm	Peter Rabbit: The Tale Of The Sleepy Hedgehog (CC,Repeat,G) When Peter volunteers to take Mrs Tiggy-winkle home in time for her winter hibernation, little does he know how much trouble a sleepy hedgehog can be!
6:35pm	Charlie And Lola: I Want To Play Music Too (CC,Repeat,G) The boys are presenting a piece all about Outer Space, with music, in front of the whole school tomorrow. Lola is desperate to join in and her makeshift band turns out to be just what is needed.
6:50pm	Shaun The Sheep: Caught Short Alien (Repeat,G) When Shaun's old friend the Alien drops by for a loo break, Shaun is only too happy to let him use the facilities in the farmhouse. While he's going about his business he leaves Shaun in charge of his intriguing new gadget.

- 7:00pm Spicks And Specks: Ali McGregor, Danny Bhoy, Alex Lloyd & Ross Noble**
(CC,Repeat,PG)
Joining Adam, Myf and Alan tonight are Ali McGregor, Danny Bhoy, Alex Lloyd and Ross Noble.
- 7:30pm Stan Lee's Superhumans: Throat Of Steel**
(CC,PG,This program contains animal treatment that may concern some viewers)
Ryan Stock puts a meat hook through his skull & attempts to pull weights that will push human bone strength to the limit. Thomas Blackthorne claims he can insert a jackhammer down his throat...and turn it on! Plus many more.
- 8:15pm Speak Your Mind: Tyson's Masquerade**
(CC,Repeat,PG)
Tyson is a 21-year-old student from Wagga Wagga who struggled with his sexuality and mental health in high school. Tyson is now using his experience to support others while working with Headspace.
- 8:30pm The Not So Secret Life Of The Manic Depressive: 10 Years On**
(CC)
**Mental As...
Premiere
Special** 10 years ago, Stephen Fry first spoke about living with manic depression and began a national conversation about mental health. A decade later he returns to the subject of living with Bipolar.
- 9:30pm Inside My Mind**
(CC,Repeat,M,Adult Themes, Drug References)
'Inside My Mind' explores the science behind mental illness, discovering the social, biological and psychological changes that happen to five people suffering from different mental health disorders.
- 10:30pm Louis Theroux's Weird Weekends: Body Building**
(CC,Repeat,M,Adult Themes, Coarse Language, Sexual References)
Louis visits the world of extreme bodybuilding in California - a subculture of people who push their bodies to the limits of human capacity - but just how far are they prepared to go? And is Louis prepared to go too?
- 11:20pm Hack Live On Body Obsession**
(CC,Repeat,M,Adult Themes, Coarse Language,This program contains content that may concern some viewers.,The following program contains strobing effects)
triple j's Hack host Tom Tilley moderates a lively discussion and social media experience to find out whether Australians are too obsessed with their bodies. #HackLive

12:20am**Diaries Of A Broken Mind**

(CC,Repeat,M,Adult Themes, Coarse Language)

Lifting the lid on teenage mental health, Diaries of a Broken Mind tells the first-hand experiences of 25 young people in the UK as they navigate the rocky road of growing up with mental health issues.

1:50am**ABC News Update**

(Repeat)

The latest news headlines and today's top stories from across Australia and around the world.

1:55am**Programs Resume At 5am**

Monday, 10 October 2016

5:00am	Ella The Elephant (CC,Repeat,G)
5:10am	Boj (Repeat,G)
5:20am	Mouk (Repeat,G)
5:35am	Angelina Ballerina: The Next Steps (CC,Repeat,G)
5:45am	The Adventures Of Abney & Teal (CC,Repeat,G)
6:00am	Play School (CC,Repeat,G)
6:25am	Bananas In Pyjamas (CC,Repeat,G)
6:30am	Bob The Builder: Project Build It (CC,Repeat,G)
6:40am	Dinosaur Train (CC,Repeat,G)
6:55am	The Furchester Hotel (CC,Repeat,G)
7:05am	The Day Henry Met (CC,Repeat,G)
7:15am	Sarah & Duck (CC,Repeat,G)
7:30am	Thomas and Friends (CC,Repeat,G)
7:45am	Hoot Hoot Go! (CC,Repeat,G)
7:55am	Peppa Pig (CC,Repeat,G)
8:00am	Kazoops! (CC,Repeat,G)
8:10am	Ben And Holly's Little Kingdom (CC,Repeat,G)
8:30am	Ready, Jet, Go! (CC,Repeat,G)
8:55am	Chuggington Badge Quest (Repeat,G)
9:00am	Sesame Street (CC,Repeat,G)
9:30am	Play School (CC,Repeat,G)

10:00am	Bananas In Pyjamas (CC,Repeat,G)
10:10am	The Hive (Repeat,G)
10:25am	Sydney Sailboat (CC,Repeat,G)
10:35am	Bing (Repeat,G)
10:45am	Scout And The Gumboot Kids (CC,Repeat,G)
10:50am	Lily's Driftwood Bay (CC,Repeat,G)
11:00am	Baby Jake (CC,Repeat,G)
11:10am	Miffy's Adventures Big And Small (Repeat,G)
11:15am	The Pajanimals (CC,Repeat,G)
11:30am	Twirlywoos (Repeat,G)
11:40am	Teletubbies (CC,Repeat,G)
12:00pm	Sesame Street (CC,Repeat,G)
12:30pm	Play School (CC,Repeat,G)
12:55pm	Messy Goes To Okido (Repeat,G)
1:10pm	Yo Gabba Gabba! (CC,Repeat,G)
1:35pm	Grandpa In My Pocket (Repeat,G)
1:50pm	Mister Maker's Arty Party (CC,Repeat,G)
2:20pm	Bookaboo (CC,Repeat,G)
2:35pm	Curious George (CC,Repeat,G)
2:55pm	dirtgirlworld (CC,Repeat,G)
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4:45pm	Pocoyo (CC,Repeat,G)
4:55pm	The Numtums (CC,Repeat,G)
5:00pm	Wallykazam! (Repeat,G)
5:25pm	Peg + Cat (G)
5:40pm	Peppa Pig (CC,Repeat,G)
5:50pm	Fireman Sam (CC,Repeat,G)
6:00pm	Hey Duggee: The Teddy Bear Badge (CC,Repeat,G) Duggee and the squirrels take their teddy bears out for a picnic. But hang on - who does that HUGE teddy belong to? Oh! That's not a teddy, it's Beryl and she's a real bear! She wants to join in the fun too!
6:10pm	Octonauts: The Octonauts And The Beluga Whales (CC,Repeat,G) When the Octonauts discover a pod of Beluga Whales stranded at a breathing hole, they use music to lead them to safety.
6:20pm	Peter Rabbit: The Tale Of The Musical Mayhem (CC,Repeat,G) When the auditions for Mr Jeremy Fisher's annual recital attract the attention of Mr Tod, it's up to Peter to save the day with some musical mischief of his own.
6:35pm	Charlie And Lola: I Am Hurrying I'm Almost Nearly Ready! (CC,Repeat,G) Charlie wants Lola to hurry or they will be late for school. But Lola keeps getting distracted. He comes up with a cunning ruse to get his little sister to hurry up. You wouldn't want to miss Dragon Day at school, would you?

- 6:50pm** **Shaun The Sheep: The Dog Show**
(Repeat,G)
It's time for the annual dog show and the Farmer is sure Bitzer has a good chance of winning this year. When things don't quite go as planned, the Farmer comes up with an ingenious idea which might help him win.
- 7:00pm** **Spicks And Specks: Eddie Perfect, Ross Wilson, Hamish Blake & Angie Hart**
(CC,Repeat,PG)
Joining Adam, Myf and Alan tonight are Eddie Perfect, Ross Wilson, Hamish Blake & Angie Hart.
- 7:30pm** **River Monsters: Man-Eating Monster**
(CC,Repeat,PG)
All over the Amazon, Jeremy Wade, freshwater detective and angler, has heard stories of a monster fish that grows so large, it's said to swallow men whole. However, after 20 years of searching, this fish still eludes him.
- 8:20pm** **Speak Your Mind: Josh Muir**
(CC,Repeat,PG)
As a teenager Josh Muir was a promising junior basketball player, until drug addiction and mental illness caused his life to spiral out of control. With this life back on track, Josh is now a successful artist.
- 8:30pm** **The Agony Of The Mind**
(CC,Repeat,M,Coarse Language)
Our Agony Aunts and Uncles are back, and this time around they're sharing their mental weaknesses as well as their techniques for overcoming them.
- 9:30pm** **Professor Green: Suicide And Me**
**Mental*
As...Premiere
*Special**
(CC)
UK rapper Professor Green, aka Stephen Manderson, takes an intensely personal journey to uncover the truth behind the suicide of his father seven years ago.
- 10:30pm** **Changing Minds: The Inside Story**
(CC,Repeat,M,Adult Themes, Coarse Language)
In the Mental Health Unit of Campbelltown Hospital Taileah is hearing voices that tell her to harm people; Joel reveals a tragic past; Daniel wants to detox from cannabis; Fabrice battles with demons.
- 11:30pm** **Football, Madness & Me**
(CC,Repeat,PG)
Football, Madness & Me shows how young UK people with difficult mental health problems can take charge of their lives again - using an extraordinary kind of therapy...football.

12:30am**Diaries Of A Broken Mind**

(CC,Repeat,M,Adult Themes, Coarse Language)

Lifting the lid on teenage mental health, Diaries of a Broken Mind tells the first-hand experiences of 25 young people in the UK as they navigate the rocky road of growing up with mental health issues.

1:55am**River Monsters: Man-Eating Monster**

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All over the Amazon, Jeremy Wade, freshwater detective and angler, has heard stories of a monster fish that grows so large, it's said to swallow men whole. However, after 20 years of searching, this fish still eludes him.

2:45am**ABC News Update**

(Repeat)

The latest news headlines and today's top stories from across Australia and around the world.

2:50am**Programs Resume At 5am**

Tuesday, 11 October 2016

5:00am	Ella The Elephant (CC,Repeat,G)
5:10am	Boj (Repeat,G)
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1:50pm	Mister Maker's Arty Party (CC,Repeat,G)
2:20pm	Bookaboo (CC,Repeat,G)
2:35pm	Curious George (CC,Repeat,G)
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4:55pm	The Numtums (CC,Repeat,G)
5:00pm	Wallykazam! (Repeat,G)
5:25pm	Peg + Cat (G)
5:40pm	Peppa Pig (CC,Repeat,G)
5:50pm	Fireman Sam (CC,Repeat,G)
6:00pm	Hey Duggee: The Story Badge (CC,Repeat,G) Reading, drawing, watering plants, running, dancing, making things, splashing in water and much much more. The squirrels tire themselves out. Duggee suggests a break to have a story with milk and cookies.
6:10pm	Octonauts: The Octonauts And The Hungry Pilot Fish (CC,Repeat,G) A lost Pilot Fish who eats ocean gunk cleans up the Octonauts' dirty Gups - but he's still hungry! Meanwhile, Captain Barnacles must figure out why a Whitetip Shark is chasing the Gup-A!
6:20pm	Peter Rabbit: The Tale Of The Missing Journal (CC,Repeat,G) When Flopsy and Mopsy borrow Peter's journal, Peter has to save them from Old Brown - but will he lose his precious journal in the process?
6:35pm	Charlie And Lola: Boo! Made You Jump! (CC,Repeat,G) It's so easy for Charlie to make Lola jump. But Lola really wants to make Charlie jump. She tries hiding, ghosts & really scary stories. Soon Charlie too is longing to jump. Will nothing work?

- 6:50pm** **Shaun The Sheep: Missing Piece**
(Repeat,G)
Shaun comes across a discarded jigsaw puzzle and calls on the Flock to help him put it together. When Bitzer discovers the final piece is missing they decide they must do whatever it takes to solve the puzzle.
- 7:00pm** **Spicks And Specks: Guy Pratt, Cal Wilson, Guy Sebastian & Dave O'Neil**
(CC,Repeat,PG)
Adam, Myf and Alan are joined by Guy Pratt, Cal Wilson, Guy Sebastian and Dave O'Neil.
- 7:30pm** **River Monsters: Amazon Titanic**
(CC,Repeat,PG)
When the Sobral Santos sank hundreds died - it's said, eaten alive. Angling explorer Jeremy Wade retraces the doomed boat's last voyage & faces adversaries, as he tries to uncover what was behind the Amazon Apocalypse.
- 8:20pm** **Speak Your Mind: The Medic**
(CC,Repeat,PG)
Army medic, SGT McQuilty Quirke suffered horrific injuries when his vehicle took enemy fire in Afghanistan in 2011. Since his return to Australia, Coco has worked with soldiers suffering from Post Traumatic Stress Disorder.
- 8:30pm** **Good Game**
(CC,M)
The show for gamers by gamers. Join Bajo, Hex, Goose and Nichboy for the latest game reviews, insider interviews, and fascinating stories from the global culture of gaming.
#ggstv
- 9:00pm** **Crack Up: Opening Shot**
(CC,Repeat,M,Adult Themes, Coarse Language)
This follows three Aussie hopefuls as they embark on a unique stand-up comedy training program, transforming their devastating experiences of mental illness into comedy gold.
- 9:35pm** **I Took My Baby's Life**
(CC,Repeat,MA,Adult Themes, Coarse Language)
In 2010 UK mum, Melanie, killed her two-year-old son Christy after suffering from a psychotic breakdown. What led Melanie to commit such an unthinkable act and what can be learnt from this tragedy?
- 10:25pm** **Changing Minds: The Inside Story**
(CC,Repeat,MA,Adult Themes, Strong Coarse Language)
Michelle absconds from hospital; Joel smuggles contraband onto the ward; Daniel reveals a deep secret; Lynda hits rock bottom and new patient David believes he's Elvis Presley.

- 11:20pm** **OCD Ward**
(CC,Repeat,M,Adult Themes, Coarse Language)
An observational documentary, filmed over six months, following some of Britain's most severe sufferers of Obsessive Compulsive Disorder (OCD).
- 12:10am** **Football, Madness & Me**
(CC,Repeat,PG)
Football, Madness & Me shows how young UK people with difficult mental health problems can take charge of their lives again - using an extraordinary kind of therapy...football.
- 1:10am** **River Monsters: Amazon Titanic**
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When the Sobral Santos sank hundreds died - it's said, eaten alive. Angling explorer Jeremy Wade retraces the doomed boat's last voyage & faces adversaries, as he tries to uncover what was behind the Amazon Apocalypse.
- 2:00am** **ABC News Update**
(Repeat)
The latest news headlines and today's top stories from across Australia and around the world.
- 2:05am** **Programs Resume At 5am**

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5:00am	Ella The Elephant (CC,Repeat,G)
5:10am	Boj (Repeat,G)
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5:25pm	Peg + Cat (G)
5:40pm	Peppa Pig (CC,Repeat,G)
5:50pm	Fireman Sam (CC,Repeat,G)
6:00pm	Hey Duggee: The Drawing Badge (CC,Repeat,G) It's raining so Duggee and the squirrels stay indoors to do some drawing. The squirrels can guess each other's drawings, but what has Duggee drawn? Is it a bunny? Is it a sausage? Bus? Cheese?
6:10pm	Octonauts: The Octonauts And The Vampire Squid (CC,Repeat,G) Peso must gather all his courage when he travels deep down to the very bottom of the ocean, the Midnight Zone, and encounters the mysterious Vampire Squid!
6:20pm	Peter Rabbit: The Tale Of The Radish Robber (CC,Repeat,G) Peter and his friends try to find the perfect place to eat the radishes they took from Mr. McGregor's garden, but little do they know they've got a radish robber on their tails!
6:35pm	Charlie And Lola: The Most Wonderfulest Picnic In The Whole Wide World (CC,Repeat,G) You can't have a picnic without swirly tennis & sunshine. Lola, Lotta, Charlie and Marv are really excited because they have all of those things. But just as the fun is about to begin, the storm clouds gather.

- 6:50pm** **Shaun The Sheep: Wildlife Watch**
(Repeat,G)
A film crew arrives to record a rare bird nesting at Mossybottom Farm. The Farmer is delighted by all the attention, but when a cameraman films the Flock enjoying a game of cricket, drastic action is needed.
- 7:00pm** **Spicks And Specks: Frank Ifield, Brian Cadd, Mikey Robins, Cal Wilson**
(CC,Repeat,PG)
Joining Adam Hills are Frank Ifield, Brian Cadd, Mikey Robins, Cal Wilson, Collard Greens & Gravy in this Aria special episode.
- 7:30pm** **River Monsters: Bone Crusher**
(CC,Repeat,PG)
Extreme angler Jeremy Wade is on the trail of a new river monster after a corpse is found with highly unusual injuries. He also uncovers a spate of disappearances and a mysterious creature patrolling the water.
- 8:20pm** **Speak Your Mind: Finding The Beat**
(CC,Repeat,PG)
Ryan Scown is a Mackay DJ who works with Headspace to deliver a program called Drumbeat. The program aims to support young people struggling with mental health issues by helping them find rhythm in their lives.
- 8:30pm** **Man Up**
(CC,Repeat,M)
Gus embarks on a rollicking journey into the world of masculinity - from man hugs to cattle mustering to modelling the latest fashion trends. But he discovers that the pressure to toughen up may be making Aussie men crack.
- 9:30pm** **My Self-Harm Nightmare**
(CC,Repeat,MA,Adult Themes, Violence ,This program deals with mental illness and contains images of self harm.)
Screening as part of 'Naked As' Week, this film highlights the soaring rates of eating disorders & self harm among young people, and explores the internet... where young people go to share their secrets. #MySelfHarmNightmare
- 10:15pm** **Changing Minds: The Inside Story**
(CC,Repeat,M,Adult Themes, Coarse Language)**Final**
Jason has an unshakable belief his bones are broken; schoolboy Nicholas battles with bullies; Nathan comes clean about his drug-use; Lynda finds a friend in Jessica & offers David sage advice. (Final)

- 11:15pm Suicide And Me: Opening Shot**
(CC,Repeat,M,Adult Themes)
Every 10 minutes, someone in Australia attempts to take their own life. In SUICIDE AND ME, three young suicide survivors confront the stigma by revealing why they attempted and ultimately, how they found hope.
- 11:45pm OCD Ward**
(CC,Repeat,M,Adult Themes, Coarse Language)
An observational documentary, filmed over six months, following some of Britain's most severe sufferers of Obsessive Compulsive Disorder (OCD).
- 12:35am Swamp Brothers**
(Repeat,PG)
Stephen learns the art of milking a snake from Robbie and the owner of Reptile Discovery Center. But with live snakes lining every wall, the team needs to be on point; one little bump could be a deadly move in this venom lab.
- 1:00am Swamp Brothers**
(Repeat,PG)
The owner of a local animal park needs to purchase a few new stars for his educational reptile show and he comes to Glades Herp Farm for the casting session.
- 1:20am Swamp Brothers**
(Repeat,PG)
Robbie loaned his female Cuban croc to Mike Kennedy, another local croc owner, in an attempt to breed their Cuban crocs. Instead of love there is just war between the two crocs. The Keszey brothers must now separate them.
- 1:45am River Monsters: Bone Crusher**
(CC,Repeat,PG)
Extreme angler Jeremy Wade is on the trail of a new river monster after a corpse is found with highly unusual injuries. He also uncovers a spate of disappearances and a mysterious creature patrolling the water.
- 2:35am ABC News Update**
(Repeat)
The latest news headlines and today's top stories from across Australia and around the world.
- 2:40am Programs Resume At 5am**

Thursday, 13 October 2016

5:00am	Ella The Elephant (CC,Repeat,G)
5:10am	Boj (Repeat,G)
5:20am	Mouk (Repeat,G)
5:35am	Angelina Ballerina: The Next Steps (CC,Repeat,G)
5:45am	The Adventures Of Abney & Teal (CC,Repeat,G)
6:00am	Play School (CC,Repeat,G)
6:25am	Bananas In Pyjamas (CC,Repeat,G)
6:30am	Bob The Builder: Project Build It (CC,Repeat,G)
6:40am	Dinosaur Train (CC,Repeat,G)
6:55am	The Furchester Hotel (CC,Repeat,G)
7:05am	The Day Henry Met (CC,Repeat,G)
7:15am	Sarah & Duck (CC,Repeat,G)
7:30am	Thomas and Friends (CC,Repeat,G)
7:45am	Hoot Hoot Go! (CC,Repeat,G)
7:55am	Peppa Pig (CC,Repeat,G)
8:00am	Kazoops! (CC,Repeat,G)
8:10am	Ben And Holly's Little Kingdom (CC,Repeat,G)
8:30am	Ready, Jet, Go! (CC,Repeat,G)
8:55am	Chuggington Badge Quest (Repeat,G)
9:00am	Sesame Street (CC,Repeat,G)
9:30am	Play School (CC,Repeat,G)

10:00am	Bananas In Pyjamas (CC,Repeat,G)
10:10am	The Hive (Repeat,G)
10:25am	Sydney Sailboat (CC,Repeat,G)
10:35am	Bing (Repeat,G)
10:45am	Scout And The Gumboot Kids (CC,Repeat,G)
10:50am	Lily's Driftwood Bay (CC,Repeat,G)
11:00am	Baby Jake (CC,Repeat,G)
11:10am	Miffy's Adventures Big And Small (Repeat,G)
11:15am	The Pajanimals (CC,Repeat,G)
11:30am	Twirlywoos (Repeat,G)
11:40am	Teletubbies (CC,Repeat,G)
12:00pm	Sesame Street (CC,Repeat,G)
12:30pm	Play School (CC,Repeat,G)
12:55pm	Messy Goes To Okido (Repeat,G)
1:10pm	Yo Gabba Gabba! (CC,Repeat,G)
1:35pm	Grandpa In My Pocket (Repeat,G)
1:50pm	Mister Maker's Arty Party (CC,Repeat,G)
2:20pm	Bookaboo (CC,Repeat,G)
2:35pm	Curious George (CC,Repeat,G)
2:55pm	dirtgirlworld (CC,Repeat,G)
3:10pm	The WotWots (CC,Repeat,G)
3:20pm	Mofy (CC,Repeat,G)

3:30pm	Play School (CC,Repeat,G)
4:00pm	Bananas In Pyjamas (CC,Repeat,G)
4:10pm	Ready, Steady, Wiggle! (CC,Repeat,G)
4:20pm	Tree Fu Tom (CC,Repeat,G)
4:45pm	Pocoyo (CC,Repeat,G)
4:55pm	The Numtums (CC,Repeat,G)
5:00pm	Wallykazam! (Repeat,G)
5:25pm	Peg + Cat (G)
5:40pm	Peppa Pig (CC,Repeat,G)
5:50pm	Fireman Sam (CC,Repeat,G)
6:00pm	Hey Duggee: The Cake Badge (CC,Repeat,G) Happy finds a cake lying around the field and decides to eat it. But whose cake is it? Turns out it belongs to the rabbits, and they're very upset that someone has eaten their cake.
6:10pm	Octonauts: The Octonauts And The Seahorse Tale (CC,Repeat,G) After a storm, the Octonauts have to reunite a seahorse with its missing mate - who is about to give birth to baby seahorses!
6:20pm	Peter Rabbit: The Tale Of The Greedy Fox (CC,Repeat,G) When Peter tells an impulsive lie which leads Jemima Puddle Duck into Mr. Tod's clutches, he must act fast to stop her from becoming the fox's dinner!
6:35pm	Charlie And Lola: It Wasn't Me! (CC,Repeat,G) Charlie wins first prize at school for his homemade rocket As he puts it safely away, he explains to Lola that the rocket really isn't a toy and she must promise not to touch it or play with it!

- 6:50pm** **Shaun The Sheep: The Pelican**
(Repeat,G)
An unusual guest lands on the Farm. When Shaun and Bitzer realise it's hungry, they set about trying to find it some food - if only they could get their hands on the Farmer's prize catch!
- 7:00pm** **Spicks And Specks: David Hirschfelder, Terri Psiakis, Loene Carmen & Ross Noble**
(CC,Repeat,G)
Joining Adam, Myf and Alan tonight are David Hirschfelder, Terri Psiakis, Loene Carmen and Ross Noble.
- 7:30pm** **River Monsters: Jungle Terminator**
(CC,Repeat,PG)
Continuing his year of Amazon exploration, biologist & freshwater detective, Jeremy Wade investigates three mysterious deaths in three separate countries on his most remote mission to date.
- 8:20pm** **Speak Your Mind: Just A Normal Family**
(CC,Repeat,PG)
With one in five Australians experiencing mental health issues each year, it's vital that personal stories of survival are told. In 2014, 'Speak Your Mind' invited people living with mental illness to share their stories.
- 8:30pm** **Extreme OCD Camp**
(CC,Repeat,M,Coarse Language)
The group meet in London for the first time and bond over the OCD life stories. On arrival in America, there's emotion and anger as the group are launched into their first exposure therapy sessions with the camp leaders.
- 9:30pm** **Felicity Ward Live From The BBC**
(CC,M,Adult Themes, Coarse Language, Sexual References,This program contains content that may concern some viewers.)
Multi-award-winning Australian stand-up comedian Felicity Ward dissects everything from insomnia and anxiety to UK toilet attendants and falling in love.
- 10:30pm** **Felicity's Mental Mission**
(CC,Repeat,M,Coarse Language)
Multi-award winning Aussie comedian Felicity Ward takes up the challenge of breaking down the stigmas around mental health.

- 11:30pm My Self-Harm Nightmare**
(CC,Repeat,MA,Adult Themes, Violence ,This program deals with mental illness and contains images of self harm.)
This film highlights the soaring rates of eating disorders & self harm among young people, and explores the internet... where young people go to share their secrets.
#MySelfHarmNightmare
- 12:20am Swamp Brothers**
(Repeat,PG)
A local farmer needs help separating his aggressive American crocs from his Niles. Then back on Glades Herp Farm, a group of gators have made their way into the incomplete marsh. It's up to the boys to catch the gators.
- 12:40am Swamp Brothers**
(Repeat,PG)
The Keszey brothers need to evacuate two aggressive crocs from their comfy pond. Then, there's something dangerous in a local swimming pool, and a 13-foot gator needs a check-up. The boys have to capture the feisty beast.
- 1:05am Swamp Brothers**
(Repeat,PG)
Robbie gets a call to pick up 23 wild gators and brings Stephen along for the catch. Later, Stephen arranges a photo shoot on the farm and some of their toothiest models want to join in on the fun.
- 1:25am River Monsters: Jungle Terminator**
(CC,Repeat,PG)
Continuing his year of Amazon exploration, biologist & freshwater detective, Jeremy Wade investigates three mysterious deaths in three separate countries on his most remote mission to date.
- 2:15am ABC News Update**
(Repeat)
The latest news headlines and today's top stories from across Australia and around the world.
- 2:20am Programs Resume At 5am**

Friday, 14 October 2016

5:00am	Ella The Elephant (CC,Repeat,G)
5:10am	Boj (Repeat,G)
5:20am	Mouk (Repeat,G)
5:35am	Angelina Ballerina: The Next Steps (CC,Repeat,G)
5:45am	The Adventures Of Abney & Teal (CC,Repeat,G)
6:00am	Play School (CC,Repeat,G)
6:25am	Bananas In Pyjamas (CC,Repeat,G)
6:30am	Bob The Builder: Project Build It (CC,Repeat,G)
6:40am	Dinosaur Train (CC,Repeat,G)
6:55am	The Furchester Hotel (CC,Repeat,G)
7:05am	The Day Henry Met (CC,Repeat,G)
7:15am	Sarah & Duck (CC,Repeat,G)
7:30am	Thomas and Friends (CC,Repeat,G)
7:45am	Hoot Hoot Go! (CC,Repeat,G)
7:55am	Peppa Pig (CC,Repeat,G)
8:00am	Kazoops! (CC,Repeat,G)
8:10am	Ben And Holly's Little Kingdom (CC,Repeat,G)
8:30am	Ready, Jet, Go! (CC,Repeat)
8:55am	Chuggington Badge Quest (Repeat,G)
9:00am	Sesame Street (CC,Repeat,G)
9:30am	Play School (CC,Repeat,G)

10:00am	Bananas In Pyjamas (CC,Repeat,G)
10:10am	The Hive (Repeat,G)
10:25am	Sydney Sailboat (CC,Repeat,G)
10:35am	Bing (CC,Repeat,G)
10:45am	Scout And The Gumboot Kids (CC,Repeat,G)
10:50am	Lily's Driftwood Bay (CC,Repeat,G)
11:00am	Baby Jake (CC,Repeat,G)
11:10am	Miffy's Adventures Big And Small (Repeat,G)
11:15am	The Pajanimals (CC,Repeat,G)
11:30am	Twirlywoos (Repeat,G)
11:40am	Teletubbies (CC,Repeat,G)
12:00pm	Sesame Street (CC,Repeat,G)
12:30pm	Play School (CC,Repeat,G)
12:55pm	Messy Goes To Okido (Repeat,G)
1:10pm	Yo Gabba Gabba! (CC,Repeat,G)
1:35pm	Grandpa In My Pocket (Repeat,G)
1:50pm	Mister Maker's Arty Party (CC,Repeat,G)
2:20pm	Bookaboo (CC,Repeat,G)
2:35pm	Curious George (CC,Repeat,G)
2:55pm	dirtgirlworld (CC,Repeat,G)
3:10pm	The WotWots (CC,Repeat,G)
3:20pm	Mofy (CC,Repeat,G)

3:30pm	Play School (CC,Repeat,G)
4:00pm	Bananas In Pyjamas (CC,Repeat,G)
4:10pm	Ready, Steady, Wiggle! (CC,Repeat,G)
4:20pm	Tree Fu Tom (CC,Repeat,G)
4:45pm	Pocoyo (CC,Repeat,G)
4:55pm	The Numtums (CC,Repeat,G)
5:00pm	Wallykazam! (Repeat,G)
5:25pm	Peg + Cat (G)
5:40pm	Peppa Pig (CC,Repeat,G)
5:50pm	Fireman Sam (CC,Repeat,G)
6:00pm	Hey Duggee: The Hair Badge (CC,Repeat,G) Duggee is having a bad hair day. Can the Squirrels help him at all? They've got lots of ideas and lots of things to try out. Norrie knows what to do so she goes first, but Duggee lets them all have a go.
6:10pm	Octonauts: The Octonauts And The The Giant Jelly (CC,Repeat,G) The Octonauts must rescue Peso when he gets trapped inside a giant Comb Jelly!
6:20pm	Peter Rabbit: The Tale Of Two Enemies (CC,Repeat,G) When Peter decides to set Mr. Tod and Tommy Brock against each other, he soon finds out that breaking the food chain is harder than it looks.
6:35pm	Charlie And Lola: It's A Secret (CC,Repeat,G) It's Charlie's birthday, and Lola knows what his birthday surprise is. Will she be able to stop herself blurting it out and ruining it?

- 6:50pm** **Shaun The Sheep: Bad Boy**
(Repeat,G)
There's a new kid on the block and he's up to no good. At first Bitzer is charmed by the newcomer, but when he starts to get him into trouble, Shaun decides something must be done to teach him a lesson.
- 7:00pm** **Spicks And Specks: Toni Lamond, Adam Rozenbachs, Pete Murray & Colin Lane**
(CC,Repeat,G)
Joining Adam, Myf and Alan tonight are Toni Lamond, Adam Rozenbachs, Pete Murray and Colin Lane.
- 7:30pm** **River Monsters: River of Blood**
(CC,Repeat,PG)
Angler explorer Jeremy Wade heads to half-forgotten wetlands, almost four times the size of Texas, to come face to face with one of Sth America's greatest freshwater fighters as he uncovers Argentina's River of Blood.
- 8:20pm** **Speak Your Mind: Gardening As Therapy**
(CC,Repeat,M,Adult Themes)
With one in five Australians experiencing mental health issues each year, it's vital that personal stories of survival are told. In 2014, 'Speak Your Mind' invited people living with mental illness to share their stories.
- 8:30pm** **Extreme OCD Camp**
(CC,Repeat,M,Coarse Language)Final
The six British OCD sufferers tackle part two of their treatment, trekking and camping in the American wilderness. Their OCD is triggered like never before as they cope with the unfamiliar environment.
- 9:30pm** **The Graceland Happiness Project**
(CC,Repeat,M,Adult Themes)
Follow odd couple, best friends and ex-Big Brother contestants, Tim Domer and Ben Zabel on their search for happiness at the home of Ben's childhood idol - Elvis Presley's Graceland. #MentalAs
- 10:30pm** **The Not So Secret Life Of The Manic Depressive: 10 Years On**
(CC,Repeat)
10 years ago, Stephen Fry first spoke about living with manic depression and began a national conversation about mental health. A decade later he returns to the subject of living with Bipolar.

- 11:30pm** **Extreme OCD Camp**
(CC,Repeat,M,Coarse Language)
The group meet in London for the first time and bond over the OCD life stories. On arrival in America, there's emotion and anger as the group are launched into their first exposure therapy sessions with the camp leaders.
- 12:30am** **TFI Friday: Cheryl Fernandez-Versini, Duran Duran, Eagles of Death Metal, Foals**
(CC,Repeat,PG)
Chris Evans hosts a raucous and rowdy variety show. Tonight's guests include former 'Girls Aloud' member Cheryl Fernandez-Versini, 80's pop icons Duran Duran plus musical performances from Eagles of Death Metal and Foals.
- 1:20am** **River Monsters: River of Blood**
(CC,Repeat,PG)
Angler explorer Jeremy Wade heads to half-forgotten wetlands, almost four times the size of Texas, to come face to face with one of Sth America's greatest freshwater fighters as he uncovers Argentina's River of Blood.
- 2:10am** **ABC News Update**
(Repeat)
The latest news headlines and today's top stories from across Australia and around the world.
- 2:10am** **Programs Resume At 5am**

Saturday, 15 October 2016

5:00am	Ella The Elephant (CC,Repeat,G)
5:10am	Boj (Repeat,G)
5:20am	Mouk (Repeat,G)
5:35am	Angelina Ballerina: The Next Steps (CC,Repeat,G)
5:45am	The Adventures Of Abney & Teal (CC,Repeat,G)
6:00am	The Numtums (CC,Repeat,G)
6:05am	Waybuloo (CC,Repeat,G)
6:25am	This Is Scarlett And Isaiah (CC,Repeat,G)
6:30am	Bob The Builder: Project Build It (CC,Repeat,G)
6:40am	Dinosaur Train (CC,Repeat,G)
6:55am	The Furchester Hotel (CC,Repeat,G)
7:05am	The Day Henry Met (CC,Repeat,G)
7:15am	Sarah & Duck (CC,Repeat,G)
7:30am	Thomas and Friends (CC,Repeat,G)
7:45am	Hoot Hoot Go! (CC,Repeat,G)
7:55am	Peppa Pig (CC,Repeat,G)
8:00am	Kazoops! (CC,Repeat,G)
8:10am	Ben And Holly's Little Kingdom (CC,Repeat,G)
8:30am	Ready, Jet, Go! (CC,Repeat,G)
8:55am	Chuggington Badge Quest (Repeat,G)
9:00am	Sesame Street (CC,Repeat,G)

9:30am	Play School (CC,Repeat,G)
10:00am	Bananas In Pyjamas (CC,Repeat,G)
10:10am	The Hive (Repeat,G)
10:25am	Sydney Sailboat (CC,Repeat,G)
10:35am	Bing (CC,Repeat,G)
10:45am	Scout And The Gumboot Kids (CC,Repeat,G)
10:50am	Lily's Driftwood Bay (CC,Repeat,G)
11:00am	Baby Jake (CC,Repeat,G)
11:10am	Miffy's Adventures Big And Small (Repeat,G)
11:15am	The Pajanimals (CC,Repeat,G)
11:30am	In The Night Garden (CC,Repeat,G)
12:00pm	Sesame Street (CC,Repeat,G)
12:30pm	Arthur (CC,Repeat,G)
12:40pm	Sally & Possum (CC,Repeat,G)
12:55pm	Messy Goes To Okido (Repeat,G)
1:10pm	Yo Gabba Gabba! (CC,Repeat,G)
1:35pm	Grandpa In My Pocket (Repeat,G)
1:50pm	Mister Maker's Arty Party (CC,Repeat,G)
2:20pm	Bookaboo (CC,Repeat,G)
2:35pm	Curious George (CC,Repeat,G)
2:55pm	dirtgirlworld (CC,Repeat,G)
3:10pm	The WotWots (CC,Repeat,G)

3:20pm	Mofy (CC,Repeat,G)
3:30pm	Play School (CC,Repeat,G)
4:00pm	Bananas In Pyjamas (CC,Repeat,G)
4:10pm	Ready, Steady, Wiggle! (CC,Repeat,G)
4:20pm	Tree Fu Tom (CC,Repeat,G)
4:45pm	Pocoyo (CC,Repeat,G)
4:55pm	The Numtums (CC,Repeat,G)
5:00pm	Wallykazam! (Repeat,G)
5:25pm	Peg + Cat (G)
5:40pm	Peppa Pig (CC,Repeat,G)
5:50pm	Fireman Sam (CC,Repeat,G)
6:00pm	Hey Duggee: The Summer Holiday Badge (CC,Repeat,G) The Squirrels are out tobogganing with Duggee when they spot a migrating bird fall from the sky. Mawk, the bird, lands in the snow, suitcase and all.
6:10pm	Octonauts: The Octonauts And The Cookie Cutter Sharks (CC,Repeat,G) What keeps making strange holes in the Octonauts' equipment? Turns out it's a trio of pesky Cookiecutter Sharks, the mosquitoes of the sea!
6:20pm	Peter Rabbit: The Tale Of The Secret Treehouse (CC,Repeat,G) Peter proves he's got what it takes to be part of the squirrel tribe when he competes for his own treetop hideout.
6:35pm	Charlie And Lola: I Love Going To Granny And Grandpa's It's Just That (CC,Repeat,G) Lola worries that her imaginary friend might miss her when she's at Granny and Grandpa's. Then she says she cannot go away because Mum and Dad might miss her. Charlie comes up with solutions but Lola doesn't want to go to.

- 6:50pm** **Shaun The Sheep: Remote Control**
(Repeat,G)
Game on! Everyone is excitedly getting ready to watch a football match on TV, when an out of control toy plane hits the TV aerial, ruining the picture. Bitzer is sent to fix the problem and asks the Flock for help.
- 7:00pm** **Spicks And Specks: Geraldine Turner, Frank Woodley, Lucky Oceans & Bill Bailey**
(CC,Repeat,G)
Joining Adam, Myf and Alan tonight are Geraldine Turner, Frank Woodley, Lucky Oceans (Reuben Gosfield) and Bill Bailey.
- 7:30pm** **Highway Thru Hell**
(CC,PG)
The Coquihalla, in the steep British Columbian mountains, is one of the most treacherous major highways in the world. Jamie Davis Heavy Rescue has the daunting job of clearing these major wrecks to keep the highway open.
- 8:15pm** **Would I Lie To You?: Jack Dee, Romesh Ranganathan, Gaby Roslin, Tinchy Stryder**
(CC,Repeat,PG)
Rob Brydon hosts the award-winning comedy panel show with David Mitchell and Lee Mack as the lightning-quick team captains. Tonight's guests are Jack Dee, Romesh Ranganathan, Gaby Roslin and Tinchy Stryder.
- 8:45pm** **Rosehaven**
(CC,Repeat,M,Adult Themes, Sexual References)
Daniel returns to his rural Tasmanian hometown of Rosehaven to help his mother with her real estate business & to his surprise, his best friend Emma turns up on his doorstep, on the run from her marriage. CAST: Celia Pacquola
- 9:15pm** **Felicity Ward Live From The BBC**
(CC,Repeat,M,Adult Themes, Coarse Language, Sexual References,This program contains content that may concern some viewers.)
Multi-award-winning Australian stand-up comedian Felicity Ward dissects everything from insomnia and anxiety to UK toilet attendants and falling in love.
- 10:15pm** **Live At The Apollo: Sean Lock & Jason Manford**
(CC,Repeat,M,Coarse Language, Sexual References)
Sean Lock introduces his special guest, award-winning comedian Jason Manford, as they provide the laughs at London's famous Apollo Theatre.

- 11:00pm** **Bad Education: Sex Education**
(CC,Repeat,M,Sexual References)
This year, Fraser is determined to prove himself to the schools angry parents. But should he have trusted maverick teacher Alfie to take the sex education class? Starring Jack Whitehall.
- 11:30pm** **Outland**
(CC,Repeat,M,Coarse Language)
The science fiction fan club enters an alien world when they meet at Fab's. Fab hasn't turned up and the crew are forced to face their fears as they are stalked by his creepy, knife-wielding nan. CAST: Adam Richard
- 12:00am** **Outland**
(CC,Repeat,M,Coarse Language)
An all-singing, all-dancing musical extravaganza! Does Toby really want to be one of the boys in this band of science fiction rejects? And just what is he hiding in the depths of his sky-high apartment? CAST: Ben Gerrard
- 12:25am** **Outland**
(CC,Repeat,PG)
Can Andy get the group back together after the unmitigated disaster of the last meeting? What has happened to Rae? Can they make it over the rainbow flag to the Pride March? CAST: Paul Ireland, Christine Anu, Adam Richard
- 12:50am** **Highway Thru Hell**
(CC,Repeat,PG)
The Coquihalla, in the steep British Columbian mountains, is one of the most treacherous major highways in the world. Jamie Davis Heavy Rescue has the daunting job of clearing these major wrecks to keep the highway open.
- 1:40am** **Inside My Mind**
(CC,Repeat,M,Adult Themes, Drug References)
'Inside My Mind' explores the science behind mental illness, discovering the social, biological and psychological changes that happen to five people suffering from different mental health disorders.
- 2:40am** **ABC News Update**
(Repeat)
The latest news headlines and today's top stories from across Australia and around the world.
- 2:45am** **Programs Resume At 5am**

Amendments

Tuesday, September 13

Amend Warning, Synopsis Text:

08:30PM

Good Game

Adult Themes, Violence

Tonight on Good Game, Hex and NichBoy check out the Battlefield 1 beta and review Fallout 4's final DLC, Nuka World! We also have an indie dev profile on Flat Earth Games and another round table chat on Remasters.

Sunday, September 18

Amend Start time:

09:10PM

Welcome To Leith

Previous Start Time 09:15PM

~~Amend Start time:~~

~~09:15PM~~

~~**Welcome To Leith**~~

~~Previous Start Time 09:10PM~~

Amend Start time:

10:35PM

Dumb, Drunk And Racist

Previous Start Time 10:40PM

~~Amend Start time:~~

~~10:40PM~~

~~**Dumb, Drunk And Racist**~~

~~Previous Start Time 10:35PM~~

Amend Warning:

10:35PM

Dumb, Drunk And Racist

(MA, Adult Themes, Coarse Language, Nudity)

Amend Start time:

11:10PM

Louis Theroux's Weird Weekends

Previous Start Time 11:05PM

Amend Start time:

12:00AM

The Men Who Made Us Spend

Previous Start Time 11:55PM

Amend Start time:

12:50AM

Seconds From Disaster

Previous Start Time 12:45AM

Monday, September 19

Delete Program:

08:20PM

The Story Hunters

Series 1, Ep 3, What's Going On? Canberra: Part 1
CC, Repeat

Insert Program:

08:20PM The Story Hunters

Series 1, Ep 45

CC, Repeat

The Story Hunters recruits emerging Australian VJs to make short news and current affairs focused content for iView.

Insert Episode Title:

08:20PM The Story Hunters

Young and the Faithful

Insert Program:

08:25PM Gruen Pitch Rewind

Series 1, Ep 36, Facebook Is Uncool

CC, Repeat

(M, Sexual References)

Each week we ask them how their agencies approached the briefs, and how the brilliant ads that make it onto Gruen evolved.

Amend Episode Title:

11:50PM The Tonight Show Starring Jimmy Fallon

Donald Trump, Norm Macdonald, Kiiara

Amend Synopsis Text:

11:50PM The Tonight Show Starring Jimmy Fallon

Joining Jimmy this episode are American real estate mogul, TV personality and Republican presidential candidate Donald Trump, comedian/writer/actor Norm Macdonald, and singer-songwriter Kiiara performs.

Amend Episode Title:

01:20AM The Tonight Show Starring Jimmy Fallon

Donald Trump, Norm Macdonald, Kiiara

Amend Synopsis Text:

01:20AM The Tonight Show Starring Jimmy Fallon

Joining Jimmy this episode are American real estate mogul, TV personality and Republican presidential candidate Donald Trump, comedian/writer/actor Norm Macdonald, and singer-songwriter Kiiara performs.

Tuesday, September 20

Insert Episode Title:

07:30PM Good Game

10th Birthday Special

Amend Start time:

12:05AM The Tonight Show Starring Jimmy Fallon

Previous Start Time 12:10AM

Amend Start time:

12:45AM Good Game

Previous Start Time 12:50AM

Insert Episode Title:

12:50AM **Good Game**
10th Birthday Special

Amend Start time:

01:45AM **The Tonight Show Starring Jimmy Fallon**
Previous Start Time 01:50AM

Wednesday, September 21

Delete Program:

08:20PM **The Story Hunters**
Series 1, Ep 7, #Twitchhike: Part 1
CC, Repeat

Insert Program:

08:20PM **The Story Hunters**
Series 1, Ep 47
CC, Repeat

The Story Hunters recruits emerging Australian VJs to make short news and current affairs focused content for iview.

Insert Episode Title:

12:50AM **The Tonight Show Starring Jimmy Fallon**
Hillary Clinton, Terry Crews, Ariana Grande

Amend Synopsis Text:

12:50AM **The Tonight Show Starring Jimmy Fallon**
Joining Jimmy this episode are lawyer, politician and the 2016 Democratic nominee Hillary Clinton, former NFL player and actor Terry Crews, and actress and singer Ariana Grande performs.

Amend Start time:

01:35AM **River Monsters**
Previous Start Time 01:30AM

Amend Start time:

02:25AM **ABC News Update**
Previous Start Time 02:20AM

Thursday, September 22

Amend Episode Title, Synopsis Text:

11:30PM **The Tonight Show Starring Jimmy Fallon**
Mark Wahlberg, Sofia Vergara, MØ

Joining Jimmy this episode are actor, producer and former Calvin Klein model Mark Wahlberg, Emmy-nominated Colombian actress Sofia Vergara, and Danish singer-songwriter and musician MØ performs.

Amend Episode Title, Synopsis Text:

01:00AM **The Tonight Show Starring Jimmy Fallon**
Mark Wahlberg, Sofia Vergara, MØ

Joining Jimmy this episode are actor, producer and former Calvin Klein model Mark Wahlberg, Emmy-nominated Colombian actress Sofia Vergara, and Danish singer-songwriter and musician MØ performs.

Friday, September 23

Insert Episode Title:

11:40PM **The Tonight Show Starring Jimmy Fallon**

Kelly Ripa, Priyanka Chopra, Band of Horses

Saturday, September 24

Amend Program Title:

08:45PM **Maz Jobrani: Brown And Friendly**

Amend Program Title:

08:45PM ~~**Funny As: Maz Jobrani: Brown and Friendly**~~**Sunday, September 25**

Delete Program:

11:15PM **Knuckle**

CC, Repeat

(M)

Insert Program:

11:15PM **The Last Whites Of The East End**

CC, Repeat

(M, Adult Themes, Coarse Language, Sexual References)

Newham in East London has the lowest white British population in the UK. This film tells the stories of the last white Eastenders who have started to feel 'like foreigners in their own land'.

Insert Program:

12:15AM **Far Right and Proud: Reggie Yates Extreme Russia**

Series 1, Ep 1

CC, Repeat

(M, Adult Themes, Coarse Language, Violence. This program contains content that may disturb viewers)

The UK's, BBC Radio 1 host, Reggie Yates travels to Moscow to get close and personal with some of the country's most dangerous people - the extreme right Nationalists.

Amend Start time:

01:15AM **Stan Lee's Superhumans**

Previous Start Time 12:50AM

Amend Start time:

01:55AM **ABC News Update**

Previous Start Time 01:35AM

Amend Start time:

02:00AM **Programs Resume At 5am**

Previous Start Time 01:35AM

Monday, September 26

Delete Program:

08:20PM **TBA**

Repeat

Insert Program:

08:20PM **The Checkout: Snack Size**
 Series 3, Ep 21, Not Apply Club
 CC, Repeat
 (PG)

All the nutritious goodness of an episode of The Checkout jam-packed into a handy snack-sized package.

Tuesday, September 27

Delete Program:

08:20PM **TBA**
 Repeat

Insert Program:

08:20PM **The Checkout: Snack Size**
 Series 3, Ep 1, Let's Get Clinical
 CC, Repeat
 (G)

All the nutritious goodness of an episode of The Checkout jam-packed into a handy snack-sized package.

Amend Synopsis Text:

09:00PM **The Checkout**

The Checkout presents some of your favourite segments in this Factory Seconds episode. Kirsten checks in on hotel booking sites, Ben investigates your rights in online shopping & Alex has a cool look at sunglasses.

Insert Program:

01:50AM **Hard Time**
 Series 3, Ep 3, Women On Lockdown
 CC, Repeat
 (M, Adult Themes, Violence)

Atlanta's Metro State Prison is the first stop for women doing time in Georgia, and the toughest prison in the state. And it houses the state's most dangerous inmates who continually buck the system.

Amend Start time:

02:40AM **ABC News Update**
 Previous Start Time 01:50AM

Amend Start time:

02:45AM **Programs Resume At 5am**
 Previous Start Time 01:50AM

Wednesday, September 28

Delete Program:

08:20PM **TBA**
 Repeat

Insert Program:

08:20PM **Gruen Pitch Rewind**
 Series 1, Ep 7, Invade New Zealand
 CC, Repeat
 (G)

Campaign to convince us to invade New Zealand.

Amend Start time:

08:30PM **The Men Who Made Us Spend**
Previous Start Time 08:40PM

Amend Start time:

09:20PM **The 12 Year Old Shopaholic**
Previous Start Time 09:30PM

Amend Start time:

10:05PM **Shaun Micallef's MAD AS HELL**
Previous Start Time 10:15PM

Amend Start time:

10:40PM **The Tonight Show Starring Jimmy Fallon**
Previous Start Time 10:50PM

Amend Start time:

11:20PM **Swamp Brothers**
Previous Start Time 11:30PM

Amend Start time:

11:40PM **Swamp Brothers**
Previous Start Time 11:50PM

Amend Start time:

12:05AM **Swamp Brothers**
Previous Start Time 12:15AM

Amend Start time:

12:30AM **River Monsters**
Previous Start Time 12:40AM

Amend Start time:

01:20AM **The Tonight Show Starring Jimmy Fallon**
Previous Start Time 01:30AM

Amend Start time:

02:00AM **ABC News Update**
Previous Start Time 02:10AM

Amend Start time:

02:05AM **Programs Resume At 5am**
Previous Start Time 02:10AM

Thursday, September 29

Delete Program:

08:20PM **TBA**
Repeat

Insert Program:

08:20PM **The Checkout: Snack Size**
 Series 3, Ep 4, Thicker Than Water
 CC, Repeat
 (G)

All the nutritious goodness of an episode of The Checkout jam-packed into a handy snack-sized package.

Friday, September 30

Delete Program:

08:20PM **TBA**
 Repeat

Insert Program:

08:20PM **#Shelfie With Dan Hong**
 Series 1, Ep 1
 CC, Repeat
 (PG)

You post it, he cooks it. #Shelfie with Dan Hong follows the celebrity chef as he heads inside the diverse households of modern Australia to whip up a feast using what he finds on their shelves.

Tuesday, October 04

Amend Synopsis Text:

09:00PM **The Checkout**
 The Checkout's final episode for 2016 is a compilation of some of our best stories throughout the year. Andy looks at new phone plans & Jules buys a goat in a pharmacy. Plus Asterisk Man, a superhero for our times.

Wednesday, October 05

Insert Classification:

09:20PM **Airbnb: Dream Or Nightmare?**
 (PG)

Friday, October 07

Insert Classification:

10:50PM **Airbnb: Dream Or Nightmare?**
 (PG)

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