

Thursday 29 October

Prime time, 6pm to midnight

BBC One	BBC Two	ITV1	Channel 4	Channel 5
6pm BBC News	6pm House of Games S10 Ep24	6pm ITV News London	6pm A New Life in the Sun: Where Are They Now? S5 Ep12	6pm Portugal with Michael Portillo S1 Ep4
6.30pm BBC London News	6.30pm Strictly - It Takes Two S24 Ep24	6.30pm ITV Evening News		7pm Tales from the River Dart S1 Ep2
7pm The One Show	7pm Breast Cancer Scandal: Exposing the Harm	7.15pm The Martin Lewis Money Show Live - Budget Special	7pm Channel 4 News	
7.30pm EastEnders S2026 Ep173		8pm Emmerdale S2026 Ep210	8pm Titanic: Building the World's Largest Ship	8pm The Yorkshire Vet S24 Ep1
8pm The Celebrity Traitors S2 Ep9	7.30pm UEFA Women's Champions League: Manchester City v Paris Saint-Germain	8.30pm Coronation Street S2026 Ep210	9.05pm Taskmaster S22 Ep9	9.05pm The Madame Blanc Mysteries S5 Ep1
9.05pm The Celebrity Traitors: Uncloaked S2 Ep9	10pm Live at the Apollo S19 Ep2	9pm Long Lost Family S14 Ep2	10.05pm It Gets Worse (2 episodes)	10.05pm A Night in with Sally Lindsay & Suranne Jones S1 Ep1
9.30pm Not Going Out S15 Ep6	10.30pm Newsnight, followed by Weather	10pm ITV News at Ten	11.10pm Gogglebox for SU2C S28 Ep8	11.05pm 999: Killer on the Line S2 Ep4
10pm BBC News and Weather	11pm Uncanny S2 Ep4	10.30pm ITV News London		
10.30pm BBC London News		10.45pm Godzilla vs Kong FILM		
10.40pm Question Time S2026 Ep26				
11.40pm Newscast S7 Ep14				

At 9pm on every other channel

E4 Gogglebox
Film4 The Contractor
ITV2 Big Brother
ITV3 Vera from 8pm
ITV4 Benidorm
More4 Our Yorkshire Pub Rescue with Jon Richardson
Drama A Remarkable Place to Die
Dave QI XL
Yesterday Dream Car Fixers
Quest Aussie Gold Hunters
Talking Pictures TV The Wheeltappers and Shunters Social Club from 8.30pm
Legend Safe House
BBC Four The Guns of Navarone from 8pm
5USA Blue Bloods
5Star A&E After Dark
Really The 6000lb Diaries with Dr
Blaze Ancient Aliens
GREAT! Movies Chief of Station

GREAT! Action Billy Lynn's Long Halftime Walk
GREAT! Romance A Christmas Contest from 8pm
GREAT! TV Carry On Sergeant
Sky Arts The Rocky Horror Picture Show: Strange Journey
That's TV Benidorm
5Action Police Interceptors
4seven Grand Designs
TLC Mock The Week
BBC Three Lara Croft: Tomb Raider from 8.25pm
Challenge The Chase
DMAX Expedition Bigfoot
PBS America Iron Curtain: Living Under Soviet Occupation from 8.15pm
Rewind TV The Other 'Arf
STV (Scotland only) Long Lost Family
S4C (Wales only) Y Byd yn ei Le
BBC Alba (Scotland only) Ath-thogail Notre-Dame/Rebuilding Notre-Dame
Food Network Secrets Of The Chinese Kitchen
Together TV Case Sensitive

Films tonight, from 6pm

6.50pm Rat Race (2001) Film4
7pm Christmas with the Singhs (2024) Movies24
7.28pm My Mother's Murder (2018) GREAT! Movies
8pm The Guns of Navarone (1961) BBC Four
8.25pm Lara Croft: Tomb Raider (2001) BBC Three
9pm The Contractor (2022) Film4
9pm Billy Lynn's Long Halftime Walk (2016) GREAT! Action
9pm Carry On Sergeant (1958) GREAT! TV
9pm Safe House (2012) Legend

9pm American Made (2017) Legend Xtra
9pm An Ice Palace Romance (2023) Movies24
9pm Chief of Station (2024) GREAT! Movies
9.20pm Modesty Blaise (1966) Talking Pictures TV
10pm Nikki And Nora Sister Sleuths (2022) GREAT! Mystery
10.30pm Halloween (1978) BBC Four
10.45pm Godzilla vs Kong (2021) ITV1
11pm Tidings For The Season (2025) Movies24
+ 5 more films tonight: tvradar.uk/films-on-tv-this-week