



# FREE & EASY



## Freeview channel guide

Proposed line-up from 30th September 2009\*































\*subject to change at short notice



# channel guide

Freeview

## tv channels

1		BBC One 24 hours	20		Virgin 1 24 hours
2		BBC Two 24 hours	21		TMF 24 hours
3		ITV 1 24 hours	22		Ideal World 05:00 - 00:00
4		Channel 4 24 hours	23		bid tv 08:00 - 01:00
5		FIVE 24 hours	24		ITV 4 24 hours
6		ITV 2 24 hours	25	<b>Dave ja vu</b>	Dave ja vu 08:00 - 04:00
7		BBC Three 19:00 - 05:30	27		ITV 2+1 24 hours
9		BBC Four 19:00 - 05:30	28		E4 24 hours
10		ITV 3 24 hours	29		E4+1 24 hours
11		Sky Three 24 hours	30	<b>FIVER</b>	FIVER 06:00 - 23:00
12		Yesterday 06:00 - 18:00	31	<b>FIVEUSA</b>	FIVE USA 12:00 - 01:00
13		Channel 4+1 24 hours	32		The Big Deal 22:00 - 05:00
14		More4 09:00 - 02:00	35		Virgin1 +1 18:00 - 06:00
15		Film4 11:00 - 03:00	36		Create and Craft 08:00 - 13:00
16		QVC 24 hours	37		Price-drop 08:00 - 00:00
18		4Music 24 hours	38		Quest 10:00 - 01:00
19	<b>Dave</b>	Dave 07:00 - 03:00	39		Supercasino 24 hours

## tv channels

70		CBBC 07:00 - 19:00	84		CNN 19:00 - 00:00
71		CBeebies 06:00 - 19:00	85		Russia Today 06:00 - 08:00 18:00 - 22:00
72		CITV (not in Wales) 06:00 - 18:00	100		Teletext on Freeview 24 hours
80		BBC News 24 hours			NHS Choice
81		BBC Parliament 24 hours	105		BBC Red button 24 hours
82		Sky News 24 hours	108		Sky Text 24 hours
83		Sky Sports News 24 hours			
37	Price-drop	08:00 - 00:00	96	Babestation	01:00 - 05:30
40	Rocks & Co	06:00 - 21:00	97	Partyland	01:00 - 05:30
45	Lottery Xtra	08:45 - 09:45	101	Teletext Holidays	24 hours
87	Community Channel	06:00 - 09:00	102	Rabbit	24 hours
88	Teachers' TV	16:00 - 18:00	103	Teletext Casino	24 hours
94	SmileTV2	00:00 - 05:00	104	1-2-1 Dating	24 hours
95	SmileTV3	01:00 - 05:30	106	Directgov	24 hours
			107	Gay Rabbit	24 hours

## regional variations

4		S4C (in Wales) 11:00 - 00:00	8		TeleG (in Scotland) 18:00 - 19:00
8		Channel 4 (in Wales) 24 hours	86		S4C2 (in Wales) 09:00 - 18:00

## How to check for new channels

Please note a major upgrade to the Freeview service on 30th September will require you to retune your Freeview equipment. Go to [www.freeview.co.uk/retune](http://www.freeview.co.uk/retune) for more information. To make sure that you are receiving the most up to date channels and services available to you should regularly retune your equipment. A typical sequence is:

























- Press MENU on your remote control
- From the Menu options, select the 'Tuning Menu'
- Select 'Auto Setup' or 'Update' to rescan your digital TV†

(†also referred to as 'Update', 'Retune', 'Replace' or 'Store Channels')






# channel guide

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## radio stations

700		BBC Radio 1	713		Kiss
701		1Xtra BBC	714		Heat
702		BBC Radio 2	715		Magic
703		BBC Radio 3	716		Q
704		BBC Radio 4	718		Smooth FM
705		BBC Radio Five Live	722		Kerrang!
706		BBC Five Live Sports Extra	723		talkSPORT
707		BBC Radio 6 Music	725		Premier Christian radio
708		BBC Radio 7	726		U105 (Northern Ireland only)
709		BBC Radio Asian Network	727		Absolute Radio
710		BBC World Service	728		Heart FM
711		The Hits Radio			
712		Smash Hits!			

## regional variations

719		BBC RADIO SCOTLAND	720		Radio nan Gaidheal
719		BBC RADIO ULSTER	720		Radio Foyle
719		BBC Wales	720		Cymru Wales

**Freeview<sup>®</sup>**



**As well as all of the great Freeview channels, with Freeview+ you can record them and watch them whenever you want.**

- ★ Over 50 digital TV channels\*, and 24 digital radio stations including ITV2, E4, BBC Three, and Film4
- ★ One touch recording from the 7 day on-screen TV guide (EPG), no need for tapes
- ★ Watch one channel, record another on selected products\*\*
- ★ Pause live TV to grab a snack and not miss a thing
- ★ Record an entire TV series with series recording at the touch of a button
- ★ No subscription, no contract, no fuss.

**As always with Freeview there's no subscription to pay: you just purchase the kit, plug it in and away you go.**

\* Subject to coverage \*\*Digital TV recorders with twin tuners built in, or a separate digital TV recorder combined with a digital TV.