

There's always more
to see with Freeview



**Channel
Guide**
Spring 2016

General Entertainment

1	BBC One Regional variations BBC One NI BBC One Scotland BBC One Wales		15	Film4	
2	BBC Two Regional variations BBC Two NI BBC Two Scotland BBC Two Wales		16	QVC	
3	ITV Regional variations ITV Wales STV UTV		17	Really 08:00 – 02:00	
4	Channel 4 Regional variations S4/C.Wales		18	4Music	
5	Channel 5		19	Yesterday	
6	ITV2		20	Drama 07:00 – 04:00	
8	England: Local TV Scotland: BBC Alba Wales: Channel 4		21	5 USA 06:00 – 04:00	
9	BBC Four 19:00 – 05:30		22	Ideal World 05:00 – 00:00	
10	ITV3		23	Scotland & Wales: Local TV	
11	Pick		24	ITV4	
12	Dave 07:00 – 03:00		25	Home	
13	Channel 4+1		26	ITV Be	
14	More4		27	ITV 2+1	
			28	E4	
			29	E4+1	
			30	5STAR 06:00 – 00:00	
			31	Spike	
			32	Movie Mix	
			33	ITV+1 Regional variations STV+1 UTV+1	
			34	ITV3+1 18:00 – 06:00	

General Entertainment

35	QVC Beauty 08:00 – 13:00		61	True Entertainment 06:00 – 03:00 (Not in Wales)	
36	Create and Craft 07:00 – 22:00		62	ITV4+1 04:00 – 06:00 Mon – Fri only	
37	Quest		63	Community Channel¹	
38	Quest+1		64	CBS Action	
39	The Store 06:00 – 04:00		65	TBN UK	
40	Rocks & Co 1 08:00 – 02:00		66	CBS Reality	
41	Food Network		67	CBS Reality+1¹	
42	Travel Channel		68	truTV	
43	Gems TV		69	truTV+1	
44	Channel 5+1		70	Horror Channel	
45	Film4 +1		72	Your TV 07:00 – 03:00 Mon – Fri	
46	Challenge		73	Your TV+1 03:00 – 04:00 Mon – Fri	
47	4Seven 09:15 – 05:00 Mon – Fri 09:00 – 05:00 Sat – Sun		74	CBS Drama¹	
48	Movies4Men		76	Jewellery Maker	
49	TJC 12:00 – 00:00		77	Rishtey Europe¹	
50	Movies4Men+1¹		81	Talking Pictures TV¹	
55	Channel 5+24 19:00 – 00:00		82	True Movies 1²	
57	Viva¹ 05:00 – 18:00		83	5 USA+1¹ 18:00 – 05:00	
			84	Dave Ja Vu	

TV Channels



HD Channels

101	BBC One HD Regional variations BBC One HD NI BBC One HD Scotland BBC One HD Wales	
102	BBC Two HD	
103	ITV HD Regional variations ITV Wales HD STV HD UTV HD	
104	Channel 4 HD	
106	BBC Four HD² 19:00 – 04:00	
107	BBC News HD²	
108	Al Jazeera English HD²	
109	Channel 4+1 HD²	
110	4Seven HD²	
111	QVC+1 HD² 01:00 – 13:00	
112	QVC Beauty HD² 13:00 – 01:00	
113	RT HD²	

Childrens

120	CBBC 05:30 – 19:00	
121	CBeebies 05:30 – 19:00	
122	CITV 06:00 – 18:00	
123	CBBC HD 07:00 – 19:00	
124	CBeebies HD² 06:00 – 19:00	
125	Pop²	
126	Tiny Pop 03:00 – 00:00	

News

130	BBC News	
131	BBC Parliament	
132	Sky News	
134	Al Jazeera Arabic¹	
135	RT	

TV Channels



Nations

4	S4/C Wales	
8	Local TV England BBC Alba Scotland Channel 4 Wales	
51	TG4 Northern Ireland	
52	RTÉ One Northern Ireland	
53	RTÉ2 Northern Ireland	



Regions Local TV

New local channels will launch on channel 8 in England and channel 23 in Scotland & Northern Ireland.

8	Bay TV Liverpool Serving Liverpool	
8	Big Centre TV Serving Birmingham	
8	Cambridge TV Serving Cambridge	
8	Estuary TV Serving Grimsby and parts of north Lincolnshire and East Yorkshire	
8	Latest TV Serving Brighton, Hove, Shoreham, Worthing and surrounding area	
8	London Live Serving London	
8	Made in Tyne and Wear Serving Newcastle	
8	Mustard Serving Norwich and the surrounding area	

8	Notts TV Serving Nottingham and the surrounding area 16:00 - 00:00	
8	NVTV Serving Belfast	
8	Sheffield Live Serving Sheffield	
8	That's Lancashire Serving Lancashire	
8	That's Solent Serving Southampton	
8	That's Oxford Serving Oxford	
23	STV Edinburgh Serving Edinburgh and the east of Scotland 12:00 - 00:30	
23	STV Glasgow Serving Glasgow and the west of Scotland 12:00 - 01:00	
23	Made in Cardiff Serving Cardiff	

TV Channels

Manchester area only channels

54	Heart TV
56	Capital TV
60	Chart Show TV
80	Showbiz TV
127	Pop+1
128	Tiny Pop+1



Streamed Channels

225	Connect 1
226	CCTV
227	Connect 2
231	Racing TV (pay service)
234	Connect 4
239	Sonlife
240	Motors
241	TVPlayer
242	Vintage TV
243	Dating
244	VisionTV
245	Planet Knowledge ¹
246	JSTV
247	kykNET
252	ABN UK
254	Showcase TV
255	BoxNation (pay service)
256	Inspiration TV

601



Only available with a compatible Freeview HD box or TV - 2012 model onwards; broadband required.

700	BBC Radio 1		719	BBC Radio Scotland BBC Radio Ulster BBC Radio Wales	
701	BBC R1X		720	BBC Radio nan Gaidheal BBC Radio Cymru BBC Radio Foyle	
702	BBC Radio 2		723	talkSPORT	
703	BBC Radio 3		724	Capital FM	
704	BBC Radio 4		725	Premier Christian Radio	
705	BBC R5L		726	U105 (N. Ireland only)	
706	BBC R5SX		727	Absolute Radio	
707	BBC 6 Music		728	Heart (not in Scotland)	
708	BBC Radio 4 Extra		730	Insight Radio	
709	BBC Asian Network		731	Classic FM	
710	BBC World Service		732	LBC	
711	The Hits Radio		733	Trans World Radio ¹	
712	KISS FRESH				
713	KISS				
714	KISSTORY				
715	Magic				
716	heat				
717	Kerrang! 08:00 - 04:00				
718	Smooth Radio				

Text Services

200 **BBC Red Button**

207 **Kiss Me TV**

208 **Proud Dating**

Freeview Information

100



Service information and contact details for the Freeview advice line can be found on the Freeview Information page at channel 100.



How to check for new or missing channels

To make sure that you are receiving the most up to date channels and services you should regularly retune your equipment.

Most Freeview HD TVs and Recorders prompt you to retune (rescan) when a change has occurred. Older products need to be manually retuned from time to time. This is usually a straightforward process.

Steps will vary by manufacturer, however a typical sequence is:

1. Press 'Menu' on your remote control.
2. Select 'Set up', 'Installation', 'Update' or similar option. If you're asked for a password, the default code is 0000 or 1234.
3. Select the 'First time installation' option (sometimes called 'Factory reset', 'Full retune' or 'Default settings'). Press 'OK' if your equipment asks if it is ok to delete existing channels. This will clear your existing settings and find the new channel line-up. If prompted then save the channels that are found.

Following a retune you may find that channel favourites and scheduled recordings are deleted so do check and reset these. However, recordings should not be deleted.

¹ Available in certain towns & cities. Only available via HD equipment. Visit freeview.co.uk/availability

² Available in certain towns & cities. Visit freeview.co.uk/availability