



# FREE & EASY


































## Freeview channel guide

get set for digital

# channel guide

Freeview






















## tv channels

1		<b>BBC One</b> 24 hours	19		<b>Dave</b> 07:00 - 03:00
2		<b>BBC Two</b> 24 hours	20		<b>Virgin 1</b> 24 hours
3		<b>ITV 1</b> 24 hours	21		<b>TMF</b> 24 hours
4		<b>Channel 4</b> 24 hours	22		<b>Ideal World</b> 24 hours
5		<b>FIVE</b> 24 hours	23		<b>bid tv</b> 08:00 - 01:00
6		<b>ITV 2</b> 24 hours	24		<b>ITV 4</b> 24 hours
7		<b>BBC Three</b> 19:00 - 04:00	25		<b>Dave ja vu</b> 08:00 - 04:00
9		<b>BBC Four</b> 19:00 - 04:00	27		<b>ITV 2+1</b> 24 hours
10		<b>ITV 3</b> 24 hours	28		<b>E4</b> 24 hours
11		<b>Sky Three</b> 24 hours	29		<b>E4+1</b> 24 hours
12		<b>Yesterday</b> 06:00 - 18:00	30		<b>FIVER</b> 06:00 - 23:00
13		<b>Channel 4+1</b> 24 hours	31		<b>FIVE USA</b> 12:00 - 01:00
14		<b>More4</b> 09:00 - 02:00	35		<b>Virgin1 +1</b> 18:00 - 06:00
15		<b>Film4</b> 11:00 - 03:00	37		<b>Smile TV</b> 03:00 - 07:00
16		<b>QVC</b> 24 hours	43		<b>Gems TV</b> 09:45 - 12:45
18		<b>4Music</b> 24 hours	44		<b>Gems TV</b> 19:00 - 21:00





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43		Supercasino 24 hours	84		CNN 21:00 - 01:00
45		Lottery Xtra 08:45 - 09:45	85		Russia Today 06:00 - 08:00
47		Quest 10:00 - 00:00	87		Community Channel 06:00 - 09:00
49		Netplay TV 06:00 - 21:00	88		Teachers' TV 16:00 - 18:00
50		Partyland 01:00 - 05:30	100		Teletext on Freeview 24 hours
70		CBBC 07:00 - 19:00			NHS Choices
71		CBeebies 06:00 - 19:00	101		Teletext Holidays 24 hours
72		CITV (not in Wales) 06:00 - 18:00	102		Rabbit 24 hours
80		BBC News 24 hours	103		Teletext Casino 24 hours
81		BBC Parliament 24 hours	104		1-2-1 Dating 24 hours
82		Sky News 24 hours	105		BBC Red button 24 hours
83		Sky Sports News 24 hours	106		Directgov 24 hours
			108		Sky Text 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






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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
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>



- ★ Up to 48 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.

### How to check for new channels

We're always growing the Freeview family tree by adding new channels. So to make sure you're getting all the Freeview channels, just rescan your digital box or TV. It's easy... some digital boxes and TVs rescan automatically and others need to be manually rescanned. To manually rescan you need to press 'Menu' on your remote control and follow the on-screen instructions or those printed in your manual. 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')

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