

## KEY

1 Player	4 Mixit	PREMIUM CHANNELS
2 Mix	5 Maxit	
3 Full House		+ PERSONAL PICK



## CHANNEL GUIDE | JANUARY 2023

## HOW TO FIND WHICH CHANNELS YOU CAN GET

1. Match your package to the column
  2. If there's a tick in your column, you get that channel
  3. If there's a plus sign, it's available as part of a Personal Pick collection
- | 1 2 3 4 5 | 101 BBC One/HD*                     | 190 W +1 |
|-----------|-------------------------------------|----------|
| ✓ ✓ ✓ ✓ ✓ | 100 Virgin Media Previews HD        |          |
| ✓ ✓ ✓ ✓ ✓ | 101 BBC One HD                      |          |
| ✓ ✓ ✓ ✓ ✓ | 102 BBC Two HD                      |          |
| ✓ ✓ ✓ ✓ ✓ | 103 ITV1 HD/STV HD*                 |          |
| ✓ ✓ ✓ ✓ ✓ | 104 Channel 4 HD/S4C HD*            |          |
| ✓ ✓ ✓ ✓ ✓ | 105 Channel 5 HD                    |          |
| ✓ ✓ ✓ ✓ ✓ | 106 E4 HD                           |          |
| ✓ ✓ ✓ ✓ ✓ | 107 BBC Three HD/BBC Four HD*       |          |
| ✓ ✓ ✓ ✓ ✓ | 108 BBC Four HD/Channel 4 HD Wales* |          |
| ✓ ✓ ✓ ✓ ✓ | 109 Sky Showcase HD                 |          |
| ✓ ✓ ✓ ✓ ✓ | 110 Sky Witness HD                  |          |
| ✓ ✓ ✓ ✓ ✓ | 111 Sky Max HD                      |          |
| ✓ ✓ ✓ ✓ ✓ | 112 Sky Comedy HD                   |          |
| ✓ ✓ ✓ ✓ ✓ | 114 ITV1 +1 & STV +1*               |          |
| ✓ ✓ ✓ ✓ ✓ | 115 ITV2 HD                         |          |
| ✓ ✓ ✓ ✓ ✓ | 116 ITV2 +1                         |          |
| ✓ ✓ ✓ ✓ ✓ | 117 ITV3 HD                         |          |
| ✓ ✓ ✓ ✓ ✓ | 118 ITV4 HD                         |          |
| ✓ ✓ ✓ ✓ ✓ | 119 ITVBe HD                        |          |
| ✓ ✓ ✓ ✓ ✓ | 120 ITVBe +1/BBC Alba*              |          |
| ✓ ✓ ✓ ✓ ✓ | 121 Sky Crime HD                    |          |
| ✓ ✓ ✓ ✓ ✓ | 122 Sky Sci-Fi HD                   |          |
| ✓ ✓ ✓ ✓ ✓ | 123 Sky Arts HD                     |          |
| ✓ ✓ ✓ ✓ ✓ | 124 GOLD HD                         |          |
| ✓ ✓ ✓ ✓ ✓ | 125 W HD                            |          |
| ✓ ✓ ✓ ✓ ✓ | 126 alibi HD                        |          |
| ✓ ✓ ✓ ✓ ✓ | 127 Dave HD                         |          |
| ✓ ✓ ✓ ✓ ✓ | 128 Really                          |          |
| ✓ ✓ ✓ ✓ ✓ | 129 Yesterday HD                    |          |
| ✓ ✓ ✓ ✓ ✓ | 130 Drama HD                        |          |
| ✓ ✓ ✓ ✓ ✓ | 131 Dave ja vu                      |          |
| ✓ ✓ ✓ ✓ ✓ | 132 Comedy Central HD               |          |
| ✓ ✓ ✓ ✓ ✓ | 133 Comedy Central +1               |          |
| ✓ ✓ ✓ ✓ ✓ | 134 MTV HD                          |          |
| ✓ ✓ ✓ ✓ ✓ | 135 Pick                            |          |
| ✓ ✓ ✓ ✓ ✓ | 139 Challenge                       |          |
| ✓ ✓ ✓ ✓ ✓ | 140 Sky Arts                        |          |
| ✓ ✓ ✓ ✓ ✓ | 142 Channel 4 +1                    |          |
| ✓ ✓ ✓ ✓ ✓ | 143 4Seven HD                       |          |
| ✓ ✓ ✓ ✓ ✓ | 146 E4 +1                           |          |
| ✓ ✓ ✓ ✓ ✓ | 147 More4 HD                        |          |
| ✓ ✓ ✓ ✓ ✓ | 148 CBS Reality                     |          |
| ✓ ✓ ✓ ✓ ✓ | 149 Legend                          |          |
| ✓ ✓ ✓ ✓ ✓ | 150 5ACTION HD                      |          |
| ✓ ✓ ✓ ✓ ✓ | 151 5STAR                           |          |
| ✓ ✓ ✓ ✓ ✓ | 152 5Select                         |          |
| ✓ ✓ ✓ ✓ ✓ | 153 5 USA                           |          |
| ✓ ✓ ✓ ✓ ✓ | 154 Comedy Central Extra            |          |
| ✓ ✓ ✓ ✓ ✓ | 155 Channel 5 +1                    |          |
| ✓ ✓ ✓ ✓ ✓ | 156 Sky Replay                      |          |
| ✓ ✓ ✓ ✓ ✓ | 157 BBC Three HD*                   |          |
| ✓ ✓ ✓ ✓ ✓ | 159 Regional Channels               |          |
| ✓ ✓ ✓ ✓ ✓ | 160 E! HD                           |          |
| ✓ ✓ ✓ ✓ ✓ | 161 BBC Alba*                       |          |
| ✓ ✓ ✓ ✓ ✓ | 162 BBC Scotland HD/ITVBe +1*       |          |
| ✓ ✓ ✓ ✓ ✓ | 163 Sky Witness +1                  |          |
| ✓ ✓ ✓ ✓ ✓ | 164 Sky Crime +1                    |          |
| ✓ ✓ ✓ ✓ ✓ | 166 S4C HD*                         |          |
| ✓ ✓ ✓ ✓ ✓ | 167 TLC HD                          |          |
| ✓ ✓ ✓ ✓ ✓ | 168 Investigation Discovery         |          |
| ✓ ✓ ✓ ✓ ✓ | 169 Quest HD                        |          |
| ✓ ✓ ✓ ✓ ✓ | 170 Quest Red                       |          |
| ✓ ✓ ✓ ✓ ✓ | 171 DMAX                            |          |

## ENTERTAINMENT

1 2 3 4 5	172 TLC +1
✓ ✓ ✓ ✓ ✓	173 Investigation Discovery +1
✓ ✓ ✓ ✓ ✓	174 ITV3 +1
✓ ✓ ✓ ✓ ✓	175 ITV4 +1
✓ ✓ ✓ ✓ ✓	181 Comedy Central
✓ ✓ ✓ ✓ ✓	185 5 USA +1
✓ ✓ ✓ ✓ ✓	186 5STAR +1
✓ ✓ ✓ ✓ ✓	189 GREAT TV
✓ ✓ ✓ ✓ ✓	190 W +1
✓ ✓ ✓ ✓ ✓	191 alibi +1
✓ ✓ ✓ ✓ ✓	192 HorrorXtra
✓ ✓ ✓ ✓ ✓	194 GOLD +1
✓ ✓ ✓ ✓ ✓	195 More4 +1
✓ ✓ ✓ ✓ ✓	197 RealityXtra
✓ ✓ ✓ ✓ ✓	198 Crime + Investigation HD
✓ ✓ ✓ ✓ ✓	199 BLAZE®
✓ ✓ ✓ ✓ ✓	204 Netflix
✓ ✓ ✓ ✓ ✓	205 Amazon Prime Video
✓ ✓ ✓ ✓ ✓	213 Quest +1
✓ ✓ ✓ ✓ ✓	214 DMAX +1
✓ ✓ ✓ ✓ ✓	217 Yesterday HD +1
✓ ✓ ✓ ✓ ✓	218 CBS Reality +1
✓ ✓ ✓ ✓ ✓	219 HorrorXtra +1
✓ ✓ ✓ ✓ ✓	222 Crime + Investigation +1
✓ ✓ ✓ ✓ ✓	226 Drama HD +1
✓ ✓ ✓ ✓ ✓	228 Virgin TV Ultra HD
✓ ✓ ✓ ✓ ✓	991 BBC RB HD
✓ ✓ ✓ ✓ ✓	999 Virgin TV Ultra HD
1 2 3 4 5	FACTUAL & LIFESTYLE
✓ ✓ ✓ ✓ ✓	245 Eden HD
✓ ✓ ✓ ✓ ✓	246 Eden +1
✓ ✓ ✓ ✓ ✓	250 Discovery HD
✓ ✓ ✓ ✓ ✓	251 Animal Planet HD
✓ ✓ ✓ ✓ ✓	252 Discovery Science
✓ ✓ ✓ ✓ ✓	256 Discovery Turbo
✓ ✓ ✓ ✓ ✓	257 Discovery History
✓ ✓ ✓ ✓ ✓	258 Discovery +1
✓ ✓ ✓ ✓ ✓	259 Animal Planet +1
✓ ✓ ✓ ✓ ✓	260 Discovery Science +1
✓ ✓ ✓ ✓ ✓	261 Discovery History +1
✓ ✓ ✓ ✓ ✓	265 National Geographic WILD HD
✓ ✓ ✓ ✓ ✓	266 National Geographic HD
✓ ✓ ✓ ✓ ✓	267 National Geographic +1
✓ ✓ ✓ ✓ ✓	269 Together
✓ ✓ ✓ ✓ ✓	270 Sky HISTORY HD
✓ ✓ ✓ ✓ ✓	274 Sky HISTORY +1
✓ ✓ ✓ ✓ ✓	272 Sky HISTORY2HD
✓ ✓ ✓ ✓ ✓	273 PBS America
✓ ✓ ✓ ✓ ✓	277 Sky Documentaries HD
✓ ✓ ✓ ✓ ✓	278 Sky Nature HD
✓ ✓ ✓ ✓ ✓	285 Food Network
✓ ✓ ✓ ✓ ✓	286 HGTV
✓ ✓ ✓ ✓ ✓	290 HGTV +1
✓ ✓ ✓ ✓ ✓	292 God Channel
1 2 3 4 5	MUSIC
✓ ✓ ✓ ✓ ✓	300 VM Music
✓ ✓ ✓ ✓ ✓	310 MTV Music
✓ ✓ ✓ ✓ ✓	311 MTV Live HD
✓ ✓ ✓ ✓ ✓	312 MTV Hits
✓ ✓ ✓ ✓ ✓	313 MTV 90s
1 2 3 4 5	316 MTV 80s
✓ ✓ ✓ ✓ ✓	335 The Box
✓ ✓ ✓ ✓ ✓	336 4Music
✓ ✓ ✓ ✓ ✓	337 E4 Extra
✓ ✓ ✓ ✓ ✓	338 Kiss
✓ ✓ ✓ ✓ ✓	340 Magic
✓ ✓ ✓ ✓ ✓	342 Kerrang!
✓ ✓ ✓ ✓ ✓	344 Vevo
✓ ✓ ✓ ✓ ✓	345 Clubland TV
✓ ✓ ✓ ✓ ✓	346 Now 70s
✓ ✓ ✓ ✓ ✓	347 Now 80s
✓ ✓ ✓ ✓ ✓	348 NOW ROCK

1 2 3 4 5	NEWS
✓ ✓ ✓ ✓ ✓	601 BBC News HD
✓ ✓ ✓ ✓ ✓	602 Sky News HD
✓ ✓ ✓ ✓ ✓	603 Sky News
✓ ✓ ✓ ✓ ✓	604 GB News
✓ ✓ ✓ ✓ ✓	605 BBC Parliament
✓ ✓ ✓ ✓ ✓	606 TalkTV
✓ ✓ ✓ ✓ ✓	609 Bloomberg HD
✓ ✓ ✓ ✓ ✓	613 CNBC
✓ ✓ ✓ ✓ ✓	614 NBC News NOW HD
✓ ✓ ✓ ✓ ✓	620 Euronews
✓ ✓ ✓ ✓ ✓	621 NDTV 24x7
✓ ✓ ✓ ✓ ✓	622 Al Jazeera English
✓ ✓ ✓ ✓ ✓	624 France 24 English HD
✓ ✓ ✓ ✓ ✓	625 NHKworld HD

1 2 3 4 5	MOVIES
✓ ✓ ✓ ✓ ✓	400 Virgin Movies Previews
✓ ✓ ✓ ✓ ✓	401 Sky Cinema Premiere HD
✓ ✓ ✓ ✓ ✓	402 Sky Cinema Select HD
✓ ✓ ✓ ✓ ✓	403 Sky Cinema Hits HD
✓ ✓ ✓ ✓ ✓	404 Sky Cinema Greats HD
✓ ✓ ✓ ✓ ✓	406 Sky Cinema Family HD
✓ ✓ ✓ ✓ ✓	407 Sky Cinema Action HD
✓ ✓ ✓ ✓ ✓	408 Sky Cinema Comedy HD
✓ ✓ ✓ ✓ ✓	409 Sky Cinema Thriller HD
✓ ✓ ✓ ✓ ✓	410 Sky Cinema Drama HD
✓ ✓ ✓ ✓ ✓	411 Sky Cinema Sci-Fi & Horror HD
✓ ✓ ✓ ✓ ✓	412 Sky Cinema Animation HD
✓ ✓ ✓ ✓ ✓	415 TCM Movie HD
✓ ✓ ✓ ✓ ✓	417 TCM Movies +1
✓ ✓ ✓ ✓ ✓	419 Movies 24
✓ ✓ ✓ ✓ ✓	420 Movies 24 +
✓ ✓ ✓ ✓ ✓	424 Great! Romance
✓ ✓ ✓ ✓ ✓	425 Great! Movies
✓ ✓ ✓ ✓ ✓	426 Great! Movies Action
✓ ✓ ✓ ✓ ✓	428 Film4 HD
✓ ✓ ✓ ✓ ✓	430 Film4 +1
✓ ✓ ✓ ✓ ✓	445 Talking Pictures TV

1 2 3 4 5	SPORT
✓ ✓ ✓ ✓ ✓	501 Sky Sports Main Event HD
✓ ✓ ✓ ✓ ✓	502 Sky Sports Premier League HD
✓ ✓ ✓ ✓ ✓	503 Sky Sports Football HD
✓ ✓ ✓ ✓ ✓	504 Sky Sports Cricket HD
✓ ✓ ✓ ✓ ✓	505 Sky Sports Golf HD
✓ ✓ ✓ ✓ ✓	506 Sky Sports F1® HD
✓ ✓ ✓ ✓ ✓	507 Sky Sports NFL HD
✓ ✓ ✓ ✓ ✓	508 Sky Sports Arena HD
✓ ✓ ✓ ✓ ✓	509 Sky Sports News HD
✓ ✓ ✓ ✓ ✓	510 Sky Sports Mix HD
✓ ✓ ✓ ✓ ✓	511 Sky Sports Main Event
✓ ✓ ✓ ✓ ✓	512 Sky Sports Premier League
✓ ✓ ✓ ✓ ✓	513 Sky Sports Football
✓ ✓ ✓ ✓ ✓	514 Sky Sports Cricket
✓ ✓ ✓ ✓ ✓	515 Sky Sports Golf
✓ ✓ ✓ ✓ ✓	516 Sky Sports F1®
✓ ✓ ✓ ✓ ✓	517 Sky Sports NFL
✓ ✓ ✓ ✓ ✓	518 Sky Sports Arena
✓ ✓ ✓ ✓ ✓	521 Eurosport 1 HD
✓ ✓ ✓ ✓ ✓	522 Eurosport 2 HD
✓ ✓ ✓ ✓ ✓	526 MUTV
✓ ✓ ✓ ✓ ✓	527 BT Sport 1 HD
✓ ✓ ✓ ✓ ✓	528 BT Sport 2 HD
✓ ✓ ✓ ✓ ✓	529 BT Sport 3 HD
✓ ✓ ✓ ✓ ✓	530 BT Sport 4 HD
✓ ✓ ✓ ✓ ✓	531 BT Sport Ultimate
✓ ✓ ✓ ✓ ✓	535 Sky Sports Racing HD
✓ ✓ ✓ ✓ ✓	544 LFC TV HD
✓ ✓ ✓ ✓ ✓	551 Viaplay Sports 1 HD
✓ ✓ ✓ ✓ ✓	552 Viaplay Sports 2 HD
✓ ✓ ✓ ✓ ✓	553 Viaplay Xtra

1 2 3 4 5	KIDS
✓ ✓ ✓ ✓ ✓	701 CBBC HD
✓ ✓ ✓ ✓ ✓	702 CBeebies HD
✓ ✓ ✓ ✓ ✓	703 Baby TV
✓ ✓ ✓ ✓ ✓	704 Cartoon Network HD
✓ ✓ ✓ ✓ ✓	705 Cartoon Network +1
✓ ✓ ✓ ✓ ✓	706 Cartooneo
✓ ✓ ✓ ✓ ✓	712 Nickelodeon HD
✓ ✓ ✓ ✓ ✓	713 Nick +1
✓ ✓ ✓ ✓ ✓	715 Nick Jr.
✓ ✓ ✓ ✓ ✓	716 Nick Jr. Too
✓ ✓ ✓ ✓ ✓	717 Nicktoons
✓ ✓ ✓ ✓ ✓	730 Boomerang
✓ ✓ ✓ ✓ ✓	731 Boomerang +1
✓ ✓ ✓ ✓ ✓	734 CITV
✓ ✓ ✓ ✓ ✓	736 Pop
✓ ✓ ✓ ✓ ✓	737 Tiny Pop

1 2 3 4 5	SHOPPING
✓ ✓ ✓ ✓ ✓	740 QVC HD
✓ ✓ ✓ ✓ ✓	741 QVC Beauty
✓ ✓ ✓ ✓ ✓	742 QVC Style HD
✓ ✓ ✓ ✓ ✓	743 QVC Extra
✓ ✓ ✓ ✓ ✓	747 Ideal World
✓ ✓ ✓ ✓ ✓	748 Create and Craft
✓ ✓ ✓ ✓ ✓	755 Gems TV
✓ ✓ ✓ ✓ ✓	757 TJC

1 2 3 4 5	INTERNATIONAL
✓ ✓ ✓ ✓ ✓	801 Utsav Gold HD
✓ ✓ ✓ ✓ ✓	802 Utsav Bharat
✓ ✓ ✓ ✓ ✓	803 Utsav Plus HD
✓ ✓ ✓ ✓ ✓	805 SONY TV HD
✓ ✓ ✓ ✓ ✓	806 SONY MAX HD
✓ ✓ ✓ ✓ ✓	807 SONY SAB
✓ ✓ ✓ ✓ ✓	808 SONY MAX 2
✓ ✓ ✓ ✓ ✓	809 Zee TV HD
✓ ✓ ✓ ✓ ✓	810 Zee Cinema HD
✓ ✓ ✓ ✓ ✓	815 B4U Movies
✓ ✓ ✓ ✓ ✓	820 Colors TV HD
✓ ✓ ✓ ✓ ✓	826 Colors TV HD
✓ ✓ ✓ ✓ ✓	827 Colors Rishtey
✓ ✓ ✓ ✓ ✓	828 Colors Cineplex
✓ ✓ ✓ ✓ ✓	829 NDTV Good Times
✓ ✓ ✓ ✓ ✓	831 Al Jazeera Arabic
✓ ✓ ✓ ✓ ✓	838 Islam Channel
✓ ✓ ✓ ✓ ✓	839 Islam Channel Urdu

1 2 3 4 5	LOCAL
✓ ✓ ✓ ✓ ✓	159 Regional Channels
✓ ✓ ✓ ✓ ✓	861 BBC One London HD
✓ ✓ ✓ ✓ ✓	862 BBC One Scotland HD
✓ ✓ ✓ ✓ ✓	863 BBC One NI HD
✓ ✓ ✓ ✓ ✓	864 BBC One Wales HD
✓ ✓ ✓ ✓ ✓	865 BBC Two England HD

1 2 3 4 5	RADIO
✓ ✓ ✓ ✓ ✓	901 BBC Radio 1
✓ ✓ ✓ ✓ ✓	902 BBC Radio 2
✓ ✓ ✓ ✓ ✓	903 BBC Radio 3
✓ ✓ ✓ ✓ ✓	904 BBC Radio 4
✓ ✓ ✓ ✓ ✓	905 BBC Radio 5 Live
✓ ✓ ✓ ✓ ✓	906 BBC World Service
✓ ✓ ✓ ✓ ✓	907 BBC Radio 1 Xtra
✓ ✓ ✓ ✓ ✓	908 BBC Radio 5 Live Sports Extra
✓ ✓ ✓ ✓ ✓	909 BBC Radio 6 Music
✓ ✓ ✓ ✓ ✓	910 BBC Radio 4 Extra
✓ ✓ ✓ ✓ ✓	911 BBC Radio 4 LW
✓ ✓ ✓ ✓ ✓	912 BBC Asian Network
✓ ✓ ✓ ✓ ✓	913 BBC Radio Cymru 2
✓ ✓ ✓ ✓ ✓	915 Absolute Radio
✓ ✓ ✓ ✓ ✓	916 Smooth Radio
✓ ✓ ✓ ✓ ✓	917 RTE Radio
✓ ✓ ✓ ✓ ✓	918 Heart FM
✓ ✓ ✓ ✓ ✓	919 LBC
✓ ✓ ✓ ✓ ✓	920 World Radio Network
✓ ✓ ✓ ✓ ✓	921 Heart 80s
✓ ✓ ✓ ✓ ✓	922 Classic FM
✓ ✓ ✓ ✓ ✓	923 Gold
✓ ✓ ✓ ✓ ✓	924 Planet Rock
✓ ✓ ✓ ✓ ✓	927 talkSPORT
✓ ✓ ✓ ✓ ✓	928 Magic
✓ ✓ ✓ ✓ ✓	930 BBC Radio Scotland
✓ ✓ ✓ ✓ ✓	931 BBC Radio Wales
✓ ✓ ✓ ✓ ✓	932 BBC Radio Ulster
✓ ✓ ✓ ✓ ✓	933 BBC Radio Foyle
✓ ✓ ✓ ✓ ✓	934 BBC Radio NanGaidheal
✓ ✓ ✓ ✓ ✓	936 BBC Radio Cymru
✓ ✓ ✓ ✓ ✓	937 BBC London
✓ ✓ ✓ ✓ ✓	951 Absolute 80s
✓ ✓ ✓ ✓ ✓	952 Absolute Classic Rock
✓ ✓ ✓ ✓ ✓	958 Capital
✓ ✓ ✓ ✓ ✓	959 Capital XTRA
✓ ✓ ✓ ✓ ✓	960 Radio X
✓ ✓ ✓ ✓ ✓	963 Kiss FM

1 2 3 4 5	ADULT
✓ ✓ ✓ ✓ ✓	969 Adult Previews
✓ ✓ ✓ ✓ ✓	970 Television X: The Fantasy Channel
✓ ✓ ✓ ✓ ✓	971 Babes & Brazzers
✓ ✓ ✓ ✓ ✓	972 Adult Channel
✓ ✓ ✓ ✓ ✓	973 XXX GirlGirl
✓ ✓ ✓ ✓ ✓	974 Krated 40 Plus
✓ ✓ ✓ ✓ ✓	978 TV X (subscription)
✓ ✓ ✓ ✓ ✓	979 XXX GirlGirl (subscription)
✓ ✓ ✓ ✓ ✓	980 Adult Channel (subscription)