

KEY

1 Player	4 Full House	PREMIUM CHANNELS
2 Mix	5 Mixit	+ PERSONAL PICK
3 Fun	6 Maxit	



CHANNEL GUIDE | AUGUST 2019

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 | 6 |
| <input checked="" type="checkbox"/> |
| 100 | 101 | 102 | 103 | 104 | 105 |
| BBC One/HD* | BBC Two HD | ITV/STV HD* | Channel 4 | Channel 5 | E4 |
| 106 | 107 | 108 | 109 | 110 | BBC Four HD |
| Sky One HD | Sky One | Sky One HD | Sky One | Sky Witness HD | Sky Witness HD |
| 111 | 112 | 113 | 114 | 115 | ITV1 |
| ITV2 | ITV2 +1 | ITV3 | ITV4 | ITV5 | ITV6 |
| ITV7 | ITV8 | ITV9 | ITV10 | ITV11 | ITV12 |
| ITV13 | ITV14 | ITV15 | ITV16 | ITV17 | ITV18 |
| ITV19 | ITVBe | ITVBe HD | ITVBe HD | ITVBe HD | ITVBe HD |
| ITVBe HD | Challenge +1 | Challenge +1 | Comedy Central HD | Comedy Central Extra | MTV HD |
| 180 | 181 | 182 | 183 | 184 | BET |
| 5 USA +1 | 5STAR +1 | Paramount Network HD | Paramount Network | True Entertainment | 185 |
| 186 | 187 | 188 | 189 | 190 | USA +1 |
| 185 | 186 | 187 | 188 | 189 | W +1 |
| 191 | 192 | 193 | 194 | 195 | alibi +1 |
| CBS Justice | Sony Crime Channel | GOLD +1 | MORE4 +1 | MORE4 HD | CBS Drama |
| 196 | 197 | 198 | 199 | 200 | YouTube |
| FOX HD | FOX HD | FOOTBALL | 200 Yesterday +1 | 201 CBS Reality +1 | 202 Horror Channel +1 |
| 200 Yesterday +1 | 201 CBS Reality +1 | 202 Horror Channel +1 | 203 4seven HD | 204 Netflix | 205 Sky Arts HD |
| 207 Real Lives +1 | 208 Lifetime® HD | 209 Crime + Investigation HD | 210 hoyu | 211 W HD | 212 Sky Arts |
| 210 hoyu | 211 W HD | 212 Sky Arts | 213 DMAX | 214 DMAX +1 | 215 Quest Red |
| 215 Quest Red | 216 BLAZE® | 217 Quest HD | 218 YourTV | 219 VICE | 220 True Entertainment +1 |
| 216 BLAZE® | 217 Quest HD | 218 YourTV | 219 VICE | 220 True Entertainment +1 | 221 Crime + Investigation +1 |
| 219 VICE | 220 True Entertainment +1 | 221 Crime + Investigation +1 | 222 Crime + Investigation +1 | 223 Lifetime® +1 | 224 DMAX +1 |
| 221 Crime + Investigation +1 | 222 Crime + Investigation +1 | 223 Lifetime® +1 | 224 DMAX +1 | 225 Lifetime® +1 | 226 alibi HD |
| 223 Lifetime® +1 | 224 DMAX +1 | 225 Lifetime® +1 | 226 alibi HD | 227 Dave HD | 228 Dave HD |
| 226 alibi HD | 227 Dave HD | 228 Dave HD | 229 Now 90s | 230 Total County | 231 4seven HD |
| 227 Dave HD | 228 Dave HD | 229 Now 90s | 230 Total County | 231 4seven HD | 232 E4 HD |
| 228 Dave HD | 229 Now 90s | 230 Total County | 231 4seven HD | 232 E4 HD | 233 E4 +1 |
| 229 Now 90s | 230 Total County | 231 4seven HD | 232 E4 HD | 233 E4 +1 | 234 More4 |
| 230 Total County | 231 4seven HD | 232 E4 HD | 233 E4 +1 | 234 More4 | 235 CBS Reality |
| 231 4seven HD | 232 E4 HD | 233 E4 +1 | 234 More4 | 235 CBS Reality | 236 SYFY +1 |
| 232 E4 HD | 233 E4 +1 | 234 More4 | 235 CBS Reality | 236 SYFY +1 | 237 Universal TV |
| 233 E4 +1 | 234 More4 | 235 CBS Reality | 236 SYFY +1 | 237 Universal TV | 238 Universal TV +1 |
| 234 More4 | 235 CBS Reality | 236 SYFY +1 | 237 Universal TV | 238 Universal TV +1 | 239 Challenge |
| 235 CBS Reality | 236 SYFY +1 | 237 Universal TV | 238 Universal TV +1 | 239 Challenge | 240 Sky Witness +1 |
| 236 SYFY +1 | 237 Universal TV | 238 Universal TV +1 | 239 Challenge | 240 Sky Witness +1 | 241 Channel 4 HD |
| 237 Universal TV | 238 Universal TV +1 | 239 Challenge | 240 Sky Witness +1 | 241 Channel 4 HD | 242 Channel 4 +1 |
| 238 Universal TV +1 | 239 Challenge | 240 Sky Witness +1 | 241 Channel 4 HD | 242 Channel 4 +1 | 243 4Seven |
| 239 Challenge | 240 Sky Witness +1 | 241 Channel 4 HD | 242 Channel 4 +1 | 243 4Seven | 244 E4 |
| 240 Sky Witness +1 | 241 Channel 4 HD | 242 Channel 4 +1 | 243 4Seven | 244 E4 | 245 E4 +1 |
| 241 Channel 4 HD | 242 Channel 4 +1 | 243 4Seven | 244 E4 | 245 E4 +1 | 246 More4 |
| 242 Channel 4 +1 | 243 4Seven | 244 E4 | 245 E4 +1 | 246 More4 | 247 More4 |
| 243 4Seven | 244 E4 | 245 E4 +1 | 246 More4 | 247 More4 | 248 CBS Reality |
| 244 E4 | 245 E4 +1 | 246 More4 | 247 More4 | 248 CBS Reality | 249 Horror Channel |
| 245 E4 +1 | 246 More4 | 247 More4 | 248 CBS Reality | 249 Horror Channel | 250 Channel 5 HD |
| 246 More4 | 247 More4 | 248 CBS Reality | 249 Horror Channel | 250 Channel 5 HD | 251 Channel 5 |
| 247 More4 | 248 CBS Reality | 249 Horror Channel | 250 Channel 5 HD | 251 Channel 5 | 252 Channel 5 +1 |
| 248 CBS Reality | 249 Horror Channel | 250 Channel 5 HD | 251 Channel 5 | 252 Channel 5 +1 | 253 5 USA |
| 249 Horror Channel | 250 Channel 5 HD | 251 Channel 5 | 252 Channel 5 +1 | 253 5 USA | 254 5Spike |
| 250 Channel 5 HD | 251 Channel 5 | 252 Channel 5 +1 | 253 5 USA | 254 5Spike | 255 Channel 5 +1 |
| 251 Channel 5 | 252 Channel 5 +1 | 253 5 USA | 254 5Spike | 255 Channel 5 +1 | 256 E! |
| 252 Channel 5 +1 | 253 5 USA | 254 5Spike | 255 Channel 5 +1 | 256 E! | 257 FOX |
| 253 5 USA | 254 5Spike | 255 Channel 5 +1 | 256 E! | 257 FOX | 258 FOX +1 |
| 254 5Spike | 255 Channel 5 +1 | 256 E! | 257 FOX | 258 FOX +1 | 259 Regional Channels |
| 255 Channel 5 +1 | 256 E! | 257 FOX | 258 FOX +1 | 259 Regional Channels | 260 Real Lives |
| 256 E! | 257 FOX | 258 FOX +1 | 259 Regional Channels | 260 Real Lives | 261 BBC Alba |
| 257 FOX | 258 FOX +1 | 259 Regional Channels | 260 Real Lives | 261 BBC Alba | 262 BBC Scotland HD* |
| 258 FOX +1 | 259 Regional Channels | 260 Real Lives | 261 BBC Alba | 262 BBC Scotland HD* | 263 Discovery |
| 259 Regional Channels | 260 Real Lives | 261 BBC Alba | 262 BBC Scotland HD* | 263 Discovery | 264 National Geographic WILD |
| 260 Real Lives | 261 BBC Alba | 262 BBC Scotland HD* | 263 Discovery | 264 National Geographic WILD | 265 National Geographic WILD HD |
| 261 BBC Alba | 262 BBC Scotland HD* | 263 Discovery | 264 National Geographic WILD | 265 National Geographic WILD HD | 266 National Geographic |
| 262 BBC Scotland HD* | 263 Discovery | 264 National Geographic WILD | 265 National Geographic WILD HD | 266 National Geographic | 267 National Geographic +1 |
| 263 Discovery | 264 National Geographic WILD | 265 National Geographic WILD HD | 266 National Geographic | 267 National Geographic +1 | 268 National Geographic HD |
| 264 National Geographic WILD | 265 National Geographic WILD HD | 266 National Geographic | 267 National Geographic +1 | 268 National Geographic HD | 269 Together |
| 265 National Geographic WILD HD | 266 National Geographic | 267 National Geographic +1 | 268 National Geographic HD | 269 Together | 270 HISTORY® HD |
| 266 National Geographic | 267 National Geographic +1 | 268 National Geographic HD | 269 Together | 270 HISTORY® HD | 271 HISTORY® +1 |
| 267 National Geographic +1 | 268 National Geographic HD | 269 Together | 270 HISTORY® HD | 271 HISTORY® +1 | 272 HISTORY® 2D HD |
| 268 National Geographic HD | 269 Together | 270 HISTORY® HD | 271 HISTORY® +1 | 272 HISTORY® 2D HD | 273 HISTORY® 2D |
| 269 Together | 270 HISTORY® HD | 271 HISTORY® +1 | 272 HISTORY® 2D HD | 273 HISTORY® 2D | 274 PBS America |
| 270 HISTORY® HD | 271 HISTORY® +1 | 272 HISTORY® 2D HD | 273 HISTORY® 2D | 274 PBS America | 275 Forces TV |
| 271 HISTORY® +1 | 272 HISTORY® 2D HD | 273 HISTORY® 2D | 274 PBS America | 275 Forces TV | 276 Good Food |
| 272 HISTORY® 2D HD | 273 HISTORY® 2D | 274 PBS America | 275 Forces TV | 276 Good Food | 277 Good Food |
| 273 HISTORY® 2D | 274 PBS America | 275 Forces TV | 276 Good Food | 277 Good Food | 278 Good Food |
| 274 PBS America | 275 Forces TV | 276 Good Food | 277 Good Food | 278 Good Food | 279 Good Food HD |
| 275 Forces TV | 276 Good Food | 277 Good Food | 278 Good Food | 279 Good Food HD | 280 Good Food +1 |
| 276 Good Food | 277 Good Food | 278 Good Food | 279 Good Food HD | 280 Good Food +1 | 281 Home |
| 277 Good Food | 278 Good Food | 279 Good Food HD | 280 Good Food +1 | 281 Home | 282 Home +1 |
| 278 Good Food | 279 Good Food HD | 280 Good Food +1 | 281 Home | 282 Home +1 | 284 Discovery Home & Health |
| 279 Good Food HD | 280 Good Food +1 | 281 Home | 282 Home +1 | 284 Discovery Home & Health | 285 Discovery Home & Health +1 |
| 280 Good Food +1 | 281 Home | 282 Home +1 | 284 Discovery Home & Health | 285 Discovery Home & Health +1 | 286 Discovery Shed |
| 281 Home | 282 Home +1 | 284 Discovery Home & Health | 285 Discovery Home & Health +1 | 286 Discovery Shed | 287 God Channel |
| 282 Home +1 | 284 Discovery Home & Health | 285 Discovery Home & Health +1 | 286 Discovery Shed | 287 God Channel | 288 Food Network |
| 284 Discovery Home & Health | 285 Discovery Home & Health +1 | 286 Discovery Shed | 287 God Channel | 288 Food Network | 289 Travel Channel |
| 285 Discovery Home & Health +1 | 286 Discovery Shed | 287 God Channel | 288 Food Network | 289 Travel Channel | 290 Love Nature |
| 286 Discovery Shed | 287 God Channel | 288 Food Network | 289 Travel Channel | 290 Love Nature | 291 Love Nature HD |
| 287 God Channel | 288 Food Network | 289 Travel Channel | 290 Love Nature | 291 Love Nature HD | 292 Paramount Network |
| 288 Food Network | 289 Travel Channel | 290 Love Nature | 291 Love Nature HD | 292 Paramount Network | 293 Smithsonian Channel |
| 289 Travel Channel | 290 Love Nature | 291 Love Nature HD | 292 Paramount Network | 293 Smithsonian Channel | 294 Love Nature |
| 290 Love Nature | 291 Love Nature HD | 292 Paramount Network | 293 Smithsonian Channel | 294 Love Nature | 295 Horse & Country |
| 291 Love Nature HD | 292 Paramount Network | 293 Smithsonian Channel | 294 Love Nature | 295 Horse & Country | 296 MUTV |
| 292 Paramount Network | 293 Smithsonian Channel | 294 Love Nature | 295 Horse & Country | 296 MUTV | 297 BT Sport 1 HD |
| 293 Smithsonian Channel | 294 Love Nature | 295 Horse & Country | 296 MUTV | 297 BT Sport 1 HD | 298 BT Sport 2 HD |
| 294 Love Nature | 295 Horse & Country | 296 MUTV | 297 BT Sport 1 HD | 298 BT Sport 2 HD | 299 BT Sport 3 HD |
| 295 Horse & Country | 296 MUTV | 297 BT Sport 1 HD | 298 BT Sport 2 HD | 299 BT Sport 3 HD | 300 VM Music |
| 296 MUTV | 297 BT Sport 1 HD | 298 BT Sport 2 HD | 299 BT Sport 3 HD | 300 VM Music | 301 MTV Music |
| 297 BT Sport 1 HD | 298 BT Sport 2 HD | 299 BT Sport 3 HD | 300 VM Music | 301 MTV Music | 302 MTV Music |
| 298 BT Sport 2 HD | 299 BT Sport 3 HD | 300 VM Music | 301 MTV Music | 302 MTV Music | 303 MTV Hits |
| 299 BT Sport 3 HD | 300 VM Music | 301 MTV Music | 302 MTV Music | 303 MTV Hits | 304 MTV Base |
| 300 VM Music | 301 MTV Music | 302 MTV Music | 303 MTV Hits | 304 MTV Base | 305 MTV Base |
| 301 MTV Music | 302 MTV Music | 303 MTV Hits | 304 MTV Base | 305 MTV Base | 306 MTV Hits |
| 302 MTV Music | 303 MTV Hits | 304 MTV Base | 305 MTV Base | 306 MTV Hits | 307 MTV Base |
| 303 MTV Hits | 304 MTV Base | 305 MTV Base | 306 MTV Hits | 307 MTV Base | 308 MTV Base |
| 304 MTV Base | 305 MTV Base | 306 MTV Hits | 307 MTV Base | 308 MTV Base | 309 MTV Base |
| 305 MTV Base | 306 MTV Hits | 307 MTV Base | 308 MTV Base | 309 MTV Base | 310 MTV Base |
| 306 MTV Hits | 307 MTV Base | 308 MTV Base | 309 MTV Base | 310 MTV Base | 311 MTV Live HD |
| 307 MTV Base | 308 MTV Base | 309 MTV Base | 310 MTV Base | 311 MTV Live HD | 312 MTV Hits |
| 308 MTV Base | 309 MTV Base | 310 MTV Base | 311 MTV Live HD | 312 MTV Hits | 313 MTV Base |
| 309 MTV Base | 310 MTV Base | 311 MTV Live HD | 312 MTV Hits | 313 MTV Base | 314 Club MTV |
| 310 MTV Base | 311 MTV Live HD | 312 MTV Hits | 313 MTV Base | 314 Club MTV | 315 MTV Rocks |
| 311 MTV Live HD | 312 MTV Hits | 313 MTV Base | 314 Club MTV | 315 MTV Rocks | 316 VH1 |
| 312 MTV Hits | 313 MTV Base | 314 Club MTV | 315 MTV Rocks | 316 VH1 | 317 MTV OMG |
| 313 MTV Base | 314 Club MTV | 315 MTV Rocks | 316 VH1 | 317 MTV OMG | 318 MTV OMG |
| 314 Club MTV | 315 MTV Rocks | 316 VH1 | 317 MTV OMG | 318 MTV OMG | 319 300 Box Upfront |
| 315 MTV Rocks | 316 VH1 | 317 MTV OMG | 318 MTV OMG | 319 300 Box Upfront | 320 Box Upfront |
| 316 VH1 | 317 MTV OMG | 318 MTV OMG | 319 300 Box Upfront | 320 Box Upfront | 321 Box Upfront |
| 317 MTV OMG | 318 MTV OMG | 319 300 Box Upfront | 320 Box Upfront | 321 Box Upfront | 322 Box Hits |
| 318 MTV OMG | 319 300 Box Upfront | 320 Box Upfront | 321 Box Upfront | 322 Box Hits | 323 Box Hits |
| 319 300 Box Upfront | 320 Box Upfront | 321 Box Upfront | 322 Box Hits | 323 Box Hits | 324 Box Hits |
| 320 Box Upfront | 321 Box Upfront | 322 Box Hits | 323 Box Hits | 324 Box Hits | 325 Box Hits |
| 321 Box Upfront | 322 Box Hits | 323 Box Hits | 324 Box Hits | 325 Box Hits | 326 Box Hits |
| 322 Box Hits | 323 Box Hits | 324 Box Hits | 325 Box Hits | 326 Box Hits | 327 Kiss |
| 323 Box Hits | 324 Box Hits | 325 Box Hits | 326 Box Hits | 327 Kiss | 328 4Music |
| 324 Box Hits | 325 Box Hits | 326 Box Hits | 327 Kiss | 328 4Music | 329 Kiss |
| 325 Box Hits | 326 Box Hits | 327 Kiss | 328 4Music | 329 Kiss | 330 Kiss |
| 326 Box Hits | 327 Kiss | 328 4Music | 329 Kiss | 330 Kiss | 331 Kerrang! |
| 327 Kiss | 328 4Music | 329 Kiss | 330 Kiss | 331 Kerrang! | 332 V4eo |
| 328 4Music | 329 Kiss | 330 Kiss | 331 Kerrang! | 332 V4eo | 333 Clubland TV |
| 329 Kiss | 330 Kiss | 331 Kerrang! | 332 V4eo | 333 Clubland TV | 334 Now 90s |
| 330 Kiss | 331 Kerrang! | 332 V4eo | 333 Clubland TV | 334 Now 90s | 335 The Box |
| 331 Kerrang! | 332 V4eo | 333 Clubland TV | 334 Now 90s | 335 The Box | 336 Box Hits |
| 332 V4eo | 333 Clubland TV | 334 Now 90s | 335 The Box | 336 Box Hits | 337 3Music |
| 333 Clubland TV | 334 Now 90s | 335 The Box | 336 Box Hits | 337 3Music | 338 Kiss |
| 334 Now 90s | 335 The Box | 336 Box Hits | 337 3Music | 338 Kiss | 339 4Music |
| 335 The Box | 336 Box Hits | 337 3Music | 338 Kiss | 339 4Music | 340 Magic |
| 336 Box Hits | 337 3Music | 338 Kiss | 339 4Music | 340 Magic | 341 V4eo |
| 337 3Music | 338 Kiss | 339 4Music | 340 Magic | 341 V4eo | 342 Kerrang! |
| 338 Kiss | 339 4Music | 340 Magic | 341 V4eo | 342 Kerrang! | 343 4Music |
| 339 4Music | 340 Magic | 341 V4eo | 342 Kerrang! | 343 4Music | 344 V4eo |
| 340 Magic | 341 V4eo | 342 Kerrang! | 343 4Music | 344 V4eo | 345 V4eo |
| 341 V4eo | 342 Kerrang! | 343 4Music | 344 V4eo | 345 V4eo | 346 V4eo |
| 342 Kerrang! | 343 4Music | 344 V4eo | 345 V4eo | 346 V4eo | 347 Now 90s |
| 343 4Music | 344 V4eo | 345 V4eo | 346 V4eo | 347 Now 90s | 348 Baby TV |
| 344 V4eo | 345 V4eo | 346 V4eo | 347 Now 90s | 348 Baby TV | 349 Sky Cinema Hits |
| 345 V4eo | 346 V4eo | 347 Now 90s | 348 Baby TV | 349 Sky Cinema Hits | 350 Sky Cinema Greats HD |
| 346 V4eo | 347 Now 90s | 348 Baby TV | 349 Sky Cinema Hits | 350 Sky Cinema Greats HD | 351 Sky Cinema Disney HD |
| 347 Now 90s | 348 Baby TV | 349 Sky Cinema Hits | 350 Sky Cinema Greats HD | 351 Sky Cinema Disney HD | 352 Sky Cinema Family HD |
| 348 Baby TV | 349 Sky Cinema Hits | 350 Sky Cinema Greats HD | 351 Sky Cinema Disney HD | 352 Sky Cinema Family HD | 353 Sky Cinema Action HD |
| 349 Sky Cinema Hits | 350 Sky Cinema Greats HD | 351 Sky Cinema Disney HD | 352 Sky Cinema Family HD | 353 Sky Cinema Action HD | 354 Sky Cinema Comedy HD |
| 350 Sky Cinema Greats HD | 351 Sky Cinema Disney HD | 352 Sky Cinema Family HD | 353 Sky Cinema Action HD | 354 Sky Cinema Comedy HD | 355 Sky Cinema Thriller HD |
| 351 Sky Cinema Disney HD | 352 Sky Cinema Family HD | 353 Sky Cinema Action HD | 354 Sky Cinema Comedy HD | 355 Sky Cinema Thriller HD | 356 Sky Cinema Drama HD |
| 352 Sky Cinema Family HD | 353 Sky Cinema Action HD | 354 Sky Cinema Comedy HD | 355 Sky Cinema Thriller HD | 356 Sky Cinema Drama HD | 357 Sky Cinema Sci-Fi & Horror HD |
| 353 Sky Cinema Action HD | 354 Sky Cinema Comedy HD | 355 Sky Cinema Thriller HD | 356 Sky Cinema Drama HD | 357 Sky Cinema Sci-Fi & Horror HD | 358 Sky Cinema Select HD |
| 354 Sky Cinema Comedy HD | 355 Sky Cinema Thriller HD | 356 Sky Cinema Drama HD | 357 Sky Cinema Sci-Fi & Horror HD | 358 Sky Cinema Select HD | 359 TCM |
| 355 | | | | | |