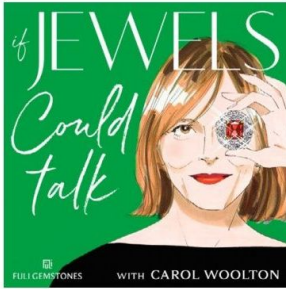


## LISTEN UP

Riveting podcasts to enjoy during me-time



### If Jewels Could Talk with Carol Woolton

Get a glimpse into the world of fine jewellery with Britain's leading authority on gemstones. Carol explores every facet in this podcast - from who makes it, to who wears it, and why. [carolwoolton.com/podcasts](http://carolwoolton.com/podcasts)



### Teach Me A Lesson

Radio 1's jovial breakfast show host Greg James and his wife, author Bella Mackie, team up to ask some of Britain's top teachers the questions we've often found ourselves wondering. Entertaining and full of fascinating nuggets. Apple, Spotify, BBC Sounds

## WHAT'S ON TV?

Our top picks from BBC, ITV, C4, Channel 5, Sky and more...

### Ridley

ITV

This four-part crime drama series stars *Line of Duty*'s Adrian Dunbar as DI Alex Ridley, who retires after 25 years of service, but it's not long before he's enlisted as a police consultant to work on a complex murder case with his former protégé DI Carol Farman (*The Fall*'s Bronagh Waugh).



### Fastest Finger First

ITV

*Countryfile* and *Woman's Hour* presenter Anita Rani hosts this *Who Wants to Be a Millionaire?* spin-off quiz. The contestants aren't playing for money though, they are competing to win a guaranteed place on the hit ITV show where they will take the hot seat opposite host Jeremy Clarkson and play to win £1million!



### The Capture

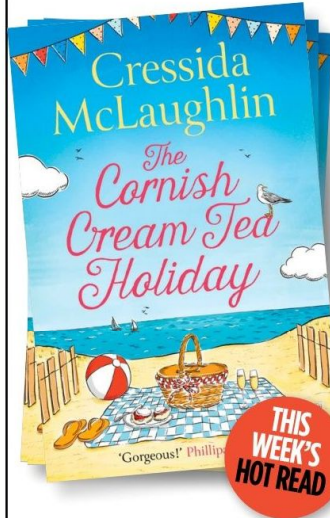
BBC1

The surveillance thriller returns for a second series with DI Rachel Carey (Holliday Grainger) once again finding herself in the middle of a massive conspiracy, which makes her wonder if she can even trust her closest colleagues. The six-parter also stars Paapa Essiedu.



## BEST BOOKS

Zoe West picks the best reads for you



### The Cornish Cream Tea Holiday

by Cressida McLaughlin (£7.99, PB, HarperCollins)

It may be the sixth book in the *Cornish Cream Tea* series, but this delightful book can be read as a standalone. In this novel, we are introduced to Thea Rushwood, who is forced to go on holiday by herself after her friend drops out. That's fine - she's off to a cosy cottage in Port Karadow. She can do this. Only she wasn't counting on the grumpy builder, Ben, renovating next door. With gorgeous Cornish descriptions and loveable characters, this transporting read may have you planning your own solo trip.

For more books information, see [goodtoknow.co.uk/books](http://goodtoknow.co.uk/books)

### The Second Time We Met

by Frances Mensah Williams

(£8.99, PB, Amazon Publishing)

Events manager Cara is recovering from a broken heart, and she is not looking for anyone new. Then she meets Henry. Though their encounter is short-lived, she does bump into him again at a work event, and sparks fly. But they are from very different worlds, and Cara's African and Caribbean family is far-removed from Henry's family of wealthy lords and ladies. With everything stacked against them, including interfering family, friends and exes, can they navigate through it all to get their second chance? A fun and heartwarming romcom.



### The Family Remains

by Lisa Jewell (£16.99, HB, Cornerstone)

A standalone sequel to the bestselling *The Family Upstairs* - it's another chilling read. When a bag of human bones is found on the foreshore of the River Thames, DCI Owusu links it back to three decades earlier crime. Uncovering the forensic identity of the bones brings the Lamb family into sharp focus as the story unravels and converges through multiple characters. The relationships are complex, and you'll wonder who the real sinner is in this disturbing and cryptic saga.



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