

# JUNE 2022 HIGHLIGHTS

## WHEN LUXURY HOLIDAYS GO HORRIBLY WRONG

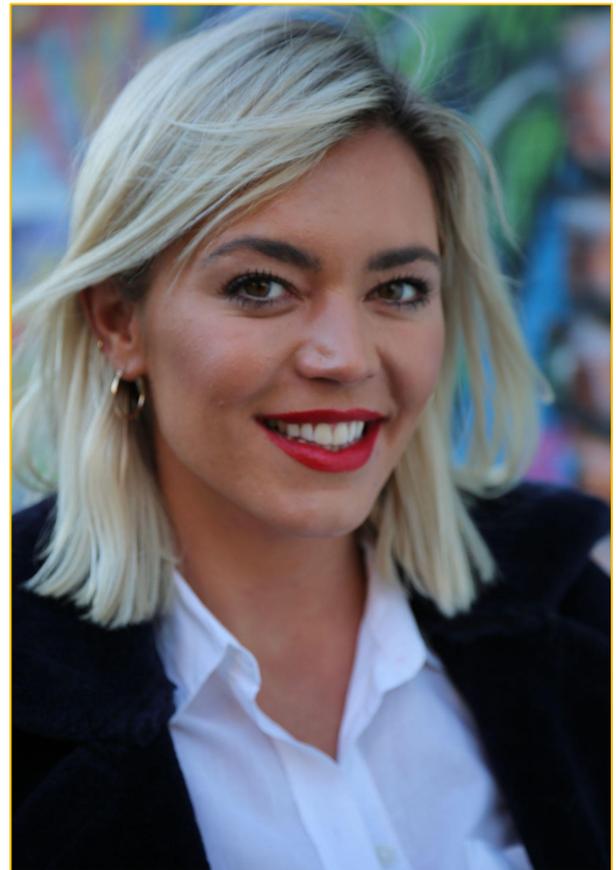
*Channel Premiere*

**Saturday 4th June at 07:00 and 20:40.  
Repeated on Thursday 9th June at 18:55 and 23:20.**

The holiday industry is worth a jaw-dropping 45 billion pounds a year. And for those choosing to spend big and go 5 star, only the best will do. From swanky hotels to luxurious cruises, when these holidays go right they're perfect paradises and much needed R&R in the lap of luxury. But when it goes horribly wrong, it can be catastrophic. Actress Glynis Barber narrates this one hour special.

There are first-hand interviews with the real-life people whose holidays ended in disaster. Highlights include chartered accountant Bill and his wife Tanya who shelled out a whopping £11,000 on a once-in-a-lifetime cruise to the Bahamas only to end up trapped in the eye of a cyclone. The couple were left horrified as the ship listed at sea, with water leaking into their cabin and chaos all round.

Plus, we hear from Iain & Judie Cook whose luxury dream trip to Vegas turned into deadly nightmare. They'd gone to the city of lights to get hitched and celebrate their honeymoon only to get caught up in the now infamous shootings that saw 58 people killed and 851 others injured. Expert interviews include travel presenters Danni Menzies, Scarlett Douglas, Jean Johansson and journalist and broadcaster Simon Calder.



# JUNE 2022 HIGHLIGHTS

## WHEN ALL-INCLUSIVE HOLIDAYS GO HORRIBLY WRONG

### *Channel Premiere*

**Sunday 5th June at 07:30 and 20:40.  
Repeated on Friday 10th June at 18:55 and 23:20.**

Brits spend over 45 billion pounds travelling abroad for a well-earned break each year. For many the only way to holiday is to go all-inclusive. From endless food and drink, to hotels with kids' clubs and water parks going all-inclusive is supposed to be all about a hassle-free guarantee of fun in the sun. But for some, going all-inclusive is anything but relaxing. In this one hour special we meet the unlucky holidaymakers whose holidays went horribly wrong.

There are first-hand interviews with the real-life people whose all-inclusive holidays ended in disaster. Highlights include nurse, Julia Vaughan who shelled out over £5,5000 for a relaxing break in Crete for her and her family, only to be confronted by a giant construction site next to their hotel. With work going on from morning until night the family were bombarded by dust and constant construction noise. Expert interviews include travel presenters Sabrina Chakici and Scarlett Douglas, travel journalists Lisa Minot and Cathy Adams, plus Travel Risk Expert Lloyd Figgins. Jan Ravens narrates.



Contact details: [press@uk.amcnetworks.com](mailto:press@uk.amcnetworks.com)

Please note: programming is subject to change. Check current schedules for the confirmed programme line-up and TX details.

# JUNE 2022 HIGHLIGHTS

## WHEN COSMETIC SURGERY GOES HORRIBLY WRONG

### *Channel Premiere*

**Sunday 19th June at 07:05 and 20:40.  
Repeated Friday 24th June at 18:55 and 23:20.**

Plastic Surgery was once considered taboo, something for only the rich and famous, but with advances in medical technology making the odd nip and tuck more affordable, many people are going under the knife in the pursuit of perfection. It's bigger and more accessible than ever before.

However, as with all surgery, there are risks. In this 90 minute special, narrated by Jill Halfpenny, we have the first hand accounts of people who went under the knife whose lives were scarred by their experience.

Highlights include a young Liverpoolian, Delsha, whose routine visit to get her eyebrows tattooed resulted in her ending up 'looking like a clown' with four eyebrows. We have the story of a mother of two, Samantha, who suffered years of back trouble due to her large breasts who, upon undergoing a reduction from a J-Cup to a more comfortable C-cup, ended up in agonising pain and her nipple position far higher than she ever could have conceived.

Expert interviews include TV doctor Tijon Esho, Harley Street celebrity surgeon Dr Aamer Khan, psychiatrist Dr Raj Persaud and celebrities Lizzie Cundy & Danielle Lloyd.



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# JUNE 2022 HIGHLIGHTS

## WHEN DIETS GO HORRIBLY WRONG

### *Channel Premiere*

**Saturday 25th June at 07:05 and 20:40.  
Repeated Thursday 30th June at 18:55 and 23:20.**

We've all been on a diet at one point or other in our lives, and with the rise of social media, there's no getting away from the fact that we're all under more pressure than ever before.

When done right, diets can have positive health benefits as well as being life affirming. However, when done wrong they can end in disaster. In this 60 minute special, narrated by Claire Sweeney, we have first-hand accounts from real people whose diets ended up deeply affecting their lives.

Highlights include a young juicer, Clare, whose body reacted badly to her liquid-only diet. There's ripped thirtysomething Joe, a young fitness fanatic wound up with kidney stones after extreme 'bulking up'.

Writer Eve opens up about the pressures of working in the fashion industry surrounded by "perfect" bodies. Her story involves her taking on-board so-called fad diets via social media.

Plus, there's the tragic tale of Eloise Parry, well-documented in the press back in 2018, as she had been addicted to toxic slimming pills containing dinitrophenol (DNP). We have an exclusive interview with her sister Becky who opens up about her late sister's obsession with her diet.

Expert interviews include GP Dr Ellie Cannon, workout queen Rosemary Conley, fitness expert Kris Boyson and celebrities Nadia Sawalha, Ampika Pickston and former Big Brother star, Josie Gibson.

