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Portugal's **National** Newspaper in English

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The Portugal News' campaign to support and promote accessibility in Portugal. See page 38

**EVERYDAY, THE BEST AND THE CHEAPEST**

**Intermarché**  
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**The most anticipated tee shot of all time? P55**

The eyes of the sporting world were on Tiger Woods when he teed off at the Masters Tournament on Thursday evening and the four-time winner has declared it's great to be back.



**Sterilisation Success** ➤ P8



Portugal's government has approved a proposal by party PAN to channel funds into a national mass sterilisation campaign.

**Dams Replenished** ➤ P10



Last month was the second wettest March since records began, and most reservoirs are now nearly full, the Met Office said.

**HIV Home Tests** ➤ P14



National non-profit AIDS awareness and support association Abraço has launched a home HIV screening test.

**WEATHER** ➤ P3

## Green milestone as Portugal and Spain underpin 'world's largest long-term solar power deal'



# SOLAR SCOOP

Full story, see p. 2

The Martifer Solar photovoltaic park in Montemor-o-Novo. (Photo: Lusa/Nuno Viega)

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**DIRECTORS**

Paul Allen-Luckman  
publisher@theportugalnews.com

Madeline Luckman  
copy@theportugalnews.com

**CONTACTS**

**Postal Address:**  
Apt 13 • 8401-901 • Lagoa

**Courier Address:**  
Rua Município de S. Domingo  
Urb.Lagoa Sol • Lote 3 r/c  
8400-415 Lagoa

**Classified:** +351 282 380 315

**Sales:** +351 282 380 310

**Accounts:** +351 282 343 653

**Newsdesk:** +351 282 380 313

**General:** +351 282 341 100

**Email:** info@theportugalnews.com

**Web:** www.theportugalnews.com

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**SALES MANAGER**

Sónia Seixas  
sales@theportugalnews.com

**ACCOUNTS MANAGER**

Gaby Rodrigues  
accounts@theportugalnews.com

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# Solar Scoop



**CARRIE-MARIE  
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A multi-million euro contract said to be the “largest long-term solar power purchase agreement in the world” is to be underpinned by farms in Spain and Portugal, which will produce enough green energy to power around 400,000 homes.

**T**his news comes after renewable power production in Portugal in March exceeded demand for the first time ever. During last month, Portugal ran on renewable energy alone for almost three days.

In a statement sent to **The Portugal News**, Spanish renewable energies company Cox Energy confirmed it has signed “the world’s largest photovoltaic PPA (Power Purchase Agreement) with Audax, one of the major electricity trading companies in the Iberian Peninsula, to supply electricity from its own solar farms.” The long-term Power Purchase Agreement is the largest agreement of this type signed to date for the purchase of energy produced with photovoltaic solar technology, and is set to become the new benchmark in the global energy market.

In the statement, Cox Energy explained that the farms that underpin this agreement are located in Spain and Portugal, and have a total power of 660 MWp [Megawatt peaks], enough to supply about 1,300 GWh [Gigawatt hours] of energy per year. The projects will begin construction throughout this year and will be operating progressively until 2020.

The total value of the investment will exceed 400 million euros, Cox Energy said.

“The agreement signed with

Audax, one of the most important trading companies in the Iberian Peninsula, consolidates Cox Energy, which already sells electricity and gas in Spain, as one of the increasingly important players in the sector”, the company elaborated, stressing, “the long-term Power Purchase Agreement will mark a new milestone in the global renewable energy market and is set to become the new benchmark in the European energy market.”

Founded in 2007, the Audax Group, present in Spain, Portugal, Italy, Germany, Poland, Holland, France and Panama, mainly focuses its activities on the commercialisation of electricity and gas, as well as the generation of 100 percent renewable electricity.

In comments to **The Portugal News**, Audax elaborated on the Iberian solar parks, saying “in total, the plants will produce 495MW in Spain and 165MW in Portugal. “Their location is currently confidential”, said Gerard Martinez, Audax Energia’s Portugal Branch Director. This major deal will produce more than 1,300 GWh/year of photovoltaic solar energy, equivalent to the consumption needs of around 400,000 homes. It positions Spain and Portugal as the European countries with the largest volume of renewable energy sold through this type of agreement, and comes at a time



Economy Minister Manuel Caldeira Cabral (C), accompanied by the Secretary of State for Energy, visited the Solar Montes Novos solar park, in Estremoz, 6 September, 2017. (P)

when Portugal is setting records in the field of green energy. Last month the production of renewable electricity in March exceeded consumption in mainland Portugal for the first time ever.

The Portuguese Association of Renewable Energies and environmental association Zero both considered the feat a “historical milestone”. Data from Portugal’s national grid

company REN showed that the renewable electricity produced in March was 4,812 Gigawatt Hours (GWh), exceeding the consumption of mainland Portugal, which was 4,647 GWh. “These figures, in addition to being a historical milestone in the Portuguese electricity sector, demonstrate the technical feasibility, safety and reliability of the national electricity system, with a lot of renewable electricity”,

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Minister of State for Energy, Jorge Seguro Sanches (R), talks with Infrasel company manager Afonso Proença (L) during a visit to a solar farm. (Photo: Lusa/Nuno Veiga)

the two associations said in a joint statement released on Tuesday. In March, the share of renewables was 103.6 percent of electricity consumption, which is “unheard of in the last 40 years”, according to the statement. The previous maximum recorded had occurred in February 2014 with renewable production of 99.2 percent of demand. Furthermore, last month, from Friday 9 March to Monday 12

March, Portugal ran exclusively on renewable energy, for 69 consecutive hours, almost three days. According to grid operator REN, most of the energy was generated from wind turbines, setting another renewable energy record. Green energy currently supplies just over half of Portugal’s annual electricity needs, saving the country around €750 million in

fossil fuel imports. Zero and the Portuguese Association of Renewable Energies said last month’s record is “an example of what will happen more often in the near future”, adding “it is expected that by 2040 the production of renewable electricity will be able to guarantee, in a cost-effective way, all the annual consumption of electricity of mainland Portugal.”

## Possible sighting of missing British grandfather in Portimão

The family of missing British pensioner John Bainbridge have been given renewed hope in their search after a man fitting his description was sighted in the Algarve city of Portimão.

John Bainbridge, 79, went missing more than two months ago from his home in Odelouca, near Silves (Algarve), on 26 January.

This recent sighting, reported at the end of March, would place Mr. Bainbridge approximately 12 kilometres south of where he disappeared.

An observant member of the public believes they saw someone who could have been Mr. Bainbridge near the main República Square’s Park Café in central Portimão.

Police have yet to confirm whether the sighting is Mr. Bainbridge or not, but are now said to be concentrating their

efforts on the Portimão area.

The missing man’s family have appealed to the public to keep looking for him all over Portugal and in Spain.

John Bainbridge is around 6 foot tall (1.80m), of slim build, may have grown a beard by now, and suffers from Alzheimer.

A website ([www.findjohnbainbridge.com](http://www.findjohnbainbridge.com)) has been set up to help in the search.

Anyone with information should contact Silves GNR (282 440 290), international emergency number 112, Anita Bainbridge (963 512 870) or Susan Bainbridge (+ 44 7919 090 528).

### WEATHER

## Return of the rain

Not seemingly satisfied with the drought officially broken and most dams at capacity, rain clouds will be returning to Portugal, with much of the coming week set to experience varying levels of rain showers.

**Lisbon:** The capital will be set for a week of rain, with the wettest periods set to occur this Friday and again on Monday. Thermometers are also set to fall, with highs dropping to an average of around 15 degrees Celsius.

**The South:** The Algarve can expect scattered showers on most days, with the recent

Spring-like weather also taking a back seat to slightly cooler temperatures forecast for the coming week.

**The North:** Northern Portugal will record similar weather to regions in the south, but as can be expected, will be cooler and wetter than its southern neighbours.



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# Close to three dozen flights cancelled in three days of Ryanair cabin crew strikes

Strike action staged over three non-consecutive days – last Thursday, Easter Sunday, and Wednesday 4 April – by Ryanair’s Portugal cabin crew, resulted in around three dozen flights being cancelled.



Passengers wait in line to be seen at Ryanair's airline desk at Francisco Sa Carneiro Airport in Porto, during the company crew strike, Portugal, 04 April 2018. (Photo: EPA/ José Coelho)

According to media reports, three flights were cancelled on day one of the action, more than 20 flights were cancelled on Sunday, and 11 flights were cancelled on Wednesday this week, although the Irish airline disputes the latter figure

and says only eight flights were cancelled on the last strike.

The union representing Ryanair’s Portuguese crew, the SNPVAC, says up to 90 percent of personnel adhered to the action, and slammed the airline for allegedly drafting in crews for foreign bases.

The union said a Europe-wide strike at the company is possible if Ryanair does not observe local employment law in organising staffing at its bases in Portugal.

The SNPVAC official praised the “great courage” of cabin crew in Portugal who had taken

the first such strike to affect Ryanair in its 30 years of existence.

On Wednesday Ryanair announced that “just eight of the first flights of the day were cancelled” out of a total of 170, stressing that “the great majority of cabin crew” based in Portugal were working “as normal”.

## N News in Brief

### Portuguese man shot in France terror spree out of coma

The Portuguese national who was shot in the head during a terror spree in southern France last month is no longer in an induced coma. According to reports, Renato Silva came out of the coma on Tuesday. The emigrant was shot in the head in a terror attack on 23 March in which his car was hijacked by the assailant, who went on to kill three people in a supermarket ten kilometres away in Trébes.

### Several injured in major fire at Portuguese embassy in Stockholm

A major fire broke out at the Portuguese embassy in Stockholm early on Wednesday and at least 14 people were injured. According to English language Radio Sweden the building was evacuated. Reports claim a man has been arrested in Stockholm city centre on suspicion of starting the fire after his reported tip-off of a human trafficking ring to Portugal fell on deaf ears.

### Portuguese man suspected of attempted-murder detained in the UK

A Portuguese man suspected of attempting to murder his ex-girlfriend in FAMILIÇÃO has been detained in the UK. The alleged crime took place last summer, in August. The suspect is also wanted for domestic violence. The man had been arrested last year but was released by the courts and fled, first to Brazil then to the UK. He was arrested this week in the UK and handed over to Portuguese authorities.

### Portuguese national reported missing in Germany ‘killed his stepfather’

A young Portuguese national who was reported missing in Germany at the start of the year is said to have killed his stepfather. 20-year-old Tiago Machado went missing for a week in Germany in January. Newspaper *Correio da Manhã* claims he killed his stepfather in Caneças, Odivelas and the youth is being held in custody. Machado is also the brother-in-law of Portuguese Inter Milan player João Cancelo.



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# Unemployment in January confirmed at lowest since July 2004

Portugal's National Statistics Institute (INE) confirmed on Tuesday that the January unemployment rate was set at 7.9 percent, the lowest since July 2004, estimating a further decline for February to 7.8 percent.



The jobless rate in Portugal has fallen to a 14-year low. (Photo: Lusa/João Relvas)

**A** year earlier, in January 2017, the unemployment rate was 10.1 percent, according to the INE. The final figure for January represents a decrease of 0.1 percentage points from the previous month, 0.5 percentage points less than three months earlier and 2.2 percentage points less than in the same month of 2017. The youth unemployment rate (15-24 years old), in turn, stood at 22.1 percent in January, down from 23 percent in December, with the INE

estimating this figure will remain unchanged in February. The unemployment rate for adults increased by one tenth of a percentage point to 7.1 percent. The unemployed population in January was estimated at 409,400 people, having decreased by 0.7 percent against the previous month (3,000 people fewer), while the employed population was estimated at 4,777,800 people, having increased by 0.1 percent (an additional 6,400 people) compared to the previous month.

# Missing British woman found dead in Ayamonte

A British woman who was reported missing in Portugal last month has been found dead in Ayamonte, Spain.

British mother Fiona Jack was reported missing in early March after leaving a campsite in Tavira, Algarve, where she had been staying over winter.

Ms. Jack, who is thought to have been in the Algarve in a motorhome, left the campsite on 4 March but days later, concerned family and friends raised the alarm after failing to hear from her.

In mid-March the British Embassy in Portugal confirmed it had been in contact with Portuguese authorities "about a

missing British woman in the Algarve" and that staff have spoken to her family."

The GNR police have since told **The Portugal News** "British citizen Fiona Jack was found deceased in the town of Ayamonte - Spain, by the Guardia Civil [Spanish Police]".

No further details have been given regarding the circumstances regarding Ms. Jack's death.

A memorial was held for her in the UK at the end of last month.

# Clocks corrected

A glitch in continental Europe's electricity grid that had slowed down countless clocks for months has been corrected.

The European Network of Transmission System Operators for Electricity said members across a 25-country area, including Portugal, have taken measures to bring the power grid's frequency back to 50 Hertz. Spokeswoman Claire Camus said on Tuesday that digital clocks which keep time by the power system's frequency, such

as radio alarms and oven clocks, "are as of today back on time".

The problem started earlier this year after a dispute between Serbia and Kosovo resulted in energy being diverted from the local grid. That triggered a domino effect across the network that spans the continent from Portugal to Poland and Greece to Germany. **TPN/PA**

# Euromillions jackpot rises to €76m

The jackpot for the Euromillions lottery has climbed to 76 million euros after no player managed to win the top prize in Tuesday night's draw.

With 67 million euros on offer Tuesday night, the best result was for second place, with a player in Portugal winning 164,000 euros after selecting the

five winning numbers and one of the two lucky stars.

The winning numbers were 03, 08, 16, 40 and 43, while the lucky stars were 05 and 08.



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# Government heeds PAN and frees up €500,000 for poor families to sterilise pets

The government is to launch a national campaign aimed at helping the country's most impoverished families get their pets sterilised, in which local councils will channel part of their budgets towards free or part-subsidised interventions.



Dogs at Lisbon Municipal kennel. (Photo: Lusa/Tiago Petinga)

**I**n a statement, leftist party PAN - Party for People, Nature and Animals - said the government has "accepted our proposal that €500,000 from funding allocated for the construction of Official

Animal Shelters [municipal kennels], is channelled into a national pet sterilisation campaign to help needy families, in liaison with the Veterinary Board and local councils". The resulting ordinance

published this week decrees that local councils will be responsible for managing the greater needs of each area. The measure is intended to be the beginning of a consistent sterilisation policy, which

"contributes towards solving the serious problems of increasing and reproducing animals, with consequences on the overcrowding of official shelters and also having a negative impact on public health and animal welfare".

In its statement, PAN explained, "Many Portuguese municipalities still do not sterilise animals nor implement CER (catch - sterilise - release) programmes.

"On the other hand, many families would like to be able to sterilise their animals, both for their own health and to ensure that they do not reproduce, but do not have the economic ability to do so." PAN believes that "sterilisation is fundamental to the implementation of the legislation on *Canis de Abate* [ending euthanasia in municipal kennels], approved in 2016."

The party had proposed that at least €500,000 from government funds intended for the construction of local kennels should be ploughed into a national sterilization campaign,

which was approved. According to latest figures from the Directorate General for Food and Veterinary Medicine, last year, more than 40,000 dogs and cats were abandoned in mainland Portugal and the Azores, and collected and taken in by council services.

The figures - which do not include Madeira - indicate 16,144 animals were adopted, 11,819 were euthanized, 8,873 were sterilised and 98,266 were vaccinated.

PAN says these numbers show "a widespread non-compliance by the municipalities; of all the animals gathered only 22 percent were sterilised.

"Of the animals that were re-routed for adoption, only about half were sterilised, which means the other half can still reproduce, making it practically impossible to promote effective population control", the party argued. Northern Portugal has the highest number of animals collected by council services and put down.

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Last month, Portugal's president Marcelo Rebelo de Sousa visited dams in the Alentejo, pictured here at the Barragem do Roxo, to see what state they were in. (Photo: NUNO VEIGA/LUSA)

# Met Office declares end of drought

The Portuguese Met Office (IPMA) has said that last month was the second wettest March since records began in 1931 and that rainfall last month has brought the country out of the drought it had been suffering from, with most reservoirs now being nearly full.

**T**he average rainfall in Portugal last month was 272 mm, which is four times the monthly average, only slightly less than the exceptional rainfall seen in March 2001.

The very high rainfall was felt all over the country and it was also the coldest March since 2000, with the average air temperature 2.6°C lower than average, the IPMA added.

Thirty-two of the 60 monitored reservoirs in mainland Portugal had reserves of over 80 percent of total volume in March, while in February

only five had reached 80 percent capacity, according to figures issued on Monday by the National Water Resources Information System (SNIRH).

At the end of March, only three reservoirs were filled with water to less than 40 percent of potential capacity, compared to 23 in February.

According to the SNIRH data, all hydrographic basins in mainland Portugal recorded an increase in the volume of stored water by the end of March, compared to the previous month.

Each river basin may

correspond to more than one reservoir.

Water stores in March by river basin were higher than the averages of the reference period (March 1990/91 to 2016/17), except for the Mondego, Ribeiros do Oeste, Sado, Guadiana, Mira and Ribeiros basins.

The Ave river basin was the one with the highest water availability (92.3 percent), followed by the Tagus River (91.1 percent).

The Ribeiros do Oeste basin had the lowest level (49.9 percent), followed by the Sado River (59.9 percent).

TPN/Lusa

## GNR 'land-cleaning' inspections launched this week

On Monday this week, GNR officers started their inspections of properties to guarantee privately-owned land has been properly cleaned.

Officers will also start issuing fines to property owners whose land has not been cleaned properly,

but these could be scrapped if the land is cleaned satisfactorily by 31 May. Fines can range

between €280 and €120,000.

The move is part of a new law to help prevent fires.

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# Soldiers under fire in CAR UN patrol - No casualties

A Portuguese military patrol on a UN mission in the Central African Republic (CAR) was attacked last Saturday by an armed group, but there were no casualties, the Portuguese army said in a statement.

The army added that the Portuguese soldiers were on a routine patrol in part of the capital of CAR when they were attacked by light weapons' fire at 7.10pm local time, by a group of men who "used the civilian population (women and children) as human shields".

The statement said the soldiers all returned safely to their barracks without any casualties.

The UN mission in CAR (MINUSCA) told the France Presse agency earlier on Saturday that a patrol was under artillery attack in the PK5 Muslim neighbourhood, but did not mention the

nationalities of those involved.

France Presse said that this was the first attack on 'blue helmets' in the PK5 neighbourhood, a mainly Muslim commercial district in Bangui, since the violence flared up in that part of the country in late 2017.

The Central-African authorities only control a tiny part of the country, which is one of the poorest in the world, and where various armed groups fight over provinces to control diamonds, gold and cattle.

The attack came days after Portugal's President Marcelo Rebelo de Sousa visited the Portuguese



President Marcelo Rebelo de Sousa (C) during a visit to Portuguese troops on a UN mission in the Central African Republic last week. (Photo: Alexandre Duclay /Eutm-rca / Lusa)

contingent that forms part of the United Nations Multidimensional Integrated Stabilisation Mission in the Central African Republic (MINUSCA), and soldiers commanding the

European Union training mission there.

The president visited at the start of last week, on Monday, accompanied by Portugal's minister of national defence, José Azeredo Lopes.

The Portuguese contingent is made up of 159 soldiers in all, 21 of whom have been on the ground since mid-February, based at the

Bangui barracks. The rest set off from Portugal at the start of March, and include three members of the air force and 135 of the army, mostly from the 1st battalion of the Paras.

The force, which is commanded by a lieutenant-colonel, João Bernardino, constitutes a rapid reaction force under the operational control of the military component of

MINUSCA.

It substitutes the soldiers of a previous force that was on duty for six months in the Bangui, Bocaranga and Bangassou areas. A separate contingent of 40 Portuguese soldiers heads up the EU training mission - the first time that Portugal has had this responsibility. The mission as a whole has 170 soldiers from 12 countries.

## Police Easter road figures reveal more accidents and deaths

Six people died on Portugal's roads over Easter, according to figures from the GNR, whose Safe Easter road safety operation ended at midnight on Sunday.

During the operation, which started last Thursday, the GNR registered 974 accidents, which caused six deaths, and 19 serious injuries.

The operation lasted 24 hours longer than last year, when the GNR registered 708 accidents and four deaths.

Meanwhile PSP police also registered over 300 accidents, six serious injuries and 91 walking-wounded during their Easter road safety campaign, which ran for the same time frame as the GNR's.

In related news, figures revealed this week by the

national road safety authority ANSR showed over 100 people have died on Portugal's roads during the first three months of this year.

In total, 115 fatalities have been registered on the roads, which is up 15 on the same period of last year.

## Country's freight train drivers striking later this month

Portuguese freight train drivers are to strike between midday on 16 April to midday on 17 April to demand social and labour rights and greater safety.

The train drivers want rules and regulations to be complied with and standardised across the board, and for the infrastructure's manager to make sure that trains run safely by using temporary warnings and signs.

The train drivers' union also demands an end to hiring retired train drivers to provide services to the freight companies.

The action comes after a strike staged by employees of Infraestruturas de Portugal (IP), the state-owned company that oversees Portugal's key

transport infrastructure, brought the rail service to a halt on Monday.

Over 300 services were cancelled on Monday out of a total of 842 due to the

action; aggravated by the fact that a court ruled no skeleton service or alternative transport services were required for passengers.

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# Environment Minister visits Algarve to endorse €16 million projects

Portugal's Environment Minister João Pedro Matos Fernandes was in the Algarve on Tuesday, where he visited the city of Portimão to inaugurate a brand new, €13.3 million water-treatment plant, which will serve approximately 140,000 people, and oversee the signing of a €2 million contract to reinforce the Alvor dunes.



Environment Minister João Pedro Matos Fernandes (R), during the inauguration of the Companheira wastewater treatment plant in Portimão on Tuesday, 3 April. This new generation ETAR will replace the treatment infrastructure that has existed for many years in that area. (Photo: Lusa/ Luis Forra)

The large plant in the Portimão suburb of Companheira (adjacent to the EN125 road) was inaugurated at 4pm by the Minister, and was also attended by the State Secretary for the Environment, Carlos Martins. The new ETAR treatment station will process "an average flow of around 32,000 cubic metres per day, ensuring, to the highest standards of quality and reliability and in a framework of economic, social and environmental sustainability, water supply for human consumption and waste water treatment", the Ministry explained in a statement. According to the Environment Ministry, the new facility is part of the Companheira subsystem and "will allow the water quality of the Boina River and, consequently, the Arade river estuary, to be improved." Shortly before inaugurating

the ETAR plant, the Minister visited Portimão Town Hall, where he presided over the signing of a contract to replenish the Alvor dune belt, estimated at two million euros. "The intervention in the Alvor estuary aims to reinforce the dune belt - ensuring a natural defence against erosive events - and also allows extending the sand along a one-kilometre-long stretch of seafront", the Environment Ministry explained. The objective is to restore the dunes to the levels of 1960. The recent string of storms that barrelled through Portugal have caused an estimated €1.4 million worth of damage along the Portuguese coast. According to the Environment Minister, €800,000 worth of that was in the Algarve alone. The Environment Ministry has undertaken 25 protocols to restore the country's coastline after the stormy weather.

## Duo arrested with over a kilo of hashish at Albufeira bus station

GNR officers last week arrested two men for drug trafficking after they were found to be in possession of over one kilo of hashish, at Albufeira's main bus terminal.

The arrests came following an investigation carried out by the Faro Department for Investigation and Penal Action.

The two men - aged 20 and 28 - were detained at the bus station in the popular Algarve city, and found to be in possession of 1,160 grams of hashish (around 2,316 individual does), six doses of cannabis, and two mobile phones.

One of the men was made a formal suspect and identified, the other has been ordered to weekly check-ins at his local police station.

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# National AIDS association launches HIV home-test

National non-profit AIDS awareness and support association Abraço has launched a HIV screening test, which can be done at home.



Medication for the treatment of HIV - AIDS on a table in the Infectious Diseases Unit of Lisbon's Egas Moniz Hospital. (Photo: Tiago Petinga/Lusa)

The test is anonymous, free and confidential, and will be available in mainland Portugal and islands to people over the age of 18.

Over the next few weeks Abraço Association will launch the home-based HIV test, which detects the AIDS virus, with the support of the Directorate General of Health (DGS).

However, according to newspaper *Jornal de Notícias* (JN), national drugs watchdog Infarmed has explained the test is for 'off-label' use, which means its use is not officially approved.

The chosen device "has not been studied or evaluated according to the legislative requirements" of the European Union, JN reported.

To do the test, a single prick to the finger is required to collect a blood sample for a filter.

The anonymity of the

test is broken only if the result is positive in which case Abraço Association will contact the person in question and refer them for an appointment at the nearest hospital.

In addition to HIV, the test will also allow the detection of hepatitis C.

According to JN, Gonçalo Lobo, president of Abraço Association, says that this test aims to "reach people who do not live in large urban centres and have more difficulties" in accessing tests.

The home test can be ordered and no identification will be requested beyond the address to which it is to be sent.

In addition to the test itself, a kit is also sent containing an explanatory leaflet, blood collection material and an envelope to send the sample to the laboratory.

After the test is done and sent off for analysis, the applicant will receive the

result through a mobile phone text or email message.

JN stresses that last year "55 percent of the diagnoses in Portugal showed an advanced stage of the disease".

In the opinion of the president of the National Program for HIV / AIDS, which falls under the umbrella of the DGS, "early diagnosis is fundamental", because "with treatment the person can have hope of a life identical to that of the rest of the general population", and easier control over the disease.

To get around the fact that the test is not officially validated, the Abraço Association is to carry out a "study-project, in which the Ricardo Jorge Health Institute is expected to participate, to analyse it in a laboratory context."

JN said the association has already spent €65,000 on ordering 500 kits for the tests.

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# Study finds ‘burnout’ affects all hospital workers

A study coordinated by the Epidemiology Research Unit of Porto University's Institute of Public Health (ISPUP) concluded that occupational burnout syndrome – a state of emotional, mental, and physical exhaustion caused by excessive and prolonged stress – affects all professionals working in hospitals, regardless of their role.



A new study by Portuguese researchers has found that all hospital workers suffer from varying extents of burnout, and not just those who have direct contact with patients and treatments. (Photo: MARIO CRUZ/LUSA)

Based on the findings, researchers are now arguing that programmes aimed at reducing burnout levels among hospital workers should take into account all professional categories, and not just professionals who deal more directly with patients.

Burnout syndrome generally manifests in three dimensions: emotional exhaustion, depersonalisation, and lack of personal fulfilment.

The research, published in the journal ‘Occupational Medicine’, was carried out to try and fill a lack of information on the prevalence of burnout in hospital professionals whose functions are not directly linked to the treatment of illnesses.

ISPUP researcher Ana Henriques explained that “burnout syndrome was more frequently assessed in doctors and nurses, but less studied in other professionals who work in a hospital environment.”

Besides seeking to evaluate the prevalence of burnout in five categories of hospital professionals (medical assistants, nurses, senior health technicians and diagnostic and therapeutic, administrative and medical technicians), the investigation also sought to understand to what extent professional category is associated with high levels of burnout.

A total of 368 hospital professionals participated in the study, who answered a questionnaire via e-mail. “Among doctors, nurses

and administrative staff, we found a high risk of burnout in very similar proportions. However, this does not mean that the reasons that lead to burnout are the same”, says Ana Henriques, who defends the need for further studies to assess the causes of this syndrome.

With regard to public health policies, the study stresses that “future programmes aimed at reducing levels of burnout in the hospital environment should take into account all professional categories and the specificities of each.”

The study, ‘The effect of profession on burnout in hospital staff’, is also undersigned by researchers Maria Manuel Marques, Elisabete Alves, Cristina Queirós and Pedro

Norton.

The Occupational Health Service of the São João Hospital Centre, the Porto University Medicine Faculty's Department of Public Health, Forensic Sciences and Medical Education, and the Faculty of Psychology and Educational Sciences of the University of Porto, also participated in the research.

## Groundforce returns to Faro airport seven years after sudden pull-out

Handling company Groundforce has returned to Faro airport, seven years after it suddenly terminated its services there, culminating in over 300 people losing their jobs.

In a press conference on Monday, the company announced it has invested €2.5 million in equipment at Faro to cement its services there, and said it will be serving airlines including TAP, British Airways, Iberia, BA City Flyer, Vueling, Aer Lingus, Small Planet and Aigle Azur.

Its services include baggage handling and passenger assistance and, the company said, it hopes it will soon be upping its staff at Faro from 115 people to 140.

In a statement issued last year, Groundforce said after “a deep process of restructuring and development, triggered by the arrival of the management team led by Alfredo Casimiro in 2012”, it had “returned to positive

results due to the commitment and dedication of all employees.”

Portugal's largest handling company, Groundforce suddenly terminated its operations in Faro in 2010 after collectively firing 300-plus employees at the airport, reportedly by email, in a sacrificial bid to reduce the company's losses and save thousands of other jobs.

“The suspending of Groundforce's operations at Faro Airport intends to reduce the company's losses, a condition that is indispensable in making its future, and the remaining 2,000 jobs, viable”, it said in a statement at the time.

The firm was believed to be in the red by some €20 million.

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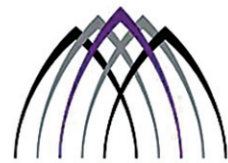
PwC has the pleasure of inviting you to our tax event “Changes in the International Tax Landscape – impact and opportunities in Portugal”, on 5 April 2018 at 5pm at the Conrad Hotel, in Quinta do Lago, Algarve.

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17h05	Changes in the International Tax Landscape
18h00	Networking Cocktail

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# Calls for cheap euro transfers everywhere in the EU

The European Commission is proposing to make cross-border payments in euro cheaper across the entire EU. Under current rules, there is no difference for euro area residents or businesses if they carry out euro transactions in their own country or with another euro area Member State.



EU Commission Vice-President Valdis Dombrovskis gives a press conference in Brussels, Belgium, 28 March 2018, on the Commission proposal on cheaper cross-border payments and fairer currency conversions for consumers. (Photo: EPA/ Aris Oikonomou)

we are granting citizens and businesses in non-euro area countries the same conditions as euro area residents when making cross-border payments in euro.

“All Europeans will be able to transfer money cross-border, in euro, at the same cost as they would pay for a domestic transaction. Today’s proposal will also require full transparency in currency conversion when consumers are paying by card in a country which does not have the same currency as their own.” Consumers and businesses in the euro area already benefit from very low fees for cross-border payments in euro. Under current rules, there is no difference for euro area residents or businesses if they carry out euro transactions in their own country or with another euro area Member State. The new proposal aims to extend this benefit to people and businesses in non-euro countries whenever they travel or pay abroad, putting an end to the high cost of intra-EU cross-border transactions in euro. The legislative proposal will now be submitted to the European Parliament and Council for adoption.

## Mine invests €260M to more than double zinc production

Mining company Somincor has restarted work on a €260 million project to expand zinc production at its Neves-Corvo mine in Alentejo.

“There was a suspension of works on the surface because of strikes but the underground works, which began last May were never stopped”, the mine director told *Lusa News Agency*.

The company still expects to start production in the second half of 2019.

Kenneth Norris said the project to expand production at the mine was very significant for Lundin Mining the Swedish-Canadian firm that owns Somincor and is of strategic importance for the Somincor operation.

He said the project would create “many jobs” during the construction phase (about 350) and during the operation if it was successful.

Somincor said it was a crucial investment to modernise the operation and to change over to a mainly zinc mine, which was essential for its long-term competitiveness.

The project expects to more than double the mine’s annual zinc production from a million tons to about 2.5 million tons.

TPN/Lusa

The latest proposal aims to extend this benefit to people and businesses in non-euro countries. This will allow all consumers and businesses to fully reap the benefits of the Single Market when they send money, withdraw cash or pay abroad.

All intra-EU cross-border payments in euro outside the euro area will now be priced the same - with small or zero fees - as domestic payments in the local official currency. The Commission is also proposing to bring more transparency and competition to currency

conversion services when consumers are buying goods or services in a different currency than their own. Valdis Dombrovskis, Vice-President responsible for Financial Stability, Financial Services and Capital Markets Union, said: “With this proposal

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# Ports process less cargo on year in first two months

Ports in mainland Portugal processed 14.7 million tons of cargo in the first two months of the year, a year-on-year decrease of 8 percent, interrupting “a cycle of positive changes” in place since 2012, the Mobility and Transport Authority (AMT) said on Monday.



Cargo through Portugal's ports was down eight percent in January and February this year, on the same two months of 2017. (Photo: Steven Governo/Lusa)

“The first two months of 2018 confirmed the negative trend in January”, the AMT said in a statement, adding that over the first two months of this year “the mainland’s commercial ports handled 14.7 million tons, 1.28 million tons less compared to the same period of 2017”.

According to the AMT, “this decrease in cargo volume reflects a fall of 8 percent, interrupting a cycle of positive changes that have been taking place since 2012 and reached their peak in 2017, registering the highest ever level”.

The AMT reported that the result recorded at the end of February “is a demonstration of the

combination of different performances of the various ports, especially Leixões and Aveiro, which recorded the highest cargo volume ever in the periods of last year after respective increases of 5 percent and 21.6 percent”.

The ports of Figueira da Foz, Lisbon and Setúbal “also recorded positive performances, in January/February 2018 recording variations of 26.4 percent, 3.9 percent and 3.3 percent, respectively”.

In the case of Sines, this port saw a drop of 19.1 percent, which corresponds to a decrease of 1.7 million tons, “completely offsetting the sum of the positive changes recorded”.

The AMT noted that the first two months of the year

are being compared with the same period of 2017, “in which Sines registered a remarkable peak of activity”, which is why “the performance of this port probably reflects a return to the normal trajectory, which is an overall cargo growth of 8.2 percent and 20.2 percent in containerised cargo, when compared to the 2016 figures”.

Most ports, except for Sines and Faro, recorded an increase in the number of ship stopovers, with Aveiro, Douro and Leixões, Setúbal and Lisbon accounting for the most significant increases, with positive variations of 10.9 percent, 3.6 percent, 5.1 percent and 2.7 percent, respectively.

## IRS 2017 - Taxation of Income Nº 7: Capital Gains - Investment Portfolios (Category G)



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Income is reported in different categories: A) Salaries, B) Sole Traders, E) Capital, F) Property, G) Capital Gains and H) Pensions and is taxable in Portugal regardless of its origin. For non-residents, only income actually arising in Portugal is subject to assessment.

The current Capital Gains Tax Regime defines a flat-rate assessment on the disposal of shares, bonds, derivatives, warrants, and other similar securities. In general, these gains are subject to a flat-rate tax of 28%. One significant exemption is the assessment of gains from the sale of *shares of micro and small companies* not listed on the stock exchange. Although the 28% formally applies, these companies benefit from a 50% exclusion. Most small businesses (“*Limitada*”) as well as Portuguese Nominee Companies (“*Sociedade Civil*”) are eligible for this reduced assessment.

### Overall Strategy

The flat 28% tax rate to Capital Gains completes the application of the new general tax rate rule for all Income from Capital. Already Interest, Dividends and Rental Income also pay the identical basic 28% flat-rate assessment applied to Capital Gains. Likewise, exemptions may be available to accommodate particular situations. Flat-rate taxes are assessed autonomously, thereby avoiding the “top-slicing” effect customary with most additional income. However, they fail to allow for any deductible expenses or credits for taxation at source being applied against them, restricting their benefit. Alternatively, taxpayers can elect to aggregate Capital Gains with other sources of income and be assessed at marginal rates. One method can be used for one form of income while another applied to other sources.

### Capital Gain on Real Estate

Although it is the “AT”, not you, that does the actual calculation, it is always worthwhile anticipating what the final taxation will be. For a

property sold last year originally purchased in 2004, the calculation of the Capital Gain is as follows:

Step 1: Based on the year of acquisition, multiply the original purchase price by the Inflation Adjustment Coefficient in the table.

Step 2: From the final sales price, subtract the adjusted purchase price, giving the gross profit.

Step 3: Subtract qualifying costs (commissions, notary fees, transfer tax, etc.)

Step 4: Subtract documented capital improvements invoiced in the past 12 years.

Step 5: The difference between adjusted profit and deductible expenses is your net taxable gain.

Step 6: One half of the net profit is assessed unless rolling the gain into another principal residence. Either way, report the sale on your annual IRS declaration.

### Resident vs. Non-Resident Individuals

If you are Non-Resident for tax purposes in Portugal, the Capital Gains Tax calculation is quite simple: 25% of the full net profit. If you are resident in Portugal, there are two options:

1) You can exclude one half of the capital gain. The other 50% of the adjusted net profit is added to overall income for the fiscal year and taxed at marginal rates. Properties purchased prior to 1989 are exempt for Capital Gains Tax.

2) The gain may be rolled over if another *principal residence* of equal or greater value is bought between 24 months prior and 3 years after the sale. For newly acquired properties of lesser value, the gain is calculated on a pro-rata basis. If the reinvestment is less than the amount of the sale, you may owe additional tax and have to pay interest to *Finanças* on the non-reinvested balance. In the event that no reinvestment takes place, an assessment will be made on the entire non-reinvested balance plus interest. Since 2007, it is possible to reinvest anywhere within the EU. Note that proof of residency is required from the Tax Authority in the new country of residence.

### Next: Pensions

Dennis Swing Greene is an International Tax Specialist and Chairman of euroFINESCO s.a.  
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**Almancil** - Av. 5 de Outubro 284 - 8135-103 | **Opening Hours:** MON-SAT 10.00-19.00



### Financial assistance for land clearance?

SIR, The present enforcement of land clearance by the Portuguese government which includes all rural residents countrywide carrying out major changes to their woods and gardens is possibly the largest directive ever issued. The logistics of removal and burning of the debris created by so many thousands of residents are mind-boggling.

My wife and I bought a Reserva (wild) Hill in 1983 and have built ponds for all the birds and creatures which now abound (Nightingales, Owls, goldfinches, badgers, mongoose, small pigs etc.) Hunters had previously decimated all the wildlife. We are both pensioners (I am 76) and every day we are now cutting down all the required trees and shrubs and burning them ourselves.

We shall probably not be able to do everything required by 31 May. Like many other rural residents we cannot afford to pay for anyone else to help us. Regardless of other people's ideas about just selling off land when you want to, this is not an easy alternative. We know from experience that splitting land in Portugal is very difficult anyway. At present any land exchange would

be a poisoned chalice and nobody would wish to buy non-building/non-agricultural land with the new sweeping legislation. Perhaps in some countries grants may have been available to help the less wealthy or at the very least an extension of a year (in non-urgent areas away from forests) unable to carry out all the changes. The threat of the imposition of large fines is really frightening and stressful especially to those of us who are already just about subsisting.

The final twist is that if you do not manage to carry out all the changes in time your neighbours have been advised to report you to the GNR.

RGH, Loulé

### When a dream home becomes your worst nightmare

SIR, On 15 October 2017 our region was devastated by the worst forest fires Portugal has suffered in recent history. When the smoke had cleared people and many animals were dead, houses destroyed and livelihoods had vanished in the flames. We were among the lucky ones. Part of our land, our garages and trees were burned but the house was intact and we were able to return home after a week of camping out in the nearest

village of Côja.

As soon as we were able to return home we emptied our cupboards of all the clothing, blankets and household goods we could spare and donated them, along with food and money, to help those who had lost everything.

Everyone pulled together to help one another and even insurance companies were quick to pay out so that rebuilding could start.

A good response all round was the impression we had. Now, more than 5 months later, we find ourselves on the receiving end of the next "natural" disaster.

Unfortunately for us, we are the only people affected so there is no public pressure to ensure we get some help. Almost two weeks ago the municipal road opposite our property collapsed onto our access road. The road was poorly maintained and in the aftermath of the fires it was used daily by huge trucks carrying wood down from the burned forests. The heavy rains of the past week have added to the burden and ultimately caused the collapse. Since it happened we have been completely isolated here, only able to leave on foot by clambering over the landslide. Civil engineers and local authorities have appeared in the distance to look at the damage and traffic signs have been erected to warn through traffic to slow down but nothing has been done to clear the landslide and our access road. And no one is interested in providing us any help or even in speaking to us in person to explain what is going on.

It seems that the local authority responsible for the road, Arganil Council, blames PT, the Portuguese telecommunications provider, for the landslide. They have been putting up poles, reconnecting homes with the phone and internet links lost in the fire. Apportioning blame beats taking action and we have become invisible. The fact that we have been trapped in our house with no phones, no internet, no firewood is of secondary interest to the question of who will pay for the removal of the landslide. Fortunately our stock cupboard has saved us from starvation but we are now running out of gas so that we will soon have no heating, hot water or the means to cook. The gas delivery truck cannot get to our house; no firewood can be delivered; PT cannot reconnect our communications until the landslide is cleared. If either of us have an accident or a serious health issue, there is no way to send in help or get us out. We have written to the Council, engaged a lawyer to speak with the parties involved on our behalf but basically nobody is listening and nobody cares. We embraced Portugal 12 years ago when we retired here. We pay our taxes, support local initiatives and the local children's home. In short, we feel that Portugal is our home and we are responsible for treating it as such. Sadly Portugal does not feel the same about us and has

The opinions expressed here are those of our readers and not necessarily of The Portugal News. The editor reserves the right to edit letters or refuse publication.



Send your letters, which must include your name and full postal address and should preferably be under 300 words, to: The Portugal News, Apartado 13, 8401-901 Lagoa. Email: letters@theportugalnews.com

abandoned us. HALLIDAY, by email

### Observation

SIR, We feel we must have to make an observation statement following today 28/03/2018 an R.T.A. on the top Lagoa Roundabout. It was only this last weekend we were talking about the vast improvements on the 125 between Lagos and Faro, but having some concern with regard to many stretches having these small poles to stop overtaking. In theory it makes sense but not for the Emergency Services as was evident today. Whilst coming on the 125 from Ferragudo we had passed the turning to the A22 motorway only to be caught in slow moving traffic, when level with the Jumbo garage the sound of sirens from behind, only for a Police car to come down the hard shoulder, on reaching the roundabout my wife saw the R.T.A. Having now gone past slowly proceeding to the middle roundabout, all became more clear as the Ambulance coming to the accident had to approach from the Faro side of Lagoa, as the traffic was at a standstill it became hard for anyone being able to move, especially as we now have a wide path and these

poles. Somehow the ambulance driver, although the kerbstone is twice the depth of a normal kerb, managed to negotiate it to answer the call he was on, well done. Whilst still going towards the Fatacil roundabout the Fire tender had been called whether for the same incident or a second call out it would have had the same problem.

I am sure we are not the only one's to experience this. Would it now be time to look at some of the sections of road that this congestion occurs, and remove these posts to help the Emergency Services? NELMS, by email

### Spring break charges

SIR, After coming to the Algarve for extended winter vacations I was dismayed to read about the supplementary hotel charge to discourage students. My wife and I are a long way from being students. We are however required to pay this increase even though we are here 4 weeks before, 1 week at the increased rate then returning to the established rate for the next two weeks. This makes no sense to charge extended visitors the "discourage student rate". DR. C. RUBINO, Canada

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# Cristiano Ronaldo magic show!

**N**  
CHRIS WRIGHT

Those who were privileged to be in the Allianz Stadium, Turin on Tuesday evening will have witnessed possibly the best ever Champions League goal as Cristiano Ronaldo once again demonstrated why, at the age of 33, he is still the greatest footballer in the world.

**J**uventus went behind as early as the third minute as Real Madrid imposed their superiority. Marcelo flicked a pass down the left for Isco, who rolled a pass inside for Ronaldo, on the left-hand edge of the six-yard box. Benzema blocked off the run of two Juventus defender as Ronaldo met the cross and fiercely flicked an unstoppable first-time shot into the right-hand corner of the net. Another record for Ronaldo as he made it ten goals in ten consecutive Champions League games. But it was twenty minutes after the interval that a truly inspirational goal had the whole stadium rising to its feet to applaud a moment of sheer magic. The Italians were not happy to be on the receiving end of a breathtaking moment of athletic brilliance yet they were prepared to acknowledge a genius at work. Chiellini and Buffon got into a tangle, the former

poking a back pass past his own keeper. Ronaldo collected the loose ball and laid it back to Vazquez whose goal bound shoot was brilliantly parried by Buffon. The ball broke to the right for Carvajal to hook it back into the centre where Ronaldo, his back to goal on the penalty spot, sent an overhead scissor kick into the top right corner of the net. A bemused Buffon could only watch in admiration. Even Ronaldo seemed to be taken aback by the adulation of the 40,849 crowd who will in years to come say, 'I was there on that *rocamboloso occasione*'. But the maestro was not yet finished as he provided an assist for Marcelo to score number three in the seventy-second minute. There is no doubt that the Santiago Bernabéu Stadium crowd will hail their hero when he leads out Real Madrid for the second-leg of the quarter-final tie next Wednesday evening.



Cristiano Ronaldo pictured here scoring his wonder-goal on Tuesday evening against Juventus. (Photo: EPA/Alessandro Di Marco)

## Southern Region - Algarve Touch Rugby tournament next weekend

The Southern Region - Algarve Touch Rugby tournament is to take place next weekend, on Saturday 14 April, at the Bela Vista stadium in Parchal.

The tournament is part of the national circuit. It will bring together eight teams from southern Portugal, among them Benfica, Belenenses, Cascais, and a mixed team comprised of athletes from the University of Algarve and Desportivo de Lagoa.

### Taça Regional Sul Touch Rugby Algarve 2018

**14 de abril**  
**Estádio Municipal**  
**da Bela Vista (Lagoa)**  
**14h00**

Parceiros:

Media Partner:

Apoios:

## Ray Wilkins dies

Former Chelsea captain and England midfielder Ray Wilkins has died in hospital following a cardiac arrest. He was 61. Wilkins, who won 84 England caps, had been treated in St George's Hospital in Tooting, south-west London since Friday.

St George's Hospital confirmed Wilkins had died on Wednesday morning, and issued a statement on behalf of the family.

Wilkins had carried out media duties on talkSPORT and Sky Sports - he was a regular pundit on both platforms - shortly before suffering the cardiac arrest, and was taken to St George's Hospital on Friday.

He became the fourth

player sent off while playing for England when he was dismissed during the 1986 World Cup finals in Mexico in a game against Morocco.

During his career as a player, Wilkins won the FA Cup with Manchester United in 1983, scoring a memorable goal in the first tie against Brighton at Wembley, which ended 2-2. He also won the Scottish title with Rangers in 1989.

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Volunteers at the ADL Spring Fayre

## ADL-Supporting Families

Desafios Luminosos: Associação de Apoio a Pessoas carenciadas is a bit of a mouthful so we have adopted ADL for short, you may have heard of us!

We are a new charity having registered in August 2017 but we consider we have achieved quite a lot since that time. Supporting needy families in the Algarve, mainly around Algez, Tunes, Guia and Armação de Pêra we have been able to make a difference to quite a few lives. From providing baby equipment to first time mums in need, to helping families lacking basic kitchen equipment, heaters and bedding. One of the most rewarding situations to date has been to provide some children with much-needed spectacles and more recently getting emergency dental treatment for a child who was in pain.

People have been remarkably generous, including the dentist, (who intends to complete all the dental work the child needs,) both with their time and money, as was experienced at our recent Spring Fayre at Restaurant Frango Dourado in Carrasqueira. The weather wasn't particularly kind but with the help of the Loulé Band- Filarmónica Artistas de Minerva playing some lively music and lots of generous donations, we came away with 525€. We endeavour, where we can, to fulfil the needs of the families requiring help by appealing for the goods and services to be donated but it is handy to have cash to buy things when all else fails. In order to seek out need, as well as respond to requests for help, we have been in contact with the Presidents of the local Juntas,

whom we have found to be both sympathetic and active towards the needy in their respective Freguesias. From this connection we have been pointed in the direction of real need, with some very positive results. We see this as a partnership and will continue to work with the people "in the know" regarding local poverty.

You can see from the list of our achievements in the first 6 months of operating, the sort of things we've been able to provide, by one means or another. In practice a lot of the equipment comes from people who are renovating, moving or just having a good turnout. So when you are doing the same, think of those who might benefit and provided the item is in good condition, contact either myself or my hardworking colleague to swing into action.

Alternatively, or as well as, if you would like to help, talk to us. An extra pair of hands is always welcome and you too can make a difference to a local needy family. We are also still in need of a place to store the items families want. A large shed or garage, somewhere near the Guia area would be ideal. If any reader knows of such a place please contact us.

Much of what we do is made possible by social media and we are grateful for the help from "Support for Families in the Algarve!" You will find us on Facebook along with "Desafios Luminosos."

My name is Christine Holmes and I can be contacted on 289562395+ (voice mail) or you can contact Su Davis 932307548 or email: su.davis@sapo.pt

## Algarve Activity Bike Rides

**Saturday April 7:-** Bike Ride starting in Estoi. We meet in the car park by the cemetery at 9.15am ready for a 9.30am start. This will be a fairly challenging ride of around 40kms with a café stop somewhere along the way

**Sunday April 8:-** Bike Ride starting in Paderne. We meet in the car park at the bottom of the hill at 9.15am ready for a 9.30am start. This will be a mostly easy ride of around 35 kms with a café break somewhere along the way.

If you would like to come along to one of these rides, please

confirm either by text, email or on Facebook via the Activity Algarve Bike Rides page. If a ride has to be cancelled for any reason, such as bad weather, notification will be via text. We reserve the right to cancel any ride if less than 5 people are signed up. Price for participation is €5 per rider per ride.

For more information please contact Paul Beesley on tel: 913226954, email: paul@algarvebikeholidays.com, see our website: www.algarvebikeholidays.com, or Facebook: AlgarveBikeHolidays.

## Algarve History Association: Upcoming walks and talks for April 2018

**Guided Walks on Wednesdays at 11am meet at the Roman Bridge, Tavira. €2.50**

**Wednesday 4:** Walled Town (NB at 12:00 midday)

**Wednesday 11:** Medieval Town

**Wednesday 18:** Northern Suburbs

Peter has devised three areas for Historical Walks in Tavira. The first covers the walled town on the hill, and includes the Roman Bridge, the Câmara building, the castle and the walls. He discusses the churches and religious buildings within the walls and finishes the tour at the riverside. In Walk no 2, Peter tells of the demolitions which permit

**Sailing Around the World: Part One - Outward Bound**

**Monday 9 April** at 6 pm in the Municipal Library Tavira

**Tuesday 10 April** at 6pm in the Municipal Library Lagoa.

Anthony Collis will take us on Part 1 of his and Jan's epic voyage of sailing round the world.

They set sail in their 50 foot schooner Caro from Bembridge, Isle of Wight, in 1998 and returned in 2002. They visited 52 countries en route.

the Praça da República to appear as it does today, and then talks of the gardens in the centre of the town, before looking at the chapels and churches on the southern edge of Tavira, and moving back towards the centre, past the old jail. Walk no 3 is on the other side of the river, and shows the flood markers, the governor's residence and the churches of the northern suburb, passing the chapel devoted to those suffering from leprosy, of course on the boundary of the old town, and finishing with one of the losers in the Civil War.

This talk will cover the highs and lows of the voyage to Australia via the Caribbean Sea, the Panama Canal and 8000 miles of the Pacific Ocean.

In the second part of his talk, Anthony will relate the return journey on **Monday 7 May**, at 6pm (Municipal Library Tavira) and **Tuesday 8 May** at 6pm (Municipal Library Lagoa).

The Schooner, Caro

## Let's Walk in the Algarve

**Tuesday April 10 – Let's Walk to the Windmills**

A moderately easy walk of just over 2 hours behind the village of Sta Barbara de Nexe climbing up to the windmills where you have stunning views to the coast.

10.30am start – meet at the café opposite the church in S<sup>ta</sup> Barbara de Nexe. From A22, J13, Loulé Sul exit to Loulé, 1km turn right to Santa Barbara. From N125 get onto the Faro-Loulé road, proceed north under A22, after 1km turn right to Santa Barbara.

**Tuesday April 17 – Let's Walk through Orange Groves**

A beautiful and interesting moderately easy 2.5 hour walk through the orange growing area close to Silves.

10.30am start – meet at the Café Casinhas. Drive to Silves, cross over the bridge and turn right. At the roundabout take the first exit and drive for about 300m when you will see a road to the right with a blue sign for 'turismo rural'. Turn here and drive for about 4km when after crossing a bridge you will soon see the café on your right.

*There is no need to book please just come along wearing shoes suitable for country walking and please bring a sense of humour! There is a nominal charge of €5 per person which includes a donation to charity. If the weather looks doubtful please call beforehand - Chris 913011537.*

## Business Cocktail Evening

The next event will be held on April 12, from 6pm onwards at Quinta do Barranco Longo, Algez. (On the E.N. from Algez to Messines, Quinta do Barranco Longo is right next to the crossroad of Barranco Longo and Ribeira Grande where a sign says "Barranco Longo". GPS coordinates: 37° 11' 13.69" N | 8° 17' 32.35" W)

This Business Cocktail evening will be sponsored by BPCC Member. This cocktail will take place at Quinta do Barranco Longo's winery.

We encourage you to join us at this short, enjoyable and sponsored event on your way

home from work. If you would like to be a potential member then please let me know in advance so that our sponsors can be prepared.

In order to ensure your booking, your registration should be made before April 10. Please kindly note that places are limited and bookings will be accepted on first come first serve basis. We look forward to seeing you all and know that we will have a very productive enjoyable evening.

Don't forget to bring plenty of business cards.

To register just send an e-mail to a.silva@bpcc.pt

## Calling all ex-round tablers!!

Have you ever been a Round Tabler?

We are the only 41 Club here in the Algarve. We were established 33 years ago and today have 52 members but our wives and partners always participate so making over 100 in all! It's a big Club!

We are the Portuguese Club within the Iberian Cluster Group, regularly meeting up with our fellow Iberian Clubs in rotation for a 200-member Cluster party. In November this year we will be in the Costa del Sol for 3 days & next year it's in Calpe, Spain.

The Algarve club hosted this great event in November 2016 & are due to again in 2021.

Here at home, we are based at The Restaurant "O Farol" within the Rocha Brava Resort just outside Carvoeiro where we meet on the first Tuesday of each month for our business meeting. This is followed by an excellent lunch with the ladies. We also meet socially on the third Tuesday in many places across the Algarve. Our members have lived or worked in many

different countries and we are very International in character.

The club also raise funds for worthwhile local causes in the true **Round Table** way.

Within the last year we have donated money to The Salvation Army. The Lagos Orphans, Riding for the disabled & NECI.

In May of every year, we all meet together for our Annual General Meeting. In fact it's like a 4-day party starting on Wednesday the 9th with the Chairman's Dinner (very informal) and the AGM (a bit more formal!) on the Thursday night. There is a grass bowls competition on Friday and our Black tie Ladies night on Saturday 12th which this year is being held at Boa Vista Golf Club.

Why not join us? - We are always looking for true ex-Tablers.

Just e-mail our Vice Chairman & membership officer, Geoff Harnett

at gvhametalgarve41club@aol.com who will be delighted to give you further information.

We look forward to meeting you!

## Bowls Algarve

On Sunday, 25 March, Valverde Bowling Club held their annual Spring Pairs competition, whilst on Wednesday March 28, Balaia Bowls Club held their annual Memorial Day to remember absent friends.

The 11<sup>th</sup> Australian Pairs Tournament was held, in good weather, from Monday, 26 March to Saturday, 31 March at Alvor Bowls Club in Montes de Alvor.

This tournament is known for being friendly but very competitive, which brings many people back year after year. On this occasion we had competitors from five Algarve clubs and 16 of the 32 pairs came from overseas, just for this competition. On an international note, we included one Dane, one German and two Dutch.

Initially the 32 pairs, in 8

groups of 4, played round robin matches from Monday to Wednesday. The leading two pairs in each group proceeded to the knock-out stage of the tournament while the other two pairs went into the plate competition, which was also played in knock-out format.

The winners of the main tournament were Catherine Webb and Brian Walker of the Alvor club and the plate competition was won by Andrea and Michael Dickinson from Suffolk.

The organisers arranged two evening events, which proved very popular, and on other evenings there were impromptu gatherings at which friendships were cemented. Overall, a week that was enjoyed by all and the 12<sup>th</sup> tournament will be from 25 March to 30 March 2019. Details on the club's website.



Tournament Winners



## AWS at Quinta do Quetzal

International was truly the flavour of the day as the AWS headed north to Vidiguera on Wednesday 21 March. Members originating from France, Belgium, Germany, the UK, Ireland, Norway and the Netherlands took part in this day trip to Quinta do Quetzal for a tour followed by a tasting lunch. An innovative venture under Dutch ownership and run by a Swiss Director-General, this winery not only produces a range of quality wines, it also houses part of the art collection of the De Bruin-Heijn family. Overlooking the property is the pilgrimage chapel of Nossa Senhora de Guadalupe, contrasting with the adega and the restaurant, strikingly designed modern buildings set in the Alentejo landscape and incorporating local materials, particularly the schist rock which gives the wine its minerality. The adega is designed to receive harvested grapes at the top of the building and to use only gravity throughout the process ending in the cellar.

Gravity soon gave way to good cheer as AWS members tasted their way through a tapas-style meal, starting with Guadalupe Rosé accompanied by peixinhos da horta (garden fishes) or tempura green beans - a traditional favourite in a region that's quite a distance from the sea, as explained by the estate's director Reto Jörg. By way of eight more tapas, the party sampled the range of Quetzal wines, particularly savouring the Reserva tinto with veal strips cooked in red wine by young chef João Mourato. As members departed with more than a few souvenir bottles, some were already considering returning for another special experience of both food and wine.

The AWS's next event is a gourmet dinner at Restaurante Florian near Almancil on 24 April.

More information on the AWS is available at [www.algarvewinesociety.com](http://www.algarvewinesociety.com) and on Quinta do Quetzal at [www.quintadoquetzal.com](http://www.quintadoquetzal.com)



Group tasting

Please send your Club or Community news to:  
[newsdesk@theportugalnews.com](mailto:newsdesk@theportugalnews.com)

## 100% results for AS Physics and Chemistry

A group of five Nobel International School Algarve students in Year 12 achieved the highest marks possible in their AS Level Physics and Chemistry exams this Spring. Niketa Pillay, João Lehodey, Aurelien Cailleux and Cameron Dent all achieved 100% in their Edexcel AS Physics exam and Jasmine Wragg achieved 100% for Chemistry.

The students all agreed that one of the factors affecting their success was reading around their subject, finding out new information that goes beyond the text books and lessons, and they felt inspired to do this by their teachers. Aurelien, 17, from France, said: "I also think one of the influences on my exam marks is keeping calm in exam

situations. I do the preparation and the study and then focus on the exam."

Head of School Mike Farrer invited the students for a celebratory Achievers' Tea with fresh Portuguese Pastel de Natas and Iced Tea. He said, "We have seen fantastic levels of effort and commitment from these students and this is consistent in lessons and home study. They show the qualities that we strive to instil in all of our pupils, including persistence, dedication and a passion for discovery."

It is fantastic to hear that they have also all been enterprising enough to be seeking new reading material outside school as this forms a very important part of study for high achieving



Chemistry Teacher Andreia Rodrigues, Cameron, João, Jasmine, Aurelien, Physics Teacher Brigitte Lehodey  
Front – Niketa

students in every curriculum area and we are encouraging this by investing in our school library and multi media centre over the coming months.

I congratulate these hard working students and enjoyed the opportunity to meet with them to discuss their experiences and hopes for the future.

Their teachers are rightfully very proud of these students'

successes and drive and it was a pleasure to see some of these students also attending the CC MAR dive centre at the end of term, for some hands-on scientific exploration into marine life; another example of bringing education out of the classroom and making it relevant to the world around us; a vital part of learning in the 21<sup>st</sup> Century."

## More Canine Capers On The West Coast

The fourth annual Costa Vicentina Fun Dog Show, which features competitions like the dog with the waggiest tail and the dog looking most like its owner, is to be held on Sunday, 15 April at Vale da Telha, Aljezur.

The show will be hosted on and between the terraced frontages of two neighbouring restaurants around the landmark Pines Roundabout, thanks to the hospitality of Jose Orelha at the Restaurante Vale da Telha and Hugo Nanitas of Hugo's Bar.

The large area of land behind the two establishments will be open for signposted car parking.

All profits from the show go to AEZA, the Association for Environment and Animal Protection of Aljezur, a non-profit association based in this

west coast town, whose main objective is to provide abandoned animals decent conditions to live in, with shelter, food, care and health care.

The show will begin at 11am with an agility demonstration by Algarve Dog Training, and the stalls selling local art, handmade crafts, beauty wares, pet products, jams, chutneys, jewellery, bric-a-brac and good quality second hand clothes will also be open from that time.

Judging by Paula Veiria will begin at noon, comprising 12 different classes:

Best rescue dog; Best pedigree; Veteran 8+ years; Puppies less than 1 year; Prettiest bitch; Most handsome dog; Agility; Owner and dog look-alike; Waggiest tail; Best trick; Sit and stay; ending with Best in show.

The admission fee is €3 for the initial class entered, then €1.50 for subsequent classes with the same dog. Spectator admission is via a €2 donation to AEZA.

Also—for anyone coming from the south coast along the N120 at the western end of the A22 motorway—there will, on the day, be signposts from the N120 junction with the hill up to Vale da Telha (on the left, a few hundred yards before you reach the town of Aljezur itself) directing people to the venue.

The organisers ask that all dogs should be on a lead, and owners should bring their dog's vaccination record.

The two bars hosting the event will be open throughout the day serving burgers, chips and their full range of alcoholic and non-alcoholic drinks, and it is hoped there will also be a

raffle for a superb doggie hamper—any donations to help fill it would be gratefully received!

The show is organised by Friends of AEZA, a group of Vale Da Telha locals who give their time and energy freely to benefit the animals in the Aljezur shelter, and they will also have their customary cake and savoury stall on site.

### Show rules

~ All dogs kept on leads please  
~ Please clean up after your dog  
~ Bring your dog's current vaccination records ~  
~ Class entries and payment accepted from 10.30am  
~ Entrance to the public is through donations to AEZA please.

Further information can be found at the AEZA website <http://www.aeza.org/en/> and the AEZA Facebook page.

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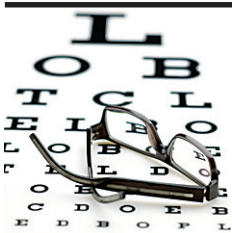
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All this, together with their continuity of friendly and professional staff providing helpful guidance and dedicated attention until the moment your consignment is safely delivered, makes Direct Transport a favourite choice.

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Check the health of your eyes

With the vast array of frames and lenses to choose from in a modern day practice we sometimes lose sight of the primary reason for a visit to your optician; to check the health of your eyes. Many diseases and associated conditions such as glaucoma, cataracts and diabetes can be picked up during the course of a sight test which is why at SN&N Optico much emphasis is placed on regular eye exams. The College of Optometrists in the UK recommend a yearly check for children under 16 and every two years for adults. A very common complaint here on the sunny Algarve is Allergic Conjunctivitis:

The two most common types of allergic conjunctivitis are seasonal allergic conjunctivitis (SAC) and perennial allergic conjunctivitis (PAC). Both are triggered by an immune reaction when you come into contact with a particular substance you are allergic to, leading to symptoms such as itching and sneezing.

Eye allergies often affect the conjunctiva, a clear layer of skin overlying the eyes, which is the same type of skin that lines the inside of the nose; this is why the same allergens (e.g. pollen, grass, dust and pet dander) can trigger the same allergic response in both areas.

The main symptom of eye allergies is



itchy eyes and may be associated with redness, watering, a burning sensation, and mucous production and blurring.

Diagnosis of eye allergies are usually made from symptoms and by examining the front of the eyes with a slit lamp (a special microscope) to check for dilated blood vessels, conjunctival swelling and eyelid swelling, all of which are indicative of an allergic reaction.

If you can identify and avoid the particular agent you are allergic to, symptoms will improve dramatically. Unfortunately, this is not always easy or possible! Some of the following treatments can provide relief from eye allergies: applying cold compresses, using artificial tears as needed, allergy eye drops and oral antihistamines. Avoid rubbing your eyes as this can worsen symptoms.

Unfortunately, other than avoidance of the allergens, allergic conjunctivitis cannot be prevented. Although it is an annoying inconvenience and can sometimes make daily activities miserable, no long-term vision loss is to be expected.



# Citroen looks to increase C4 Cactus appeal

The original was a true love-it-or-hate-it Marmite car, but with the latest C4 Cactus model, Citroen's chasing a wider appeal.

**F**rom the daft name to the eye-catching 'airbumps' strewn across the side panels, everything about the previous-generation Citroen C4 Cactus was designed to be just a little bit different.

But with the new C3 Aircross taking its place as the mini-SUV in Citroen's range, the C4 Cactus has moved upmarket to fill the void left by the C4 hatchback when it was taken off sale last year.

That gives it a mixture of mini-SUV and hatchback styling cues, and a price tag somewhere between the two market sectors. It also debuts some innovative new tech that will eventually be rolled out to most of Citroen's cars.

The big news is Citroen's 'Advanced Comfort' system. Anybody who's driven a Citroen built in the Nineties or earlier can't help but remember the pillowy ride bestowed by sophisticated hydraulic suspension - and that's what the brand has tried to recreate on the Cactus.

It's not a full hydraulic system, but it gains hydraulic dampers on either side of the usual shock-absorber to help reduce the impact from bumps, while still keeping the car stable. Advanced Comfort also brings added soundproofing and some excellent new seats, which are very comfortable indeed and a real highlight of the car's interior. The petrol-focused lineup consists of three versions of the 1.2-litre PureTech engine. The entry-level car has just 82hp, which is fine around town but gutless on the motorway. The higher-powered 110hp unit is the pick of the range with plenty of punch, though it's mated to a baggy five-speed manual gearbox. The six-speed 'box that comes with the 130hp engine is far superior.

There's also a diesel unit, which offers incredible fuel economy, but the petrols are so good, it's not really necessary. There's also

a six-speed automatic available on some models, but it's not the best either - hesitant at take-off and has a tendency to jerk when you put your foot down. One thing common to all models is the lack of a rev counter; an irritating omission.

The trick suspension is undoubtedly clever, and gives the car a comfortable ride over all surfaces. It's not the sort of quantum leap we were hoping for though, and the Cactus is no luxury limo. Also, while it copes well with bumpy roads, the suspension is uncomfortably floaty on motorways and smooth A-roads - we suspect it might make a few back-seat passengers car sick. Head into a corner with a bit of speed and the Cactus remains quite flat, but the lifeless and over-light steering doesn't inspire much confidence. It's certainly not a sports car, but most buyers won't care about that.

The first Cactus was instantly recognisable, with massive plastic 'airbumps' panels on the side. The new model tones this down, and the airbumps are smaller - while the remainder of the body has been smoothed over, and there are new 3D-effect taillights. The stacked front headlight arrangement remains, with LED daytime running lights set above head and fog-lamps, while the distinctive grille includes Citroen's double chevron logo. Inside, very little has changed, but the centre console has had a mild redesign. It's still fairly stylish though, with a suitcase-style glovebox and leather straps acting as door pulls.

The Cactus' stylish interior is a little compromised. Everything's controlled by a large central touchscreen, which sounds like a good idea. However, in practice, having vitals such as the air-conditioning on there makes it awkward to adjust settings on the move, and the screen isn't sufficiently responsive to justify this.



The cabin is roomy though, and very comfortable thanks to the new seats. These use a clever arrangement of varying density foam, so while they look flat and unsupportive, they're remarkably body-hugging and accommodating.

The main trim levels are 'Feel' and 'Flair', which both come generously equipped. Base spec 'Feel' models get a seven-inch touchscreen with DAB radio, Apple CarPlay and Android Auto, Bluetooth and USB connectivity, air-conditioning and cruise control. Electric front windows are also standard, but the rears simply pop-out, so there's no electric control there. 'Flair' adds sat-nav and a reversing camera, while all models can be personalised with exterior colours, different wheels and interior 'moods'.

In losing some of its quirky charm, the new Cactus won't be an immediate love affair for

buyers as the first one was. However, it'll undoubtedly appeal to a bigger group of people, and there's no denying the new hydraulic suspension gives it a seriously comfortable USP. No version is truly without

compromise though, so there's still a certain level of irritating quirks you'll have to put up with. Nevertheless, it's interesting, decent to drive and cheap to own, which alone should be enough to put it on your shortlist. TPN/PA



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# Secret gardens of Italy



Parco Idrotermale del Negombo. (Photos: PA Photo/Grandi Giardini Italiani).

**F**or years, some of Italy's most beautiful gardens were locked away from public view.

Thankfully, one British woman managed to convince owners to open their gates and share their horticultural gems with the outside world, and now many of them are open for visitors to enjoy.

That woman is Judith Wade, founder of Italy's largest garden network, Grandi Giardini Italiani (GGI), meaning 'Great Italian Gardens', which is celebrating its 20th anniversary this year.

She started the voluntary association in 1997 with just 12 gardens, but now 124 of Italy's finest gardens, complete with artistic and botanical heritage and stunning water features - both privately owned and state run - welcome millions of admirers each year.

Here, Judith shares five of her favourite gardens that all boast spectacular water features...

## 1. Villa Visconti Borromeo

On the outskirts of Milan, this 16th century house, in the style of a Tuscan villa, was enhanced when Count Pirro introduced leisure to his agricultural estate in Lainate, including the garden and nymphaeum (monument), known as the Water Palace. The garden enjoys an 18th century fountain dedicated to Galatea and Neptune, and 820 trees of 56 different species. The nymphaeum is completely covered in black and white or tempera-painted pebbles. Watch out for a statue of Venus, mythological figures

in mosaic and an unexpected water jet managed by clever 'fountain attendants'!

## 2. Villa d'Este

Villa d'Este, an Italian masterpiece of garden art and a UNESCO World Heritage Site, is a much-copied example of European Mannerism and Baroque gardens, with its staggering concentration of fountains, nymphaea, grottos, water games and hydraulic music. After a long period of neglect, the villa became Italian State property and a programme of restoration was drawn up, including the recent renovation of the Organ Fountain and 'Bird Song'.

## 3. Giardino Barbarigo Pizzoni Ardemani

Valsanzibio in Northern Italy reached its maximum splendour in the second half of the 17th century and features 70 statues, mostly by Marengo, which merge into architecture, waterfalls, fountains and water games in the 37 acres of beautiful nature on the hillside.

Springs, cisterns, canals and reservoirs have all been restored to bring back the splendour of 16 fountains, four fishponds, three water games, rivulets and pools.

## 4. Parco della Villa Reale di Marlia

Woodland, streams and a

lake create a great sense of romance in this series of classical Italian gardens, from the time of the Orsetti family. Situated in Lucca in the heart of Tuscany, the Royal Villa at Marlia has been the residence of aristocratic families and great art patrons over many generations. In the early 1800s, Napoleon's sister, Princess Elisa Baciocchi, extended the majestic complex. In 1923, Count and Countess Pecci-Blunt bought the villa and commissioned famous French architect, Jacques Greber, to create a romantic haven.

## 5. Parco Idrotermale del Negombo

In 1946, humanist and traveller Duke Luigi Silvestro Camerini reached Ischia to create a park which would give reign to his passion for botany. The charm of the place and its surprising similarity to the Bay of Negombo, which he had seen and admired in Ceylon, persuaded him to choose San Montano Bay. Here, you find thermal springs, while the garden landscape is integrated with magnificent plants brought from Australia, Japan, South Africa and Brazil, as well as a whole series of contemporary art sculptor installations.



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Parco della Villa Reale di Marlia.

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# In the dog house

It might sound a little barking, but there's no end of doggie decor to choose from. Gabrielle Fagan sniffs out her favourites.

The Chinese New Year was on February 16, and so pooch

lovers, as it's the Year of the Dog what better excuse is there, to introduce some canine class into your home?

It's time to let dogs run wild on walls and rampage over tableware and accessories. We've trawled



Best In Show wallpaper, Osborne & Little. (Photo: Osborne & Little/PA Photo/Handout).

the shops for the most dog-tastic finds (don't worry, they're all house-trained!)

### Go 'walkies' on the wall

Plain or small spaces, such as hallways and bathrooms, are great for experimenting with quirky wallpaper - like a doggie-dotted version. Plus, a monochrome scheme never goes out of fashion, and black and white framed photos of your pet could be a perfect finishing touch. Alternatively, look out for dog murals to perk up a wall in your home.

### Set a 'pawfect' table

Pooch might have to eat out of a humble bowl - but you can show you're 'top dog' by setting a smart table with crockery that features different breeds or your favourite hound.

### Conjure a bow 'wow' setting for work or play

Focus on Fido (or Fred or Fifi)

in a home office or child's bedroom by featuring a colourful wallpaper on a feature wall, and echo the playful puppy theme with bright accessories, from lamps to cushions.

Don't want to go whole hog - or should that be, whole dog - with your mutty makeover? You can still delve into doggy decor with a few subtle touches, perhaps a vase on a shelf or sideboard.

### Show your devotion with tail-wagging treats

Secretly, you know it's your four-legged friend who rules the house, so pamper your pooch with his/her own sofa or glamorous bed - at least then he won't hog the couch and get hairs all over your cushions! If they're not in need of a new bed (or, let's face it, they sleep on yours), then there are plenty of other canine-kit upgrades to choose from.



Labradors Wall Mural, Wallsauce.com. (Photo: Wallsauce.com/PA Photo/Handout).



Daschund dog garden bench, The Present Finder. (Photo: The Present Finder/PA Photo/Handout).

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Nettles On Toast With Pollack, Wild Garlic And Poached Egg By Gill Meller

The writer, TV presenter and food critic puts it down to the fact even the most provincial UK high street still overflows with eating options, from Chinese and Thai, to French, Italian and Indian.

"We welcome food culture with open arms, we absorb it into our daily lives. What we do - which probably annoys people

from overseas - is that we actually end up doing their food better than they do."

As a MasterChef judge, he's well placed to adjudicate. And who better to pull together The Really Quite Good British Cookbook, a new collection of recipes from "about 100 of our finest chefs, cooks, bakers and food heroes". It features established talents (Nigella, Ottolenghi, Stein) and rising stars (Gill Meller,

Rosie Birkett), as well as home cooks, restaurateurs, celebrities and innovative producers.

When asked what fascinates him about his field, Sitwell is irrepressibly passionate...

"Food is about politics, it's about history, culture; it's about entertaining, it's about love, it's about survival, it's about poverty, it's about pleasure, hedonism, it's about staying

## Not just William

William Sitwell is adamant: "British food culture is the greatest food culture in the world."

sober, it's about getting drunk. "It's a subject that covers every aspect of human life." Cheers to that.

Inspired to reacquire yourself with proper British cooking? Try one of these three recipes...

### Nettles On Toast With Pollack, Wild Garlic And Poached Egg By Gill Meller

(Serves 2)

250g fresh young nettle tops (foraged from the garden or local park)  
25g butter  
2tbsp olive oil  
2x150g pollack fillet steaks  
1 small bunch wild garlic shredded (foraged from the garden, local park, hedgerows and roadside - or use 1 clove, crushed)  
2 eggs  
2 slices sourdough or good-quality country bread, toasted  
Salt and pepper

Wash the nettles in plenty of fresh water. Remove any tougher lower stalks. Drop the nettles into a saucepan of salted, boiling water and simmer for two to three minutes, until tender, then drain really well. Return the nettles to the pan, add half the butter and one tablespoon of the olive oil. Season well with salt and pepper, stir and then cover and keep warm.

Set a large, non-stick frying pan over a medium to high heat. Season the fish all over with salt and pepper. Heat the remaining butter and oil in the pan and when hot, add the fish, skin-side down. Cook for three to five minutes, depending on its thickness, then turn the fillets over and fry for one to two minutes until the flakes separate when pressed lightly with a fork; this indicates the fish is cooked.

Add the garlic to the pan. Spoon it through the buttery fish juices; cover and keep warm while you cook the eggs.

Bring a medium-sized, high-sided saucepan of water to the boil. Twirl a spoon in the water to make a mini whirlpool. Crack the eggs in, turn the heat down to minimum and cook for three-four minutes. Remove the eggs carefully with a slotted spoon. Keep warm. Remember: the fresher the eggs - the better they poach.

To serve, place a piece of

toast on each plate. Divide the warm, buttery nettles between the plates, top with a piece of fish, followed by a poached egg, then finally spoon over the garlic and any buttery juices from the pan.

### Overnight Roast Pork Belly With Pears And Thyme By Hardeep Singh Kohli

(Serves 6-8)

1 pork belly (2 1/2-3kg), bone and skin removed  
3tbsp rapeseed oil  
2tbsp sea salt  
2 leeks, halved lengthways  
2 carrots, halved lengthways  
4 sticks celery, halved lengthways  
8 peppercorns  
12 bunches of thyme, of which 4 should be stripped of leaves  
1 pint perry (or pear cider)  
5 firm pears (4 halved and cored, 1 finely diced)

Set the oven to the highest setting. Pop the kettle on. On buying your belly, have your butcher to remove it from the bone. Keep the bone and bring it home. Also, have them remove the skin, having first scored it in a criss-cross fashion.

Place the skin in the sink and pour boiling water over it. Carefully dry the

skin, thoroughly. Rub a tablespoon of oil and then the sea salt into the scored flesh. Place the skin in an oiled roasting tin and put in the oven. It should take only 30 minutes for the skin to become crackling.

Remove the crackling and allow to cool. Turn the oven down to 120C.

Lay the leeks, carrots and celery in the bottom of a roasting tin with the peppercorns. On top, lay the rib bones, eight sprigs of thyme and then drizzle a tablespoon of oil over. Tuck the veg in under the ribs. Lay the pork belly on top, oil and drizzle the rest of the oil, and scatter the remaining salt over.

Pour 350ml of the perry into the roasting tin. Cover in tinfoil and pop into the oven for anything between nine and 11 hours. 90 minutes before the end of cooking, add the halved pears. Roast uncovered for the final hour and a half.

Remove the pork from the oven. Carefully lift the pork and the pears out and keep warm. Discard the cooked veg. Add the remaining perry, deglaze the tin and reduce the liquor by half. Immediately before serving, add the remaining thyme leaves and finely diced pear.



Overnight Roast Pork Belly With Pears And Thyme By Hardeep Singh Kohli

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**Blackcurrant And Chocolate Layer By Nikki Duffy**  
(Serves 4)

For the blackcurrant layer:  
250g blackcurrants  
A squeeze of lemon juice  
Up to 100g caster sugar  
50ml water

For the chocolate layer:  
25g cocoa powder  
50g caster sugar  
100ml water

For the cream/yoghurt layer:  
200ml double cream  
200ml plain full-fat yoghurt  
2tbsp caster sugar

To finish:  
50g skinned hazelnuts  
1 tbsp Demerara sugar

Put the blackcurrants in a saucepan with 50ml water. Bring to a simmer and cook for a few minutes, stirring once or twice, until the fruit has broken down and you have a chunky, juicy mix. Push this through a sieve to remove the currant skins and seeds. Add the lemon juice to the warm puree, then sweeten it by stirring in caster sugar. Start by adding 50g, then stir in more until the puree is sweet but still tastes fruity and fresh. Leave to cool and then chill.

To make the chocolate layer, put the cocoa and sugar in a small pan with the water. Bring to the boil, whisking constantly, then let the mixture simmer for about one minute - again, stirring often - so it thickens. Leave to cool and then chill.

When you're ready to assemble the puds, put the cream, yoghurt and caster sugar in a mixing bowl and use a hand-held electric



whisk to beat the mixture until it holds soft peaks.

Choose four wine glasses or tumblers. Divide half the blackcurrant puree between the four glasses. Add a couple of spoonfuls of the creamy mixture to each glass. Trickle on a layer of chocolate sauce. Add a second layer of the creamy mixture, using it all up this time, then finish the dishes with the rest of the blackcurrant puree. Chill for at least a few hours - up to 24.

Shortly before serving, toast the hazelnuts in an oven pre-heated to 180C/ Gas mark 4 for five to six minutes, until golden and fragrant. Put the nuts in a pestle and mortar with the Demerara sugar and bash together roughly so the nuts are broken up but not pulverized (alternatively, do this in a food processor). Leave to cool, then sprinkle over the puddings and serve.

• The Really Quite Good British Cookbook, edited by William Sitwell, photography by Lizzie Mayson, is published in hardback by Nourish. Available now

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## Animal World

# A best friend for all the family



**H**aving a pet in the home can benefit every member of the family but which pets are best for children and how do you choose?

Bringing in a new pet to the home when you already have children may seem like a daunting challenge, especially if you have young children, however having an animal in the home can be a really great learning experience for most children, teaching them responsibility and compassion.

While having a pet can be hugely beneficial to children, not all animals are really suitable as a first

pet and it is largely recommended that a first pet for a child should be a small animal and nothing too exotic!

We all know that when a child promises to look after the pet themselves ("please, please, I promise, really!") that in reality it will come down to the parents to clear up the droppings and provide the food after the first couple of weeks of obsession dies down.

Bearing this in mind and also the fact that children may not be able to deal with complicated needs of certain animals, it can be a good idea to opt for low maintenance pets such as guinea pigs, gerbils,

rabbits or mice.

Lots of people think that hamsters are a good idea but you have to remember that while they are easy to care for, if your child is looking for a pet to play with these animals are not the best choice as they sleep through most of the day and only really come out at night when the child (should hopefully!) be asleep.

While all of the above animals are pretty easy to look after, you will need to do some research into these pets before you bring one home to make sure that you understand their feeding needs and any special care that might be important.

Exotic pets such as reptiles may be appealing to some children but these do require a higher level of care and often more specialised foods and habitats, so unless you as a parent are keen to have one in the home then this should not be encouraged with young children.

Fluffy kittens are as appealing to children as they are to adults, and cats make great pets for children but a very small kitten is not always a good idea as small children may over zealously hug them and this can cause injury. Older cats usually have established personalities and are not good with change or feeling threatened, so it is a good idea to find a young cat for small children.

Dogs are generally a family responsibility and while a child may enjoy helping to choose a dog for the home, it is important that an adult is in charge here! If you have never had a dog before then take advice as to which dogs enjoy the company of children most and if you are homing a rescue dog

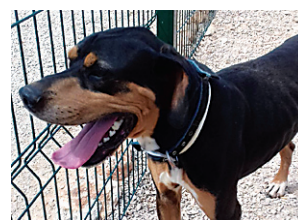
try to find one that may have previously lived with children before.

Bring a pet into your home and discover the benefits for everyone in the family - whatever their age.

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Liwonde National Park.  
(Photo: PA Photo/Malawi Tourism)

**R**esponsible for the world's biggest elephant translocation, Malawi is shaping up to be 2018's hottest new safari destination, says Sarah Marshall.

As tall as a one-storey building and heavier than a pick-up truck, our African giants should be easy to find. But right now, the newest residents of Malawi's Nkhotakota Wildlife Reserve are proving harder to locate than a proverbial needle in a haystack - or an elephant in miombo woodland, in this case.

Brought here as part of a successful two-stage translocation shifting 500 elephants from elsewhere in the country - the biggest and most ambitious project of its kind to date - the animals are, unsurprisingly, a little unsettled.

"They are much calmer now," insists Emmanuel, an assured twenty-something guide who boasts a lifetime of experience growing up in the forest, and claims his only toys were origami butterflies made from the leaves of a camel's foot tree. "They don't charge at us anymore... well, not as much."

When, after two days of fruitless searching, we do eventually spy an ashengrey trunk tangled within the forest's spindly arboreal limbs, the sight is uplifting; the outline of a mother and calf etched effortlessly into their surroundings. The youngster is one of several newborns totalling the population to 600, but begging the question - where are the other 598? **Bringing a park back to life**

Stretching 1,800sq km across the centre of the country, Nkhotakota is sprawling with few access points. But under the management of African

Parks, acclaimed for regenerating wildlife areas across the continent, there are plans to complete a 700sq km solar-powered fence enclosing an elephant sanctuary, and to build new roads.

Malawi, like many African countries, is realising the potential for tourism by restocking parks and reserves denuded of wildlife through poaching and community conflict.

Although less advanced than neighbouring safari big-hitters Tanzania and Zambia, it's also less crowded, and in an age where over-tourism is a growing concern, it's a conservation success story in the making.

"For now, this is a wilderness lodge," explains Bentry Kalanga, a big man with an even bigger smile and the co-owner of Tongole, a comfortable lodge deep in the forest on a bend in the Bua river.

Long-term resident herds occasionally come to frolic in the shallow, Nesquik-coloured water - including 'short trunk', a local celebrity easily identifiable by his unusual proboscis clipped in half by a snare.

Largely though, the attractions are avian, and we spot several species on an early morning canoe trip along the Bua. A trumpeter hornbill could easily be mistaken for a bawling baby and a water thick-knee crescendos and crashes like a battery draining its juice.

"There's a myth that if you kill a hamerkop, your house will be struck by lightning," muses Emmanuel as he paddles past the flat-headed bird resting on a fever tree. "They say it has a third eye which can see into your soul. People are afraid, so they leave the birds alone. We need stories like that to protect our animals."

**Home to one of the world's largest lakes**

Although planes can be





# Sunshine and smiles in Malawi

chartered to an airstrip at Tongole, we travel by road to one of this small country's biggest attractions, Lake Malawi, just 40km away.

The journey itself is a swift introduction to local agricultural life. Young girls in torn, puff-sleeved satin dresses peddle uneasily on cumbrous, rattling bicycles, riding over sun-scorched soil exploding with chilli-red flame trees and swollen baobabs. Every encounter involves a wave - sometimes two-handed - and dumb-founded perplexity as to what these sweaty, pale misungos (white people) are doing here.

Although landlocked, Malawi is blessed with sandy beaches fringing the shores of its dominating lake, which pours from the Rift Valley and swallows a quarter of the country. Curved by stubbly, parched hills, Robin Pope's Pumulani Lodge perches above Kasanga Bay in the popular southern sector. The breezy, style-conscious

property could challenge some of the smartest beach outfits in Mombasa and Zanzibar; from my clawfoot bath, I watch vervet monkeys swipe at the mango-laden canopy and fishermen row wooden canoes in the lake.

Our breakfast is eaten on a traditional dhow, sailing before a bleeding African sun boils the water, and afternoons are spent kayaking along the reed beds.

Cases of bilharzia, caused by a fresh water-dwelling parasite, put many people off swimming in the lake, but several areas - including Bird Island - are regularly tested and deemed safe for snorkelling, providing an opportunity to see the rare, endemic cichlid fish which earned Lake Malawi its Unesco status.

I take my chances while staying at Makokola Retreat, a more rustic Italian-owned resort where thatched cottages spill onto a fine sandy beach. A

whirlwind of inky gills flaps around my limbs, but soon fades away - a faint shadow of the shoals which once gathered here.

"When I was a child, fishermen would haul in huge nets of fish. Now they barely have any," laments Benedetto Calvani, whose family has lived here for a century.

Connected by an open gate, the village beach is a patchwork of nets pulled taut and drying. As the sun sets, women drum on plastic upturned buckets and sing gaily as men in roughly-carved boats set out for a night of fishing, fuelled by laughter and hypnotic coils of tobacco smoke.

Fortunately, efforts are being made to restock the number of chambo fish in the lake, although the demands of a growing population don't make life easy.

### A place with big ambition

Continuing our journey around the lake, we reach the mouth of the River Shire and the gateway to Liwonde National Park, one of the prettiest protected sections of the country. An hour's drive through maize fields and villages is followed by a

short boat crossing to reach Mvu, a simple camp leading to a much smarter eight-room lodge, where squirrels flit across pathways and bushbuck graze fearlessly within arm's length.

Many of the elephants translocated to Nkhotakota originated here, and signs of their overbearing presence are clear - grass mowed so short it resembles a golf course and baobab trunks gnawed like apple cores.

"At the peak, we had 800 elephants," explains David Nangoma, a community manager for African Parks, who also manage Liwonde, which is three times smaller than Nkhotakota.

Alongside major departures, there have also been some new arrivals. Last year, four cheetahs were reintroduced to Malawi for the first time in a century and, in 2018, there are plans to bring lions and leopards into the mix with financial support from Leonardo DiCaprio's charitable foundation.

Flanked by hornbills with gleaming red beaks, we go on an afternoon game drive through lowland mopane forest in search of eight resident black rhinos, but

despite the pleasant ride, we have little success.

The main focus for Liwonde is its river, home to 3,000 hippos who give Mvu its onomatopoeic name. Gliding along the water, we see several grazing on the banks - unusual and almost suicidal in this skin-roasting heat.

Although fewer cats mean hunts are minimal, there's still plenty of action on the water. Baby crocodiles the size of sprats wriggle at the frothing waterline, an easy snatch for African fish eagles too

swift for the snapping jaws of a protective mother.

Early afternoon, I return to my thatched tent for an outdoor shower and am joined by a herd of elephants, demolishing their way through the valley below my elevated platform. Suspended in awe and silence, I'm too frightened to even move. But the encounter confirms something David Nangoma told me earlier that day.

"If well-managed, Malawi can be another big safari destination. We've got the potential; we just need to play our cards right."



Aaron, a scout in Nkhotakota Wildlife Reserve, collecting mushrooms. (Photos: PA Photo/Sarah Marshall).



A hippo in Liwonde National Park.



An elephant herd drinking in Liwonde National Park.



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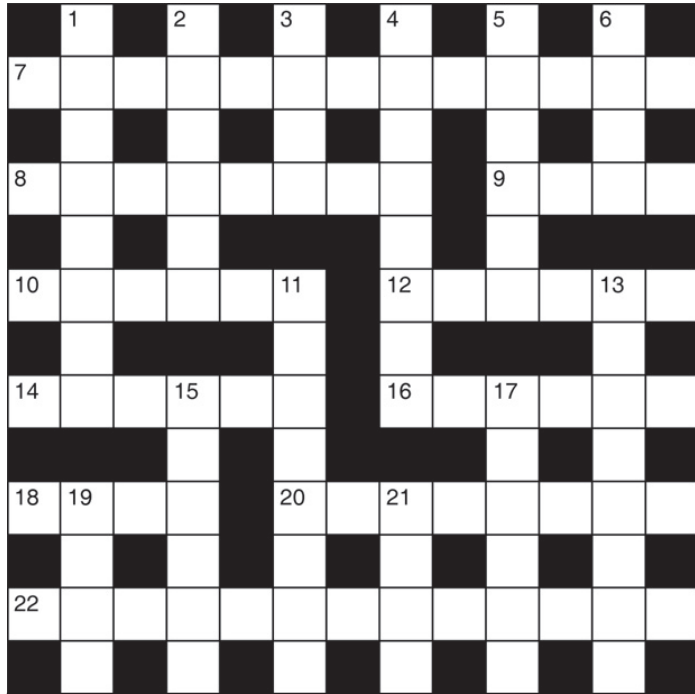
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**Last week's cryptic crossword solutions**  
**Across:** 7 Horse; 8 Ash tree; 9 Dried up; 10 Pinch; 12 Charleston; 15 Enthusiast; 18 Route; 19 And cart; 21 Hectare; 22 Mango.  
**Down:** 1 Sheds a tear; 2 Train; 3 Feed; 4 Sapper; 5 Shoppers; 6 Granite; 11 Hand lotion; 13 Houseman; 14 Staunch; 16 Isabel; 17 Pawns; 20 Dump.

### CRYPTIC CROSSWORD

**ACROSS**

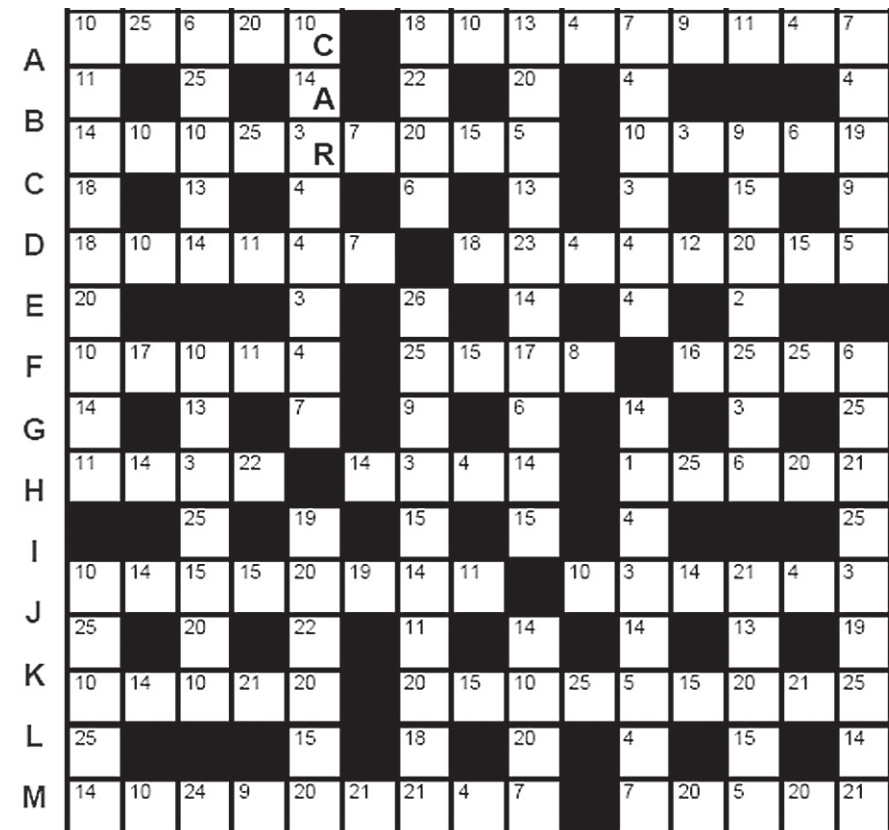
7. Culpable reign badly affected ordinary people (7,6)
8. Thomas could pull its trigger, no doubt? (5,3)
9. Republic incurs Eastern anger (4)
10. No curs, only dogwood (6)
12. Allotment of air not ordered (6)
14. The stature of Harrow's initial crew (6)
16. Mean enough to overcharge youth leader (6)
18. Is able to include learner in the group (4)
20. Novels go out as Cupid's crooning comes in (4,4)
22. Incoherent sea movement getting bigger (2,3,8)

**DOWN**

1. Not only fail to grow, but cease to exist (2,2,4)
2. Language current among younger managers (6)
3. Prohibition by 2's leader causes explosion (4)
4. Where the indignantly protesting baby is taken? (2,2,4)
5. Argue against goal (6)
6. He doesn't tell the truth about transport set-up (4)
11. Test line to become established (6,2)
13. This player could be roasting! (8)
15. Ascetic leader had gin - drunk! (6)
17. Part of the foot only keeping time with the others (6)
19. Given a fast loan? (4)
21. It has a wicked grip, naturally (4)

### CODEWORD

1	2	3	4	5	6	7	8	9	10	11	12	13
		R							C			
14	15	16	17	18	19	20	21	22	23	24	25	26
A												



### QUICK CROSSWORD

**ACROSS**

7. Worsening (13)
8. Footpath (8)
9. Sole (4)
10. Rely (6)
12. Dishevelled (6)
14. Standing (6)
16. Use (6)
18. Stimulus (4)
20. Ill-fated (8)
22. Disorderly (13)

**DOWN**

1. In decline (8)
2. Ebb (6)
3. Conceal (4)
4. Jut out (8)
5. Maximum (6)
6. Labour (4)
11. Supplant (8)
13. Threshold (8)
15. Sluggish (6)
17. Wan (6)
19. Languish (4)
21. Manage (4)

**Last week's quick crossword solution**

**Across:** 7. Needy; 8. Isolate; 9. Lament; 10. Awake; 12. Aggressive; 15. Relentless; 18. Layer; 19. Version; 21. Unusual; 22. Piece.  
**Down:** 1. Unilateral; 2. Being; 3. Dyke; 4. Titter; 5. Molasses; 6. Satanic; 11. Even-handed; 13. Generous; 14. Playful; 16. Lively; 17. Rider; 20. Ripe.

### SUDOKU

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Answers next week.

				1	8	2		
		9	2			4		5
							8	9
9					5	8		6
8		6	3					4
3	7							
4		8			3	7		
		2	6	4				

Medium

				8		4		5
	1				4			6
5							2	
	3			2	6			
		1		5		8		
			1	7				3
	7							2
3		6						5
9	4	1						

Hard

### Last week's solutions

**Last Week's Codeword Solution**

L	O	O	M	D	O	G	M	A	G	O	L	F
E	A	I	R	L	G				V	L		
G	A	N	G	A	D	O	R	E	S	E	E	
I	M	M	O			M	E	R	G	E		
S	G	A	L	A	M	E	N	U		E		
L	E	A	I	J	X	G	I	R	L	S		
A	R	C	L	I	Q	U	E		E	T		
T	R	A	C	K	G	D	S	A	F	E	R	
E	G		A	S	P	E	C	T		L	I	
S	H	E	A	F	A	D	U	E	L	K		
U		L	E	W	D	I	B	E	X	I		
U	M	B	R	A	R	V	A	N				
S	A	G	A	Z	E	B	O	S	N	U	G	
E	N	L	A	R	U	E		L				
D	U	K	E	L	O	R	R	Y	L	I	L	Y

6	7	3	5	4	8	1	9	2
9	5	2	6	1	7	8	3	4
8	1	4	9	3	2	6	7	5
5	4	8	3	6	1	9	2	7
2	9	1	4	7	5	3	8	6
7	3	6	2	8	9	4	5	1
4	2	7	1	9	3	5	6	8
3	6	5	8	2	4	7	1	9
1	8	9	7	5	6	2	4	3

Medium

Hard



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# Subtle signs to never ignore

There are over 200 different types of cancer in total, and more than one in three people will develop some form of the condition during their lifetime, so it's

important to be clued-up on the potential warning signs that something isn't quite right.

Where it gets tricky though, is when those

warning signs aren't exactly obvious.

Most of us know to get any unusual lumps checked out by a doctor, but there are several other

more subtle, or less talked-about, symptoms that are just as important to know about - many of which we often easily brush aside and ignore.

Treatments work best when cancer is caught early, so noticing any unusual changes - and

getting them checked out - sooner rather than later can make all the difference to your health. Remember, most of the time, these 'symptoms' will turn out to be entirely harmless and don't automatically mean you have cancer, but it's always best to get them seen by a doctor and talk through your concerns.

Here, medical experts explain more about some of the red flags that many people overlook...

## 1. Unexplained weight loss

Dropping a dress size might seem like good news at first, but if you haven't made any significant changes to your diet or exercise routine, it could be a sign that something is wrong. "Many different cancers cause weight loss," says Dr Clare Morrison, speaking on behalf of MedExpress (medexpress.co.uk). "This is because tumours use up a lot of energy and nutrition as they grow." Small fluctuations in weight are normal, and it's not uncommon for a noticeable change in your size to happen after a stressful event - but unexplained significant weight loss should never be ignored.

"Many people with cancer experience weight loss at some point, but it occurs most often with cancers of the stomach, oesophagus, pancreas or lung," says Dr Tim Woodman, medical director at Bupa UK. If you're struggling to put any lost weight back on, speak to your GP, as they will be able to rule out any serious illnesses.

## 2. Ongoing tiredness

We all have those days where we can't seem to keep our eyes open at our desk, and if your lifestyle is particularly demanding and you're not getting enough sleep, then it stands to reason that you're going to feel tired. But unusual exhaustion that's been going on for a while, could be due to something else going on beneath the surface.

"Fatigue can be an early sign of cancer; a continuous feeling of exhaustion that doesn't get better even after you rest," says Dr Jan Schaefer, chief medical officer at Medigo. "This a symptom that is relatively easy to miss, especially if you lead a busy lifestyle."

Often, fatigue occurs in the early stages of cancer because of blood loss in the body. "Cancers of the digestive tract tend to cause internal bleeding," says Dr Morrison. "While the blood loss may be too subtle to notice in one's faeces, it may gradually lead to anaemia. The first sign of this may be fatigue and exhaustion, as well as shortness of breath, palpitations and ankle swelling."

## 3. Unexplained or irregular bleeding

Both women and men can experience this, explains Dr Schaefer. "If a woman bleeds 12 months after menopause, it's a worrying sign - no matter if the bleeding is light or not - as it could signify cervical or endometrial cancer."

Irregular periods and bleeding between cycles, or after sex, can also be a cause for concern in



Watch for changes to bowel habits (Photo: PA Photo/thinkstockphotos).

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younger women, but this could also be indicative of other health problems or hormonal fluctuations. As before, it's always best to go and see your doctor as soon as possible, and let them decide if further investigations are needed. Additionally, rectal bleeding shouldn't be ignored. "While it's most commonly linked to a haemorrhoid, rectal bleeding with dark blood should be enough of a concern to make a trip to the GP," adds Dr Schaefer.

**4. Swelling in the neck**

Medical advice says that we should regularly check our breasts and testicles for any errant lumps or bumps, but your neck could also be a key indicator of cancerous cells. "Many patients don't realise the significance of a persistent neck lump, and leave it too long before seeing a doctor," warns Dr Morrison. "It is a worrying symptom, as it can signify a tumour anywhere in the head or neck, including cancer of the mouth, throat, ear, sinuses, larynx [voice box] or thyroid."

She explains that neck growths can also be a sign of blood cancer and lymphoma: "Neck swellings are common with viral infections, but these usually settle down within a couple of weeks. If a swelling persists for six weeks or more, they should be examined by a specialist."

**5. Mouth ulcers that don't heal**

A mouth ulcer is a pretty run-of-the-mill complaint, which should clear up on its own within a week or two. If an ulcer's causing

discomfort for more than three weeks however, or you're getting lots of stubborn ulcers, it could be a sign of something more serious going on.

"Many of us experience mouth ulcers when we're a bit run down and our immune system is weakened," says Dr Schaefer. "The lining of the mouth renews itself every two weeks, which usually helps any ulcers heal themselves. So if you're experiencing persistent ulcers for over three weeks, make sure to seek medical advice."

**6. Persistent bloating**

Many of us will feel bloated after a big meal, but if you feel bloated every day (even if it comes and goes) then this could be a sign of something more than just a heavy dinner or a food intolerance. "If you persistently feel bloated for three weeks or more, it's best to visit your doctor," says Dr Woodman. "The same goes for feeling full quickly, or loss of appetite."

**7. Changes to bowel habits**

Our bowel patterns can tend to vary from day to day, depending on what we've eaten or how stressed we are. However, any ongoing usual pattern changes, particularly if you are producing more frequent, smaller stools, like pellets or pencil-thin motions, could indicate bowel cancer.

Dr Morrison explains that other symptoms may include rectal bleeding, weight loss, fatigue, abdominal pain and/or swelling, or a feeling that the bowels aren't emptying fully: "Bowel cancer is one



A painful mouth ulcer that doesn't heal can be a sign something serious is going on. (Photo: PA Photo/thinkstockphotos).

of the most common types of cancer, yet it often causes no symptoms until it has progressed to a large tumour. The earlier it is diagnosed, the better the prognosis, so these symptoms should always be taken seriously."

**8. Non-healing skin blemishes**

Skin blemishes occur in various shapes, sizes and colours, and can appear on the skin at any time in life. "People often overlook small non-healing blemishes on the skin. It's easy to see why this is, as when we age, there are many different spots and marks on the skin and it's difficult to distinguish between the innocent ones and the potentially harmful ones," says Dr Morrison.

"As a rule, if a mole enlarges, gets darker, has an irregular outline, or uneven levels of pigmentation, then it should arouse suspicion of malignant melanoma, a serious form of skin cancer. [But also] any blemish that bleeds, gets scabby, ulcerated or fails to

heal, should also be shown to a doctor."

**9. Unexplained pain**

A crick in the neck, an ache in the lower back - everyday aches and pains are common and usually nothing serious, so it's very easy for people to overlook this potential symptom. But any ongoing pain, anywhere in the body, that doesn't seem to have an obvious cause or doesn't go away, should be checked out.

"Pelvic pain may mean ovarian cancer; back pain may be caused by secondaries from an unnoticed tumour elsewhere, such as breast or prostate; abdominal pain may be caused by cancer of the stomach, bowel, or pancreas to name a few examples; and chest pain may indicate lung cancer," says Dr Morrison. "Any unexplained pain, particularly if new, persistent, constant, disturbing sleep, or associated with weight loss, should be brought to the doctor's attention."

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# My story as a Living Donor

Returning from our annual winter migration to Portugal ten years ago, we were greeted with the news that our daughter was going to be on dialysis by the end of the summer. We knew she had kidney problems that could eventually lead to this, but it came as a shock to us all to hear that this time was now imminent.



**B**eing treated by the London Hospital Guy's & St Thomas's, a Centre of Excellence, she could not have been in better care. They gave a course of seminars to critical patients as they explained the various options that there were available to them. I attended these as they told us what was facing us. When they talked about living transplants, I asked if there was an age limit for donating. I thought I could offer, but knowing that I had been on a lot of arthritis drugs 20 years before, thought I would not be acceptable. However, I was told they had taken kidneys from 80-year-olds. I was younger than that,

so no problem there.

This prompted me to put myself forward for consideration. For this life changing experience, I was under the care of a completely independent team from my daughter, who were there to ensure I was not put under any pressure and that I would be fine afterwards, as they would not want another patient on their hands. I had the biggest medical one could have and after preliminary results was told, "It is all looking good," at which my stomach did a small lurch and when I spoke to my daughter that evening, I couldn't stop myself saying "So far so good. Scary", to which she replied that I didn't have to do it. However, I said,

"Well we will see". A couple of weeks later I had a call to say there was a small problem, my blood sugar was higher than they would like, although I was nowhere near being diabetic and may never be. I needed to have a proper diabetic test. My heart sank, as I was told that if it was still the same level, I would be unable to donate my kidney, which by now would have been a disappointment to me. I had the diabetic test plus a heart scan and a treadmill test and everything was fine, so then we had to arrange details and when the transplant would take place. The doctor explained everything, including risks which, for me, were few. As I had been given a full medical there was no reason to expect any problems. The biggest risk was the anaesthetic.

So the day dawned, at the end of September, for us to go to the hospital. My daughter was naturally very nervous as she had a lot at stake. The kidney might not work so she could immediately be on dialysis, she could have an unrelated problem after the operation, and she was also concerned that I could have a problem, despite all the reassurances we had been given. I couldn't believe how calmly I went, obviously the 'mother role' kicked in and I was looking after my baby.

Early morning I was wheeled to theatre and she was allowed

accessible



Used with kind permission of the artist José de Guimarães

# Portugal

to have a friend with her, as that is the worst time for the recipient. They do not touch her until they have a healthy kidney suitable for transplantation. I was back in the ward and very sleepy and then she came back. During the night the nurse attending to her told her that 'our' kidney was working and then came to tell me, "Eureka", the best news possible. My daughter was monitored very closely to ensure her body didn't reject this interloper and her anti-rejection drugs were adjusted constantly. I was monitored like anyone after a big operation. I came home after four nights and she stayed for a full week and returned for check-ups, at first three times a week, gradually reducing. I recovered like after any fairly big operation; my daughter took longer as hers was a much bigger operation. Mine was keyhole surgery with just one large scar, where they removed the kidney, on my tummy. We both gradually built up our strength. I was back to normal in about five weeks; my daughter didn't return to work until into January and from then on we have not looked back.

My daughter now goes for check-ups every four months, as apparently you would not know your body was rejecting until it was too late, so they keep checking it and adjusting the anti-rejection drugs, which she will be on for the rest of her life. After the main operation check-up, I go every year, just to make sure my remaining kidney is functioning satisfactorily, so steps could be taken to help me in the event of it not doing so well. I feel fine and do not notice anything different.

I have to say, I feel very privileged to be able to give life to my daughter twice, and to be able to see her now, almost ten years on living life to the full. I would have no doubts about doing it all again, but of course that will not be possible as I obviously need my other kidney!

I think it is good that in Portugal you are presumed to be a donor unless you opt out, which they are trying to put into practice in England as I write. With so many very sick people waiting for transplants of various types, organ donation when one dies is the best form of recycling. We all recycle plastic bottles etc, why not our body parts? The most rewarding recycling of all must be to give new lives to others too, when we have no further use for them.

Anne Stephens

For further information about organ donation in Portugal, please visit [www.ipst.pt](http://www.ipst.pt)

## LETTER

SIR, I read Madeline Luckman's article on cataract operations with a great deal of interest.

Mine was done on 4th July 2015 in the UK and I have been fighting ever since. I was back and forth to A and E two or three times a week with problems. I came out of hospital with an infection in the eye and my problems started. Your comments on colours are very interesting since I am left with the problem of colour contrasts being very poor, a film across the eye at times, and an extreme intolerance to light. All these problems the surgeon and consultants attribute to Glaucoma, which, despite having eye inspections every six months has never been mentioned, and all these symptoms occurred after the cataract removal.

I would agree with you that the procedure is painless and simple and there is no cause for concern but I would advise anyone to have it done only when necessary. The consultant has said that my other eye will need doing and I think you can guess what my answer has been.

I have spoken to other people in the UK and many of them are dubious about the claimed improvement. I would add that I am considering going to HPA for their advice and thank you for the article.

Yours sincerely,  
Alex Thomas

**TIP TO HELP**  
Local authorities have made built-in ramps in sidewalks to enable wheelchair users to access the road. Take care not to park your car on top



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## What is your experience of Accessible Portugal?

There are many positive examples of how Portugal is working to become accessible for all, as well as negative experiences, and we would like to hear about them.

The Portugal News is working to highlight Accessible Portugal and we want to hear about all the best examples from businesses, associations and entities, while if you have had a poor experience then we may be able to help to encourage change for the better.

Whatever your needs, accessibility is an essential for everyone and we hope to work together to make Portugal Accessible for all.

Contact us by emailing  
[access@theportugalnews.com](mailto:access@theportugalnews.com)





# Contemporary 3-bedroom villa with pool in Montinhos da luz

Beautiful contemporary villa situated in a quiet area only 1km from the sea, 1.5km from the centre of Praia da Luz and 7km from Lagos, facing South-west.

In construction, with high quality specifications, the villa has 3 bedrooms, 3 bathrooms (1 en-suite), carport, basement/wine cellar with 42m<sup>2</sup>, swimming pool, terraces, garden, and comes equipped with underfloor heating with

heat pump, solar panels for water heating and pre-installation for air conditioning. The villa will have high quality ceramic flooring and will come equipped with a modern kitchen with Silestone worktop.

**Plot area:** 777m<sup>2</sup>.  
**Construction area:** 170m<sup>2</sup>.  
**Internal Ref:** C3247  
[http://www.marcela.com/propriedades/imoveis/contemporary-3-bedroom-villa-with-pool-in-montinhos-da-luz\\_70774/en/C3247/](http://www.marcela.com/propriedades/imoveis/contemporary-3-bedroom-villa-with-pool-in-montinhos-da-luz_70774/en/C3247/)

**Asking price:** €580,000.

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**Get decked-out...**

With springtime upon us and the long summer months to follow, the Algarve's glorious outdoors lifestyle beckons once more... Time to get decked-out with Decking Dave!

An attractive outdoors area adds appeal to any home, and decking brings a natural touch that's hard to beat - to relax in sun or shade, by the pool, or to dine al-fresco style on balmy evenings. For holiday rentals, a deck adds an extra dimension to a property's outdoor space, and will attract increased interest. Bars & restaurants also benefit from the inviting ambience a smartly-decked terrace creates. Today's decks needn't even be of wood, with attractive alternatives available, such as high-compressed bamboo (as strong as hardwood and retains its natural colour), plus the latest composite materials in a range of stylish contemporary colours. Decking Dave also builds pergolas, gazebos, car ports, garden studios – all manner of quality wooden constructions for the home.

For all kinds of decking, check out their website – or just ask **Decking Dave!**



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**Exclusive Opportunity**

A One-of-a-kind, Picturesque 2 Bedroom Algarvean Typical House located in a tranquil hamlet in the countryside, only 10 min. from Silves. This fully renovated semi-detached house is filled with charm & elegance.

Bedrooms: 2 Area: 107,50 sqm

Ref.: V1337

€98,000



Spacious Property with 2 typical Algarvean houses and a warehouse, set in a 6000 sqm plot with fruit trees & a beautiful mature garden, located near Messines. Great potential for a permanent or as a guesthouse.

Bedrooms: 4 + 1 Area: 292 sqm | 6140 sqm

Ref.: V1315

€345,000



Typical Portuguese 3-bedroom house located only 10 min. from Silves. The house needs renovation works. It consists of 3 bedrooms, 1 bathroom, living room, dining room, kitchen and several storage rooms.

Bedrooms: 3 Area: 78 sqm | 6000 sqm

Ref.: V1217

€140,000



Charming, Fully Renovated 1 bedroom apartment set within a private condominium overlooking the beautiful gardens, tennis courts & sea view, located only 2 minutes from Praia da Rocha.

Bedrooms: 1 Area: 60 sqm | 65 sqm

Ref.: AS623

€112,500



Charming 2 bedroom Semi-detached Typical Portuguese house with a lovely garden, fruit trees and terraces, located only 1 km from the Historical City of Silves, close to all services, restaurants & shops.

Bedrooms: 2 Area: 112 sqm | 375.50 sqm

Ref.: V1339

€150,000

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**Apartment | Loulé, Al Mancil Center**

Ref. 014170246 Price: 135.000€

2 WC 2 1 M2 148 M2 -



**Semi-detached Villa | Al Mancil, São Lourenço**

Ref. 014150206 Price: 180.000€

2 WC 2 2 M2 172 M2 907



**Townhouse | Santa Bárbara de Nêxe, Canal**

Ref. 014180003 Price: 149.950€

2 WC 3 - M2 98,4 M2 -



**Apartment | Loulé, Al Mancil center**

Ref. 014170235 Price: 225.000€

4 WC 3 1 M2 147 M2 147



**Apartment | Loulé, Al Mancil center**

Ref. 014170159 Price: 170.000€

3 WC 1 1 M2 113 M2 -

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**QUARTEIRA - VERY NEAR THE BEACH**

Apartment situated 2 minutes from the beach and the main avenue. Comprising of 2 bedrooms, 2 bathrooms, lounge/dining and fitted kitchen. Parking and storage room in the basement. ENERGY CLASS - D

Ref. A01637

Price: €187.500



**VILAMOURA - VERY QUIET AREA**

Beautiful villa situated in a very quiet residential area, consisting of 3 bedrooms, 3 bathrooms, living room with fireplace, equipped kitchen, laundry and several terraces. Barbecue area. Swimming pool and garden. Plot area - 465 sq.m. Const. area - 169 sq.m. ENERGY CLASS - B-

Ref. V12877

Price: €525.000



**VILAMOURA - BY THE GOLF COURSE**

Semi detached villa comprising 3 bedrooms, 3 bathrooms, living room with fireplace, equipped kitchen and storeroom. Basement with small lounge, bathroom, laundry and space for 3 cars. Plot area-320 sq.m. Const. area-150 sq.m. + basement (+ - 150 sq. m.). Golf view. ENERGY CLASS - F

Ref. V12842

Price: €395.000



**DUAS SENTINELAS - NEAR ALL AMENITIES**

Three bedroom attached villa, consisting of 2 bathrooms, lounge/dining room with fireplace, fitted kitchen, utility room and several terraces. Barbecue and garage. Plot area - 220 sq.m. Const. area - 125 sq.m. ENERGY CLASS - D

Ref. V12847

Price: €255.000

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Praça. This property consists of 3 spacious bedrooms, one set on the entrance level with patio doors leading to the back garden and two upstairs bedrooms with high ceilings and both with good sized ensuite bathrooms, fitted wardrobes and air conditioning. The master bedroom also has a west facing balcony overlooking the private pool. The property

has a very spacious and bright Lounge/Dining room with fireplace and large patio doors leading to outside terrace and pool area. From the lounge you have a hallway leading to the downstairs shower/guest toilet and a very good size half open plan fully equipped kitchen, with access to the covered terrace and back garden. This property would be an ideal holiday

home, investment or a permanent residence as the location is within walking distance of local facilities and the house has been very well maintained.

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EC class: F

Ref: P-NNS Price: €580.000



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EC class E

Ref: STG Price: €490.000



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EC class: B

Ref: REC Price: €249.000



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Bedrooms 2

Bathrooms 2

Built area 110m²

Plot area 0m²

Two Bedroom End of Terrace  
Townhouse

South facing with terrace.  
Quinta do Lago / Vilar do Golfe

€295,000 Ref no: VSM555 Energy rating: D



Bedrooms 3

Bathrooms 3

Built area 189m²

Plot area 620m²

3 Bedroom Villa in Ideal FRONTLINE  
Location

South facing with private swimming pool.  
Vale do Garrão

€745,000 Ref no: VCL367 Energy rating: C



Bedrooms 3

Bathrooms 3

Built area 161m²

Plot area 167m²

Elegant 3 Bedroom Linked Villa

With private swimming pool.  
Vale do Lobo

€650,000 Ref no: VRN307 Energy rating: D



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# SOMETHING TO SHOUT ABOUT!



Here are just some of the headlines singing Portugal's praises over the last year:

- Currently Portugal is at the top of the destination list to be considered, either to visit or live
- Crowned Best European Destination 2017
- Algarve Third Cheapest Destination for UK Travellers
- Portugal named World's Best Golf Destination
- UN Tourism Boss chooses Portugal for First Official Trip
- Portugal in Top Ten of Retirement Destinations

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## SATURDAY 07/04/18

BBC One	
06.00	Breakfast.
10.00	Commonwealth Games 2018.
12.00	Football Focus.
13.00	BBC News; Weather.
13.15	Golf: The Masters Highlights.
14.15	Commonwealth Games 2018.
16.30	Final Score.
17.15	A Question of Sport.
17.45	Doodlebugs.
18.00	Ready or Not.
18.30	BBC News.
18.40	BBC Regional News; Weather.
18.50	Pointless Celebrities.
19.40	Who Dares Wins.
20.20	Casualty.
21.10	Troy: Fall of a City.
22.10	BBC News; Weather; National Lottery Update.
22.30	Match of the Day.
23.55	Commonwealth Games 2018.
04.00	Commonwealth Games 2018.
BBC Two England	
06.00	Commonwealth Games 2018.
10.00	Robot Wars.
11.00	Homes Under the Hammer.
12.00	Commonwealth Games 2018.
14.15	MasterChef.
14.45	MasterChef.
15.45	Escape to the Country.
16.15	Money for Nothing.
17.00	Big Cats About the House.
18.00	Today at the Games.
19.30	Golf: The Masters Live.
00.00	FILM: Having You (2013).
01.30	Civilisations.
02.30	Weather for the Week Ahead.
02.35	BBC News.
ITV London	
06.00	CITV.
07.30	Scrambled!: Scrambled!
07.35	Scrambled!: The Tom and Jerry Show.
07.50	Scrambled!: Teen Titans Go!
08.10	Scrambled!: The Bagel and Becky Show.
08.30	Scrambled!: Thunderbirds Are Go.
09.05	Scrambled!: Adventure Time.
09.25	ITV News.
09.30	James Martin's Saturday Morning.
11.25	Who's Doing the Dishes?
12.20	The Harbour.
12.50	ITV News and Weather; Weather.
13.00	Midsomer Murders.
15.00	Tenable.
Channel 4	
16.00	Tipping Point.
17.00	The Chase.
18.00	ITV News and Weather.
18.15	ITV News London; Weather.
18.30	New You've Been Framed!
19.00	Ant & Dec's Saturday Night Takeaway.
20.30	The Voice UK - Live Final.
22.10	ITV News and Weather; Weather.
22.30	FILM: Sherlock Holmes: A Game of Shadows (2011).
00.40	Jackpot247.
03.00	Abushka.
03.50	ITV Nightscreen.
Channel 4	
06.15	Mobil 1: The Grid.
06.45	Motor Sport: British GT.
07.40	Everybody Loves Raymond.
08.05	Everybody Loves Raymond.
08.35	Everybody Loves Raymond.
09.05	Frasier.
09.35	Frasier.
10.05	Frasier.
10.35	The Big Bang Theory.
11.05	The Big Bang Theory.
11.35	The Big Bang Theory.
12.00	The Simpsons.
12.30	The Simpsons.
13.00	Formula 1 Bahrain Grand Prix Practice 3 Live.
14.30	F1 Meets David Coulthard.
14.55	Formula 1 Bahrain Grand Prix Qualifying Live.
17.45	CarSOS.
18.40	Channel 4 News.
19.00	Coastal Railways with Julie Walters.
20.00	Britain's Most Historic Towns.
21.00	FILM: Legend (2015).
23.35	FILM: Abraham Lincoln: Vampire Hunter (2012).
01.30	Ramsay's Kitchen Nightmares USA.
02.20	Hollyoaks.
04.30	Kirstie's Fill Your House for Free.
04.45	Building the Dream.
BBC Four	
19.00	Insect Worlds.
19.30	Commonwealth Games Extra.
21.00	Below the Surface.
21.45	Below the Surface.
22.30	Top of the Pops: 1985.
23.00	Boy George and Culture Club: Karma to Calamity.
00.00	Young Guns Go for It.
00.30	The Man Who Brought the Blues to Britain: Big Bill Bronzo.
01.30	John Williams at the BBC.
02.30	Trad Jazz Britannia.
03.30	Close.

## SUNDAY 08/04/18

BBC One	
06.00	Breakfast.
07.30	Match of the Day.
09.00	The Andrew Marr Show.
10.00	The Big Questions.
11.00	Commonwealth Games 2018.
13.30	BBC News; Weather.
13.45	Commonwealth Games 2018.
16.30	Songs of Praise.
17.05	Celebrity Mastermind.
17.35	BBC News.
17.50	BBC Regional News; Weather.
18.00	The Big Painting Challenge.
19.00	Countryfile.
20.00	The Generation Game.
21.00	Ordeal by Innocence.
22.00	BBC News.
22.20	BBC Regional News; Weather.
22.30	Match of the Day 2.
23.30	Commonwealth Games 2018.
04.00	Commonwealth Games 2018.
BBC Two England	
06.00	Commonwealth Games 2018.
09.00	Commonwealth Games 2018.
11.00	Saturday Kitchen Best Bites.
12.30	MasterChef.
13.30	MasterChef.
14.00	The Secret Helpers.
15.00	FILM: Emma (1996).
17.00	Today at the Games.
18.30	Golf: The Masters Live.
00.00	FILM: The Rookie (2002).
02.00	Sign Zone: Countryfile.
02.55	Sign Zone: Holby City.
ITV London	
06.00	CITV.
07.30	Scrambled!: Scrambled!
07.35	Scrambled!: The Tom and Jerry Show.
07.50	Scrambled!: Teen Titans Go!
08.10	Scrambled!: Mr Bean: The Animated Series.
08.30	Scrambled!: Spy School.
09.05	Scrambled!: Adventure Time.
09.25	ITV News.
09.30	Love Your Garden.
10.00	The Voice UK - Live Final.
11.40	Change Your Tune.
12.40	ITV News and Weather; Weather.
13.00	Ant & Dec's Saturday Night Takeaway.
14.30	Britain's Brightest Family.
15.00	Tenable.
16.00	You've Been Framed!
16.30	ITV News and Weather.
16.45	ITV News London; Weather.
Channel 4	
06.10	Race of Champions 2018.
07.05	Everybody Loves Raymond.
07.30	Everybody Loves Raymond.
08.00	Everybody Loves Raymond.
08.25	Frasier.
09.00	Frasier.
09.30	Sunday Brunch.
12.45	The Simpsons.
13.15	The Simpsons.
13.45	The Great Celebrity Bake Off for Stand Up to Cancer.
15.00	Formula 1 Bahrain Grand Prix Live Build Up.
15.45	Formula 1 Bahrain Grand Prix Live.
18.20	Formula 1 Bahrain Grand Prix Live Reaction.
18.45	Channel 4 News.
19.00	Escape to the Chateau.
20.00	Jesus' Female Disciples: The New Evidence.
21.00	Homeland.
22.05	8 Out of 10 Cats Does Countdown.
23.00	FILM: Tinker Tailor Soldier Spy (2011).
01.25	FILM: Shubh Mangal Saavdhan (2017).
03.25	KOTV Boxing Weekly.
03.45	Mobil 1: The Grid.
BBC Four	
19.00	Only Connect.
19.30	University Challenge.
20.00	Commonwealth Games Extra.
21.00	Folk Awards 2018.
22.00	The Sky at Night.
22.30	Horizon.
23.30	Conversations: Michael Heseltine.
00.30	How to Be Bohemian with Victoria Coren Mitchell.
01.30	Revolution and Romance: Musical Masters of the 19th Century.
02.30	Horizon.
03.30	Close.

## MONDAY 09/04/18

BBC One	
06.00	Breakfast.
09.15	Commonwealth Games 2018.
13.00	BBC News at One; Weather.
13.30	BBC Regional News and Weather.
13.45	Doctors.
14.15	800 Words.
15.00	Escape to the Country.
15.45	Money for Nothing.
16.30	Flog It!
17.15	Pointless.
18.00	BBC News at Six; Weather.
18.30	BBC Regional News and Weather.
18.55	Party Election Broadcast.
19.00	The One Show.
19.30	Fake Britain; BBC News; Regional News.
20.00	EastEnders.
20.30	Last Chance for Justice - Panorama.
21.00	Masterchef: The Finals.
22.00	BBC News at Ten.
22.30	BBC Regional News and Weather.
22.45	Have I Got a Bit More News for You.
23.30	The Graham Norton Show.
00.15	Commonwealth Games 2018.
03.00	Commonwealth Games 2018.
BBC Two England	
06.00	Commonwealth Games 2018.
09.15	Oxford Street Revealed.
10.00	Homes Under the Hammer.
11.00	Britain's Home Truths.
11.45	Dom on the Spot.
12.15	Bargain Hunt.
13.00	Commonwealth Games 2018.
17.15	Put Your Money Where Your Mouth Is.
18.00	Eggheads.
18.30	Today at the Games.
20.00	Only Connect.
20.30	University Challenge.
21.00	Secret Agent Selection: WW2.
22.00	QI.
22.30	Newsnight.
23.10	Weather.
23.15	The Secret Helpers.
00.15	FILM: Sign Zone: The Silent Child (2017).
00.35	Sign Zone: David Attenborough's Natural Curiosities.
01.05	Sign Zone: Hugh's Wild West.
02.05	Weather for the Week Ahead.
02.10	BBC News.
ITV London	
06.00	Good Morning Britain.
08.30	Lorraine.
09.25	The Jeremy Kyle Show.
10.30	This Morning.
12.30	Loose Women.
13.30	ITV Lunchtime News; Weather.
13.55	ITV News London; Weather.
14.00	Judge Rinder.
15.00	Dickinson's Real Deal.
15.59	ITV London Weather.
16.00	Tipping Point.
17.00	The Chase.
18.00	ITV News London; Weather.
18.25	Party Election Broadcast.
Channel 4	
18.30	ITV Evening News; Weather.
19.00	Emmerdale.
19.30	Coronation Street.
20.00	The Kyle Files.
20.30	Coronation Street.
21.00	Marcella.
22.00	ITV News at Ten; Weather.
22.35	ITV News London; Weather.
22.50	The Investigator: A British Crime Story.
23.50	The Kyle Files.
00.15	Last Laugh in Vegas.
01.05	Jackpot247.
03.00	The Jeremy Kyle Show.
03.55	ITV Nightscreen.
05.05	The Jeremy Kyle Show.
Channel 4	
06.00	Countdown.
06.45	3rd Rock from the Sun.
07.10	3rd Rock from the Sun.
07.35	Everybody Loves Raymond.
08.00	Everybody Loves Raymond.
08.30	Frasier.
09.00	Frasier.
09.35	Frasier.
10.05	Ramsay's Hotel Hell.
11.00	Undercover Boss USA.
12.00	Channel 4 News Summary.
12.05	Come Dine with Me.
13.05	Posh Pawnbrokers.
14.10	Countdown.
15.00	A Place in the Sun: Winter Sun.
16.00	Escape to the Chateau: DIY.
17.00	Four in a Bed.
17.30	Star Boot Sale.
18.00	The Simpsons.
18.30	Hollyoaks.
19.00	Channel 4 News.
20.00	Britain's Diesel Scandal: Channel 4 Dispatches.
20.30	Travel Man: 48 Hours in Oslo.
21.00	The Island with Bear Grylls.
22.00	Kiss Me First.
23.05	Indian Summer School.
00.05	Lee and Dean.
00.35	My Online Nightmare.
01.35	I Don't Like Mondays.
02.30	George Clarke's Old House, New Home.
03.25	Building the Dream.
04.20	Kirstie's Fill Your House for Free.
04.40	The Question Jury.
05.35	Steph and Dom's One Star to Five Star.
BBC Four	
19.00	Beyond 100 Days; Weather.
19.30	Nature's Microworlds.
20.00	Commonwealth Games Extra.
21.00	Lisbon: An Art Lovers' Guide.
22.00	David Hurn: A Life in Pictures.
22.40	Cinema Through the Eye of Magnum.
23.35	Dan Cruickshank: At Home with the British.
00.35	Top of the Pops: 1983.
01.10	Top of the Pops: 1983.
01.40	Nature's Microworlds.
02.10	Lisbon: An Art Lovers' Guide.
03.10	Close.

## TUESDAY

BBC One	
06.00	Breakfast.
09.15	Commonwealth Games 2018.
13.00	BBC News at One; Weather.
13.30	BBC Regional News and Weather.
13.45	Doctors.
14.15	800 Words.
15.00	Escape to the Country.
15.45	Money for Nothing.
16.30	Flog It!
17.15	Pointless.
18.00	BBC News at Six; Weather.
18.30	BBC Regional News and Weather.
18.55	Party Election Broadcast.
19.00	The One Show.
19.30	EastEnders; BBC News; Regional News.
20.00	Holby City.
21.00	Come Home.
22.00	BBC News at Ten.
22.30	BBC Regional News and Weather; National Lottery Update.
22.45	This Country.
23.15	Generation Screwed?
23.55	Commonwealth Games 2018.
03.00	Commonwealth Games 2018.
BBC Two England	
06.00	Commonwealth Games 2018.
09.15	Oxford Street Revealed.
10.00	Homes Under the Hammer.
11.00	Britain's Home Truths.
11.45	Dom on the Spot.
12.15	Bargain Hunt.
13.00	Commonwealth Games 2018.
17.15	Put Your Money Where Your Mouth Is.
18.00	Eggheads.
18.30	Today at the Games.
20.00	Great Indian Railway Journeys.
21.00	Hospital.
22.00	Cunk on Britain.
22.30	Newsnight.
23.10	Weather.
23.15	Amazing Hotels: Life Beyond the Lobby.
00.15	The Super League Show.
01.00	Sign Zone: Great British Railway Journeys.
01.30	Sign Zone: MasterChef.
02.00	Sign Zone: Murder, Mystery and My Family.
02.45	Sign Zone: Celebrity Antiques Road Trip.
03.45	Weather for the Week Ahead.
03.50	BBC News.
ITV London	
06.00	Good Morning Britain.
08.30	Lorraine.
09.25	The Jeremy Kyle Show.
10.30	This Morning.
12.30	Loose Women.
13.30	ITV Lunchtime News; Weather.
13.55	ITV News London; Weather.
14.00	Judge Rinder.
15.00	Dickinson's Real Deal.
15.59	ITV London Weather.
16.00	Tipping Point.
17.00	The Chase.
18.00	ITV News London;

## Must See TV

## Class of Mum and Dad (Channel 4, Tuesday 8pm)

Channel 4 loves social experiments, and the latest promises to be a fascinating study of education across the generations. The idea is simple: a class of parents experience what it's like for their kids as they go back to school. For a half term, these senior students will study the year six curriculum alongside their own children. On the first day of the experiment, pupils of Blackrod Primary School discover their parents are joining them, and for the grown ups it creates mixed emotions as they face old demons, such as the horrors of sports day and maths tests.

View our TV Guide from  
anywhere via our website!



**10/04/18**

Weather.  
18.25 Party Election Broadcast.  
18.30 ITV Evening News;  
Weather.  
19.00 Emmerdale.  
20.00 This Time Next Year.  
21.00 Last Laugh in Vegas.  
22.00 ITV News at Ten;  
Weather.  
22.30 ITV News London;  
Weather.  
22.45 The Cruise: Sailing the  
Caribbean.  
23.15 Heroes and Villains:  
Caught on Camera.  
00.10 The Durrells.  
01.00 Jackpot247.  
03.00 Loose Women.  
03.45 ITV Nightscreen.  
05.05 The Jeremy Kyle Show.

**Channel 4**

06.00 Countdown.  
06.45 3rd Rock from the Sun.  
07.10 3rd Rock from the Sun.  
07.35 Everybody Loves  
Raymond.  
08.00 Everybody Loves  
Raymond.  
08.30 Frasier.  
09.00 Frasier.  
09.35 Frasier.  
10.05 Ramsay's Hotel Hell.  
11.00 Undercover Boss USA.  
12.00 Channel 4 News  
Summary.  
12.05 Come Dine with Me.  
13.05 Posh Pawnbrokers.  
14.10 Countdown.  
15.00 A Place in the Sun: Winter  
Sun.  
16.00 Escape to the Chateau:  
DIY.  
17.00 Four in a Bed.  
17.30 Star Boot Sale.  
18.00 The Simpsons.  
18.30 Hollyoaks.  
19.00 Channel 4 News.  
20.00 Class of Mum and Dad.  
21.00 Seven Year Switch.  
22.00 Gogglebox.  
23.05 One Born Every Minute.  
00.05 Ramsay's Kitchen  
Nightmares USA.  
00.55 The Island with Bear  
Grylls.  
01.50 The Supervet.  
02.45 Britain's Diesel Scandal:  
Channel 4 Dispatches.  
03.15 George Clarke's Old  
House, New Home.  
04.10 Building the Dream.  
05.05 The Question Jury.

**BBC Four**

19.00 Beyond 100 Days;  
Weather.  
19.30 Nature's Microworlds.  
20.00 Commonwealth Games  
Extra.  
21.00 The Story of the Jews.  
22.00 Majesty and Mortar:  
Britain's Great Palaces.  
23.00 Chivalry and Betrayal:  
The Hundred Years War.  
00.00 Francesco's Italy Top to  
Toe.  
01.00 Top of the Pops: 1983.  
01.30 Top of the Pops: 1983.  
02.00 Secret Knowledge:  
Stradivarius and Me.  
02.35 The Story of the Jews.  
03.35 Close.

**WEDNESDAY 11/04/18**

**BBC One**

06.00 Breakfast.  
09.15 Commonwealth Games  
2018.  
13.00 BBC News at One;  
Weather.  
13.30 BBC Regional News and  
Weather.  
13.45 Doctors.  
14.15 800 Words.  
15.00 Escape to the Country.  
15.45 Money for Nothing.  
16.30 Flog It!  
17.15 Pointless.  
18.00 BBC News at Six;  
Weather.  
18.30 BBC Regional News and  
Weather.  
18.55 Party Election Broadcast.  
19.00 The One Show; BBC  
News; Regional News.  
20.00 MasterChef: The Finals.  
21.00 DIY SOS: The Big Build.  
22.00 BBC News at Ten.  
22.30 BBC Regional News and  
Weather; National Lottery  
Update.  
22.45 A Question of Sport.  
23.15 Annie: Out of the Ashes.  
00.00 Commonwealth Games  
2018.  
03.00 Commonwealth Games  
2018.

**BBC Two England**

06.00 Commonwealth Games  
2018.  
09.15 Oxford Street Revealed.  
10.00 Homes Under the  
Hammer.  
11.00 Britain's Home Truths.  
11.45 Dom on the Spot.  
12.15 Bargain Hunt.  
13.00 Commonwealth Games  
2018.  
17.15 Put Your Money Where  
Your Mouth Is.  
18.00 Eggheads.  
18.30 Today at the Games.  
20.00 The Secret Helpers.  
21.00 The Assassination of  
Gianni Versace: American  
Crime Story.  
21.50 Live at the Apollo.  
22.30 Newsnight.  
23.10 Weather.  
23.15 Hospital.  
00.15 Sign Zone: The Queen:  
Her Commonwealth Story.  
01.15 Sign Zone: RAF at 100  
with Ewan and Colin  
McGregor.  
02.45 Sign Zone: MasterChef.  
03.15 Sign Zone: Classic Mary  
Berry.

**ITV London**

06.00 Good Morning Britain.  
08.30 Lorraine.  
09.25 The Jeremy Kyle Show.  
10.30 This Morning.  
12.30 Loose Women.  
13.30 ITV Lunchtime News;  
Weather.  
13.55 ITV News London;  
Weather.  
14.00 Judge Rinder.  
15.00 Dickinson's Real Deal.  
15.59 ITV London Weather.

16.00 Tipping Point.  
17.00 The Chase.  
18.00 ITV News London;  
Weather.  
18.25 Party Election Broadcast.  
18.30 ITV Evening News;  
Weather.  
19.00 Emmerdale.  
19.30 Coronation Street.  
20.00 Britain's Brightest Family.  
20.30 Coronation Street.  
21.00 Benidorm.  
22.00 ITV News at Ten;  
Weather.  
22.30 ITV News London;  
Weather.  
22.45 UEFA Champions  
League Highlights.  
23.45 When Football Changed  
Forever.  
00.35 Jackpot247.  
03.00 Tenable.  
03.50 ITV Nightscreen.  
05.05 The Jeremy Kyle Show.

**Channel 4**

06.00 Countdown.  
06.45 3rd Rock from the Sun.  
07.10 3rd Rock from the Sun.  
07.35 Everybody Loves  
Raymond.  
08.00 Everybody Loves  
Raymond.  
08.30 Frasier.  
09.00 Frasier.  
09.35 Frasier.  
10.05 Ramsay's Hotel Hell.  
11.00 Undercover Boss USA.  
12.00 Channel 4 News  
Summary.  
12.05 Come Dine with Me.  
13.05 Posh Pawnbrokers.  
14.10 Countdown.  
15.00 A Place in the Sun: Winter  
Sun.  
16.00 Escape to the Chateau:  
DIY.  
17.00 Four in a Bed.  
17.30 Star Boot Sale.  
18.00 The Simpsons.  
18.30 Hollyoaks.  
19.00 Channel 4 News.  
20.00 The Supervet.  
21.00 One Born Every Minute.  
22.00 First Dates.  
23.05 Gogglebox.  
00.05 Live from Abbey Road  
Classics.  
00.35 Seven Year Switch.  
01.30 FILM: Wanderlust (2012).  
03.05 George Clarke's Old  
House, New Home.  
04.00 Building the Dream.

**BBC Four**

19.00 Beyond 100 Days;  
Weather.  
19.30 Nature's Microworlds.  
20.00 Commonwealth Games  
Extra.  
21.00 Bacchus Uncovered:  
Ancient God of Ecstasy.  
22.00 The Plantagenets.  
23.00 The Mayflower Pilgrims:  
Behind the Myth.  
00.00 Chef vs Science: The  
Ultimate Kitchen  
Challenge.  
01.30 Top of the Pops: 1983.  
02.00 Top of the Pops: 1983.  
02.30 Bacchus Uncovered:  
Ancient God of Ecstasy.  
03.30 Close.

**THURSDAY 12/04/18**

**BBC One**

06.00 Breakfast.  
09.15 Commonwealth Games  
2018.  
13.00 BBC News at One;  
Weather.  
13.30 BBC Regional News and  
Weather.  
13.45 Doctors.  
14.15 800 Words.  
15.00 Escape to the Country.  
15.45 Money for Nothing.  
16.30 Flog It!  
17.15 Pointless.  
18.00 BBC News at Six;  
Weather.  
18.30 BBC Regional News and  
Weather.  
18.55 Party Election Broadcast.  
19.00 The One Show.  
19.30 EastEnders; BBC News;  
Regional News.  
20.00 MasterChef: The Finals.  
21.00 Not Going Out.  
21.30 Still Game.  
22.00 BBC News at Ten.  
22.30 BBC Regional News and  
Weather.  
22.45 Question Time.  
23.45 Commonwealth Games  
2018.  
03.30 Commonwealth Games  
2018.

**BBC Two England**

06.00 Commonwealth Games  
2018.  
09.15 Oxford Street Revealed.  
10.00 Homes Under the  
Hammer.  
11.00 Britain's Home Truths.  
11.45 Dom on the Spot.  
12.15 Bargain Hunt.  
13.00 Commonwealth Games  
2018.  
17.15 Put Your Money Where  
Your Mouth Is.  
18.00 Eggheads.  
18.30 Today at the Games.  
20.00 Living with the Brainy  
Bunch.  
21.00 Civilisations.  
22.00 MOTD: The Premier  
League Show.  
22.30 Newsnight.  
23.10 Weather.  
23.15 Secret Agent Selection:  
WW2.  
00.15 Sign Zone: Reggie Yates:  
Searching for Grenfell's  
Lost Lives.  
01.15 Sign Zone: MasterChef.  
02.15 Sign Zone: Amazing  
Hotels: Life Beyond the  
Lobby.  
03.15 Weather for the Week  
Ahead.  
03.20 BBC News.

**ITV London**

06.00 Good Morning Britain.  
08.30 Lorraine.  
09.25 The Jeremy Kyle Show.  
10.30 This Morning.  
12.30 Loose Women.  
13.30 ITV Lunchtime News;  
Weather.  
13.55 ITV News London;  
Weather.  
14.00 ITV Racing: Grand  
National Festival.  
17.00 The Chase.

18.00 ITV News London;  
Weather.  
18.25 Party Election Broadcast.  
18.30 ITV Evening News;  
Weather.  
19.00 Emmerdale.  
19.30 OAP Bootcamp - Tonight.  
20.00 Emmerdale.  
20.30 The Cruise: Sailing the  
Caribbean.  
21.00 The Investigator: A British  
Crime Story.  
22.00 ITV News at Ten;  
Weather.  
22.30 ITV News London;  
Weather.  
22.45 UEFA Europa League  
Highlights.  
23.45 Play to the Whistle.  
00.40 Lethal Weapon.  
01.25 Jackpot247.  
03.00 OAP Bootcamp - Tonight.  
03.25 ITV Nightscreen.  
05.05 The Jeremy Kyle Show.

**Channel 4**

06.00 Countdown.  
06.45 3rd Rock from the Sun.  
07.10 3rd Rock from the Sun.  
07.35 Everybody Loves  
Raymond.  
08.00 Everybody Loves  
Raymond.  
08.30 Frasier.  
09.00 Frasier.  
09.35 Frasier.  
10.05 Ramsay's Hotel Hell.  
11.00 Undercover Boss USA.  
12.00 Channel 4 News  
Summary.  
12.05 Come Dine with Me.  
13.05 Posh Pawnbrokers.  
14.10 Countdown.  
15.00 A Place in the Sun: Winter  
Sun.  
16.00 Escape to the Chateau:  
DIY.  
17.00 Four in a Bed.  
17.30 Star Boot Sale.  
18.00 The Simpsons.  
18.30 Hollyoaks.  
19.00 Channel 4 News.  
20.00 Location, Location,  
Location.  
21.00 Indian Summer School.  
22.00 24 Hours in Police  
Custody.  
23.05 First Dates.  
00.05 999: On the Frontline.  
01.00 Class of Mum and Dad.  
01.55 The Supervet.  
02.50 George Clarke's Old  
House, New Home.  
03.45 Building the Dream.  
04.40 The Question Jury.  
05.35 Steph and Dom's One  
Star to Five Star.

**BBC Four**

19.00 Beyond 100 Days;  
Weather.  
19.30 The Sky at Night.  
20.00 Commonwealth Games  
Extra.  
21.00 Putin, Russia & the West.  
22.00 Law and Order.  
23.20 Totally British: 70s Rock  
'n' Roll.  
00.20 Danny Baker's Great  
Album Showdown.  
01.20 Putin, Russia & the West.  
02.20 The Brontes at the BBC.  
03.20 Close.

**FRIDAY 13/04/18**

**BBC One**

06.00 Breakfast.  
09.15 Commonwealth Games  
2018.  
13.00 BBC News at One;  
Weather.  
13.30 BBC Regional News and  
Weather.  
13.45 Doctors.  
14.15 800 Words.  
15.00 Escape to the Country.  
15.45 Money for Nothing.  
16.30 Flog It!  
17.15 Pointless.  
18.00 BBC News at Six;  
Weather.  
18.30 BBC Regional News and  
Weather.  
19.00 The One Show.  
19.30 Sounds Like Friday Night;  
BBC News; Regional  
News.  
20.00 EastEnders.  
20.30 MasterChef: The Final.  
21.30 Have I Got News for You.  
22.00 BBC News at Ten.  
22.25 BBC Regional News and  
Weather; National Lottery  
Update.  
22.35 The Graham Norton  
Show.  
23.25 Wannabe.  
23.50 Commonwealth Games  
2018.  
03.30 Commonwealth Games  
2018.

**BBC Two England**

06.00 Commonwealth Games  
2018.  
09.15 Oxford Street Revealed.  
10.00 Homes Under the  
Hammer.  
11.00 Britain's Home Truths.  
11.45 Dom on the Spot.  
12.15 Bargain Hunt.  
13.00 Commonwealth Games  
2018.  
17.15 Put Your Money Where  
Your Mouth Is.  
18.00 Eggheads.  
18.30 Today at the Games.  
20.00 Gardeners' World.  
21.00 The City & the City.  
22.00 Episodes.  
22.30 Newsnight.  
23.00 Weather.  
23.05 Front Row Late.  
23.35 The Assassination of  
Gianni Versace: American  
Crime Story.  
00.30 Sign Zone: Last  
Chance for Justice -  
Panorama.  
01.00 Sign Zone: Civilisations.  
02.00 Sign Zone: Picasso's Last  
Stand.  
03.00 Sign Zone: The  
Assassination of Gianni  
Versace: American Crime  
Story.  
03.45 Weather for the Week  
Ahead.  
03.50 BBC News.

**ITV London**

06.00 Good Morning Britain.  
08.30 Lorraine.  
09.25 The Jeremy Kyle Show.  
10.30 This Morning.  
12.30 Loose Women.  
13.30 ITV Lunchtime News;  
Weather.

Weather.  
13.55 ITV News London;  
Weather.  
14.00 ITV Racing: Grand  
National Festival.  
17.00 The Chase.  
18.00 ITV News London;  
Weather.  
18.30 ITV Evening News;  
Weather.  
19.00 Emmerdale.  
19.30 Coronation Street.  
20.00 Love Your Garden.  
20.30 Coronation Street.  
21.00 Lethal Weapon.  
22.00 ITV News at Ten;  
Weather.  
22.30 ITV News London;  
Weather.  
22.45 FILM: Invictus (2009).  
01.15 Jackpot247.  
03.00 Take on the Twisters.  
03.50 ITV Nightscreen.

**Channel 4**

06.00 Countdown.  
06.45 3rd Rock from the Sun.  
07.10 3rd Rock from the Sun.  
07.35 Everybody Loves  
Raymond.  
08.00 Everybody Loves  
Raymond.  
08.30 Frasier.  
09.00 Frasier.  
09.35 Frasier.  
10.05 Ramsay's Hotel Hell.  
11.00 Undercover Boss USA.  
12.00 Channel 4 News  
Summary.  
12.05 Come Dine with Me.  
13.05 Posh Pawnbrokers.  
14.10 Countdown.  
15.00 A Place in the Sun: Winter  
Sun.  
16.00 Escape to the Chateau:  
DIY.  
17.00 Four in a Bed.  
17.30 Star Boot Sale.  
18.00 The Simpsons.  
18.30 Hollyoaks.  
19.00 Channel 4 News.  
20.00 I Don't Like Mondays.  
22.00 Lee and Dean.  
22.35 8 Out of 10 Cats.  
23.20 Rob Beckett's Playing for  
Time.  
23.50 Rude Tube.  
00.50 FILM: Oldboy (2013).  
02.35 Kiss Me First.  
03.30 Building the Dream.  
04.25 The Question Jury.  
05.20 Steph and Dom's One  
Star to Five Star.  
05.45 Steph and Dom's One  
Star to Five Star.

**BBC Four**

19.00 World News Today;  
Weather.  
19.30 BBC Young Musician  
2018.  
21.00 Nat King Cole: Afraid of  
the Dark.  
22.30 Joy of the Guitar Riff.  
23.30 Rollermania: Britain's  
Biggest Boy Band.  
00.30 Cilla at the BBC.  
01.30 Totally British: 70s Rock  
'n' Roll.  
02.30 Nat King Cole: Afraid of  
the Dark.  
04.00 Close.

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## Cinema

## NEW THIS WEEK

**Pacific Rim: Uprising**  
Stars: John Boyega, Scott Eastwood, Cailee Spaeny.  
Genre: Action, Adventure, Sci-Fi. Director: Steven S. DeKnight. Rating: M/12. Plot: Jake Pentecost, son of Stacker Pentecost, reunites with Mako Mori to lead a new generation of Jaeger pilots, including rival Lambert and 15-year-old hacker Amara, against a new Kaiju threat.

**Madame** Stars: Toni Collette, Harvey Keitel, Rossy de Palma.  
Genre: Comedy, Drama. Director: Amanda Sthers. Rating: M/12. Plot: Adding a little spice to a waning marriage, Anne and Bob, a wealthy and



well-connected American couple, move into a manor house in romantic Paris. While preparing a particularly luxurious dinner for sophisticated international friends, our

hostess discovers there are thirteen guests. Panic-stricken, Anne insists her loyal maid Maria disguise herself as a mysterious Spanish noble woman to even out the numbers. But a little too much wine, and some playful chat, lead Maria to accidentally endear herself to a dandy British art broker. Their budding romance will have Anne chasing her maid around Paris and finally plotting to destroy this most unexpected and joyous love affair.

## Cinema Listings

## NOS Forum Algarve - Faro

Madame; Cinema Paradiso; Mary Magdalene; Sherlock Gnomes (PV); Braven; Ready Player One; Peter Rabbit (PV); Tomb Raider; Pacific Rim: Uprising

## NOS Mar Shopping - Loulé

Ready Player One; Pacific Rim: Uprising, 2D & 3D; Tomb Raider; 7 Days in Entebbe; Peter Rabbit (PV & OV); Sherlock Gnomes (PV); Early Man (PV);

## Gran-Plaza NOS - Tavira

Pacific Rim: Uprising; Ready Player One; The Hurricane Heist; Peter Rabbit (PV); Mary Magdalene; Tomb Raider; Sherlock Gnomes (PV)

## Algarcine - Portimão

Pacific Rim: Uprising; Sherlock Gnomes (PV); Ready Player One;

## Algarcine - Lagos

Pacific Rim: Uprising; Ready Player One; Sherlock Gnomes (PV); The Wailing

## Algarcine Ria Shopping - Olhão

Pacific Rim: Uprising; Sherlock Gnomes; Mary Magdalene; Tomb Raider; Gringo; Early Man (PV)

## Cineplace AlgarveShopping - Guia

Sherlock Gnomes (PV); 7 Days in Entebbe; Red Sparrow; Pacific Rim: Uprising, 2D & 3D; Bullet Head; Mary Magdalene; Black Panther; Tomb Raider; Madame; Hostiles; Acts of Violence; Snow; Uma Viagem Heróica (PV); Ready Player One; Peter Rabbit (PV & OV); Gringo; Early Man (PV); Braven

## Cineplace - Portimão

Pacific Rim: Uprising, 2D & 3D; Ready Player One; 7 Days in Entebbe; Braven; Sherlock Gnomes; Tomb Raider; Acts of Violence; Early Man (PV); Peter Rabbit (PV & OV); Gringo

## Cineplace Loures Shopping

Sherlock Gnomes (PV); Tomb Raider; Acts of Violence; Snow;

Uma Viagem Heróica (PV); Madame; Early Man (PV); Ready Player One; Pacific Rim: Uprising, 2D & 3D; Peter Rabbit (PV & OV); Gringo; Tomb Raider, 2D & 3D; Madame; Mary Magdalene; Early Man (PV); Ferdinand (PV); 7 Days in Entebbe; Braven; Acts of Violence; Black Panther; Ready Player One

## Cineplace LeiriaShopping

Pacific Rim: Uprising, 2D & 3D; Peter Rabbit (PV & OV); Gringo; Sherlock Gnomes (PV); Tomb Raider, 2D & 3D; Madame; Mary Magdalene; Early Man (PV); Ferdinand (PV); 7 Days in Entebbe; Braven; Acts of Violence; Black Panther; Ready Player One

## Cineplace Riosul - Seixal

Pacific Rim: Uprising, 2D & 3D; Gnome Alone (PV); Ready Player One; Acts of Violence; Black Panther; Peter Rabbit (PV); Gringo; Sherlock Gnomes (PV); Tomb Raider; Bullet Head; Early Man (PV); 7 Days in Entebbe; Braven

## Estação Viana Shopping - Viana do Castelo

Acts of Violence; Sherlock Gnomes (PV); Early Man (PV); Ready Player One; Peter Rabbit (PV); Tomb Raider; Pacific Rim: Uprising, 2D & 3D

\* (PV) = Portuguese version.  
(OV) = Original version.



**Algarcine**  
Portimão: 282 411 888 / Olhão: 289 703 332 / Lagos: 282 799 138 / Sines: 269 633 510.



**Cineplace**  
Guia: 289 561 073 / Portimão: 282 070 101 / Leiria: 244 826 516 / Loures: 210 110 677 / Riosul: 210 114 352 / Parque Atlântico: 296 629 514 / Covilhã: 275 334 731 / Viana do Castelo: 258 100 260 www.cineplaceportugal.pt



**Cinemas NOS - Tavira, Faro & Loulé**  
cinemas.nos.pt

## North &amp; Centre

## Labels for Less

Saturday 21st April 10am - 3pm

Sunday 22nd April 11am - 2pm

Pop up sale of vintage and designer preloved clothes and accessories



Everyone welcome

Centro de Convívio do Bairro do Rosário  
Rua Paulo da Gama 114  
Cascais 2750 183

To donate quality clothes and accessories email wrvslab4less@gmail.com or for further details check our Facebook page Wrvslab4less.



All proceeds go to local charities.

## EXHIBITIONS

## Santo António Challenge

- For a decade and a half, "A Arte da Terra" has been the stage for some of the biggest exhibitions of Santo António, with a total of about 7000 pieces displayed from hundreds of Portuguese artists as well as national Museums. All artists can participate in the exhibition, whatever style or media, born or living in Portugal. Send your application by email or post by the 15 Apr to arte@net.sapo.pt or "A Arte

da Terra", Rua Augusto Rosa, nº40 1100-059 Lisbon with the following details: Name, Address, telephone number, email, photo(s) of the artwork for the competition, indication as to the used materials and sizes. Each author can enter 3 pieces. The selected artwork (whose creators will be informed by 21 Apr) will be part of this year's exhibition on Santo António during June and should be delivered by 15 May. Of all the selected artwork, 3 will be elected as the best creations about Santo António.

**ALL Saints**  
ANGLICAN CHURCH

Services of Holy Communion:

**SUNDAYS 10.30am ASCA Almancil (next to Comunidades Garden)**

**SUNDAYS: 11am Convento de S. José Lagoa (37.13703,-8.45355)**

**(351) 282 380 311 • email: info@allsaintsalgarve.org**  
**www.allsaintsalgarve.org**

Google maps: search for All Saints Anglican Church Almancil or Lagoa

This page is primarily for cultural, sports, charity and free events or those staged by a club or society. Please send your events to events@theportugalnews.com by midday on Monday before publication. To guarantee inclusion of other events there is a charge of 50 cents per word. To place a paid listing, email linda@theportugalnews.com and you will be sent payment instructions.

## MARKETS

**LxMarket - Every Sunday** at LxFactory, 10am-7pm.

Unique, vintage, handmade and second hand items. Lx Factory, R. Rodrigues de Faria, Lisbon. www.lxmarket.com.pt

**CCB Market - First Sun** of every month. Caminho Pedonal e Praça CCB - Belém Cultural Centre, Lisbon. Free entry.

## MUSIC

**Concertos Íntimos 2018** - Concerts by Filipe Catto, Ana Bacalhau and HMB. HMB, the most "soul" band of Portuguese music, present the last concert of Concertos Íntimos 2018, **19 May**, 9:30pm. Tickets: €30. Cine-teatro de Estarreja, Rua Visconde Valdemouro, Estarreja. Tel: 234 811 300 www.cinetatroestorreja.com

**Sam Smith** - The Thrill of it All tour - **18 May**, 9pm, in the Altice Arena, Parque das Nações, Lisbon. Tickets: €41-€171. www.everythingisnew.pt/sam-smith/

**Roger Waters US + THEM tour** - Roger Waters of Pink Floyd presenting Pink Floyd classics and new songs from his solo work. **21 May**, 9pm, in the Altice Arena, Parque das Nações, Lisbon. Tickets: From €45. arena.altice.pt

## SHOW

## Live Music in Casino Lisboa during April

- Tamla, until 7 Apr. Hearts and Bones, 11-14 Apr. Voodoo Marmalade, 18-21 Apr. Dee Dee & The Drum Killers, 25-28 Apr. By law, access to the spaces of Casino Lisboa are reserved for persons over 18 years of age. Casino Lisboa, Parque das Nações, Lisbon. Tel: 218 920 000 www.casino-lisboa.pt

## New Circus shows at Casino Lisboa

- Duo João & Daniela - Forças Combinadas, 6 & 7 Apr. Raquel & Angélica - Aerial Duo, 13 & 14 Apr. Bruno Rosa - Tecido Vertical, 20 & 21 Apr. Jocka Carvalho - Tecido Vertical, 27 & 28 Apr. By law, access to the spaces of Casino Lisboa are reserved for persons over 18 years of age. Casino Lisboa, Parque das Nações, Lisbon. Tel: 218 920 000 www.casino-lisboa.pt

## April in Casino Estoril

- Wednesday Fado Cycles, every Wednesday 10pm, free entry. "After Pink Floyd" concert - Tribute to Pink Floyd, 7 Apr. Rui Faria & Sandra Gonçalves concert, 19 Apr. Innuendo concert, 20 Apr. DJ Set: FonZ, 21 Apr. Laura concert, 26 Apr. "Casual" concert, 27 Apr. Rogério Gil concert, 28 Apr. By law, access to the spaces of Casino Estoril are reserved for persons over 18 years of age. Casino Estoril, Av. Dr. Stanley Ho, Estoril. www.casino-estoril.pt

## South

## AUCTIONS

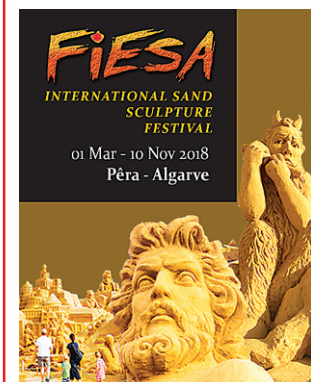
**Auction House Algarve.** Our next live auction is **7 Apr.** Approx 500 lots including antiques, collectables, art, jewellery, tools, furniture, sports equipment, designer handbags. All of the items can be viewed at the auction house and through our online catalogue at www.ahalgarve.com. Tel: 289 832 380 or email us at info@ahalgarve.com

## CHARITY

**Dinner/Dance to 'NightShift'** - Couverts Bacalhau à Brás and Veal in the oven; Vegetables of the day; Choice of desserts; Wine, beer and water. €25. Including incredible entertainment. **27 Apr**, 7:30pm for 8pm, at Restaurant Ponte Romana, Silves. All monies go to APAA. For directions, more information or to book your place email: info.apaaportugal@gmail.com or call 919 041 903 or 912 651 819

**Fashion Show** - Coffee and fashion show - €5. Stay for lunch - €15: Couverts, roasted loin of Pork served with vegetables, choice of desserts, wine, beer and water. **8 Apr**, 11am show, 1pm lunch, at Restaurante Ponte Romana, Silves. All monies go to APAA. For directions, more information or to book your place email: info.apaaportugal@gmail.com or call 919 041 903 or 912 651 819

## EXHIBITIONS



**"Histórias de Outras Idades" Contemporary sculpture exhibition** - Dramatic pieces from the renowned artist Rui Matos on exhibition from **until 7 Jun.** Open to the public Mon-Fri from 9am to 6pm. Entrance is free. Vale do Lobo Art Gallery. Tel: 289 353 327 www.valedolobo.com

**Paintings by Liz Allen - Ongoing.** Óchálá Casa da Chá, 12 Rua Dr. Samora Gil, Monchique. Tel: 282 912 524

**"No fundo o Silêncio..."** - Painting exhibition by Clara Andrade. Until **27 Apr** in Galeria Manuela Vale, Escola de Artes Mestre Fernando Rodrigues, Lagoa. Free entry. www.cm-lagoa.pt



**Exhibition of the 17th Corrida Fotográfica de Portimão** - The usual winning photographs and the best of the eight presented themes, a lot of subaquatic photos taken during the archeological prospecting in the Arade river will be on display. Exhibition until **15 Apr** in the Portimão Museum. Open Tue 2:30pm-6pm and Wed-Sun 10am-6pm. [www.vivaportimao.pt](http://www.vivaportimao.pt)

## MARKETS

**Car Boot Sale** - The Car Boot on the **first Sunday** of each month resumes at the Old School House, Vales, Aljezur, following its winter break. Unwanted household items only--no goods grown, made or bought for profit please. Stallholders charged €2 for each table space, x multiples of €2, or €4 for vans (i.e. Transit size) and are permitted to enter and set up their tables from 7:30-9am with the sale then being open to the public from 9am.

## MUSIC

**Recital das três culturas** - Eduardo Ramos (Voice, Arab Lute and Bamboo Flute) will present his recital in the António Villares Pires' sculpture and paintings studio, O Templo do Tempo in the Silves Train Station warehouse (Armazém da Estação de Silves). **7 Apr**, 6pm A different event, in a different place.

**Vasco Ramalho - Essências de Marimba, Fados & Choros** - Guest fadista: Filipa Pais. **14 Apr**, 9:30pm, at the Municipal Auditorium in Lagoa. [www.cm-lagoa.pt](http://www.cm-lagoa.pt)

**Vasco Ramalho**, (Vibraphone), and Tuniko Goulart, (Electric Guitar) give a jazz-flavoured concert in the unique setting of the Quinta. **21 Apr**, 3.00 pm. Quinta das Alagoas, near Almadena. Entrance, by reservation only, €19,50 including refreshment buffet of wine, cheese and homemade products. Info and reservations Tel 924 204 343. Email [geral@quintadasalagoas.com](mailto:geral@quintadasalagoas.com).

**Fado /Live Music** - O *Navegante* restaurant is proud to announce live music/Fado **every Friday** from 8:00pm. Menu from €16,00. You are welcome to join us. Try our delicious and varied cataplanas, Stone Steak and fresh fish. Booking recommended: 282 315 399 / 968 305 515

**Every Friday** - New Orleans jazz with The Dixie Kings at Casa Inglesa, Portimão - dinner reservations 282 416 290 details [www.neworleansjazzalgarve.com/index.html](http://www.neworleansjazzalgarve.com/index.html)

**Every Sunday** - The New Orleans Jazzband play a dinner/concert at O'Navegador Restaurant, Alvor - reservations 282 412 375 or 962 541 124 [www.neworleansjazzalgarve.com/index.html](http://www.neworleansjazzalgarve.com/index.html)

**Tavira Pop Choir** - Fonte do Bispo. If you are interested in joining a fun and enjoyable Pop Choir, then come along on

**Sundays** at 2pm-4pm. We would like a choir/musical leader to conduct and organise the various singing talents we have at present. Please contact Gillian Tel.966 006 436 Email. [Info@qtfontebispo.com](mailto:Info@qtfontebispo.com)

## SOCIAL

**afpop East Algarve Coffee and Chat Morning** - Member-2-Member. Coffee & Chat mornings. The monthly Coffee & Chat morning. They are always the **last Wednesday** in the month. The coffee mornings are organised by a group of afpop members. It is very informal, a chance to meet up, make friends and have a chat. If you are interested in the Coffee & Chat mornings contact: Sherry on 916 913 612 or email: [slosantaclara@gmail.com](mailto:slosantaclara@gmail.com). Usually in the East Algarve Pedras da Rainha Club House. GUEST SPEAKER: Karin Holmström Forster Karin will be talking about her project to train guide dogs for the visually impaired young people living in the Algarve.

**Drawing the Nude in Olhão** - Beginners and artists meet in Olhão every **Thursday** morning. New students are very welcome and guidance is given if required. Contact [jill.stott@gmail.com](mailto:jill.stott@gmail.com) for more information regarding drawing or modelling.

**Duplicate bridge** - Come and join our friendly international club. **Thursday afternoons**, 3pm start at Restaurante Solar da Poeta in Almancil. Or **Friday afternoons**, 2pm start at Museu do Trajo in São Bras de Alportel. For pre-registration and information call Frank Spelbos at 937 802 110 or email to [spelbos@sapo.pt](mailto:spelbos@sapo.pt)

**Bridge; Friendly social game** Tuesdays & Fridays 1:15pm Marina Club Suite Hotel Lagos. Just tip up or call 963977642 -partner not necessary

**Coro dos Amigos do Museu**. We are an international four-voice choir based in São Brás de Alportel. We sing sacred and secular music from medieval to 21<sup>st</sup> century, with concerts several times per year. We rehearse on **Thursdays** from 6.30pm. Ability to read music is an advantage, but not essential. If you think you would like to join us, please contact David on [david51.littlewood@gmail.com](mailto:david51.littlewood@gmail.com), or on 289 489 374.

**Barbershop Chorus "Bella a Cappella"** Welcomes new members. Men and Women from all nationalities, to experience joy and fun in Harmony singing. Rehearsals **Tuesday** evenings in the lagar in Moncarapacho. For details go to [www.bellaacappella.net](http://www.bellaacappella.net) or call Andrea: 962932978

**The East Algarve International Shanty choir** is looking for an enthusiastic musical leader. Musicians, Male and Female singers welcome! Join the **East**

**Algarve International Shanty Choir**. Rehearsals weekly on **Thursday**, 5pm Luz de Tavira, at café Chic Zé. Tel. 00351 926684061 Website: [www.eaisc.eu](http://www.eaisc.eu)

**C.A.S.A.** - the Algarve's leading Social Club for expats meets monthly for dinners / lunches and social events. For more information email [info@casasocial.club](mailto:info@casasocial.club) or telephone 282495475 [www.casasocial.club](http://www.casasocial.club)

**afpop Badminton in Silves** Come and try Badminton. This is a regular **Thursday evening** slot booked for Badminton players at the pavillion of the Escola EB 2,3 Dr. Garcia Domingues in Silves between 8pm and 10pm. Badminton players will need to bring their own racquets and pay a small fee to cover costs. More information contact Sue on [suesharman9@gmail.com](mailto:suesharman9@gmail.com) or call 910 108 730

**Crown Green** at Alvor bowling club **every Friday** at 10am, bowls available free of charge. For more info please contact Peter or Janette Tel:- 966169747 or 965700536.

**Vale de Milho Golf Club** members meet at 9 am on **Tuesdays** and **Fridays** for golf competitions. It is a friendly club and visitors are welcome. For more information contact Hazel Hopps 282 358 022

**Walking Football for the 50+** - **Every Thur.** 9.30am - 11am, at José Arcanjo Stadium, Olhão (behind McDonalds EN125) Fitness, fun & friendship. Only €3 / session. Contact: 916504903 [christopher.wright@hotmail.co.uk](mailto:christopher.wright@hotmail.co.uk)

**Meet other people**, Central Algarve. New social club. [singlemingle@email.com](mailto:singlemingle@email.com)

**Friendship group, Os Amigos**, meets on the **3<sup>rd</sup> Tuesday** of each month, for walks, lunch, and other activities. For details contact [lindabell@cogb.com](mailto:lindabell@cogb.com)

**Duplicate Bridge** - Come and join us in a friendly informal atmosphere. All levels and nationalities welcome. **Wed & Fri** afternoons at Vale d'El Rei Hotel. Please contact 911 561 224 or 282 358 885

**Chess Club** All Levels in eastern Algarve. [chessalgarve@mail.com](mailto:chessalgarve@mail.com) for details.

**Painting for Pleasure Classes, water colours, oils or acrylics** - Beginners onwards, individual tuition on **Tues** mornings at Four Seasons Fairways (Quinta do Lago, Almancil) 10am to 12noon. **Wed** at Mesquite near São Brás from 10.30am to 12.30pm, 2.30pm to 4.30pm. Tel. Terry Reed, tel: 289 845 561

**Duplicate Bridge** - Come and join us. Friendly Club, all nationalities and levels welcome. **Every Mon & Thurs** at the Cristal Hotel, Carvoeiro. 1.45pm for 2pm. Tel: 282 357 953 or 282 357 657.

**Duplicate Bridge** - Come along to our friendly

International club on **Tues** afternoons, 1.45 pm for a 2 pm start. At the Aroma di Mar Restaurant in Olhos de Água. For further details call Mary Moore: 289 416 199.

**New Duplicate Bridge Club** at Lagoa Hotel on the EN 125 in Lagoa, next door to O Casarão Restaurant. **Thurs** 1:45pm. €5 including refreshments. No joining fee. All welcome. 282 352 022 / 969 174 130

## SPORT

**Walking Football** begins again at Boavista Spa on the N125 between Lagos and Luz. **Every Wednesday** 9:30am -11:30am. Everyone over 50 welcome. [contact:brian.efoster@yahoo.co.uk](mailto:contact:brian.efoster@yahoo.co.uk)

**Tavira County Lawn Bowling Club** - Cerro do Leiria, Santa Caterina, Fonte Bispo, Tavira. Tel: 963 997 582.

**Balaia Bowls Club**, Olhos de Agua, Albufeira - roll-ups on Tuesdays and Fridays at 09:45am. Tuition available if required. Please telephone Jill on 935701155

**Algarve Hash House Harriers** meet weekly. Call 289 413 854 or 918 806 044. Follow us on Facebook & visit [www.algarvehhh.org](http://www.algarvehhh.org)

**Valverde Lawn Bowls Club** - Almancil, now open

five days per week. Come and join us for our roll-ups on **Mon, Wed, Thur, Fri & Sun** from 10am. Tuition is available if new to the game, holidaymakers are welcome. Call Jen on 282 332 628 or 937 264 287.

**Walking football at Browns** in Vilamoura. **Tuesdays** at 9:30am. Come try it out! Contact [info@browns-club.com](mailto:info@browns-club.com) or 289 322 740

## WORKSHOPS & COURSES

**Tellington TTouch Training** - Introduction to Tellington TTouch Two-Day Workshop with certified Tellington TTouch Practitioner, Alex Wilson, covering TTouch Observations, TTouch Body Work, and TTouch Groundwork. **27-28 Apr** in Portimão. Places are limited for this workshop so please book early to avoid disappointment. Please bring a crate or vehicle so that your dog can rest as there are times when we will not be working with dogs - for those without dogs, there will be opportunities to work in groups with people who have dogs. For more information or to book please visit [www.algarvedogtrainer.com](http://www.algarvedogtrainer.com) or call +351 915 623 472

**Latin and Ballroom Classes** - **Tuesday** mornings 10-1.30 at Alvor

Community Centre. **Wednesday** evenings 7-8.45 Carvoeiro Clube de Ténis. Beginners, Improvers, Jive, and Intermediate/Advanced. Please contact Caroline on 961916821 / Email [strictlydancingcarvoeiro@hotmail.com](mailto:strictlydancingcarvoeiro@hotmail.com)

**Meet people and make friends.** Learn to play bridge. Contact the Vale del Rei Bridge group. Beginners sessions starting in January. Tel 968457888.

**Music Improvisation and Ensemble Skills** - **Sat** 3pm-5pm Costume Museum, São Brás de Alportel. Exploring the technical & theoretical aspects of improvising in different keys & applying these new skills within a small-group environment. All instruments & abilities welcome.

**Scottish Country Dancing** will be held on **Monday** evenings from 7:30 to 9:30pm at the NOBEL International School Algarve. Please contact Mardie Cunningham on 282 356 029 or email [mardie@sapo.pt](mailto:mardie@sapo.pt).

**Musical Instrument Classes** - Guitar, Ukulele, Keyboards, Mandolin, Banjo, etc. Beginners lessons available: **Tuesdays-Fridays**. Intermediate players can join our Show Band. Almancil centre. 919 968 768

**9th** **SOMETHING TO BARK ABOUT!**



Just come along to the International Algarve Fair and enter your dog into as many classes as you want to win some lovely prizes! All you need is a collar and lead and your dog's vaccination record book.

**Grooming Demos \* Flyball Demos \* Fun and games**  
**Trade stands \* Training Classes \* Adopt-a-Pet Parades**

**2 & 3 June**  
**(11am until 5pm)**  
**Fatacil, Lagoa**  
**Paws4Pets**

Organised by The Portugal News as part of the International Algarve Fair  
[www.algarvefair.com](http://www.algarvefair.com)  
email: [sales@algarvefair.com](mailto:sales@algarvefair.com)

**NOTE** Events are correct at the time of going to press and according to information given to The Portugal News. However, events may be cancelled, delayed or fail to live up to their billing.



**Announcements**

**APRIL+MAY** Promo: discount on all your Infrared Heating panels: shs-pt.com



**CASA E Jardim** Furniture Spring Clearance.

It's time for our Spring refresh at the furniture shop 'Casa e Jardim' near Quarteira. Tables, sofas, armchairs and some beautiful individual furniture items need to make way for new showroom pieces. Grab yourself a unique piece of furniture at a bargain price. Details: [www.casaejardim.pt/more/clearance/](http://www.casaejardim.pt/more/clearance/)

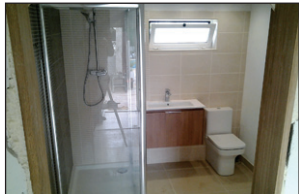
**CC DEPRESSED/ BIPOLAR** Friendly Support Meetings, 1st Monday of the Month 6:30pm, upstairs Casa Inglesa, Portimão. 914878927

**Algarve Homecare**  
...in safe hands!  
Assisted Care and Support in your Own Home  
Tel. (351) 917 472 828  
[www.algarve-homecare.com](http://www.algarve-homecare.com)

**Auctions**

**AUCTION HOUSE ALGARVE**  
NEXT LIVE AUCTION Saturday, 7 April 2018 10.00am onwards  
Approx. 500 lots.  
• Antiques and Collectibles  
• Designer Handbags  
• Furniture and Art  
• Tools  
• Jewellery - Antique, Vintage and Modern  
• Sports Equipment  
Check out our page on Facebook to view items coming up at Auction and view the catalogue and bid on line at [www.ahalgarve.com](http://www.ahalgarve.com) where further details are available. Tel: 289 832 380 or email us at [info@ahalgarve.com](mailto:info@ahalgarve.com)

**Bathrooms**



**ADRIAN STUART DIXON** 29 Years experience in the Algarve. Portuguese & English spoken. References on request 282 033 852 965 275 774 [borboleta\\_44@yahoo.co.uk](mailto:borboleta_44@yahoo.co.uk)

**Caravans & Motor Homes**



**HYMER EXSIS482** motorhome, 2009, LHD, Portuguese plates, 77000kms, 25000euros, DETAILS [robinsonpeter@wanadoo.fr](mailto:robinsonpeter@wanadoo.fr)

**Charities**

**CC ASSOCIAÇÃO DE CARIDADE** Mãos de Ajuda. Helping Hands Charity Shop, 13A Avenida Dr. Eduardo Mansinho, Tavira. 100 metres from Porta Nova Post Office. Open Monday, Wednesday, Saturday 10am to 1pm. Help us to Help others in the Tavira Area. 963558138

**CC SECOND CHANCE** charity shop at Largo Das Ferreiras(on roundabout), Ferreiras, Albufeira. Open Tuesday to Friday 10am to 4pm. Saturday 10am to 1pm. Supporting people in need, also Bombeiros, Soup kitchens, Riding for the disabled, AHSA day care centre for the elderly and more. Contact Maggie Cook 917707808.

**CC**  
CC stands for Community Care and these ads are provided free of charge by **The Portugal News** to help the various charities involved. These advertisements must be renewed at the end of the year at which time they must contact [copy@theportugalnews.com](mailto:copy@theportugalnews.com) for renewal.

**CC ADL SUPPORTING FAMILIES** This is a new Charity set up to support local families in crisis. We receive unwanted furniture, white and electrical goods, baby equipment, bedding, towels etc..and distribute items to local families who need them. We cover the Guia, Algoz, Tunes area and further afield. For more information about the work of the Charity and how you can help please contact Su Davis: 932307548 [su.davis@sapo.pt](mailto:su.davis@sapo.pt) Facebook: Support for families in the Algarve and Desafios Luminosos.

**CC THE GOODWILL CHARITY.** R.Direita 5, Ed. Portus Magnus, Portimao. (Close to Theatre). 968 740 693 10am-2pm. Clothes, bric a brac and furniture in saleable cond., large items collected.

**CC WEEKLY BOOK SALE.** Come along to our Book Sale every Friday from 10.00 to 12 noon at Monte da Palhagueira Nursing Home & Retirement Village Hall, Gorjoes. All proceeds go to The Boys Home Faro. Tel: 289990901

**CC THE DONKEY SANCTUARY** needs all your unwanted items for our shops in Ferragudo, Carvoeiro and Lagoa . Larger items i.e. furniture can be collected. The shop funds allow us to feed our many mouths at the Sanctuary. We always need extra hands at our shops so if you can spare 3-4 hours a week give us a call. Chris 966033127

**MADRUGADA ASSOCIAÇÃO** provides home-based, end of life, palliative care to patients and their loved one free of charge. Your donations of household items or clothes would be very welcome. Volunteers are required for our retail shops, delivery service, Centre support and very importantly fund raising. If you can help with any of the above please call us 282 761 375 or visit our shops on Rua Direita No100, Praia da Luz.

**CC THE NANDI CHARITY SHOP.** Winter clothing now in stock. Bargain prices. Furniture can be collected within 30 K Lagos. Tel 912741857

**CC CADELA CARLOTA** shop in Lagos open Monday till Friday 10.00-13.00 /15.00-17.00hrs. Almadena: Monday till Friday 10.00-16.00 hrs Saturday 10.00 -13.00hrs. You are always welcome to donate and to purchase. We always need extra hands in our shops.

**CC APAA CHARITY SHOPS** - Dunas do Alvor: Tues to Sat 10.30am - 2pm. Cerro Grande, Albufeira: Tues to Sat 10.30am - 2pm. Rua Elias Garcia, 20, Silves: Mon to Sat 10am - 2pm. Volunteers always welcome [info.apaaportugal@gmail.com](mailto:info.apaaportugal@gmail.com)

**Chimney Sweep**

**Fires Of Portugal**  
Woodburning  
WOODBURNING FIRE SPECIALISTS Fogo Montanha and freestanding fires. On site expert quotation Supply, install, service & sweeps [sales@firesofportugal.com](mailto:sales@firesofportugal.com) [www.firesofportugal.com](http://www.firesofportugal.com) Geoff Waller 289 489 958 or 967 721 209

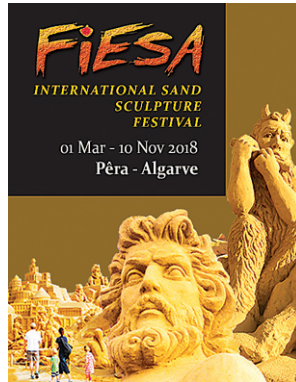
**Education**

**ENROLMENTS OPEN** for really popular Portuguese courses. Beginners: 9 April and 7 May. Intermediate: 10 April. Advanced: 9 April. Centro de Linguas de Lagos. Call 282761070. Email [info@centrodelinguas.com](mailto:info@centrodelinguas.com)

[classads@theportugalnews.com](mailto:classads@theportugalnews.com)

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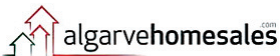
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**ST. JAMES'S CHURCH,** Anglican Chaplaincy of Oporto, Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain 226 091 006. [www.stjamesoporto.org](http://www.stjamesoporto.org)

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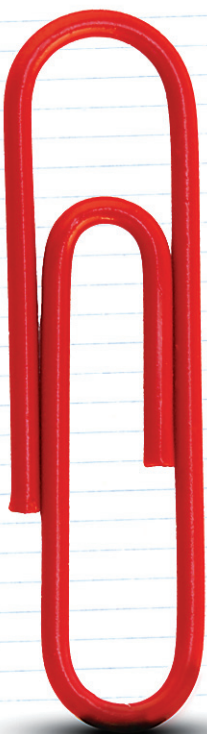
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**Verse of the Week**

It's better to have one handful of tranquility than to have two handfuls of trouble and to chase after the wind.

*Ecclesiastes 4:6; New International Version (NIV)*



# The most anticipated tee shot of all time?

The eyes of the sporting world were on Tiger Woods when he teed off at the Masters Tournament on Thursday evening and the four-time winner has declared it's great to be back.

Woods electrified the world of golf here at Augusta National in 1997 when in his Major Championship debut as a professional, he won the first of his 14 Majors by an astonishing 12 shots.

The last of his Major triumphs came in 2008 at the US Open as a combination of personal issues and knee and back injuries threatened to derail one of the greatest careers the game has ever seen.

Woods admitted he did

not expect to ever be able to swing a club at the speed he used to but after back fusion surgery last year and two consecutive top fives on the US PGA Tour he, incredibly, plays his first Masters since 2015 as one of the favourites.

So can he pull off what some are saying could be the greatest sporting comeback of all time?

I've got to go play and then let the chips fall where they may, and hopefully I end up on top - Tiger Woods  
"Well, I have four rounds

to play, so let's just kind of slow down," he said.

"I've had anticipation like this prior. If you remember the build-up was from the PGA of 2000 to the Masters of 2001, nine months of building up, what that tournament would mean, and it's the same thing.

"I've got to go play and then let the chips fall where they may, and hopefully I end up on top. But I've got a lot of work to do between now and then.

"I feel great. I feel like I've really put a lot of pieces together. We have worked on what body parts to get stronger, what body parts need to be more limber and I feel fantastic.

"It's just a matter of now going out there and competing and playing and posting numbers.

"I really hope I'm playing my best golf. This is a tournament I think that where experience does help a lot.

"I have played here and I've won here not playing my absolute best, but there's got to be a certain part of my game that's on. I think that this tournament really helps with having the experience and really understanding how to play this particular golf course."

Woods admits that some of his comeback attempts in recent seasons were rushed and while he has revealed his pain at not teeing it up here at Augusta since 2015, he believes he is now ready to compete again.

"In hindsight it was a big pipe dream," he said. "My back was fried.

"I was trying, whether it was cortisone shots, epidurals, anything to take away the pain so maybe I might be able to withstand a week. Nothing worked. My disc was gone.

We want to compete. We want to get out there and mix it up and part of being an athlete is dealing with pain - Tiger Woods

"So given how I feel now versus then, I mean, it's just night and day. Just how I felt coming here for the Dinner and when I left, and now that I'm walking this golf course and playing and hitting shots and not having to think about anything, obviously it's



Tiger Woods of the US hits his tee shot on the third hole during the first practice round at the 2018 Masters Tournament at the Augusta National Golf Club in Augusta, Georgia, USA, 02 April 2018. The 2018 Masters Tournament is being held from 05 April through 08 April 2018. (Photo: EPA/Tannen Maury)

been less than a year since my back procedure.

"It's been a tough road. The pain of just sitting there and the amount of times that I've fallen because my leg didn't work or I just had to lay on the ground for extended periods of times. Those are some really dark, dark times.

"The reason why I say I'm a walking miracle is that I don't know if anyone who has had a lower-back fusion can swing the club as fast as I can swing it. That's incredible. It is a miracle.

"We want to compete. We want to get out there and mix it up and part of being an athlete is dealing

with pain. Unfortunately, we're pushing the boundaries of our bodies and minds and unfortunately a lot of times we go over the edge and we break down.

"But thank God there's modern science to fix us and put us back together again."

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Benfica's Jonas celebrates after scoring a goal against Vitória de Guimaraes during the Portuguese Primeira League Soccer match at Luz Stadium in Lisbon, Portugal 31 March 2018. (Photo: LUSA/Miguel A. Lopes)

# Porto shock; Benfica go top

**N** CHRIS WRIGHT

There were shocks and thrills a plenty over the Easter weekend in the Primeira Liga. FC Porto travelled to the capital where lowly Belenenses did their neighbours Benfica a huge favour by beating the leaders. Benfica for their part beat V.Guimarães 2-0 whilst SC Braga edged home against Sporting to move within one point of the Lions.

**O**n the south coast an electrifying game saw Portimonense come from three goals down to beat Moreirense.

Porto have been anything but convincing since their 5-0 home defeat by Liverpool in the Champions League in February and last month they lost to lowly P.Ferreira. Against Belenenses they were a goal down after ten minutes when Nathan took advantage of a defensive lapse to nip between two players and chip the ball over the advancing Casillas. Porto went on the offensive but wasted several gilt-edged opportunities.

After the break, the Dragons ramped up the pressure but found Belenenses keeper Moreira in world-class form as he denied them an equaliser. Midway through the second-half, the home side made it two when Maurides rose above a static Porto defence to head firmly past Casillas. Benfica moved a point clear of Porto at the top of the table thanks to a brace

from Jonas who found the back of the net on the stroke of half-time and again in the seventy-eighth minute.

It took his total to thirty-three goals for the season, ten ahead of the league's next best scorer Bas Dost (Sporting). Benfica have now won seven consecutive league games, scoring twenty-four goals in the process and conceding only three.

A mouth-watering prospect and possible league decider will take place at the Estádio da Luz on 15 April when Benfica entertain FC Porto.

Sporting travelled north to Braga where Os Arsenistas knew a win would take them to within a point of their Lisbon rivals. In a hard fought game the visitors lost their Italian U21 international Piccini when he received his marching orders, after picking up two yellow cards, six minutes from time.

The ten-man Sporting side failed to hold out as Raúl Silva slotted home the only goal of the game two minutes from the end of normal time.

Mid-table sides Portimonense and Moreirense were embroiled in a feisty battle where the visitors stormed into a 3-0 lead after fifty-two minutes through Tozé (38' & 52') and Auacheria (40').

Pires pulled a goal back ten minutes after the break before Fernandes further reduced the arrears in the sixty-fourth minute. Pires scored from the penalty-spot in the last minute of normal time to bring the scores level. Moreirense were then reduced to ten men when Zizo picked up a second yellow in the second minute of stoppage before Pires hammered home his second penalty to make it 4-3 to Portimonense.

There was still time for Moreirense's Boubacar to depart for an early bath and reduce the visitors to nine men. Referee Manuel Mota signalled the end of the game after nine minutes of added time and then proceeded to show Dramé a red card which will deprive Moreirense of three players for their next league game!

## Steelmen walk off with major trophy

The third annual Albufeira Walking Football Tournament, for players over the age of fifty years of age, was won by Sheffield United in an enthralling final against reigning champions East Algarve Walking Football (EAWF) Olhão 'A'.

After the first day of wind and rain the thirteen teams - including Oxford United, Brackley Saints (Northamptonshire) and TGA 18 Select UK - competed for the final places in the main competition and Plate Trophy.

The Blades, reflecting Sheffield's historic past, were in sharp form and on occasions their goal tally reached double figures but in the tournament final it was a different story as they

had to muster all their skills to overcome Olhão 'A' 2-1.

In the Plate Competition, for teams failing to make it through to the main tournament finals, it was EAWF Tavira 'A' who ran out victors. Sporting their new strip donated by the Hairy Lemon Poolside Bar, Conceicao de Tavira and under the dynamic leadership of Andy Wilkings, the team kept a

clean sheet in four games before beating Boavista Strollers (Lagos) 2-0 in the final.

Weekly sessions at Olhão (Tuesdays over 60s; Thursdays over 50s) and Tavira (Mondays over 50s) continue throughout the spring and summer.

New players always welcome.  
www.algarvefootballtours.com  
www.walkingfootballalgarve.com



**Plate Winners Tavira 'A'.** (L to R) Back row: Dave Clark, Ross Buchanan, John Walduck, Melvin Pointer, Charlie Cousin, Peter Dickinson. Front row: Mike Hawe, Andy Wilkings & Roy McCrudden (Photo: Supplied)

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