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Berry good news P8

Researchers at the Centre for Research in Health Technologies and Services (Cintesis) in Porto have found that substances in red fruits and red wine improve intestinal flora, reduce inflammation and may contribute to the prevention of depression and neurodegenerative diseases.



Down the Drain >P2&3



Portugal's government has this week won a top offbeat award for the biggest waste of taxpayers' money on supporting dirty energy.

Douro Delight >P6



The navigable section of the Douro River saw record passenger traffic in 2017, totalling about 1.2 million tourists on the boats that travel along the river.

Passengers Up >P12



Over 10 million passengers passed through Portugal's airports between January and March 2018.

WEATHER >P8

Portugal to invest millions in developing intelligent transport system network

SMART ROADS TO END FATALITIES

Full story, see p. 4

The development of 'smart' roads in Portugal will use a wide range of technology to improve road safety, while also looking to reduce emissions resulting from time spent in traffic or through travelling unnecessary distances. (Photo: Lusa/Luís Forra)



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Algarve oil drilling wins 'biggest waste of EU taxpayer's money' award

N
BRENDAN DE BEER

This week, Portugal's government has won gold in the 2018 European Fossil Fuel Subsidies Awards, for the biggest waste of taxpayers' money on supporting dirty energy.

The second edition of a unique contest organised by Climate Action Network (CAN) Europe was won by Portugal for handing out a licence to national gas and oil companies for drilling in the deep sea in the southwest of the country.

Portugal was said to have been the clear winner of gold in the 2018 European Fossil Fuel Subsidies Awards. The winners are governments who waste taxpayers' money on supporting dirty energy. Poland comes second and Spain third. A Europe-wide digital campaign in March triggered people across Europe to vote for the three worst fossil fuel subsidies out of eight nominees in total.

The aim of the awards, set up by CAN Europe, is according to the organisation, "to expose the well-hidden ways in which European governments are using taxpayers' money to support fossil fuels at the cost of the

climate, the environment and people's health, and increase the pressure to rapidly phase out fossil fuel subsidies."

It said Portugal cruised to gold for handing out a license to national gas and oil companies for drilling in the deep sea in the Southern province of Alentejo, a protected biodiversity area and a tourism hotspot.

The European Union (EU) itself was awarded a special prize by CAN Europe for its support for gas infrastructure. In 2014-2016, the EU provided an average of €4bn spending on fossil fuels, most of which went to gas projects such as the Trans-Adriatic and Trans-Anatolian pipelines (TAP and TANAP). Wendel Trio, director of CAN Europe, said: "Two years on from adopting the Paris Agreement, it is unacceptable to be pouring billions of public money into fossil fuels. It causes damage to people's health, the climate, and makes no sense economically.



Some of the estimated 1,000 protestors pictured here protesting this weekend organisation. (Photo: Lusa/António Pedro Santos)

The awards send a clear signal to European governments: now is the time to phase out fossil fuel subsidies. The freed resources will be useful to enhance a clean and fair energy transition in Europe."

"The EU also needs to demonstrate through the

negotiations on the EU budget that there is no place for fossil fuels in EU funds. Instead, public finance should deliver higher climate ambition." Following this news, Francisco Ferreira, director of Zero in Portugal added: "It is unacceptable that the



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against oil drilling in the Algarve in what has been found to be the biggest waste of taxpayers' money by an EU climate

Portuguese government favours access to oil drilling companies on the coast, while the country has a leading role on pledging for ambitious climate action and is planning to become carbon neutral by 2050."

Climate Action Network (CAN) Europe is Europe's largest coalition working on climate and energy issues and boasts over 140 member organisations in more than 30 European countries - representing over 44 million citizens.

This news comes days after a protest was staged in Lisbon last Saturday against prospecting for oil off the Algarve coast. Over one thousand people took part in the protest to raise awareness about the dangers of accidents

relating to prospecting. The protest was called by a platform that unites 32 of the country's main national and local environmental defence organisations, civic movements, councils and political parties.

N News in Brief

Ryanair and TAP could be asked to pay out €7m

Ryanair and TAP Air Portugal could be forced to pay out around seven million euros to passengers following the Easter airline strikes. AirHelp, which deals with compensation claims for passengers affected by delays and cancellations, estimates that the national flag carrier TAP could be asked to fork out around 5.2 million euros in claims. It said Ryanair could also suffer, and be asked to pay out just under two million euros because of stoppages which occurred over three days.

Extreme winds cause €100,000 damage in Albufeira

The damage caused by the high winds in Albufeira during the early hours of last Friday morning has been estimated at over €100,000. Eleven cars were damaged in the freak weather, as were awnings and metal structures. It was the third incident involving extreme winds in the Algarve in a little over a month. Damage was also caused by the blustery weather in Portimão, Quarteira and Santa Barbara de Nexe.

More speed cameras in pipeline for Lisbon

A number of new speed cameras could soon be fitted in and around Lisbon. According to reports, Lisbon Council is looking at fitting another 120 speed cameras on top of the 21 cameras already in operation. Some of the new equipment is to be fitted to traffic lights. The exact locations have not yet been revealed. Double-parking will also be monitored.

Algarve University researcher in pioneering project

A researcher from the Algarve University is taking part in a pioneering study being conducted in the US to establish a link between the intestines and the development of diseases such as diabetes. Leonor Faleiro is conducting the ground-breaking research in partnerships with the University of Florida. It came after the scientist noted that children who developed such diseases had an imbalance of intestinal protein.

Man dies after falling from 2nd floor of Lisbon Shopping Centre

A man died over the weekend at the Colombo Shopping centre in Lisbon, after falling from the second floor. The victim, said to be in his 30's, died after reportedly throwing himself from the upper floor of the shopping centre, near the food court. PSP police have confirmed the incident was a suicide.

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Smart roads to end fatalities



BRENDAN DE BEER

This week, plans were detailed as to how Portugal is aiming to drastically cut fatalities on the nation's roads and slash fuel emissions through the application of a network of intelligent roads by 2050. In order to achieve these ambitious goals, Portugal will initially be investing 8.35 million euros over the next two years to have a selection of vehicles connected to the ground-breaking technology. Hopes are first vehicles operating under the system will be taking to the roads during the course of next year.

The project, developed by C-Roads and co-funded by the

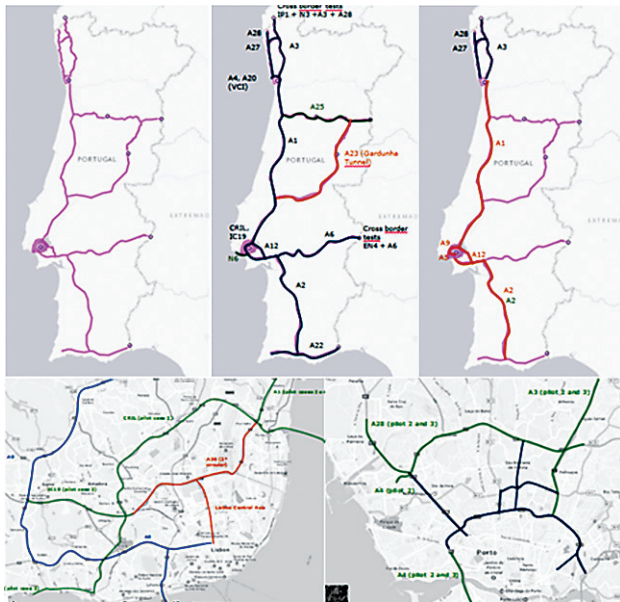
European Union, will be installed on just under 1,000 kilometres of Portuguese roads.

Road Safety Director of *Infraestruturas de Portugal* (IP) Ana Tomaz, was on Thursday quoted as telling *DN/Dinheiro Vivo* that "more than 90 percent of all accidents are the result of human error and the aim to is minimise the consequences of these mistakes. We have to invest in a new generation of roads in order to gradually reduce the number of fatalities to zero by the year 2050." C-Roads Portugal consists in the deployment of five intelligent transport system pilot cases, covering relevant sections of the core network and comprehensive network and of its two urban nodes. The project will cover major routes, including the Lisbon-Algarve A2 motorway, the Algarve's A22 and the urban areas of Lisbon and Porto.

According to C-Roads, these systems will encompass a group of technologies and applications that allow effective data exchange through wireless communication technologies between components and parties of the transport system, very often between vehicles or between vehicles and infrastructure. Once the system has been successfully implemented in Portugal, services will run along 964 kilometres. In total 212 roadside units will be installed in addition to 180 on-board units fitted to 162 vehicles in operation. C-Roads, in addition to Portugal, will also operate in 16 other EU member states. According to the organisation, the deployment of the system is an evolutionary process that will start with the less

complex use cases. These are referred to as "Day-1-services", encompassing messages about traffic jams, hazardous locations, road-works and slow or stationary vehicles, as well as weather information and speed advice to harmonise traffic. Using probe vehicle and infrastructure-related data, "all services will be transmitted directly into the vehicles in a way that allows users to be informed, but not distracted." The technology comes at a time when the number of cars on national roads continues to climb strongly, resulting in greater traffic congestion and fuel emissions. It is estimated that there will be around 6.5 million cars in Portugal by the year 2022, which is 12 percent on the figure for 2015. There are also concerns that the recent

upswing in road fatalities, following decades of successive drops, can also be explained to this increase in road users. In the meantime, the first step here in Portugal will be the creation of a smartphone application that will enable the sharing of information between motorists and the intelligent transport systems, followed by tests which are initially set to cover around 460 kilometres of the national road network. While this new technology has received the backing of both Brussels and Lisbon, C-Roads concede that several stumbling blocks remain unresolved including legal, organisational and administrative issues as well as implementation and procurement issues.



A map indication of the motorways and roads that will be covered by an intelligent road network. (Photo: C-Roads)

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Douro River attracts record 1.2 million tourists in 2017

The navigable section of the Douro River in 2017 saw record passenger traffic totalling about 1.2 million tourists on the boats that travel along the river, the River's management authority said on Tuesday.



Passengers pictured here at the Porto Cruise Terminal. (Photo: Lusa/José Coelho)

The Port Authority of Douro, Leixões and Viana do Castelo (APDL) reported in a statement that the 35 percent growth over 2016 "exceeds all expectations." The APDL had expected to end the year with 1 million passengers. Since 2015, the year in which the management of the Douro was passed to the APDL, passenger transport in this channel has registered "an increase of 78 percent, or 560,999 tourists."

The port authority said it wants to continue "boosting maritime and river passenger traffic" and expects that by 2019, it will exceed the 1.3 million barrier. According to the APDL, freight transport also registered a huge increase in 2017, with about 52,000 tons of cargo handled, which represents an increase of 66 percent over the previous year. The main resource transported on the Douro Navigation Channel was granite from the commercial ports of Várzea and Sardoura,

mainly for export to the Netherlands, Germany and Sweden.

Last year, 149 vessels of 61 operators travelled on the Douro, with tourists coming mainly from the United Kingdom, Germany and France, who chose to travel on small vessels, day cruises or hotel boats, and for programmes that range from one hour to one week. The Douro Navigation Channel, which runs from Barca de Alva to Porto, opened fully in 1990.

TPN/Lusa

Lisbon pads its pouch with over €18m in tourist tax

The €1 a night per guest tourist tax charged in Lisbon's hotels has reaped the city €18.5 million from 2016 to 2017, which was up €6.1 million on the 12 months before, and is also a reflection of the growing tourism in the capital.

Last year was the first year that all parties involved - hotels and local accommodation - charged the tax.

Lisbon councillor for Finance, João Paulo Saraiva, who presented the results in the 2017 Accounts Report this week, said the €18.5 million garnered was also significantly more than what had been predicted by the council for the year, set at €15.7 million.

The Municipal Tourist Tax was approved in 2014 and started to be applied in 2016 to all national and foreign visitors overnighing at hotels and local accommodation in the city, for up to a maximum of seven nights per stay.

An agreement between the PS and the Left Bloc foresees hiking the tax at some point, but the Finance Councillor said it is "completely premature to move forward with a rise" imminently, but he would have news on the matter "towards the middle of this year."

"Several issues are being considered in this equation, the main one being the safeguarding of the city's structural revenue", explained

João Paulo Saraiva, recalling that Lisbon is experiencing an "extraordinary situation" in terms of tourism, which could change from one moment to the next.

It is necessary that the council "takes care with the structural revenue of the municipality, to accommodate the structural expenditure", should revenue "associated with the pick-up of real estate and the dynamics of the city" decrease, the councillor warned.

About the possibility of extending the rate to the arrivals by air and sea, which is foreseen in the proposal of the Municipal Tourist Tax but which has not yet come into force, João Paulo Saraiva explained that the topic is being addressed.

"When we have the solution we will get back to it", he said, explaining that there are "operational difficulties in setting up the system", but the idea "has not been abandoned."

"Some solutions are being considered" that could be put into practice, "if not this year, at the beginning of next year", he elaborated.

Porto, Gaia announce construction of seventh bridge

The councils of Porto and Vila Nova de Gaia have announced the construction of a new bridge over the Douro River, a project that will be entirely funded by the two cities.

The new 250-metre crossing, to be called D. António Francisco

dos Santos Bridge after the bishop who died last year, will be the seventh bridge between the two cities.

The mayors of the two cities estimate it will cost about €12 million and be completed in three to four years.

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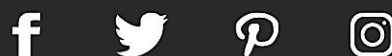
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Study finds red wine and forest fruits could prevent mental illness



Picking of red fruits at a farm in the Algarve, Faro. (Photo: Lusa/Luís Forra)

Researchers at the Centre for Research in Health Technologies and Services (Cintesis) in the northern Portuguese city of Porto have found that substances in red fruits and red wine improve intestinal flora, reduce inflammation and may contribute to the prevention of depression and neurodegenerative diseases.

“Regular consumption of red fruits or red wine may play an important role in regulating the intestinal microbiota, reducing inflammation, preventing depression, and combating dementia and other neurodegenerative diseases through the presence of a particular class of compounds in these foods (anthocyanins)”, the study, released on Tuesday, concluded. Led by Conceição Calhau, a researcher at Cintesis and professor at Nova Medical School, the team conducted a series of studies to evaluate the

relationship between the type of diet, the composition of intestinal microbiota, that is, the set of microbes that inhabit the intestine, and the brain itself. Scientists found that in animals, a diet rich in saturated fat negatively alters the composition of the intestinal microbiota and leads to inflammation in the brain. In animals it was found that the continuous intake of blackberry extract rich in anthocyanins is able to improve the intestinal microbiota and reduce the inflammation in the brain that underlies the neurological complications

associated with obesity. In humans, a clinical trial also compared the impact of a blackberry ‘purée’ when ingested in the presence or absence of alcohol. “The results suggest that the consumption of blackberry ‘puree’ with alcohol increases the levels of anthocyanins in the blood. However, further studies are needed to see if overweight or obese individuals can effectively benefit from the consumption of foods containing both anthocyanins and alcohol, as is the case with red wine”, researchers explained.

WEATHER

Rainy, warm week ahead

There’s still a little more rain left yet to be squeezed out of the start of spring, but the good news is the temperatures are set to go up.

Lisbon: The weekend in Lisbon will be wet, but with the exception of Saturday, when temperatures are forecast to dip steeply, the rest of the week will be drizzly but warm, with temperatures climbing above the mid-20’s.

South: The Algarve is also forecast to be wet but warm for much of the weekend and coming week, with the heaviest showers expected on Monday, easing up from Tuesday onwards, and temperatures climbing to around 25 degrees Celsius.

North: Unusually, northern Portugal looks as if it will be drier than the rest of the country, with rain forecast for the weekend and end of next week. Besides that, the coming week is looking bright but dry, with temperatures there also expected to reach the mid-20’s.

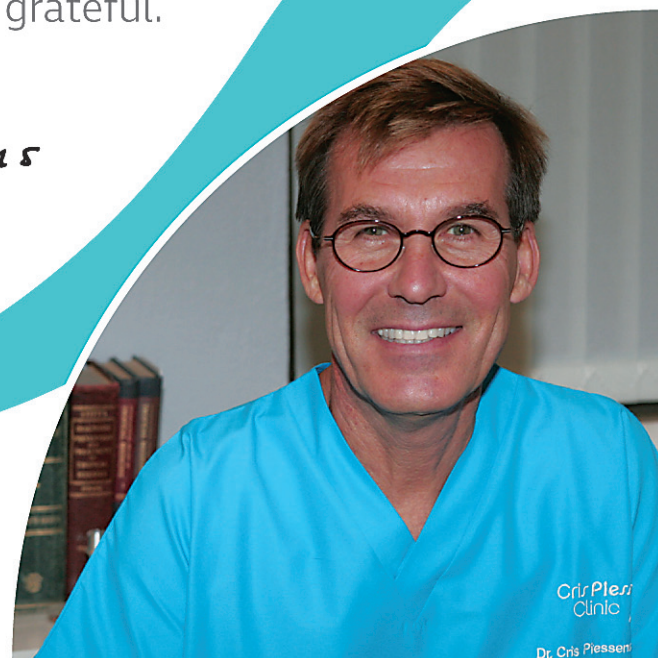


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World Health Summit held in Coimbra

Coimbra's São Francisco Convent has this week hosted the yearly World Health Summit. The event took place on Thursday and Friday, and brought several hundred health experts from around the world to central Portugal.



Health Minister Adalberto Campos Fernandes (L), accompanied by the High Commissioner for the Staging of the World Health Summit 2018, José Martins Nunes, during the presentation of the WHS Interim Summit 2018 in Lisbon, 27 February, 2018. (Photo: Lusa/Tiago Petinga)

Organised by Coimbra University and Coimbra University Hospital, the main topic to be discussed at this year's gathering was global health in Africa.

According to the organisers, the meeting was seen as "an opportunity to deepen ties with Portuguese-speaking African countries and the affirmation of Portuguese

health in a world context." "It is a moment of affirmation for Coimbra to the world, because it is the first time that these summits have focussed so greatly on Africa. Therefore, the strategic

dimension of Portugal in this connection between Europe and Africa is assumed completely by Coimbra", said João Gabriel Silva, head of the UC. In the academic's view, the summit opens the possibility for Portugal "to play a relevant role in the discussion on global health", besides representing, "for Coimbra, for the region and for the University, an important step in the path of internationalisation that has been building." Emphasising the work of "several years" to reach this stage, the president of CHUC, Fernando Regateiro, stressed that the realisation of this summit "opens paths that help design the institution across borders and its image in the country itself". "In choosing the themes for this meeting, we had a great competitive advantage in our proposal, which was profound knowledge, intense relationship and proximity to the people of Africa, particularly Portuguese-speakers", he said.

National drug company looks to double team of researchers

Portuguese drug company Bial wants to double its current team of 104 researchers over the coming years, to ensure the development of new projects that enable it to keep invoicing going up by double digits.

Speaking to reporters at the inauguration of the works to expand and renovate its Research & Development centre in Trofa, near Porto, Bial CEO António Portela said that 25 of the 100 or so new scientists they want to hire will be recruited this year and in 2019.

He told the reporters that the aim of the new R&D team was to ensure innovation and the speed of developing new projects that guarantee the company keeps growing in double digits in terms of invoicing.

Bial's revenue increased 17 percent in 2017 to €270 million.

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Portugal among Mediterranean countries with most sustainable practices in tourism

A study by the Algarve School for Hospitality and Tourism (ESGHT) has found that Portugal is one of the Mediterranean countries with the greatest number of businesses that implement measures for sustainable tourism.

The study found that 83 percent of all businesses within the tourism industry implement to some extent practices of sustainability. This figure makes Portugal one of the Mediterranean countries that have the most companies with sustainable practices in the tourism sector. According to the study, only 17 percent of tourism-gear companies said

they do not implement any type of sustainable practices in their business operations. Conducted within the framework of the ShapeTourism project, 'New shapes and drivers for the tourism sector: supporting decisions, integrating plans and ensuring sustainability', the ESGHT's study concluded the countries where companies implement the fewest sustainable

practices are Cyprus, Croatia, Italy and France. This study involved a transnational survey of nearly 500 public and private tourism stakeholders from a population of more than 9,000 stakeholders from nine countries across the Mediterranean region. It further established that the three practices incorporated most by Portuguese tourism companies are to recruit and hire local people (68 percent), preserving cultural and historical identity (63 percent) and promoting energy efficiency (59 percent). On the other hand, the three practices that are not implemented as frequently as they could be are: limiting the access of visitors to highly-sensitive cultural and historical resources (41 percent); donating funds or services and goods to green



A study by the Algarve School for Hospitality and Tourism (ESGHT) has found that Portugal is one of the Mediterranean countries leading the way when it comes to implementing measures for sustainable tourism. (Photo: Lusa/Luís Forra)

initiatives (39 percent); as well as limiting the access of visitors to highly sensitive natural resources (34 percent). This study also found that one in four companies in the Mediterranean regions of

Portugal stated that there are no barriers to the implementation of sustainability practices in their operations. In fact, it was concluded that Portugal is the country where companies least

perceive obstacles, followed by Spain and France. Tourism companies in Malta, Croatia and Slovenia were the most likely to experience barriers in implementing sustainability practices.

First of TAP's new planes lands in Lisbon

The first in a series of 53 new aircraft purchased by national flag carrier TAP touched down in Lisbon earlier this week.

TAP took delivery of the brand new plane on Tuesday, marking the first step in a phased renewal of the fleet.

The new aircraft belongs to the A320neo range and is part of Airbus' medium-haul fleet. Compared to the rest of TAP's fleet, it is faster and more efficient.

The new aircraft belongs to the A320neo range and is part of Airbus' medium-haul fleet. Compared to the rest of TAP's fleet, it is faster and more efficient.

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A Powerline network is essentially a wired network with (mostly) hidden wires. Let's say that you have your broadband router in the hallway and a smart Samsung HD TV in the living room. Let's also say that this particular television isn't wireless-enabled, so the only way that you can enjoy catch-up TV on it is to trail an Ethernet cable from the router, down the hallway, and across the living room floor to the TV. You try to hide the cable under a large carpet. It doesn't work.

The Powerline solution is less visible – a 'no new wires' approach. You buy a basic kit, which comes with two Powerline adapters and two short Ethernet cables. You connect one of the Ethernet cables to your router and to the first of the adapters. Then you plug it into the nearest power socket. You click the second Ethernet cable into the back of the HD TV and into the second adapter. You plug the second adapter into the nearest power socket.

And that's it. The adapters auto-detect each other (no drivers, no lengthy configuration process) and auto-connect, enabling data packets to whizz from router to TV, travelling along the Ethernet cable, into the first adapter, across the electrical wiring in the walls, out into the second adapter and into the TV. You can also purchase a Wireless Powerline Kit which allows you to extend your wireless Internet to almost every area in your house. Powerline networking is a great solution for multi-storey villas and homes that have poor wireless reception. Algarve Computer Centre can help provide a variety of Internet and Powerline solutions for both your business or home.

Email your questions to Kurt: kurt@algarvecomputercentre.com

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Portugal's airports handle over 10 million passengers during first quarter of year

Over 10 million passengers passed through Portugal's airports between January and March 2018.



The popularity of Lisbon's Humberto Delgado Airport was the main driving force in pushing up passenger figures at Portuguese airports. (Photo: Lusa/ André Kusters)

The 10 airports in Portugal managed by Vinci handled 10.4 million passengers in the first three months of the year, which is up 12 percent on the same period in 2017, the company said. Vinci said this reflected the good performance by the five main Airlines

that operate in Portugal, all of which had double-digit growth rates. Lisbon registered the biggest growth of all airports, having processed over half of the ten million passengers registered between January and March. The capital's airport saw a 15.9 percent increase in passengers to 6 million, while Porto increased 12

percent to 2.38 million passengers. In Faro, the bankruptcies of Monarch and Air Berlin in 2017 meant passenger numbers remained stable. Overall Portuguese airports represented a quarter of all passengers who passed through airports belonging to French group Vinci during that period.

Cracked cockpit window forces easyJet flight to divert to Paris

An easyJet flight from Lisbon to Luxembourg had to make an emergency landing in Paris on Sunday afternoon after the cockpit window shattered.

The aircraft had departed Lisbon at just after 6pm, an hour and a half behind schedule.

The plane was only half hour from landing in Luxembourg when the incident happened, but the pilot opted to land at Charles de Gaulle airport in Paris as a safety precaution.

According to reports, the pilot kept passengers

informed of what was happening, but "initially said the diversion was due to a technical problem with the onboard computer" newspaper *Diário de Notícias* said.

A replacement aircraft was dispatched to collect the affected passengers and complete the flight to Luxembourg, and make the return leg from Luxembourg back to Lisbon.

Portugal third cheapest for UK holidaymakers

Holidaymakers seeking the cheapest beach holidays this summer should avoid the eurozone, with the exception of destinations such as the Algarve, according to new research.

The pound stretches furthest in Sunny Beach, Bulgaria, analysis of 18 popular European destinations by Post Office Travel Money revealed.

The cost of a basket of tourist staples such as meals, drinks, sun cream and insect repellent in the Black Sea resort was found to be less than half the price of that in two-thirds of the locations surveyed.

Two people can have an evening meal with wine in Sunny Beach for around £26, and lunch for under £9.

Mediterranean resort town Marmaris took the runner-up spot in the study due to the plummeting Turkish lira, down 25%

year-on-year compared with sterling. The Algarve, despite the strengthening pound, came in third.

The most expensive beach destination was found to be Sorrento, Italy, where evening meals typically cost around £64, with lunch setting visitors back £32.

Andrew Brown, of Post Office Travel Money, said: "The cost of eating out is always a big consideration for holidaymakers and we found that meal costs in Sunny Beach and Marmaris are significantly lower than in any of the eurozone resorts surveyed."

"On a week's holiday, the cost of lunch and dinner ranges from £243 in Sunny Beach and £287 in Marmaris to well over twice as much in Sorrento."

"That's why it will pay to do your homework before booking, to find a resort that fits your budget."



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Poor sleep habits increase obesity risk in boys, study finds

Boys with poor sleep habits have a “very high risk of obesity”, according to a study by researchers at the Faculty of Science and Technology of the University of Coimbra (FCTUC).



Coimbra children pictured here in an archive photo of a march against child obesity. (Photo: Lusa/PAULO NOVAIS)

Based on the recommendations of the American Academy of Pediatrics (2016), which established adequate sleep to be between nine and 12 hours a night for children aged 6

to 12, the research aimed to analyse “the relationship between irregular sleeping habits”, (more or less time than recommended) and “the risk of obesity in the Portuguese paediatric population”.

The researchers studied the sleep habits of 8,273 children (4,183 females) between the ages of six and nine, as well as “physical activity and sedentary behaviours (e.g. time spent watching television or playing

computer games), through questionnaires completed by the parents”, said the University of Coimbra (UC), in a statement sent to *Lusa News Agency* on Monday. The relationship between sleep habits and the risk of obesity for boys and girls were calculated separately. The results, published in the *American Journal of Human Biology*, show that “boys who had irregular sleep habits for their age, that is, either below 9 hours/night or more than 12 hours/night, during the week, are 128 percent more likely to be classified as overweight compared to those who slept for the recommended time”, said researcher Aristides Machado-Rodrigues. Interestingly, but similar to the results of some previous studies, among girls, “there were no significant associations between sleep duration and risk of obesity, either on weekdays or during the weekend”, said the CIAS investigator, quoted by the UC. But, argues Machado-Rodrigues, “compliance

with recommended sleep habits in childhood” is “a crucial aspect of cognitive health and the harmonious development of children”. Obesity is considered one of the epidemics of the 21st century due to the fact that it is associated with numerous cardiovascular diseases, especially metabolic and cardiovascular diseases. Machado-Rodrigues points out “its multifactorial etiology”, referring to “the existence of a broad set of variables, biological, genetic, social and behavioural, that

contribute decisively to the fact that an individual may suffer from increased adiposity compared to the standard pattern”. In recent years, epidemiological studies have reported that irregular sleep duration may be an additional risk factor for obesity among children. The UC concluded, “sleeping habits are those that have been the focus of least attention compared to other daily behaviours, such as physical activity, nutritional habits or even sedentary lifestyle”.

TPN/Lusa

Parliament approves gender change on official ID from age 16

The Portuguese parliament has approved a bill allowing gender to be changed on official identification documents from the age of 16, without requiring a medical report.

The vote was applauded in the session by some MPs and by citizens attending in the galleries. According to a count by Parliament, 109 votes were in favour compared to 106 against.

The decision has however encountered strong criticism from the Catholic Church which has asked President Marcelo Rebelo de Sousa to exercise his veto rights over the legislation.

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British Embassy issues travel advice for Eurovision Song Contest

The British Embassy in Lisbon has updated its travel advice specifically for travellers heading to Lisbon during and for the Eurovision song contest, in which it revealed the likes of selfie sticks will be banned at the venue.



The British Embassy in Lisbon has updated its travel advice with regard to next month's Eurovision song contest that will be held in the Portuguese capital.

As well as reminding visitors to Portugal to ensure their passports are valid for the duration of the stay, the Embassy stressed Portugal will be imposing "tighter border controls on all travellers during the event", and advised "allow extra time to transit passport control at airports, seaports and border crossings."

It also advised EU visitors to "remember to bring your European Health Insurance Card (EHIC) but also take out travel insurance; even if you're only going for one night, it could save you a lot of money if you get into difficulties."

The note also revealed that body and bag searches will be carried out at entry points to the Altice Arena, and listed a series of prohibited items, which include "selfie sticks, laptops, cameras, sound recorders, spray cans, lighters, lanterns, lasers, alcohol, backpacks and large bags, food, liquids, can and glass bottles, trolleys, umbrellas, helmets, chairs, fireworks and flares", among other items.

Entrance to the Eurovision 'Village', set up in Terreiro do Paço, will also be controlled by police who will carry out body and bag searches at the entry point. For full information, see: www.gov.uk/government/news/eurovision-song-contest-portugal-travel-advice

Portugal with lowest CO² emissions for new cars

Portugal is the EU member state which boasts the lowest levels of carbon dioxide emissions from new passenger cars.

According to a study published by the European Environment Agency, new cars in Portugal had the lowest CO² emissions with 105 grams per kilometre. Portugal is followed the Netherlands, Denmark and Greece, compared to the highest value in Estonia and Lithuania, with the UK also faring poorly, recording emissions almost 15 percent above those in Portugal.

The new study from the European Environment Agency's (EEA) European Topic Centre on Air pollution and Climate change Mitigation assessed the impact of taxes and incentives on purchases of new cars.

Average CO² emissions of new passenger cars in the EU has fallen steadily in recent years, from 170 g CO²/km in 2001 to 118 g CO²/km in 2016, with an

annual reduction rate of 2 percent. A further 19.5 percent reduction in average CO² emissions will be required to comply with the 2021 target of 95 g CO²/km (27 percent below the 2015 target).

There is substantial variation between countries, in terms of their average CO² emissions and the rate of reduction seen over time. Portugal had the lowest average CO² emissions of the EU-28 countries in 2016 of 105 g/km, followed by the Netherlands, Denmark and Greece, compared to the highest value of 134 g/km in Estonia, followed by Lithuania.

As regards EEA member countries, the average CO² emissions of new cars was the lowest in Norway (93 g/km) whilst the highest average CO² emissions were in Switzerland (134.0 g/km).

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Europe's most famous singing competition takes place over the second week in May and will be broadcast around the world from the Altice Arena in Lisbon's Park of Nations. The first semi-final is being held on Tuesday 8 May, the second on Thursday 10 May, and the grand finale is on Saturday 12 May.

More doctors to be hired for Algarve

The government has authorised the hiring of four more family doctors for health units in Loulé, Silves, Lagoa and Tavira.

An additional doctor is also due to start work in Portimão next week. The Government authorised the opening of proceedings to fill the four vacancies in the Algarve, one in each of the aforementioned centres, as part of a national tender.

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Novo Banco plans to close 73 branches this year

Portugal's Novo Banco bank plans to close 73 branches this year, bringing forward the target negotiated with Brussels, in addition to redundancies of 400 staff that had previously been announced.

Information from the Workers' Commission to Novo Banco staff said it had met with the board of the bank, which said that "the targets to be reached by 2021 will be almost completely brought forward to the end of the first half of 2018", both in terms of staff redundancies and reducing branches. Novo Banco wants to cut over 400 employees this year, either through rescissions by mutual agreement or early retirement. The bank has

set aside €134 million for this process. The bank's chief executive, António Ramalho, declined to disclose this information at the end of March, at the presentation of Novo Banco's results, saying that he wanted to inform the bodies representing the bank's workers before making this public information. The information now released by the Workers' Commission details that 73 branches will close this year. At the end of 2017, Novo

Banco had 473 branches, so the goal is this year to reach the target agreed with Brussels to reduce the network to 400 branches. When these closures are complete, compared to the 631 branches that Novo Banco had at the end of 2014, the bank's network will be 40 percent smaller. As for the drop in staff, the period for staff to apply for terminations by mutual agreement ended on Friday, and there is still no information on how many have opted for voluntary

redundancy. This process is due to be decided in May. In terms of early retirement, the deadline for commercial network staff to apply has ended, and the period for the central service employees will now begin. Last October, Novo Banco (the bank that kept the

assets of the former BES bank, which was resolved on 3 August 2014) was 75 percent sold to US investment fund Lone Star with the Banking Resolution Fund (a State body financed by bank contributions) holding the remaining 25 percent.

Lone Star paid nothing in the deal, but agreed to inject €1 billion into Novo Banco, which it has already done. In 2017, Novo Banco posted a record loss of €1.395 billion, in a year in which it filed impairments (provisions for potential losses) of over €2 billion.

Rights of the Sole Trader

Currently there are approximately 800,000 independent workers registered in Portugal. Being your own boss has its advantages. However, you need to pay careful attention since the contributions and tax payments are made by you, rather than by a company. In recent years, the self-employed have gained more and more rights. Nowadays, as occurs with salaried employees, these workers have achieved entitlement to protection in many situations, such as parenting, illness or unemployment. But to be eligible for these social benefits, you need to keep your Social Security contributions up-to-date. Note that if you have contributions in arrears, a grant will be suspended. The beneficiary regains the right to the support once the contributory situation has been rectified.

Maternity / Paternity Leave

Freelancers are entitled to a parental leave when they have children. This is an amount paid in cash to the parent at the time they are on leave for child birth and is intended to replace lost employment income. It may be granted either for 120 or 150 days, depending on parent's choice.

For example, if the mother decides to stay home with the baby for 120 days, she will receive 100% of the reference pay. If she chooses 150 days, she will receive 80%.

• Allowance for clinical risk during pregnancy

If a pregnancy is at risk, the Freelancer is also entitled to a subsidy during pregnancy - support in situations where there is the existence of clinical risk, for mother or for the baby. To be eligible, a medical declaration is required, indicating the time considered necessary to avoid the risk. In these cases, the worker receives 100% of the reference wage.

• Other support in parenting

Self-employed workers are also entitled to other forms of parental support from Social Security, such as the allowance for termination of pregnancy, an extended parental allowance, allowance for adoption and allowance for care or chronic illness. However, they do not qualify for a subsidy for child and grandchild assistance.

• Right to sick pay

Self-employed workers are also entitled to illness benefits. There are some peculiarities. The initial payment of sick pay is subject to a waiting period of 30 days. The maximum period is one year. Note also that in the first month of illness, freelancers have to pay the respective contributions. When they return, they are also required to pay the contributions due on the number of days worked in the month.

• Right to unemployment benefits

The right to unemployment benefits is one of the greatest achievements for independent workers in

recent years. However, you can only access this provision, known as Activity Cessation Allowance, if you are considered economically dependent on a company, that is, if 80% of the total amount of annual income comes from a single business entity.

Apart from this condition you must be registered in the Employment Centre. There must be an involuntary termination of the contract with the company and that you have been working for via green receipts over 720 days (two years) in the four years before termination.

• Exemption from contributions

The self-employed are required to pay contributions for Social Security from the moment when they become part of the body of an organisation. However, in certain situations, they may be exempt from paying this levy. You may be entitled to exemption when accumulating independent activity to dependent work, when working for others puts the Freelancer into another social protection system, or if annual income is less than €5,146.80 [12 times IAS (€428.90)].

Beginning in 2019, a Sole Trader whose only income results from a Local Lodging activity will be exempt from Social Security contributions.

• Right to an old-age pension

Those working on green receipts may also have access to a retirement pension. To be eligible for an old age pension, you must be aged 66 years and 4 months and have discounted for at least 15 years for Social Security. The amount you will receive depends on several factors, including your career earnings and how old you are when applying for retirement. Independent workers who retire early may continue to perform any activity without restrictions.

• Right to a disability pension

In the event of permanent incapacity for work, the self-employed are also entitled to protection from disability (relative or absolute). To receive this grant, you must have contributed to Social Security for at least 5 years in the case of "relative" disability, and at least 3 years in the event of "absolute" disability.

• Right to family protection in case of death

On the death of the Freelancer, the family may be entitled to benefits, such as funeral allowance, reimbursement of funeral expenses, orphan's pension, widows, survival or death grant. To be eligible for death benefits, there is no minimum contribution period.

Dennis Swing Greene is Chairman and International Fiscal Consultant for euroFINESCO s.a. www.eurofinesco.com



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Heating water for either domestic use, heating systems or swimming pool heating can be very expensive using electricity or gas.

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With our Solar, Thermodynamic or Heatpump systems replacing the existing system, cost savings can be noticed very quickly with payback times being as little as 2-3 years.

In a normal environment, domestic hot water usage is around 40 litres per person a day. In a rented Villa or apartment this can double. Most people have done it. I am on holiday so I will have 2 or 3 showers a day, although at home I only have one a day!!

This will increase the cost and worry when renting your property. Even if you do not rent you will have people to stay, increasing your costs.

Installing a Solar system can take away the worry and increase profits on the rental income.

Swimming pool heating makes sense in more than one way. By increasing the temperature of the pool water in April, May, June, September and October, the property will be made far more attractive and will extend the rental potential. Also a heated pool in these months can be charged so making the initial investment payback time shorter.

Even if the property is not rented,



keeping the pool at a comfortable temperature will mean it can still be used within the cooler months.

Winter in the Algarve can become quite cold and in most older houses there is not any allowance for heating.

We can install Central Heating systems in these older houses and in the new development houses and refurbishments we can install the very cost-effective, water-based underfloor heating systems. All these systems are heated primarily using Renewable Energy products such as heatpumps or Solar.

Installing a heating system will also help combat the very high levels of humidity experienced in the Algarve.

We are also extremely aware that it is everyone's responsibility to maximise the usage of our natural resources such as the sun, with the danger of fossil fuels becoming less accessible and more expensive.

We are constantly looking at extending our quality product range so please contact us for a bespoke specification and recommendation for your requirements.

Why choose an awning?



Aside from the fundamental shade provided to help make the most of your external space, an awning also blocks sunlight before it even reaches a door, window, porch or deck. This means that all the heat and energy coming from the sun is stopped before it can touch the surface of your home, helping to significantly reduce energy expenses such as air conditioning.

Toldolanda's high performance folding arm awnings, manufactured by world renowned shading professionals such as Weinor and Gibus, are tailor-made to accommodate certain needs of a project, allowing Design experts and homeowners to obtain the most in practicality and design.

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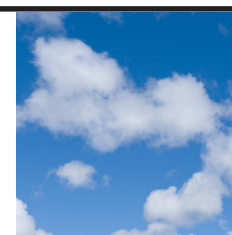
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Banish damp – for good!

Damp in a property not only looks unsightly, it also poses a health risk making it important to remove damp from your home as soon as possible.

Anyone who has ever tried to remove damp themselves will have found it difficult and time consuming and met with varying levels of success, which is why the services from PPS Wallcoatings are invaluable as they offer a solution with a 10-year guarantee for interior work.

At this time of year the days are often warm and the nights cool. This fluctuation in temperature leads to condensation forming in your home, with this then quickly leading to damp.

What may start as a small patch of damp in the corner of a room can rapidly spread, leaving your home not only looking unattractive, but also being unhealthy.

The team at PPS Wallcoatings, draw



on more than 20 years of experience in the industry and use a unique and hard-wearing damp proofing system that they have brought to the Algarve.

The top quality, durable finish is able to deal with both penetrated damp and internal damp using a breathable system and flexible acrylic coating that seals the surface and hides all minor imperfections.

The results from PPS Wallcoatings speak for themselves, with several completed projects across the Algarve demonstrating that it is possible to banish damp, both internally and externally, from your property.

PPS Wallcoatings are here to solve your damp problems. Let them remove the damp and leave you to sit back without having to paint, maintain or bleach away damp patches on the walls of the property for 15 years externally and 10 years internally.



Algarve Tree Services for first-class customer care

Algarve Tree Services has seen many changes over the past year following the sad and untimely death of Martin Foy in February 2017. His wife and partner, Tiffany Nazar, has taken over the reins and has not only developed the business with efficient and effective new equipment but has formed a new professional team comprising several full-time qualified arborists and two new groundsmen.

The team has been complemented this year by the arrival of another qualified arborist, together with a new groundie under training.

A professional tree specialist company is only as good as the team and its equipment. Having lived in the Algarve for over 34 years, Tiffany was cognisant of the steps required to retain and push forward the fine reputation for professional expertise that Algarve Tree Services has enjoyed over many years. She proudly tells us that in order to achieve this, the company has invested in highly effective new equipment eg. Two trucks to enable the dedicated team who cover the whole of the Algarve, but also work into western Andalusia and southern Alentejo.

In addition there is a trailed chipper (capable of chipping branches up to 6" diameter) which recycles much of their waste and is delivered to, and used by, several Permaculture farms and equestrian establishments.

A self-propelled tracked chipper has also been added to equipment.

Their stump grinders, which are widely used in the UK, are invaluable for the removal of large tree stumps without the requirement for digging.



With their wide range of chain saws for all types of pruning, Algarve Tree Services is justifiably proud of their long-standing reputation for technical knowledge and expertise. The use of the appropriate type of machinery for each and every job is vital to avoid damage to the trees and surrounding property.

Passionate about Ecology, Recycling, Permaculture and generally "putting back to the land," Tiffany has on her 12-hectare farm a dedicated planting plan for 50-100 young trees each year.

Contact Algarve Tree Services where their first-class advice and customer care will be given and a free quotation offered.

DISCLAIMER:

While The Portugal News has done its utmost to ensure the information contained on this page is correct, all advertorials are supplied by advertisers.

Re. Land Clearance

SIR, I have read the official leaflet in both English and Portuguese concerning land clearance and find it vague and confusing. There is not enough information and what is there does not fit all situations. I have beautiful bougainvillea, jasmine and vine growing up and along the terrace of my house. Is this not allowed by law? What is the meaning of 'vegetation without any managing'? Does this mean it is NOT necessary to manage and can be left natural? I live where there are various hills covered in trees and shrubs and if this is the law and the land is cleared what will happen to the top soil and rocks when there is torrential rain? There will be landslides. This land borders the N124 where there are already warning signs of the danger of rock falls. How will places like Caldas de Monchique cope with this law and how will it look minus its trees and shrubs? If we are all supposed to follow the law, why is there no action being taken to cut down the Eucalyptus that line part of the motorway into Lisbon from the direction of Sintra? Why wasn't this leaflet published last Autumn after last year's terrible fires,

giving time to prepared and organise the necessary work? It is almost impossible now to get a JCB or manual help to say nothing of the prices being quoted. Will tourist want to visit a barren Algarve? GERRY, Silves

Land Clearance Directive

SIR, The very fabric of the new directive for land clearance is totally flawed and not fit for purpose. A compulsory 50 metres clearance area to N/S/E/W of our houses is an impossible order. We have 9 neighbours whose land is less than 50 metres from our houses. Only 2 of these neighbours are residents and the remaining ones have no buildings and the owners live mainly in other countries and never visit their land. We have no contact numbers and clearly we cannot be legally obliged to employ detective seeking agencies. If you attempt to clear other people's land without their consent you can be prosecuted and fined thousands of Euros. Insurance companies are refusing to include Fire cover in your policy unless you have fully complied with the new legislation - definitely Catch 22. Millions of Euros were paid to householders and to the

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

tragic victims who were killed last year by burning forest trees blocking the roads. In depth Consultations with government agencies by the Insurance industry must have taken place to limit large future compensation for all fire-related claims. How much influence did these discussions have on the new compulsory laws? Who will want to buy a house in countryside which resembles suburbia? ADESPONDENT RESIDENT, By email.

Motorway Tolls

SIR, I have an apartment in Portimão and regularly visit Portugal with my family from the UK. We hire a car from Faro airport and usually take the lovely motorway to Portimão as it is quicker than the crowded EN125. I understand the need for transponders on each vehicle and that I have to go and queue up at the post office 48-72 hours after using the motorway to pay the tolls but am perplexed and frustrated that I am unable to use the motorway for my return journey to the airport due to the fact I have no way of paying the tolls as I will be back in the UK when payment is due. I therefore have to take the old road to

the airport which is always crowded and a longer journey. Surely this is detrimental to tourists and overseas home owners to have this system in place as it hardly entices people to come to Portugal if they have to put up with this current system. Why can't Portugal have a system where you can pay coming off the motorway at Faro or even better, let regular users purchase a transponder in their own name linked to a Portuguese bank account where the tolls are automatically taken from the account when they become due. This seems a much better idea and with today's technology, should not be difficult to put in place. Please ask other users and I am sure they will all agree this has to change. MARTIN WEBSTER, By email

Sincere Thanks

SIR, I would like to place on record my sincere thanks to Dr. Helder Prazeres for the adjustment he gives me each week, for his dedication and mostly for the quality of life which he gives me. Thank you from the bottom of my heart, Dr. Helder. May you help all people who suffer from pain. JUDITH PINTO, Portimão

Yorkshire Lads And Lasses Hoop It Up!

The croquet players of the Ripon Spa Hotel Croquet Club swapped the snow of North Yorkshire for the blue skies and superb facilities of the Bela Romão Croquet Club near Fuseta. With two lawns in full use and a third due to be commissioned shortly, Quinta Marialva offers a wonderful setting for a game that is gaining in popularity throughout Europe. The more experienced Ripon Spa won twenty-eight of the thirty-six games played and recorded 202 hoops against the host club's 133.

In addition to the weekly sessions at Bela Romão, a Singles Eurovision Croquet Tournament will take place on Saturday 12 May to coincide with the Eurovision Song Contest being staged in Lisbon. Portugal hosts this year's event following the country's first victory last year in Kiev, Ukraine with the song "Amar pelos dois", performed by Salvador Sobral. For further details of the many events organised at the Bela Romão Croquet Country Club visit: www.belaromaocroquet.com



Ripon Spa and Bela Romao get ready for action

Let's Walk in the Algarve

Tuesday 24 April - Let's Walk from Monte Seco: A moderately easy walk that leads you above the valley with great views over unspoilt countryside and back along the Algiebre river valley. 10.30pm start. Meet in the centre of Monte Seco. From the A22 take the Boliqueime/Loulé exit and follow the signs for Loulé. After passing the quarry take the first road left and at the T junction turn left and follow the road through the village of Parragil and then down hill. After about 1km there is a turn on the left to Monte Seco. Turn and follow the road up into the village, where it bends sharp left there is café (we meet here). **Tuesday 1 May - Let's Walk from Pincho:** A moderately easy walk through

the countryside awash with cistus bushes in full bloom - about 2.5 hours. 10.30pm start. Meet at the café / restaurant in Pincho. Take the A22 westwards until it ends at Bensafrim and then continue on the road to Aljezur. After about 8km you have a turning to the right to Pincho. Turn and follow the road for approx. 5km when you come to Pincho and the café is on the left.

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 - Julie 965 753 033.

Algarve Activity Bike Rides

Here are the details of this week's rides: **Saturday 21 April - Bike Ride starting in Santa Caterina da fonte do Bispo:** We meet in the centre of the village 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 22 April - Bike Ride starting in Moncarapacho:** We meet by the cemetery at 9.15am ready for a 9.30am start. This will be a mostly easy ride of around 35kms 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.

Write to: letters@theportugalnews.com

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Running for Marley

On Sunday 11 March 2018 a certain lady made a new record with us for being Marley's hero! A mum of three, hard worker, amazing friend and now a marathon runner...

The weather was just horrendous on this day, I was in Lisbon with Marley myself that week and I knew how bad it was. When we were on the bridge leaving Lisbon it was actually shaking with the gusts of wind... I was trying to remain positive and motivating but I knew it wasn't going to be easy.

As I sat in the car messaging Marie to see how she was feeling I heard on the radio that the marathon's start position was being moved because of the severe weather warning... Throughout all this Marie kept her cool, knew what she was going to do and never doubted herself. Simply incredible.

During the last month Marie and her lovely husband Anthony had been working hard getting sponsorships and by the day of the marathon they had raised an amazing - 535 Euros.

She headed up to Lisbon with her family and kept me posted the whole way through. The only words of encouragement I could think of was the glass of wine we would be sharing together very soon! She managed

the marathon despite the conditions with a fantastic time and I'm so proud to call her a friend.

I asked her to tell me a little bit about her experience -

"Nerves kicked in from the start as I knew the conditions were not good. However weather was better than I expected. All along the route I had people patting me on the back or giving me thumbs up saying 'Força Marley!' which did give me a boost. From 7km till 17km I was running in the driving wind and got caught in three showers which, if I am honest hurt as the rain was icy cold and hard, but it passed. My family were waiting at the finish which made it more special for me."

I'm so grateful Marie and so blown away by your drive and go for it attitude. Every penny helps and your fundraising has really helped get us closer to our goal.

Marley is such a wonderful little boy and seeing him smile makes me so happy and you were a part in that.

We pray every day that he will recover quickly and be a true example of a real warrior. He'll make you proud too!

To find out how you can get involved or find out more about Marley check out our blog at www.marleyandmum.com

Lagoa hosts 1st Triathlon

This month, the parishes of Ferragudo and Estômar and Pargal are hosting a stage of the National Olympic distance Championship of Triathlon Clubs.

Organised by Lagoa council, the event has technical support of the Triathlon Federation of Portugal and local associations.

Taking place on 29 April, the competition combines swimming segments (Praia Grande, Ferragudo), with road cycling

(Ferragudo and Estômar and Pargal) and road racing (Ferragudo).

The Women's race starts at 12.30pm and the Men's at 2pm. The event involves a 1,500 metres swim, 40 kilometres cycling and 10 kilometres running.

The winning triathletes will then be summoned to the podium in the D. Leonor Square in Ferragudo, where they will be handed their prizes (individual and team).

Bowls Algarve

The weather last week has not been very kind to our bowling visitors with many matches cancelled or postponed on Tuesday and Thursday due to the particularly heavy rain. However, those taking place on the remaining days were able to go ahead as scheduled even if it was under cloudy skies. Most clubs have attempted where possible to reschedule games to ensure our very welcome visitors from the UK have their games and enjoy their holidays as much as possible despite the weather.

Movement of Jack

The jack or 'kitty' as it is called in some parts of the world, is delivered and centred at the beginning of the game, and remains 'Live' so long as it remains within the boundary of the rink.

A jack remains 'Live' if it is

driven into the ditch (within the limits of the rink), during the course of the game. A bowl having driven the jack into the ditch remains 'Live' and is a Toucher so long as it has remained within the boundary of the rink and should be chalked to indicate its status.

Markers should be placed on the bank to indicate where in the ditch the jack is laying as well as any 'Live' bowls if they have landed in the ditch.

A jack is 'Dead' if it, goes over the bank, over the side boundary, or rebounds onto the rink and lands less than twenty metres from the front of the mat. As with bowls, a jack that is completely outside the side boundary is 'Dead'. If the jack remains on the line it is still 'Live' and play continues.

Miriam Hare

Brave Bowlers!



Wallington Bowls Club, Essex, arrived for their match at Tavira County Lawn Bowling club on a grey, wet, dismal Sunday afternoon. After a show of hands the visiting team were unanimous in their decision that

"the game must go on!". So, toggled up against the elements, 48 bowlers played the match. Thankfully the rain did ease and all seemed to enjoy the afternoon.

Dianne Meakin

St. Patrick's Irish Monthly Walk

Saturday 28 April - Experience the magic and beauty of the West coast at Monte Clerico near Aljezur:

This will be a Spring Walk along one of the most scenic parts of the West coast, with stunning scenery and beautiful wildflowers.

Approx. 10km, or 2.5 hours. It will be "out and back" along much the same trail allowing those who wish to go slower or shorter to do so. 10.30am start. Go to the roundabout at the Bensafrim end of the A22 motorway either by the A22 or by the EN125 to Lagos. Then the EN120 north towards Aljezur. At km 20.6 from the roundabout turn left at the sign for Monte Clerico (just before Aljezur). Then exactly 1km more up a steep hill, turn right

following the sign to Monte Clerico. Proceed along this road for 5.4km then turn right at a sign for Restaurant O Gabriel 0.6km further along.

We meet where the road ends at the restaurant but please do not park in the restaurant car park. There is ample parking on both sides of the road. This is a great viewpoint for photos so try to get there earlier than 10.30am before we commence our walk.

There will be an optional all-inclusive lunch in a beach-side restaurant for 15 euros (inc. tip) If you wish to join the walk and would like lunch (numbers are needed for the restaurant), please email: Jim_brownlow@sapo.pt, Tel: 282431595 or email John O Neill on: johnobocadorio@gmail.com before 25 April.

Algarve History Association

On Tuesday 24 April at 6pm in the Municipal Library Lagoa and on Friday 27 April at 11am in the Municipal Library Tavira, Peter Booker will talk about the Built Environment of Tavira.

Tavira is unusual in that the town has occupied three different sites in its long history. In his lecture, Peter will show why the town moved position and he will estimate when it came to its present location. Also important to the present shape of the town are the castle and the walls (most of them Muslim in origin) together with its military buildings. The former gardens have also had a formative influence on the shape of the town. The old bridge has the reputation of being Roman, but this idea is not correct; when was it built?



Chapel of Nossa Senhora do Livramento

This lecture is the first of two, and in the second lecture in May, Peter will examine the social and economic history of the town.

For more information contact: lynne.algarve.history@gmail.com

AAA Spring Lunch



Members and friends of the Algarve Archaeological Association (AAA) recently enjoyed a splendid Spring Lunch at the São Domingos Restaurant at Galé, near Guia.

A great time was had by all with tasty food, good company and a fun quiz which ended in a 'tie-break'.

The sun shone to celebrate the first day of Spring and it was

a great opportunity for AAA members from both ends of the Algarve to meet up and celebrate the season.

AAA members will shortly be embarking on a 4-day trip staying in Castelo do Vide visiting archaeological and historical sites in the Alentejo and across the border into Spain. For more information www.arquealgarve.weebly.com

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Pet SOS

Most of us will have a first aid kit kicking around the house, to be used if there is ever an accident in the home, however it is equally important to have a first aid kit for your pet – especially if it has an already diagnosed condition which could make it susceptible to illness.



Put together a simple first aid kit for your pet and then keep it handy around the house or

perhaps even in the car if you travel for walks. A pet first aid kit really only needs a few simple things such as bandages,

bottled water and your vet's phone number which can come in very handy in the case of an emergency.

Animal World

PETS FOR ADOPTION



TWO puppies, Woody (M) and Jessie (F), left in our Silves charity shop - about 8-weeks-old and will be fairly large dogs Tel:- Jenny (APAA) 919041903 or Caroline (PetPark) 926-660465



SHUG is now 8-years-old. He has spent nearly all his life at the Shelter. No problems with other dogs. Sterilised, microchipped and vaccinated. If you would like to meet him email:- cadelacarlotacomp@gmail.com



LOST on 6/4/18 near Rasmalho on EN266 between Portimão and Monchique. **MITZY** is a 12-year-old Birman with very long coat. She is chipped, UK and Portuguese registered, but not wearing ID. Reward if found. 912372352 or 447702526514.

Cuts & Bites

One of the most common injuries for pets is a cut or a bite. When it comes to cuts the first thing to remember is to keep calm as often it can look a lot worse than it really is. If the wound is bleeding a lot then use bandages to put pressure on the area to stop the bleeding, just as you would with a human or instead clean the wound with some clean water and then cover it until you can get to the vet for further help.

If your pet is bitten by another animal then this can be very distressing for both you and the pet but again the key is not to panic. Many bites are puncture wounds that are not much to look at but bacteria from the teeth are often deposited deep in the bite and cause infections so keep calm and head to the vet for some treatment.

Animals tend to put everything in their mouths from insects to plants. Wasp stings can often result in an allergic reaction causing swelling and this needs to be treated by a vet, usually with an anti-inflammatory injection. Some plants can be toxic. If your pet has eaten a poisonous plant it is useful to try and take a sample of the plant to your vet.

Diabetic Pets

People with diabetic animals should always have some liquid glucose, honey or sugared water readily available just in case their pet's blood sugar level drops and they need to have sugar in an emergency to prevent the animal going into a coma. Eating the Wrong Thing First you need to be sure that your pet has eaten something it shouldn't have as you do not want to treat them on a hunch alone. If you are sure then bicarbonate crystals are useful as if force-fed straightaway; they will quickly make your pet vomit. You should then get your pet examined by a vet immediately. The above are guidelines, always seek the advice of a vet for pet treatment.

TPN/PA

Copenhagen

Strolling down Vaernedamsve, a picturesque street between the former red light district of Vesterbro and the fashionable municipality of Frederiksberg, I feel smack bang in the middle of chic Scandi living. There are hipster coffee hangouts, minimalist plant shops and impossibly cool interior stores, with bikes artfully propped against lamp posts.

Copenhagen is remarkably calm for a capital. The majority of people ride bikes rather than drive cars and everything feels cosy, content and stress-free. The Danes even have a word for it, of course - hygge.

The city also has a buzzing food scene, with several new restaurant openings every month. But with 15 Michelin star restaurants, including Noma, which was named the best restaurant in the world four times, it has a reputation for being pricey. Plan carefully, though, and you can have an affordable weekend break. Here's how to get the most out of the city while keeping the costs down...

1. Take in the view at Christiansborg Palace

The 360-degree views from the Danish Parliament building, the tallest tower in Copenhagen at 106 metres (they don't do skyscrapers here), really show off the city's juxtaposing modern minimalist and old fairy

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.




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gen on a budget

tale-like architecture.

From here you'll see the Borsen, the 17th-century stock exchange building with a spire design of four dragons' tails twisted together, as well as the Amager Bakke waste-energy power plant, where the world's longest artificial ski slope is set to open this winter. You can see all the way to Sweden on a clear day.

Price: Free.

2. See the city from the water

The excellent value Copenhagen Card gives tourists free public transport by bus, train and Metro and free entry to 79 museums and attractions. Use it on a boat tour down the canals around what's known as the Harbour Circle, passing the colourful town houses of Nyhaven and enviably stylish house boats, towards the striking Black Diamond Library, Amalienborg Palace (the Danish royal family's official residency) and the famous Little Mermaid statue.

Inspired by Danish author Hans Christian Andersen's fairy-tale, the famous figure "has been decapitated twice and had her arm chopped off" in various protests, according to our tour guide.

Price: DKK 80

3. Stay in a (nice) hostel

Gone are the days when hostel dorm rooms mean basic accommodation.

The trend in Copenhagen right now is for swanky luxury hostels. The newly opened Steel House is a short walk from the central station and on the doorstep of one of the city's three adjoining lakes.

The former headquarters of the Danish Metalworkers' Union makes a fitting location for the New York-inspired, industrial-style hostel.

At Steel House, everything is stripped back; there's no desk, chair or wardrobe. Who really needs those on a weekend break? The four and six person dorm rooms are the smartest I've ever seen and each bed (sorry, pod) has some privacy, perfect for individual travellers or a group to book. The double rooms are very tight but functional, with everything you need and nothing you don't. The heart and soul of the hostel is the communal living area - which includes a large kitchen guests can cook in.

Price: Double rooms start at DKK 510 and beds in dorm rooms DKK 171, both include breakfast.

4. Hire city bikes

The city is small enough to walk everywhere, but if you want to fit in with the Danes, you need to hop on a bike. There are thousands of Bycycklen - electric bikes with built in GPS to guide you - found at docking stations dotted around the city. Simply register online with a credit card to pay as you go before picking up a

bike.

And you'll be in good company; at the last count there were 265,700 bikes in Copenhagen. Strangely, no one appears to wear helmets (there's no requirement by law) but the roads are very bike friendly with cycle lanes and four bike-only highways.

Price: Bike hire is DKK 30 per hour.

5. Share a Smorrebrod

You can't go to Denmark without having an open sandwich - it's a Danish staple. Head to Din Nye Ven in Indre By, a laid-back and effortlessly cool cafe, for smorrebrod with toppings such as mackerel and smoked cream cheese or avocado piled high on rye bread, all traditionally washed down with Danish beer, like Pilsner or Mikkeller, and schnapps. The generous portions of good quality ingredients will keep you going for a busy day of sightseeing.

Price: DKK 105 for two slices or DKK 300 for a large sharing smorrebrod.

6. Take advantage of the fixed price trend

Lots of the city's restaurants offer good deals if you book multi-course meals - so the more you eat, the better value you can expect. The trendy Norrebro district is known for its gastronomic offerings and there's a huge focus on clean, sustainable, organic and foraged food.

Head to the waterfront

branch of the Madklubben

chain at Norrebro, which

serves unpretentious

hearty dishes such as

delicate-as-you-like whole

sea bass, flame-grilled

cauliflower with salted

almonds, and a seriously

addictive spiced mash with

sour cream. It's packed

every night (as with any

restaurant in Copenhagen)

so you'll need to book

ahead.

Price: Three courses for

DKK 200, with an

additional DKK 75 charge

for the catch of the day.

7. Discover Copenhagen's art scene

A 40-minute train ride from

the central station,

overlooking the Oresund

Sound in Humlebaek, is

the Louisiana Museum of

Modern Art, where

permanent exhibits

include Alberto

Giacometti's distinctive

elongated bronze figure

sculptures. What most

people really come for,

though, is the wonderful

sculpture gardens and

lunch of fresh, seasonal

Danish produce

overlooking the river.

Price: DKK 125 for adults

or free with a Copenhagen

Card.

8. Become a kid again

A trip to the Danish capital

wouldn't be complete

without stepping foot

inside the Tivoli Gardens,

which dates back to 1843.

You don't find many

amusement parks smack

bang in the middle of a city,

but the second oldest in the

world, Tivoli, is a charming

Danish institution.

Here you'll find one of the

world's oldest wooden

roller-coasters,

Rutschebanen (which is

faster than it looks) as well

as The Demon, a more

modern loop-the-loop,

where riders wear a virtual

reality headset. Don't miss

out on lunch at new restaurant

Gemyse in the gardens - where

vegetables take centre

stage, sustainability is a

priority and you can eat in a

greenhouse filled with

growing herbs. The 'light

meal' selection of green

servings is DKK 175, while

the more elaborate (and

seriously delicious) six

plate family-style sharing

special is DKK 250 per

person. Dishes change

daily.

A new complex, the Tivoli

Corner food court, is set to

open next month.

Price: Admission to the

park is DKK 120.



Vaernedamsve, Copenhagen. (Photo: PA Photo/Ty Stange)

branch of the Madklubben chain at Norrebro, which serves unpretentious hearty dishes such as delicate-as-you-like whole sea bass, flame-grilled cauliflower with salted almonds, and a seriously addictive spiced mash with sour cream. It's packed every night (as with any restaurant in Copenhagen) so you'll need to book ahead.

Price: Three courses for DKK 200, with an additional DKK 75 charge for the catch of the day.

7. Discover Copenhagen's art scene

A 40-minute train ride from the central station, overlooking the Oresund Sound in Humlebaek, is the Louisiana Museum of Modern Art, where permanent exhibits

include Alberto Giacometti's distinctive elongated bronze figure sculptures. What most people really come for, though, is the wonderful sculpture gardens and lunch of fresh, seasonal Danish produce overlooking the river.

Price: DKK 125 for adults

or free with a Copenhagen

Card.

8. Become a kid again

A trip to the Danish capital wouldn't be complete without stepping foot inside the Tivoli Gardens, which dates back to 1843. You don't find many amusement parks smack bang in the middle of a city,

but the second oldest in the world, Tivoli, is a charming Danish institution. Here you'll find one of the world's oldest wooden roller-coasters,

Rutschebanen (which is faster than it looks) as well as The Demon, a more modern loop-the-loop, where riders wear a virtual reality headset.

Don't miss out on lunch at new restaurant Gemyse in the gardens - where vegetables take centre stage, sustainability is a priority and you can eat in a greenhouse filled with growing herbs. The 'light meal' selection of green servings is DKK 175, while the more elaborate (and seriously delicious) six plate family-style sharing special is DKK 250 per person. Dishes change daily.

A new complex, the Tivoli Corner food court, is set to open next month.

Price: Admission to the park is DKK 120.

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VINCI

Keep the mosquitos away – naturally



Lavender is easy to grow, a fan of the climate and a mosquito repellent to boot!

Living in a warm country has many benefits but one of the downsides to living in Portugal has to be mosquitoes – especially if you suffer with bad reactions.

While there is no risk of Malaria in Portugal, being bitten by a mosquito is never an experience a person looks forward to, so if you want to reduce your chances of being bitten why not head to the garden for some natural solutions. Whether you have a large garden or only space for some window boxes, these plants have been shown to be effective in warding off mosquitos and are definitely worth a try!

Citronella - This is one of the most common ingredients in mosquito repellents so you may already be aware of citronella. This plant is a perennial clumping grass which gives off a strong smell that mosquitoes really don't like and a plant is usually much stronger than anything you can buy. Citronella can be grown in pots or in garden beds and is perhaps the top choice to ward off those pesky mosquitoes.
Lemon Balm - This plant is a member of the mint

family. The plant also known as horsemint and beebalm, is a very easy plant for beginning gardeners to grow. Lemon Balm is a very hardy plant, it resists drought, and it grows well even in shade. It is a very fast growing and sometimes aggressive plant, so you might want to contain it to a pot, where you can move it to wherever you like to ensure that it doesn't take over flower beds.

Marigolds - These bright and cheery annuals contain Pyrethrum, an ingredient used in many insect repellents. Bugs will hate the smell of marigolds but they are sure to bring colour and life to any border!

Lavender - Easy to grow, a fan of the climate and a mosquito repellent to boot - lavender has it all! Grow it indoors near a sunny window, or outside in your garden or flower bed to keep the bugs away.

Garlic - It used to be thought that eating garlic would help to keep the mosquitoes away. However studies have shown that you would have to eat a huge amount for any small effects. While eating garlic may not help, growing it does, so start to grow some in your garden to keep the mosquitoes away and add another edible element to the garden.

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Shelf life - tips for putting up a shelf

There's something so pleasing about shelves. Such a simple, understated thing in the grand scheme of all things homes and interiors - but so useful, and so fun to look at.

Closed cupboards and closets have their place, of course (we all need somewhere to stash unsightly clutter and shove stuff before guests come round), but shelves are made for keeping things on show. And that makes them an extension of your personal taste and style, and a means of ensuring things that bring you joy (or need to reach for often) are always visible. Styling up a shelf - perhaps with a draping plant, a handcrafted jug picked up on holiday and a treasured favourite photo - has got to be one of the simplest, and cheapest, ways to add character and a personalised touch to a room. And who doesn't love having a good nosy at other people's bookshelves? Whether we realise it or not, the contents and order (or chaos, as the case may be) of our shelves say a lot about who we are. Yes, shelves are practical, but their visual and curiosity-coaxing appeal goes so much further than that. So, we're in agreement: Shelves

are great. Thinking of attempting to put one up yourself? Here are a few pointers to help you get started...

Check your walls

Safety always comes first - so don't even think about drilling or hammering into a wall before you've checked it's safe to do so, and the wall is suitable. If you're unsure, the pros at B&Q suggest using a multi-purpose digital detector: "They're simple to use and will let you know if there are any pipes, cables or studs where you're planning to work - simply run it over the surface of the area and it will tell you where any hazards lie."

Test the strength

Make sure your shelf is going to be strong enough for what you intend to place on it - this isn't just about the shelf itself, but how it's fixed to the wall. You don't want something flimsy that's going to sag or, worse, fall off. B&Q says: "To see whether a new shelf might sag, try resting it on stacks of bricks or books,

spaced according to where the brackets will be set. Put the desired items on the shelf and then use a straightedge along it. If the shelf sags, bring the stacks closer together until it's completely straight. If the brackets can't be fixed that close together, you'll need to use a thicker material for the shelf."

Get the right materials and brackets

"There are a variety of shelving materials to suit different needs, from chipboard and MDF, to high-quality hardwoods like oak and beech. It's usually best to choose and space brackets according to the shelf material, its thickness, and the load the shelf will be supporting. Whether the brackets are fixed or part of an adjustable shelf system, these are always available in light, medium or heavyweight versions." If you're not sure, ask one of the DIY shop staff - they're there to help. Or buy a DIY shelf pack that contains everything you need.



Photo: PA Photo

Make sure it's straight

No really - please make sure it's properly straight before you start drilling and attaching. It might 'look' straight from where you're standing, but holding up a pencil, squinting or standing on the other side of the room never matches the accuracy of actually using a spirit level. You really don't want to do all the work and then realise your shelf is a little lopsided after all. If you don't have a spirit level, they're not too pricey.

Style it up!

Task complete - and it's straight? Big pat on the back for you. Now

for the really fun part, styling it up. Your shelf might already have a designated purpose in mind (mugs, jars or cookbooks in the kitchen; lotions and potions in the bathroom) but that doesn't mean you can't enjoy the process of getting it looking nice. And if its purpose is more to add to the style of a room, think about adding extra dimensions, colour and light (draping some fairy lights on a shelf works well in a bedroom or lounge), and a striking objet d'art on a high-up shelf is a great way to draw eyes upwards and elevate a space.

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Being inventive with mushrooms

Ella Walker joined the Michelin-starred chef and expert forager James Wood on a trip to the woods.



Fillet of Beef with Mushrooms. (Photo: PA Photo/Ella Walker)

Mushrooms are so rarely the star - unless you're vegetarian and faced, yet again, with mushroom risotto as your only option on a restaurant menu. However, chef Glynn Purnell is hoping to elevate the mushroom's humble profile to luxurious ingredient, having teamed up with Krug Champagne on From Forest To Fork, an expert mushroom and champagne pairing guide.

Charred aubergine with a Jerusalem artichoke veloute and winter mushrooms
(Serves 6)
3 aubergines

300g chanterelles mushrooms (or mushrooms of your choice)
100g finely grated Parmesan
4 cooked chestnuts
500g Jerusalem artichokes
150ml milk
200ml double cream
2 shallots finely diced
25g unsalted butter
1 clove garlic finely chopped
Rapeseed oil for frying and charring
Salt and pepper
1 lemon

1. Peel the Jerusalem artichokes, cut into cubes, and immediately put into a bowl of cold water with the juice of one lemon.
2. Heat a large saucepan

and then sweat the shallots with the butter. Add the artichoke, milk and cream, bring to the boil and simmer for 25 minutes. Remove from the heat and blend until smooth. Season the veloute to taste.

3. Slice the aubergine lengthways into eight even slices, discard the slice from each side which is mainly skin. Rub each slice with oil and char grill until they are soft and pliable. Season each cooked slice with salt and pepper.

4. In a frying pan, with a little oil, gently fry the mushrooms with the chopped garlic, as they start to soften, remove from the heat add a little salt and pepper and put aside.

5. Lay out the cooked aubergine slices on the bench and then divide up the cooked mushrooms evenly on each slice of aubergine, sprinkling about half of the grated Parmesan on each pile of mushrooms and then roll the aubergine into a fairly tight wrap.

6. Place the wraps on a lightly oiled baking tray, use the remaining cheese to sprinkle on the top of the wraps and put in a preheated oven 180C for four minutes to heat back through.

7. Reheat the veloute in a heavy based pan and put into a bowl, add the aubergine wraps and sprinkle the dish with crushed cooked chestnuts.

Fillet of beef with mushrooms
(Serves 4)

1x hanger steak (about 500g-600g)
300g mixed mushrooms, chopped (foraged, or supermarket ones of your choice)
Knob of butter
A handful of parsley, chopped
1tbsp Marmite
300ml double cream
150g Montgomery cheddar
1tbsp dijon mustard
Salt and black pepper

1. Season the meat before searing for three to four minutes on each side over a mid-to-high heat - aim for a dark brown crust on the outside, with the meat still pink in the middle. Set aside to rest for around eight to 10 minutes.

2. Throw the butter, followed by the chopped mushrooms, into the same pan you cooked the beef in, sauteeing until soft.

3. Add the Marmite to the mushrooms, stirring through until thoroughly mixed in - a tablespoon of water can loosen the sauce if necessary. Just before they're ready, add your chopped parsley and stir through.

4. Make the cheddar foam by heating the cream in a small pan over a medium heat, stir in the cheddar and mustard, season and whisk until smooth and frothy. Serve over the mushrooms, alongside the beef.

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Charred Aubergine with a Jerusalem Artichoke veloute and Winter Mushrooms. : (Photo: PA Photo/Fiona McKean Photograph)

What's New

Trio Restaurant

Trio is one of the newest restaurants to open on the road between Almancil and Vale Do Lobo.

In the newly refurbished premises of the former Iberico restaurant, Trio offers relaxed dining in a warm and welcoming environment.

The menu offers flavoursome, freshly cooked dishes- choose from dry-aged steak, the popular Black Angus burger, poultry and fresh fish from the local market, along with various pastas and vegetarian options.

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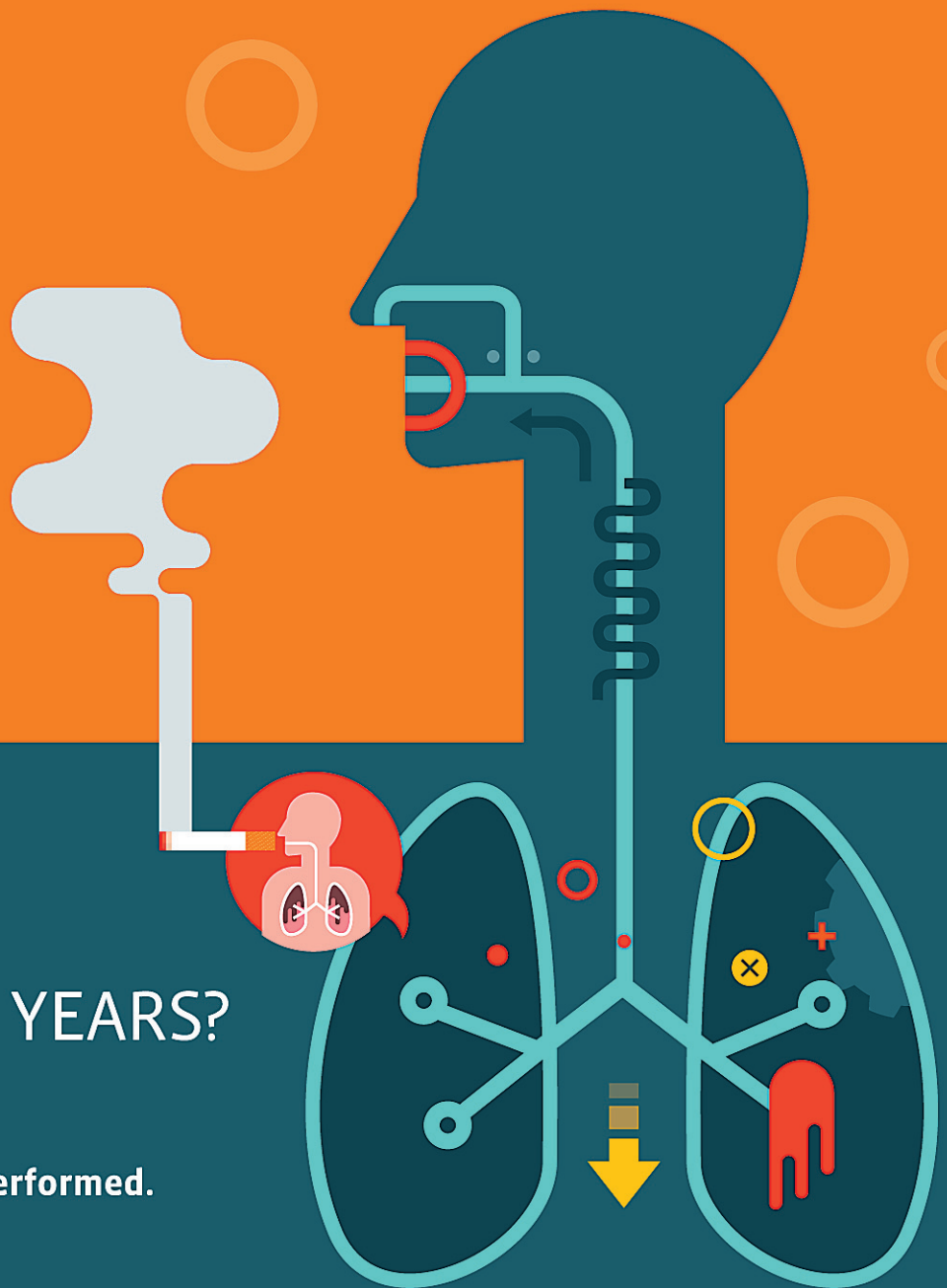
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Timeless handbags

Trends will come and go (and they're a lot of fun to play around with) but everyone needs a classic handbag in her wardrobe, one that will outlast any catwalk or celebrity-dictated flash-in-the-pan fashion.



We're talking about an unfussy, chic bag in a neutral tone that goes with just about everything, and will see you through seasons - or even decades - without looking dated.

It doesn't have to be designer, of course, but it's got to be leather - other materials are more susceptible to wear and tear, but leather gets better with age.

Apart from fabric, what else should you look for to get

maximum longevity out of this investment purchase? We asked five accessories designers from online marketplace Etsy for their tips, and picked a selection of this season's bags that have 'instant classic' written all over them...

Consider your personal style

"Forget about trends, be honest with yourself and think about your personal style, says Kaysha Omole from Kay K Goods. "Does it match now and do you foresee it matching even

when your style evolves?"

Buy the best quality you can afford

"Apply a simple rule: quality over quantity. Do not go for anything less than full-grain vegetable tanned leather, assembled using the saddle-stitching technique," advises Dani Caltik from Benny Bee Leather. "Hand stitching is essential in a bag to last a lifetime. When buying your next bag, remember to be sustainable, focusing on natural materials and high quality production. Pick one quality item over multiple disposable ones."

If you're buying direct from the maker, ask questions

"We, as makers, know all the ins and outs of using and making the most of our collections, so if you're not sure about any aspect or what to expect, it's best to be curious," says Grace Gordon. "Handbags really need to suit your lifestyle,

and the right piece for one person might not work for another. Describe what you'd like to be able to use yours for, where you live, how you travel and how much time you're happy to spend on caring for your piece."

Choose your leather carefully

"Look for bags that are carefully handcrafted, as these bags will last the test of time and age beautifully. Choose a style that's comfortable to wear and fits all your daily essentials," insists Becky Cocker from CarvLondon

Embrace the ageing process of leather

"The dynamics of the bag will change over time, but this is part of leather's beauty - you want a design that is really timeless," notes Vicky Wade from Tori Lo Designs. "Consider your own style, rather than following fashions."

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Create a pollen-free home

From nuisance sneezing attacks to full-blown illness, hay fever can make life pretty miserable during pollen season - and if you're a sufferer, chances are you have a few tricks up your sleeve for when you head outdoors during spring and summer.

But what about when you're indoors at home? Pollen sticks to just about everything (yep, that means clothes, shoes, hair, skin, pets) and gets carried in the air, so it's inevitable that some of the pesky particles will end up infiltrating your home too. Cue broken sleep, rotten evenings and starting the day with streaming eyes before you've even set foot outside.

So, what can you do to keep your house a pollen-free zone? While it may not be possible to banish it from your home entirely, these steps will certainly help...

1. Keep windows closed as much as possible

Pollen can waft indoors through open windows, so it's advisable to keep them closed as much as possible during pollen season. Naturally, nobody wants a stuffy house, and you may need to let some air through occasionally - but be savvy with your timings to minimise pollen infiltration. Allergy UK points out that keeping windows closed is especially "important in early mornings, when pollen is released, and in the evening when the air cools and pollens that have been carried up into the air begin to fall to ground level again". Keep an eye on daily pollen forecasts too,

so you can judge when it's best to let some air through.

2. Wash curtains and fabric covers

Despite your best efforts, there's still a good chance some pollen will get into your home - so it's a good idea to wash your curtains, along with any removable sofa or cushion covers. There's no set rule as to how often you should do this, but if your symptoms are flaring up while you're at home, a thorough top-to-toe clean is probably in order!

3. Don't hang laundry to dry outdoors

Sure, being able to hang washing out to dry in the garden during spring and summer is super-convenient, but for hay fever sufferers, it's a no-no, as by the time it's dry, your laundry could be coated in pollen.

4. Invest in an air purifier

So you're keeping the windows closed more than you'd ideally like and your laundry has to be dried indoors (not everything can go in the tumble-dryer, assuming you even have one of those) - it's not exactly a recipe for a nice, airy indoor environment, is it? Investing in a quality air purifier could be a good bet if your symptoms are troublesome.

5. De-pollen your pets before they come indoors

Got a dog or cat that spends time outdoors? Pollen can stick to their fur, so to prevent them traipsing this all over your house (and transferring it to your sofa, carpets and bedding), Allergy UK recommends wiping their coats with a damp microfibre cloth before they come in.

6. Up your vacuuming game

Being a bit more gung-ho with your vacuuming is a good idea during pollen season. And don't just do the floors; run the vacuum-cleaner across soft furnishings, sofas, cushions, curtains and beds if required too.

7. Have an arriving-home wash ritual

You might normally wait until right before bed to have a wash, but during pollen season, it's a good idea for hay fever sufferers to adopt a quick washing routine as soon as you get home. Pollen can stick to



(Photo: Thinkstock/PA)

skin and hair, so a speedy shower will help prevent you 'sitting' with it for the rest of the evening, and transferring it to your sofa and bed. Keep your shoes and jacket by the front door, or shut away in a closed-off utility room or cloakroom if you have one too, as these will bring pollen inside.

8. Avoid mowing the lawn

This might sound like a no-brainer, but if you've got hay fever, you probably want to avoid gardening - particularly mowing the

lawn and raking leaves - during pollen season. If you really can't put these tasks on hold, or rope in

somebody else to do them, then at least wear a filtration mask.

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Living with autism

N KATE INACIO

Raising awareness for disability is what Accessible Portugal set up by the Portugal News and my blog at Marley and Mum is all about. Sometimes though it is important to remind people about the importance of raising awareness for disabilities which aren't so 'visible'.

Despite the kindness and compassion I see from the different communities here in Portugal, this country is massively behind in terms of comprehension of mental disabilities and behavioural problems. My son Marley is on the spectrum caused by his genetic disorder and global delay. However mild though his behavioural tendencies are, this does not mean we have not had our fair share of discrimination. Staring, whispering and many comments related to his upbringing and whether I should just smack it out of him... Leading me safely to say this is an area of disability for which I am very passionate about raising awareness.

One of the biggest issues I see being neglected is autism, or autism spectrum disorder. This refers to a range of conditions characterised by challenges with social skills, repetitive behaviours, speech and nonverbal communication, as well as by unique strengths and differences. There are many types which are caused by different combinations of genetic and environmental influences. Not something sent to punish us or a lack of education... which is what I've also

heard here! The term 'spectrum' reflects the wide variation in challenges and strengths possessed by each person with autism.

Autism's most obvious signs tend to appear between two and three years of age. In some cases, it can be diagnosed as early as 18 months. A whopping one in 68 children are estimated to have autism. One third being non-verbal and another third having an intellectual disability. Certain medical and mental health issues frequently accompany autism. They include gastrointestinal (GI) disorders, seizures, sleep disturbances, attention deficit and hyperactivity disorder (ADHD), anxiety and phobias.

Most parents with a child on the autistic spectrum try and remain optimistic about their child's future. However, the lack of support and understanding in Portugal can make them emotional and fraught. Speaking from experience, having a child with cognitive and behavioural limitations, it is very hard to remain hopeful of what the future holds with no system in place in regard to support. Which is what I hope to change over time.

How should WE behave?

From my experience I want to

pass over some advice I have to parents of children with similar issues and also the general public so they can understand a bit better. Children on the autistic spectrum can often not appreciate physical contact. It's tactile defensiveness, not a lack of love that makes some kids on the spectrum resist hugs and kisses. Don't force yourself on anyone but certainly don't take offence with a child avoiding physical contact if they are on the spectrum. Often eye contact is also difficult so practicing communication can sometimes be helpful.

Children on the spectrum often really appreciate routine and don't welcome change. It's an important factor to bear in mind when entering the wide, wacky and wonderful world of autism. Some things you take for granted in the way you interact with people sometimes need to be changed. I found it hard changing my sense of sarcasm with Marley, for example, as it just gets completely lost along with figurative language.

With very little help and assistance here, which is what I want to focus on, it is important for families with children on the spectrum not to allow their unit to become isolated. Make sure you get out and enjoy other people's company and not care what people may think. Your expectations will change, for the better. It is so hard at first but you need to look at things in a positive light and embrace autism.

A mother's experience
Clare Rowe who used to be a resident in the Algarve, knows just how I feel. She says the biggest difficulty about life with son Riley is the negative attitudes of others. Her son has moderate-to-severe autism, and is largely non-verbal, but dealing with the realities of his condition are made so much harder when dealing with the unkindness she encounters from strangers, who decide for themselves that he is simply a 'badly behaved child with an inadequate mother.'

'I have a 4-year-old boy with severe autism spectrum disorder commonly known as ASD with significant language delay. He will use vocalisations although not any spoken language as yet, he is classed as non-verbal. His understanding of spoken language is very limited and he has no awareness of danger around him, which causes daily challenges. He finds it hard just walking

accessible Portugal



Used with kind permission of the artist José de Guimarães

down the road without running (bolting) to things he finds more interesting. This means he has to be strapped in his buggy at all times when we are out, to avoid this danger.'

Clare and her family ended up having to move back to the United Kingdom because of the lack of support she had here. It was simply impossible for them to continue living in Portugal. 'Since we have returned it's been nothing but positive. When we arrived back in England we had his health visitor two-year check where they referred him to audiology and when he failed his hearing test, he was referred to a community paediatrician for more investigation. On seeing the community paediatrician he expressed his concerns and told us he was autistic.' Just this is an enormous step taken, as in Portugal there is no way they would have a diagnosis even now. I know for a fact the hearing test machine in both Portimão and Faro hospital has been broken for over a year!

In the Algarve there are no specialist schools for preschool or primary school children with problems like Riley. Since moving back to the UK he has attended a specialist preschool which Clare describes as, 'the best thing ever, as they started teaching our son so differently but so much more effectively.' The specialist preschool uses a PECS (picture exchange communication system), visual support, visual timetables and Now and Next boards so Riley knew what was coming next at all times as autism is a prediction disorder. Now at four he has moved to a specialist school for a EHC (Education, Health and Care plan) through their local authorities and he is thriving. This is just unheard of in Portugal!

In Portugal

I feel like this is where most families in Portugal's anxiety is based. No-one knows what will become of their children. What hope may they have with no decent support system in place? A lack of education of the general public massively effects Clare also, 'I would also

say another very hard daily challenge is that our boy looks so neuro-typical or "normal". When he has meltdowns or sensory overloads, the general public can be very rude or uneducated as they think our children are just naughty when actually they are going through hell with loud noises, bright lights, strong smells. Keep strong our boy is making progress just a lot slower than children of his age group.

Celebrate small steps.

There are so many families who are finding coping with the system implemented here very difficult. Gemma da Silva is one of them, whose son Zac has high-functioning autism. To most people he looks completely normal and Gemma has had a very difficult time trying to implement a support system for him. At present Zac is refusing school and the school are trying to ease him back in gently, but this means being placed in a class with children with severe developmental delays whereas Zac has an incredible cognitive ability. This unfortunately doesn't help in encouraging him back into school.

Gemma has had a very difficult time getting understanding within the school setting and it has taken years to get him 'sinalizado', the equivalent to SEN in the UK. Meanwhile she was told he needed stronger discipline such as smacking and her parenting was the cause of the problem. 'Often his meltdowns are a response to people not knowing best how to handle a child with autism, for example, you do not restrain them if they are in fight or flight mode'. Strategies could easily be implemented with better training for educational professionals to enable them to adapt to autistic children.

Gemma would like to see different syllabuses where learning is lead-based on what the children's interests are so they can tap into that. Gemma goes on to say, 'I would like there to be more acceptance of homeschooling when school is having such a negative psychological effect on

children and there needs to be an alternative form for children who don't function in a normal state school. Autistic or not.'

Currently I am going through a very time-consuming process with my son Marley as he gets back on his feet. Spending so much time in hospital though has made me have a lot of time on my hands to think about how we as a community can help families in need in the Algarve with children with disability that might not be so visible. I am working hard making connections to see if there is something that can be done in the future and it is my dream to be able to open a centre to benefit my son and all the other children with disability in the Algarve. Watch this space...

I wish I could tell other parents that may be reading this article that I have the answers they need. But I don't even have the answers for my own journey. Our children will continue to grow and change and will surprise us by doing things we never thought possible. So we must remain hopeful and also be proactive in creating as many opportunities as we can. Success won't necessarily be measured by academic performance or job placements so fill your life with the small pleasures. Let's work together to make life better for each other as after all our future should look like the best parts of our present.

To find out how you can get involved or find out more about Marley check out our blog at www.marleyandmum.com

Marcela Properties supports NECI

Marcela Properties has become one of the official sponsors of NECI; "Núcleo Especializado para o Cidadão Inclusivo" which is a very special charity organisation with many years' experience that does amazing work with adults and children with special needs. Their 'mission statement' is to improve the quality of life and where possible integrate people more fully into the local community. They work with both families and individuals by developing their skills and addressing their economic situation.

Marcela comment, "It is a pleasure to be able to support the cause of this institution and to contribute to its development and to help those who depend on it."

For more informations, go to [Http://www.neci.pt/](http://www.neci.pt/)

What is your experience?

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

Alluring 3-Bedroom Villa with breathtaking countryside views within 5 min of Algoz!

This week Property of the Week features a magnificent, spacious 3 bedroom villa with high quality finishings, panoramic views of the countryside on a private plot of 10,720 m² located north of Algoz/Guia.

This elegant villa has architecture that combines modern design with rustic features, giving it a special and unique style. The single storey house is comprised of an entrance hall, a large dining room, pantry, fully equipped kitchen with Miele appliances, spacious living room with fireplace, 2 bedrooms with fitted wardrobes, 1 WC, 1 shower room and laundry. From the large living room with high wooden ceilings, there are large windows which lead to a covered terrace, and a guest room with private shower room. The land of 10,720 m² has a private driveway made from Portuguese calçada, carport for parking, a beautiful lawned garden, including several trees and plants with an automatic irrigation system.

The property is equipped with air conditioning throughout the house, high quality double glazed PVC windows, bedrooms with fitted wardrobes, alarm system, satellite, water from borehole

with decalcification system and a water tank with 5,000L capacity.

This stunning property is located only 5 min. from Algoz & 15 min. from Silves, close to all amenities and services, approx. 15 min. from the Algarvean Golden Sandy Beaches, 15 min. from a wide variety of renowned golf courses and 40 min. from Faro International Airport, Algarve.

A Charming Family Home with alluring countryside surroundings in the heart of the Algarve - The Perfect Place to be!

For more information on this charming property (Ref: V1336) priced at €600,000, please contact the friendly, professional, down to earth Servesul team (AMI 968) on Tel: (+351) 282444471, (+351) 969336091, email: email@servesul.com or visit: www.servesul.com

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**Wood works...
For a shady pergola**

A shady pergola offers a welcome retreat in the height of the Algarve summer – a place to rest by the pool, read a book away from the sun's glare, or relax with friends over a lazy lunch. Shade netting or canvas can be draped between the beams for a pleasing undulating effect; or climbing plants can be trained to create a natural leafy canopy. Alternatively, a pergola fitted with wooden shade-slats provides a more permanent and maintenance-free solution. Pergolas are often built against a wall to bring shade to a patio, terrace or balcony. Or they can be free-standing, as an eye-catching pool-side or garden feature, perhaps incorporating bench seating or as a stylish surround for an outdoor hot tub. DeckingDave specialises in all manner of bespoke constructions in wood: car ports, gateways, fencing, even walkways - all stylish elements that bring character and appeal to a home. And that's not to forget decking of course...! For these and many more ideas – ask **Decking Dave!**

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algarve



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REF: AA-430SJ-LAGOS

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ASKING PRICE: €299.000



REF: AV-243SA-ODIÁXERE

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ASKING PRICE: €575.000



REF: AA-335SJ-ALVOR

2 LUXURY VILLAS SHARING A POOL, NEAR THE CENTER OF ALVOR, BEACHES & GOLF. IDEAL PROPERTY FOR 2 FAMILIES, OR AS A RENTAL INVESTMENT!!

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BOLIQUEIME – BEAUTIFUL VILLA

Villa situated in a quiet countryside. Consisting of 3 bedrooms, 2 bathrooms, living room and dining room, kitchen and laundry. BBQ, garage for 2 cars. Swimming pool, Jacuzzi. Mature garden. Sea and country views. Plot area - 2.000 sq.m. Const. area - 195 sq.m. ENERGY CLASS - B

REF.V12881

Price: €650.000



VILAMOURA – GOOD RENTAL POTENTIAL

Centrally located, refurbished studio apartment, composed of lounge, kitchenette, bedroom and bathroom. Furnished and equipped. Storage area in the basement. Const.area - 46,70 sq.m. ENERGY CLASS – C

REF.A01645

Price: €117.000



VILAMOURA – LOCATED NEAR THE GOLF COURSE

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

REF.V12877

Price: €525.000



VILAMOURA – SPACIOUS APARTMENT

Spacious apartment consisting of 2 bedrooms, 3 bathrooms, lounge, kitchen. Parking and storage room in the basement. Furnished and equipped. A/C. Communal swimming pool and garden. Construction area - 110,73 sq.m. ENERGY CLASS - B

REF.A01644

Price: €285.000

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Apartment | Loulé, Almancil Center

Ref. 014170246 Price: 135.000€

2 WC 2 1 M2 148 M2 -



Semi-detached Villa | Almancil, 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, Almancil center

Ref. 014170235 Price: 225.000€

4 WC 3 1 M2 147 M2 147



Apartment | Loulé, Almancil center

Ref. 014170159 Price: 170.000€

3 WC 1 1 M2 113 M2 -

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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



Price Reduction

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

€108,000



Modern, 2-storey 4-bedroom Villa, in a tranquil urbanization, 1km from Silves, living/dining room with fireplace, 3 bathrooms, kitchen, pantry, A/C, large hallway, 2 balconies, spacious terrace, garage, laundry room, BBQ and garden.
Bedrooms: 4 Area: 228 m2 | 603 m2
Ref. V1340

€340,000

Lovely Villa in Boliqueime

Lovely villa situated in a quiet countryside area, yet near all amenities. Consisting of 3 bedrooms, 2 bathrooms, living room and dining room with fireplace, kitchen and laundry room. Barbecue and garage for 2 cars. Heated

swimming pool and Jacuzzi. Mature garden with various fruit trees. Central heating, double glazing, solar panels, bore hole, alarm and air conditioning. Furnished and equipped. Good access. 10 mns away from Vilamoura and all the beaches. Sea and

country views.
Plot area - 2.000 sq.m.
Const. area - 195 sq.m.
Energy Class - B
Price - 650.000 Euros
Boliqueime - Ref. V12881

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We are delighted to invite all our clients, colleagues, family and friends to visit our new office and have a drink with us on April 21st at 1:00PM to celebrate the

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STAR PROPERTY - Vilamoura

2 bedroom apartment with enclosed terrace in popular Old Village Resort of Vilamoura. Excellent value. Good as a holiday home or investment. Please call or see our website for details.

Ref: FS140 Price: 235,000€



This 2 bedroom apartment is situated in the Old Village of Vilamoura, within walking distance to Vilamoura Marina and beach. It is well maintained with good size bedrooms, open plan lounge, ground floor with an enclosed terrace.

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Bedrooms	4
Bathrooms	5
Built area	799m ²
Plot area	11,000m ²

4 Bedroom Villa in stunning location
With land, swimming pool & more!
Santa Barbara

€1,350,000 Ref no: VLC466 Energy rating: E



Bedrooms	4
Bathrooms	4
Built area	386m ²
Plot area	5,450m ²

4 Bedroom Villa in quiet countryside
With large plot and swimming pool.
Loulé

€895,000 Ref no: VFG502 Energy rating: C



Bedrooms	4
Bathrooms	4
Built area	450m ²
Plot area	4,000m ²

Renovated Villa close to Almancil
With large plot and swimming pool.
Almancil

€850,000 Ref no: VNS308 Energy rating: D



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Tavira

Center! Immaculate 2 bedroom / 1 bathroom apartment (87 m²) enjoying a sun terrace, private garden and access to a communal swimming pool.
EC: B-
Ref. LHA-1314 Price: €220.000



Tavira

South facing fully restored quinta (135 m²) with large workshop on beautiful plot of land (4881 m²) just 5 minute drive from Tavira. Unique ambience.
EC: B-
Ref. LHV-1412 Price: €189.500



Cabanas

Fully furnished & well presented townhouse (67 m²) full of Portuguese charm. Roof terrace with stunning sea & lagoon view. A/C. Superb location.
EC: B
Ref. LHT-1032 Price: €169.000



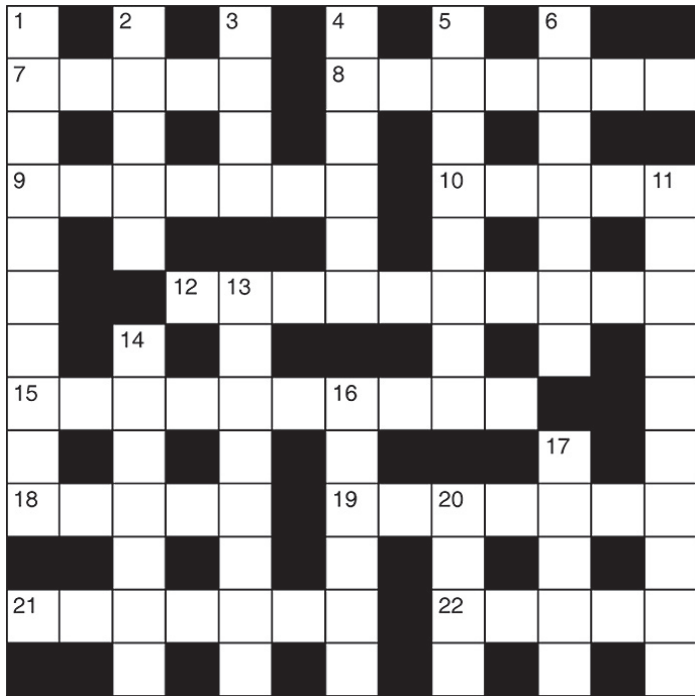
Tavira

Fully furnished 2 bedroom / 1 bathroom apartment (85 m²) with private underground parking space located in green residential area. A/C. Elevator.
EC: C
Ref. LHA-1302 Price: €154.000



Tavira

Fully furnished & equipped 1 bedroom / 1 bathroom apartment (79 m²) with study & south facing balcony located in green residential area. Elevator.
EC: C
Ref. LHA-1315 Price: €125.000



Last week's cryptic crossword solutions

Across: 1 Validate; 5 Bear; 9 Will; 10 Brooding; 11 Abash; 12 Toaster; 13 Head over heels; 18 Backchat; 19 Face; 20 Trivial; 21 Scene; 22 Tank; 23 Assisted.
Down: 2 Amiable; 3 Ill-used; 4 Turn the tables; 6 Epistle; 7 Regards; 8 Potash; 13 Habitat; 14 Auction; 15 Orchid; 16 Effects; 17 License.

CRYPTIC CROSSWORD

ACROSS

7. They employ strange ruses (5)
8. Study the words in the appropriate surroundings (7)
9. Choice meat for the League Champions (7)
10. A certain amount of price deduction is given (5)
12. Share out is tried, but it goes wrong (10)
15. Used watch part? (6-4)
18. Fanciful idea of one who has retired? (5)
19. Briefly describe an unfashionable range (7)
21. Writer getting the cane, perhaps, as punishment (7)
22. Excursions to a French town (5)

DOWN

1. Supported, nevertheless, with locks (10)
2. Looks for a sound diarist (5)
3. Wine that may sparkle as it rises (4)
4. Acute stress? (6)
5. Idleness in battle (8)
6. It's necessary to end fuel crisis (7)
11. It should prevent one getting into bad habits! (5,5)
13. Shame of finding my Gino in trouble (8)
14. Shows hides (7)
16. One making a noise with one's nose (6)
17. Less sailors on the motorway (5)
20. Of course it's a better machine! (4)

CODEWORD

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

	7	11	4	26	26	8		21		21		17	20	21	16
A	11		16		11		25	13		16	11	1	20		20
B	13	15	20	26	1	13	4	16		16		6	21	9	5
C	17		5		20		12		18	20	6	17			1
D	4	19	17	20	26	1	9	19	20		9	21	17	13	
E		1			4			26	11	19	19				26
F	10	13	21	15	20	26	6	9	13	21		9	16	1	20
G		11	9		15		17		1		20		9		
H	16	26	11	12		4	23	6	10	13	21	16	9	21	12
I	13			9	16	20	4			10					20
J	21	4	9	1			23	4	10	2	22	4	26	16	6
K	4			4	10	14	20		14		14		20		17
L	17	13	26	21		20		25	4	24	13	26	9	17	8
M	20			17	11	26	21	9	5		26		12		1
	16	13	21	20		13		3		23	1	13	21	16	20

QUICK CROSSWORD

ACROSS

7. Scope (5)
8. Alongside (7)
9. Descriptive (7)
10. Cram (5)
12. Recompense (10)
15. Mandatory (10)
18. Spurn (5)
19. Porch (7)
21. Tool (7)
22. Store (5)

DOWN

1. Sociable (10)
2. Tell-tale (5)
3. Network (4)
4. Hare-brained (6)
5. Captive (8)
6. Unaffected (7)
11. Pirate (10)
13. Arrange (8)
14. Gaffe (7)
16. Overturn (6)
17. Flinch (5)
20. Tribe (4)

Last week's quick crossword solution

Across: 1. Prolific; 5. Scut; 9. Snug; 10. Schedule; 11. Foray; 12. Noisome; 13. Inexpressibly; 18. Intrepid; 19. Find; 20. Arraign; 21. Waste; 22. Eddy; 23. Decrease.
Down: 2. Rancour; 3. Luggage; 4. Inconvenience; 6. Coulomb; 7. Thereby; 8. Series; 13. Imitate; 14. Retired; 15. Precip; 16. Inflate; 17. Linctus.

SUDOKU

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

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

Medium

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

Hard

Last week's solutions

Last Week's Codeword Solution

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

Last week's solutions

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

Hard



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SATURDAY 21/04/18

BBC One	
06.00	Breakfast.
10.00	Saturday Kitchen Live.
11.30	The Hairy Bikers' Asian Adventure.
12.00	Football Focus.
13.00	BBC News; Weather.
13.15	The London Marathon: My Reason to Run.
13.45	Live Snooker: The World Championship.
16.35	BBC News.
16.45	BBC Regional News; Weather.
16.55	Match of the Day Live: The FA Cup.
19.15	Pointless Celebrities.
20.00	The Queen's Birthday Party.
21.40	Mrs Brown's Boys.
22.10	BBC News; Weather; National Lottery Update.
22.30	Match of the Day.
23.00	MOTD: FA Cup Semi-Final Highlights.
23.20	The Button.
23.50	FILM: The Recruit (2003).
01.40	Weather for the Week Ahead.
01.45	BBC News.
BBC Two England	
06.15	David Attenborough's Natural Curiosities.
06.40	Naomi's Nightmares of Nature.
07.10	The Pets Factor.
07.30	The Dengineers.
08.00	Absolute Genius: Monster Builds.
08.30	Beyond Bionic.
09.00	Robot Wars.
10.00	Live Snooker: The World Championship.
12.00	Wanted Down Under.
12.30	Trust Me, I'm a Doctor.
13.30	Britain's Biggest Warship.
14.30	Top of the Shop with Tom Kerridge.
15.30	Top of the Shop with Tom Kerridge.
16.30	Final Score.
17.15	Money for Nothing.
18.00	Antiques Road Trip.
19.00	Live Snooker: The World Championship.
20.00	The Forest.
20.30	Dad's Army.
21.00	Imagine - Habaneros: You Say You Want a Revolution? Part One.
22.05	FILM: Testament of Youth (2014).
00.05	Snooker: The World Championship.
00.55	Snooker: World Championship Extra.
ITV London	
06.00	CITV.
08.25	ITV News.
08.30	Zoe Ball on Sunday.
09.25	Love Your Garden.
10.00	Peston on Sunday.
10.55	Ninja Warrior UK.
09.25	James Martin's Saturday

Morning.	
11.20	FILM: Nanny McPhee (2005).
13.20	ITV News and Weather; Weather.
13.30	ITV Racing: Live from Ayr.
16.30	You've Been Framed!
17.00	The Chase.
18.00	ITV News and Weather.
18.15	ITV News London; Weather.
18.30	Ninja Warrior UK.
19.30	Harry Hill's Alien Fun Capsule.
20.00	Britain's Got Talent.
21.20	The Keith & Paddy Picture Show.
21.50	ITV News and Weather; Weather.
22.10	FILM: Private Benjamin (1980).

Channel 4

06.15	Mobil 1: The Grid.
06.40	Motor Sport: Volkswagen Racing Cup.
07.05	The King of Queens.
07.30	The King of Queens.
07.55	Everybody Loves Raymond.
08.20	Everybody Loves Raymond.
08.55	Frasier.
09.25	Frasier.
09.55	Frasier.
10.30	The Big Bang Theory.
11.00	The Big Bang Theory.
11.25	The Big Bang Theory.
11.55	The Simpsons.
12.25	The Simpsons.
12.55	The Simpsons.
13.25	Come Dine with Me.
14.35	A Place in the Sun: Winter Sun.
15.25	A Place in the Sun: Winter Sun.
16.30	Location, Location, Location.
17.35	The Secret Life of the Zoo.
18.30	Channel 4 News.
19.00	The Restoration Man: Best Builds.
20.00	Britain's Most Historic Towns.
21.00	FILM: Dirty Grandpa (2016).
23.00	FILM: Colombiana (2011).
01.00	Ramsay's Kitchen Nightmares USA.

BBC Four

19.00	Atlantic: The Wildest Ocean on Earth.
20.00	Wild Tales from the Village.
21.00	Salamander: Blood Diamonds.
21.45	Salamander: Blood Diamonds.
22.35	Room 101.
23.05	Plunder: Spike Milligan.
23.35	Spike Milligan: Assorted

SUNDAY 22/04/18

BBC One		Weather.	
06.00	Breakfast.	12.05	Britain's Got Talent.
07.35	Match of the Day.	13.25	Britain's Got More Talent.
08.10	MOTD: FA Cup Semi-Final Highlights.	14.25	Britain's Brightest Family.
08.30	London Marathon.	15.00	The Queen's Green Planet.
14.00	BBC News; Weather.	16.00	Change Your Tune.
14.15	Sunday Politics.	17.00	The Chase: Celebrity Special.
15.30	Songs of Praise.	18.00	Harry Hill's Alien Fun Capsule.
16.05	B.O.B.'s Big Break.	18.30	ITV News and Weather.
16.15	FILM: Madagascar (2005).	18.45	ITV News London; Weather.
17.35	BBC News.	19.00	Little Big Shots.
17.50	BBC Regional News; Weather.	20.00	The Durrells.
18.00	The Big Painting Challenge.	21.00	The Good Karma Hospital.
19.00	Countryfile.	22.05	ITV News and Weather; Weather.
20.00	Antiques Roadshow.	22.20	Peston on Sunday.
21.00	The Woman in White.	23.20	100 Year Old Driving School.
22.00	BBC News.	23.50	This Time Next Year.
22.20	BBC Regional News; Weather.	00.40	Jackpot247.
Channel 4		Channel 4	
22.30	Match of the Day 2.	06.15	The King of Queens.
23.30	MOTD: FA Cup Semi-Final Highlights.	06.40	The King of Queens.
00.00	The Women's Football Show.	07.05	Everybody Loves Raymond.
00.35	Weather for the Week Ahead.	07.30	Everybody Loves Raymond.
00.40	BBC News.	07.55	Everybody Loves Raymond.
BBC Two England		BBC Two England	
06.05	Life in a Cottage Garden with Carol Klein.	08.25	Eat the Week.
06.35	Countryfile.	09.30	Sunday Brunch.
07.30	The Beechgrove Garden.	12.30	Jamie and Jimmy's Friday Night Feast.
08.00	Saturday Kitchen Best Bites.	13.30	The Simpsons.
09.00	The Andrew Marr Show.	14.00	The Simpsons.
10.00	Live Snooker: The World Championship.	14.25	The Simpsons.
12.15	MOTD2 Extra.	14.55	FILM: Dr Seuss' The Lorax (2012).
13.00	Gardeners' World.	16.35	Location, Location, Location.
14.00	London Marathon.	17.35	Grand Designs.
14.30	Live Snooker: The World Championship.	18.30	Channel 4 News.
18.00	Nature's Biggest Beasts.	19.00	Escape to the Chateau.
19.00	London Marathon Highlights.	20.00	The Crystal Maze.
20.00	Britain's Biggest Warship.	21.00	Homeland.
21.00	My Year with the Tribe.	22.15	Gogglebox.
22.00	Famalam.	23.10	FILM: Easy A (2010).
22.25	That's the Way, A-Ha, A-Ha, Joe Lycett.	00.50	FILM: Kahaani 2 (2016).
23.25	Snooker: The World Championship.	03.00	KOTV Boxing Weekly.
00.15	Snooker: World Championship Extra.	03.25	Mobil 1: The Grid.
ITV London		BBC Four	
06.00	CITV.	19.00	Only Connect.
08.25	ITV News.	19.30	University Challenge.
08.30	Zoe Ball on Sunday.	20.00	Sounds of the Seventies.
09.25	Love Your Garden.	20.10	Natural World.
10.00	Peston on Sunday.	21.00	Imagine - Habaneros: You Say You Want a Revolution? Part Two.
10.55	Ninja Warrior UK.	22.30	Arena: Cigars - Out of the Humidor.
11.55	ITV News and Weather;	23.30	Latin Music USA.
		00.30	Natural World.
		01.20	How to Be Bohemian with Victoria Coren Mitchell.
		02.20	Arena: Cigars - Out of the Humidor.
		03.20	Close.

MONDAY 23/04/18

BBC One		Weather.	
06.00	Breakfast.	16.00	Tipping Point.
09.15	Rip Off Britain: Food.	17.00	The Chase.
10.00	Homes Under the Hammer.	18.00	ITV News London; Weather.
11.00	Heir Hunters.	18.30	ITV Evening News; Weather.
11.45	The Housing Enforcers.	19.00	Emmerdale.
12.15	Bargain Hunt.	19.30	Coronation Street.
13.00	BBC News at One; Weather.	20.00	Give It a Year.
13.30	BBC Regional News and Weather.	20.30	Coronation Street.
13.45	Doctors.	21.00	The Real Camilla: HRH the Duchess of Cornwall.
14.15	800 Words.	22.00	ITV News at Ten; Weather.
15.00	Escape to the Country.	22.30	ITV News London; Weather.
15.45	Flipping Profit.	22.45	The Investigator: A British Crime Story.
16.30	Flog It!	23.45	Last Laugh in Vegas.
17.15	Pointless.	00.40	Jackpot247.
18.00	BBC News at Six; Weather.	03.00	The Jeremy Kyle Show.
18.30	BBC Regional News and Weather.	03.50	ITV Nightscreen.
Channel 4		Channel 4	
19.00	The One Show.	06.00	Countdown.
19.30	Nightmare Pets SOS; BBC News; Regional News.	06.45	3rd Rock from the Sun.
20.00	EastEnders.	07.10	3rd Rock from the Sun.
20.30	Gangsters' Dirty Money Exposed - Panorama.	07.35	Everybody Loves Raymond.
21.00	DIY SOS: The Big Build.	08.00	Everybody Loves Raymond.
22.00	BBC News at Ten.	08.30	Frasier.
22.30	BBC Regional News and Weather.	09.00	Frasier.
22.45	Have I Got a Bit More News for You.	09.35	Frasier.
23.30	The Graham Norton Show.	10.05	Ramsay's Hotel Hell.
00.15	Weather for the Week Ahead.	11.00	Undercover Boss USA.
00.20	BBC News.	12.00	Channel 4 News Summary.
BBC Two England		BBC Two England	
06.00	Flog It! Trade Secrets.	12.05	Coast vs Country.
06.30	Heir Hunters.	13.05	Posh Pawnbrokers.
07.15	Health: Truth or Scare.	14.10	Countdown.
08.00	Sign Zone: Hugh's Wild West.	15.00	A Place in the Sun: Home or Away.
09.00	Victoria Derbyshire.	16.00	Escape to the Chateau: DIY.
10.00	Live Snooker: The World Championship.	17.00	Four in a Bed.
12.00	Daily Politics.	17.30	Buy It Now.
13.00	Live Snooker: The World Championship.	18.00	The Simpsons.
18.00	Eggheads.	18.30	Hollyoaks.
18.30	Britain in Bloom.	19.00	Channel 4 News.
19.00	The Secret Helpers.	20.00	Holidays Unpacked.
20.00	Only Connect.	20.30	Travel Man: 48 Hours on the Côte d'Azur.
20.30	University Challenge.	21.00	The Island with Bear Grylls.
21.00	Secret Agent Selection: WW2.	22.00	Kiss Me First.
22.00	QI.	23.00	999: What's Your Emergency?
22.30	Newsnight.	00.05	First Dates.
23.10	Weather.	01.00	Lee and Dean.
23.15	Snooker: The World Championship.	01.30	I Don't Like Mondays.
00.05	Snooker: World Championship Extra.	02.25	Hidden Restaurants with Michel Roux Jr.
02.05	Sign Zone: Countryfile.	03.20	Come Dine Champion of Champions.
03.00	Sign Zone: My Dad, the Peace Deal and Me.	04.15	Building the Dream.
04.00	Sign Zone: Murder, Mystery and My Family.	05.10	Steph and Dom's One Star to Five Star.
ITV London		BBC Four	
06.00	Good Morning Britain.	19.00	Beyond 100 Days; Weather.
08.30	Lorraine.	19.30	Nature's Microworlds.
09.25	The Jeremy Kyle Show.	20.00	Turkey with Simon Reeve.
10.30	This Morning.	21.00	Baku: An Art Lovers' Guide.
12.30	Loose Women.	22.00	The Ottomans: Europe's Muslim Emperors.
13.30	ITV Lunchtime News; Weather.	23.00	Dan Cruickshank: At Home with the British.
13.55	ITV News London; Weather.	00.00	Turkey with Simon Reeve.
14.00	Judge Rinder.	01.00	Top of the Pops: 1983.
15.00	Tenable.	01.30	Top of the Pops: 1983.
15.59	ITV London Weather.	02.05	Baku: An Art Lovers' Guide.
		03.05	Close.

TUESDAY

BBC One	
06.00	Breakfast.
09.15	Rip Off Britain: Food.
10.00	Homes Under the Hammer.
11.00	Heir Hunters.
11.45	The Housing Enforcers.
12.15	Bargain Hunt.
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	Flipping Profit.
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	EastEnders; BBC News; Regional News.
20.00	Holby City.
21.00	The Split.
22.00	BBC News at Ten.
22.30	BBC Regional News and Weather; National Lottery Update.
22.45	Rent for Sex: Ellie Undercover.
23.15	The Botox Bust: Ellie Undercover.
23.45	Live at the Apollo.
00.30	Weather for the Week Ahead.
00.35	BBC News.
BBC Two England	
06.00	Flog It! Trade Secrets.
06.30	Heir Hunters.
07.15	The Super League Show.
08.00	Sign Zone: Sea Cities - Bristol.
09.00	Victoria Derbyshire.
10.00	Live Snooker: The World Championship.
12.00	Daily Politics.
13.00	Live Snooker: The World Championship.
18.00	Eggheads.
18.30	Britain in Bloom.
19.00	Antiques Road Trip.
20.00	Top of the Shop with Tom Kerridge.
21.00	Hospital.
22.00	Cunk on Britain.
22.30	Newsnight.
23.10	Weather.
23.15	Snooker: The World Championship.
00.05	Snooker: World Championship Extra.
02.05	Sign Zone: MasterChef.
03.05	Sign Zone: Secret Agent Selection: WW2.
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	Tenable.
15.59	ITV London Weather.

Must See TV

Pointless Celebrities (BBC1, Saturday 7.15pm)

Alexander Armstrong and Richard Osman invite more famous people to try to score as few points as possible by coming up with answers no-one else can think of. Among tonight's participants are musician, journalist and priest The Rev Richard Coles, who teams up with former Blue Peter presenter Diane-Louise Jordan; and lawyer and Celebrity Big Brother star Nancy Dell'Olio, who is partnered by journalist Matt Barbet. Also in at the deep end are former swimmers Sharron Davies and Mark Foster, while writer, broadcaster and former MP Gyles Brandreth joins forces with Scottish comedian Susan Calman.

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anywhere via our website!

24/04/18

18.30 ITV Evening News; Weather.
19.00 Emmerdale.
19.30 Devon and Cornwall Cops.
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 The Durrells.
00.10 Jackpot247.
03.00 Loose Women.
03.45 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 Coast vs Country.
13.05 Posh Pawnbrokers.
14.10 Countdown.
15.00 A Place in the Sun: Home or Away.
16.00 Escape to the Chateau: DIY.

17.00 Four in a Bed.
17.30 Buy It Now.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Class of Mum and Dad.
21.00 Fatberg Autopsy: Secrets of the Sewers.
22.00 The World's Most Luxurious Airline.
23.00 Flight HS13.
23.55 Ramsay's Kitchen Nightmares USA.
00.45 One Born Every Minute.
01.45 The Secret Life of the Zoo.
02.40 The Channel: The World's Busiest Waterway.
03.35 Come Dine Champion of Champions.
04.30 Building the Dream.
05.25 Steph and Dom's One Star to Five Star.
05.50 Kirstie's Handmade Treasures.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 Sea City.
20.00 King Alfred and the Anglo-Saxons.
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.
01.40 Top of the Pops: 1983.
02.15 The Story of the Jews.

WEDNESDAY 25/04/18

BBC One

06.00 Breakfast.
09.15 Rip Off Britain: Food.
10.00 Homes Under the Hammer.
11.00 Heir Hunters.
11.45 The Housing Enforcers.
12.15 Bargain Hunt.
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 Flipping Profit.
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; BBC News; Regional News.
20.00 Watchdog Live.
21.00 Britain's Fat Fight with Hugh Fearnley-Whittingstall.
22.00 BBC News at Ten.
22.30 BBC Regional News and Weather; National Lottery Update.
22.45 A Question of Sport.
23.15 Nightmare Pets SOS.
23.45 How Police Missed the Grindr Killer.
00.30 Weather for the Week Ahead.
00.35 BBC News.

BBC Two England

06.00 Flog It! Trade Secrets.
06.30 Heir Hunters.
07.15 Rip Off Britain: Food.
08.00 Sign Zone: Great British Railway Journeys.
08.30 Sign Zone: Great British Railway Journeys.
09.00 Victoria Derbyshire.
10.00 Live Snooker: The World Championship.
11.30 Daily Politics.
13.00 Live Snooker: The World Championship.
18.00 Eggheads.
18.30 Britain in Bloom.
19.00 Antiques Road Trip.
20.00 Top of the Shop with Tom Kerridge.
21.00 The Assassination of Gianni Versace: American Crime Story.
21.55 Live at the Apollo.
22.30 Newsnight.
23.10 Weather.
23.15 Snooker: The World Championship.
00.05 Snooker: World Championship Extra.
02.05 Sign Zone: MasterChef.
03.05 Sign Zone: Pilgrimage: The Road to Santiago.

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 Tenable.
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 Play to the Whistle.
00.35 Jackpot247.
03.00 Tenable.
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 Coast vs Country.
13.05 Posh Pawnbrokers.
14.10 Countdown.
15.00 A Place in the Sun: Home or Away.
16.00 Escape to the Chateau: DIY.
17.00 Four in a Bed.
17.30 Buy It Now.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.00 Antiques Road Trip.
20.00 The Secret Life of the Zoo.
21.00 One Born Every Minute.
22.00 First Dates.
23.05 Fatberg Autopsy: Secrets of the Sewers.
00.10 Live from Abbey Road Classics.
00.35 How'd You Get So Rich?
01.20 FILM: Serena (2014).
03.10 Come Dine Champion of Champions.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 Sea City.
20.00 The Great Rift: Africa's Wild Heart.
21.00 Elizabeth I's Secret Agents.
22.00 The Plantagenets.
23.00 Drills, Dentures and Dentistry: An Oral History.
00.00 Stonehenge: A Timewatch Guide.
01.00 Top of the Pops: 1983.
01.30 Top of the Pops: 1983.
02.00 The Great Rift: Africa's Wild Heart.

THURSDAY 26/04/18

BBC One

06.00 Breakfast.
09.15 Rip Off Britain: Food.
10.00 Homes Under the Hammer.
11.00 Heir Hunters.
11.45 The Housing Enforcers.
12.15 Bargain Hunt.
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 Flipping Profit.
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 EastEnders; BBC News; Regional News.
20.00 The Truth About Obesity.
21.00 Ambulance.
22.00 BBC News at Ten.
22.30 BBC Regional News and Weather.
22.45 Question Time.
23.45 This Week.
00.30 Weather for the Week Ahead.
00.35 BBC News.

BBC Two England

06.00 Flog It! Trade Secrets.
06.30 Heir Hunters.
07.15 Rip Off Britain: Food.
08.00 Sign Zone: David Attenborough's Natural Curiosities.
08.30 Sign Zone: Kate Humble: Off the Beaten Track.
09.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.00 Daily Politics.
13.00 Live Snooker: The World Championship.
18.00 Eggheads.
18.30 Britain in Bloom.
19.00 Antiques Road Trip.
20.00 Super Fast Falcon.
21.00 Civilisations.
22.00 MOTD: The Premier League Show.
22.30 Newsnight.
23.10 Weather.
23.15 Snooker: The World Championship.
00.05 Snooker: World Championship Extra.
02.05 Sign Zone: MasterChef.
02.35 Sign Zone: The Secret Helpers.

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 Tenable.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.

18.00 ITV News London; Weather.
18.30 ITV Evening News; Weather.
19.00 Emmerdale.
19.30 Secrets of Your Online Shop - Tonight.
20.00 Emmerdale.
20.30 Paul O'Grady for the Love of Dogs: India.
21.00 Harold Shipman: Doctor Death.
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.
00.20 Lethal Weapon.
01.05 Give It a Year.
01.30 Jackpot247.
03.00 Secrets of Your Online Shop - Tonight.
03.25 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 Coast vs Country.
13.05 Posh Pawnbrokers.
14.10 Countdown.
15.00 A Place in the Sun: Home or Away.
16.00 Escape to the Chateau: DIY.
17.00 Four in a Bed.
17.30 Buy It Now.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Location, Location, Location.
21.00 999: What's Your Emergency?
22.00 True Horror.
23.05 Gogglebox.
00.00 The Real Football Fan Show.
00.35 The Island with Bear Grylls.
01.30 The Secret Life of the Zoo.
02.25 Class of Mum and Dad.
03.20 Come Dine Champion of Champions.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 Top of the Pops: 1985.
20.00 Dive WWII: Our Secret History.
21.00 Putin, Russia & the West.
22.00 Horizon: Swallowed by a Sink Hole.
23.00 Law and Order.
00.20 Top of the Pops: 1985.
00.50 Danny Baker's Great Album Showdown.
01.50 Putin, Russia & the West.

FRIDAY 27/04/18

BBC One

06.00 Breakfast.
09.15 Rip Off Britain: Food.
10.00 Homes Under the Hammer.
11.00 Heir Hunters.
11.45 The Housing Enforcers.
12.15 Bargain Hunt.
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 Flipping Profit.
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 The Button.
21.00 Have I Got News for You.
21.30 Home from Home.
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 FILM: Tropic Thunder (2008).
01.30 Weather for the Week Ahead.
01.35 BBC News.

BBC Two England

06.00 Flog It! Trade Secrets.
06.30 Heir Hunters.
07.15 Rip Off Britain: Food.
08.00 Sign Zone: Great Continental Railway Journeys.
09.00 Victoria Derbyshire.
10.00 Live Snooker: The World Championship.
12.00 Daily Politics.
13.00 Live Snooker: The World Championship.
18.00 Eggheads.
18.30 Britain in Bloom.
19.00 Antiques Road Trip.
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 Snooker: The World Championship.
00.25 Snooker: World Championship Extra.
02.25 Sign Zone: Gangsters' Dirty Money Exposed - Panorama.
02.55 Sign Zone: Civilisations.
03.55 Sign Zone: The Assassination of Gianni Versace: American Crime Story.

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 Tenable.
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 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 The Keith & Paddy Picture Show.
23.15 Through the Keyhole.
00.10 Jackpot247.

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.
08.25 Frasier.
08.55 Frasier.
09.25 Frasier.
09.55 Formula 1 Azerbaijan Grand Prix Practice 1 Live.
11.45 Channel 4 News Summary.
11.50 Coast vs Country.
12.50 Posh Pawnbrokers.
13.55 Formula 1 Azerbaijan Grand Prix Practice 2 Live.
15.35 A Place in the Sun: Winter Sun.
16.00 Escape to the Chateau: DIY.
17.00 Four in a Bed.
17.30 Buy It Now.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.30 Unreported World.
20.00 Our Wildest Dreams.
21.00 Gogglebox.
22.00 Lee and Dean.
22.35 8 Out of 10 Cats Does Countdown.
23.35 First Dates.
00.35 FILM: Solomon Kane (2010).
02.20 True Horror.
03.15 Kiss Me First.

BBC Four

19.00 World News Today; Weather.
19.30 Young Musician 2018.
21.00 Jeff Beck: Still on the Run.
22.25 Latin Music USA.
23.25 Sammy Davis Jr: The Kid in the Middle.
00.30 Duets: The Andy Williams Show.
01.30 Jeff Beck: Still on the Run.

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John 3 - 16

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Genre: Animation, Adventure, Comedy. **Director:** David Alaux. **Rating:** M/6. **Plot:** Maurice may look like a penguin but he's a real tiger inside! Raised by a tigress, he's the clumsiest Kung-Fu master ever. Along with his friends, The Jungle Bunch, he intends to maintain order and justice in the jungle, as his mother did before him. But Igor, an evil koala, wants



to destroy the jungle once and for all, helped by his army of silly baboons... The Jungle Bunch - to the rescue.

Game Night

Stars: Jason Bateman, Rachel McAdams, Kyle Chandler. **Genre:** Comedy, Crime, Mystery. **Director:** John Francis Daley, Jonathan Goldstein. **Rating:** R. **Plot:** A group of friends who meet regularly for game nights find themselves entangled in a real-life mystery.

North & Centre



"Silêncio" Art Exhibition by Jacinto Luís at the Art Gallery Casino Estoril on April 21st at 6pm

EXHIBITIONS

"Silêncio" Art Exhibition by Jacinto Luís. This is an individual painting exhibition that will be featured in the Art Gallery at Casino Estoril on April 21st at 6pm. Admission is free and open to the public every day from 3pm to Midnight until May 15. He is one of the most International Portuguese artists, having held individual exhibitions globally. 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

MARKETS

Labels for Less - Pop up sale of vintage and designer preloved clothes and accessories. Everyone welcome. **21 Apr** 10am to 3pm, **22 Apr** 11am to 2pm. Centro de convívio do Bairro do Rosário, Rua Paulo da Gama 114, Cascais 2750 183. To donate quality clothes and accessories email wrvslables4less@gmail.com or for further details check our Facebook page [Wrvslisbon](https://www.facebook.com/Wrvslisbon). All proceeds go to local charities.

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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 - 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 - 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 - 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

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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

Cinema Listings

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Truth or Dare; The Jungle Bunch; Finding your Feet; Soldado Milhões; Peter Rabbit (PV); Rampage; Angry Birds (PV); Game Night; Avengers: Infinity War

NOS Mar Shopping - Loulé

Rodolfo, O Grainho Preto (PV); The Little Prince (PV); Winchester; Rampage; Avengers: Infinity War; Peter Rabbit; Game Night; Ratchet & Clank (PV); Death Wish; Peter Rabbit (PV); The Jungle Bunch (PV); Pacific Rim (PV); Pacific Rim: Uprising

Gran-Plaza NOS - Tavira

Rampage; Avengers: Infinity War; Truth or Dare; Peter Rabbit (PV); Finding your Feet; The Jungle Bunch; Pacific Rim: Uprising; Rolling to You

Algarcine - Portimão

Death Wish; The Jungle Bunch (PV); Rudolfo, O Gatinho Preto (PV); Avengers: Infinity War; Rampage; A Quiet Place; Colo

Algarcine - Lagos

Death Wish; A Quiet Place; Avengers: Infinity War; Finding your Feet; Rampage; The Jungle Bunch (PV)

Algarcine Ria Shopping - Olhão

Death Wish; The Jungle Bunch (PV); Rampage; Pacific Rim: Uprising; Rudolfo, O Gatinho Preto (PV); A Quiet Place; Avengers: Infinity War

Cineplace AlgarveShopping - Guia

The Jungle Bunch (PV); Pacific Rim: Uprising; Rampage; Avengers: Infinity War; A Rapariga no Nevoeiro; Tomb Raider; Soldado Milhões; Game Night; Rudolfo, O Gatinho Preto (PV); Truth or Dare; Armed Response; Sherlock Gnomes (PV); Death Wish; Black Panther; Peter Rabbit (PV & OV); Madame; Finding your Feet; Ready Player One; Winchester

Cineplace - Portimão

Rampage (2D & 3D); Avengers: Infinity War; Death Wish; Early Man (PV); Truth or Dare; Sherlock Gnomes; Rolling to You; Rampage; Ready Player One; The Jungle Bunch (PV); Acts of

Violence; Peter Rabbit; Pacific Rim: Uprising

Cineplace Loures Shopping

Peter Rabbit (PV); Madame; Rampage; Armed Response; Pacific Rim: Uprising; Rudolfo, o Gatinho Preto (PV); Game Night; Death Wish; Sherlock Gnomes (PV); Avengers: Infinity War; The Jungle Bunch (PV); Rolling to You; Truth or Dare; Rudolfo, o Gatinho Preto (PV)

Cineplace LeiriaShopping

Rampage (2D & 3D); Avenger: Infinity War; Peter Rabbit (PV); Tomb Raider; Sherlock Gnomes; Pacific Rim: Uprising; Ready Player One; Armed Response; Madame; Rudolfo, o Gatinho Preto (PV); Finding your Feet; Rolling to You; The Jungle Bunch (PV); A Rapariga no Nevoeiro; Death Wish; Early Man (PV)

Cineplace Riosul - Seixal

Rampage (2D & 3D); Avengers: Infinity War; Death Wish; The Jungle Bunch (PV); Tomb Raider; Peter Rabbit (PV); Pacific Rim: Uprising; Armed Response; Early Man (PV); Sherlock Gnomes (PV); Winchester; Rodolfo, O Grainho Preto (PV); Ready Player One

Estação Viana Shopping - Viana do Castelo

Truth or Dare; Sherlock Gnomes (PV); Peter Rabbit (PV); Pacific Rim: Uprising; Rampage (2D & 3D); The Jungle Bunch (PV); Ready Player One; Avengers: Infinity War

* (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

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)

[f allsaintsalgarve](https://www.facebook.com/allsaintsalgarve)
(351) 282 380 311 • email: info@allsaintsalgarve.org
www.allsaintsalgarve.org
Google maps: search for All Saints Anglican Church Almancil or Lagoa

WALDORF OPEN CLASS & WORKSHOPS
FOOD, GAMES & LIVE MUSIC

10-18H OPEN DAY
Spring Market
21 APR 2018
FIGUEIRA - VILA DO BISPO

ESCOLA WALDORF A OLIVEIRA

[fb.com/escolalivredoalgarve](https://www.facebook.com/escolalivredoalgarve) info:escolalivredoalgarve@gmail.com

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.

de Artes Mestre Fernando Rodrigues, Lagoa. Free entry. www.cm-lagoa.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

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.

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 Monday - free New Orleans jazz concert with The Dixie Kings at Tivoli Hotel, Lagos - Open to all, just drinks from the bar - info: 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

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

SOCIAL

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 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

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 21st 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, 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 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

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 or telephone 282495475 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 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

Meet other people, Central Algarve. New social club. singlemingle@email.com

Friendship group, Os Amigos, meets on the **3rd Tuesday** of each month, for walks, lunch, and other activities. For details contact 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 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

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

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 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 or call +351 915 623 472

Latin and Ballroom Classes - Tuesday mornings 10-1.30 at Alvor Community Centre. Beginners, Improvers, Jive, and Intermediate/Advanced. Please contact Caroline on 961916821 / Email 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.

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



Last Week's Winner: David Bruce, Albufeira

ALL DAY FUN FOR THE KIDS

ALL FREE!

Learn about birds & reptiles	Donkey rides	Bouncy Castles	Games with Circo Pequeno
Popcorn corner	Face Painting	Fire Engine & Zip Wire	Majorettes
Junior Dog Show Classes	'Disney' Characters	Lots of clowns	

13th successful YEAR

INTERNATIONAL ALGARVE FAIR

11am - 7pm
2 & 3 June
Fatacil Lagoa

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

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www.casaejardim.pt/
more/clearance/

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Support Meetings, 1st
Monday of the Month
6:30pm, upstairs Casa
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914878927

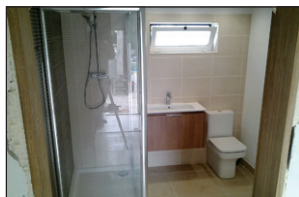
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10.00am onwards
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• Tools
• Jewellery – Antique, Vintage
and Modern
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Nova Post Office. Open
Monday, Wednesday,
Saturday 10am to 1pm.
Help us to Help 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 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 ADL SUPPORTING
Families This is a new
Charity set up to support
local families in crisis. We
receive unwanted furniture,
white and electrical goods,
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towels etc..and distribute
items to local families who
need them. We cover the
Guia, Algoz, Tunes area
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information about the work
of the Charity and how you
can help please contact Su
Davis: 932307548
su.davis@sapo.pt
Facebook: Support for
families in the Algarve and
Desafios Luminosos.

CC THE NANDI Charity
Shop, Winter sale now on.
Bargain prices. Furniture
can be collected within 30k
of Lagos. Tel 912741857

CC CADELA CARLOTA
shop in Lagos open
Monday till Friday 10.00-
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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 THE DONKEY
SANCTUARY** needs all
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our shops in Ferragudo,
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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

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

**CC WEEKLY BOOK
SALE.** Come along to our
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from 10.00 to 12 noon at
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Village Hall, Gorjeos.
All proceeds go to The
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289990901

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Entertainment



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CC stands for Community Care and these ads are
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Office, Media & Technology

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Pick your ultimate Ryder Cup team

Ahead of The 2018 Ryder Cup in September, Ryder Cup Europe and BMW, Official Partner of The Ryder Cup, have teamed up to give fans the chance to pick their Ultimate European Ryder Cup Team.

Team USA members celebrate with the Ryder Cup at the closing ceremony after defeating Team Europe during the Ryder Cup 2016 at the Hazeltine National Golf Club in Chaska, Minnesota. (Photo: EPA/ Erik S. Lesser)



More than 80 players have represented Team Europe in the Ryder Cup since 1979 but if you could pick your dream team, who would make up your Ultimate Ryder Cup Team? Fans can visit www.ultimaterydercup.com and pick 12 players, a captain and a venue to create their Ultimate Ryder Cup Team. The team can then be shared with friends and family as we all debate who should be in Team Europe's dream team. Users are encouraged to share their teams on social media using the hashtag #UltimateRyderCupTeam. Throughout the coming months, Ryder Cup Europe will select fans at random to share their teams on Instagram, Facebook and

Twitter with celebrities, ex-players and captains also selecting their Ultimate Ryder Cup teams. "It's an age-old debate that fans have, who would be on your Ultimate Ryder Cup Team?" said Jamie Kennedy, Content Director for Ryder Cup Europe. "Fans of all ages have so much passion and knowledge of The Ryder Cup, we thought this would be a fun way to capture that passion and create debate and social conversation amongst fans." The activation coincides with BMW's own Ryder Cup Team BMW competition that allows fans to enter for a chance to go to the event in Paris in September. By taking part in their online challenges and selected European Tour

tournaments, fans can compete to earn a spot on Team BMW and get invited to The Ryder Cup. For more information on The Ryder Cup Team BMW competition, visit <http://www.bmw-golfsport.com/rydercup>. "The Ultimate Ryder Cup Team is a cool way for fans to debate the best European players from The Ryder Cup and share their teams with family and friends" said Christian Masanz, Head of BMW Golfsport Marketing. "The Ryder Cup has so much fan appeal and we felt this activation would allow fans to engage with BMW and Ryder Cup Europe and pick their dream team. Along with The Ryder Cup Team BMW, which will bring twelve golf enthusiasts to

The 2018 Ryder Cup, it allows us as a partner to be involved with the fans throughout the journey to Paris and on the tournament week itself. We're as excited as the supporters and can't wait to see all their Ultimate Team selections and contributions to qualify for Ryder Cup Team BMW." The Ultimate Ryder Cup Team site is now live and will run through the end of August.

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FC Porto stun Benfica with last minute goal

Benfica suffered their first home Primeira Liga defeat of the season as FC Porto returned to the top of the pile with a ninetieth minute goal at the Estádio da Luz on Sunday evening. Third place Sporting, they play Benfica on 5 May, came out victors in a seven goal thriller at Belenenses, who ended the game with nine men.



CHRIS WRIGHT



FC Porto players Hector Herrera (R) and Vincent Aboubakar jump for joy after beating Benfica with the help of a last minute goal in Lisbon. (Photo: Lusa/José Sena Goulão)

Twenty-five top European clubs from England, France, Germany, Italy and Spain had scouts at the top-of-the-table clash. Eleven English Premier League clubs including Manchester City, Liverpool, Manchester United,

Arsenal, Everton and Spurs were represented at the game as they looked to identify the latest hot talent. In the last eight years, Benfica alone have sold fourteen of their most sought-after players for over €340m. Right up to kick-off Benfica and Porto had concerns over the fitness of

their main strikers, Jonas' absence opened up the opportunity for Raúl Jiménez to prolong his recent patch of good form at the pinnacle of Benfica's attack, meanwhile Moussa Marega returned to the starting line-up for FC Porto. During the first-half the best use of possession

remained with the home side but both teams squandered chances as Pizzi, one-on-one with the goalkeeper, failed to guide a close-range volley past FC Porto keeper Casillas, whilst at the other end Marega steered Ricardo's cross wide a minute before the interval.

In the second-half, the Eagles went close through Jardel as the game began to open up. Brahimi edged the Dragons closer to the opener in the sixty-sixth minute as he curled a shot just wide of the target. With the two sides staring at a goalless draw, Héctor Herrera was able to stun the home fans with a ferocious strike from the edge of the box to place Porto in front in the final minute of normal time, leaving Benfica just four minutes to conjure up a response. The added time was enough to squeeze in a penalty shout on Andrija Zivkovic, floored in a collision with Ricardo prior to the referee's snub, as Sérgio Conceição's men held on to secure a valuable victory over their rivals. FC Porto, now two points clear at the top with four games to play, face a difficult trip to Madeira on 29 April to play Marítimo. In the past five seasons they have failed to secure a Primeira Liga victory on the

island having drawn three and lost twice. Sporting were involved in a feisty encounter with Lisbon rivals Belenenses. The home side took the lead after eight minutes through their Algerian international Hassan Yebda. Bas Dost netted his twenty-fifth goal of the season for Sporting five minutes later and Gelson Martins edged the Lions in front in the sixteenth minute. Acuña made it 3-1 just before the interval. Belenenses hit back midway through the second-half as Lica and Fredy levelled the score before Hassan Yebda received his marching orders after picking up a second yellow card. Four minutes later Bruno Fernandes slotted home the winning goal for Sporting which leaves them just three points behind arch-rivals Benfica and that all important game between the two teams at the Alvalade in early May.

Portugal to face Scotland in football friendly

Scotland will host Portugal in a friendly match at Hampden Park on 14 October, the Scottish Football Association has announced.

Real Madrid's Cristiano Ronaldo, Manchester City's Bernardo Silva and AC Milan's Andre Silva will be expected to be in the reigning European Champions' squad for the trip to Glasgow.

The match will take place three days after Scotland's fixture away to Israel in the UEFA Nations League, with the kick-off time still to be confirmed.

Scotland boss Alex McLeish told the SFA's website: "Portugal will provide a stern test for our players, which is exactly what we are looking for in our opposition in challenge matches.

"The recent challenge matches against Costa Rica and Hungary were invaluable to myself and my coaching team, allowing us to get to know the players and

experiment with different systems and this match will provide further opportunity for the team to develop.

"Our Nations League campaign will be in full swing when we play Portugal and it can only be a huge incentive to the players to have the opportunity to test themselves against some of the best in the world."

The confirmation of Portugal's visit completes Scotland's fixtures for this year.

Scotland were drawn in a three-team group in UEFA Nations League Group C, resulting in two free international fixture dates that have now been filled by Belgium and Portugal.

Scotland last played the Portuguese in a friendly match in Braga in 2002, with the visitors winning 2-0 with a Pauleta double.

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