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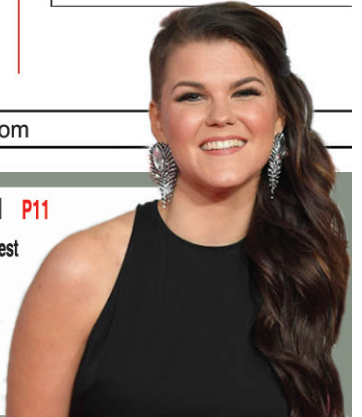


SAT & SUN
FATAGIL LAGOA
INTERNATIONAL ALGARVE FAIR
2 / 3 JUNE



Eurovision fever grips Portugal P11

After winning the Eurovision song contest for the first time ever in 2017, Portugal is this weekend hosting this year's grand finale, and it seems the spirit of Europe's best loved musical extravaganza has caught on.



War on graffiti ➤ P8



Mayors across Portugal have called for legislation related to protecting property and penalising vandalism, which will include graffiti.

Happy 100 ➤ P14



Arguably the oldest long-term expat resident in the Algarve, Dorothy Lucy Lockley this week celebrated her 100th birthday.

Champions ➤ P56



FC Porto have won the Primeira Liga title for the first time since 2013, ending Benfica's four-year winning streak.

WEATHER ➤ P2

Dole queues shortest in a decade, wages up, shorter working weeks on the table

WORKING CONDITIONS ON A HIGH

Full story, see p. 11



(Photo: Lusa)

Sold, Sold, Sold, Sold, Sold, Sold, Sold, that's



News this week

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HiFly becomes first Portuguese airline to have an A380 superjumbo

Portuguese private aviation company Hi Fly has become the first Portuguese airline and just the fourth in Europe to have one of the massive double-decker Airbus A380 planes.

The superjumbo bought by Hi Fly was formerly used by Singapore Airlines.

Hi Fly joins the ranks of British Airways, Lufthansa, and Air France, in Europe, and airlines

such as Emirates, Singapore Airlines and Qantas, which have the greatest numbers of A380 aircraft in operation.

Hi Fly's decision to buy this plane reveals that there is room for the A380 in the market, says

Paulo Mirpuri, president of Hi Fly, who added that "this acquisition has been part of the company's plans for some time", describing it as "a moment of pride for Hi Fly".

The A380 is about 73 metres

long and 24 metres high, with the ability to make longer and more comfortable journeys.

The structure of the plane is divided into three types of cabins and has a capacity for 525 passengers.

President vetoes underage sex change law

The president of Portugal has asked parliament to consider including a medical report to be able to change gender at the civil registry for people under 18 in a law he vetoed about self-determination and gender identity.

The president said that the request to include the report for under 18s "falls far short of the position of the National Ethics and Life Sciences Council, which is much more demanding in a field that the innovation is far from consensual in society and among lawmakers".

The law in question establishes the right to self-determination of identity and

expression of gender and it was approved in mid-April by the Socialists, Left Bloc, Ecologists and the Animal and nature party, the Communists abstained and the centre-right PSD and CDS voted against.

This law the president vetoed would cut the age to request a "procedure of the change of the mention of the gender at a civil registry and consequent alteration

of the person's name" through their legal representatives from 18 to 16, without the need for a medical report.

Currently, only persons of legal age can request this procedure and they must present a report that proves the diagnosis of gender identity perturbation, also called trans-sexuality, drawn up by a multidisciplinary team of clinical sexology. *TPN/Lusa*

WEATHER

Warmer weather here to stay

Saturday is forecast to be the coolest day of the weekend, and of the coming week, and in fact might be the coolest day now for quite a while, as from Sunday the mercury is set to rise across the map, and is likely to stay up there for the foreseeable future.

Lisbon: Temperatures will only reach around the 18 degree mark in Lisbon on Saturday, but after that, the mercury will gradually climb right up to the 28 degrees Celsius mark by the middle of next week.

South: Thermometers will also dip slightly in the Algarve on Saturday, to around 21 degrees, but, besides some dotted cloud, from Sunday the coming days will be sunny and bright and much warmer, also rising to around 28 degrees by Wednesday.

North: The forecast is even good for northern Portugal, although the weekend will be cool and may see some showers around the region. But from Monday the cloud will start to clear up, and temperatures will settle in around the mid-20s.

Portugal's lighthouses open every day for a week to mark Navy Day

Portugal's lighthouses are to open to the public for a brief period every day for a week from this Saturday, as part of celebrations to mark Navy Day.

The country's lighthouses, which are usually only open to the public for a couple of hours on Wednesday afternoons, will be open from this coming Saturday, until 20 May, every day from 2pm to 5pm. The lighthouses are free to visit for all members of the public.

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SEF says Sunday chaos at Faro airport which delayed flights was ‘unique situation’

N CARRIE-MARIE BRATLEY

The Algarve grabbed international headlines for the wrong reasons this past week after travellers passing through the airport last Sunday evening flooded social media with images of a packed passport control concourse and complaints of having to queue for hours in sweltering conditions.

Two Aer Lingus flights were delayed as a result of the boiling backlog.

In comments to **The Portugal News**, the Irish flag-carrier confirmed “Aer Lingus flight EI499 Faro-Dublin and flight EI899 Faro-Cork experienced some delays on Sunday 6 May due to Passport Control at Faro airport.

“Both flights landed within less than 30 minutes beyond their scheduled arrival. We apologise for the inconvenience caused to guests impacted by these delays which were due to circumstances beyond our control.”

Irish TV and radio presenter Brenda Donohue, who works for Ireland’s national broadcaster RTE, was caught up in the mayhem and tweeted about the “unbelievable scenes.”

Speaking to the Irish Times, Donohue, who was stuck in the middle of the throng, said she had “never experienced anything like it”.

“It looks like passport control operators have gone on a lightning strike. Safety issues here as hundreds are in a cramped queue for one guy to check all the passports! No security, no air conditioning and

no explanation”, she tweeted.

Others took to the micro-blogging site to deem the situation “beyond ridiculous” and “disgraceful”.

The uncomfortable scenes of an “overcrowded” and “boiling” concourse tightly packed with hundreds of passengers and allegedly without any air conditioning, have led to many querying whether this type of situation could reoccur more frequently with the onset of the busy summer season.

Answering queries posed by **The Portugal News**, Portugal’s immigration and borders control authority SEF, which oversees airport passport control, said waiting times associated with border control at Faro Airport “are normally below 10 minutes”.

“At times, there is a greater flow of passengers in arrivals, because several airplanes land in short periods of time. SEF has responded accordingly to these types of situations with a careful management of personnel to fulfil to all the competencies for which SEF is responsible”, the authority explained.

Regarding Sunday’s scenes at Faro Airport, SEF said “the situation reported reflects a



Immigration and borders authority SEF has told **The Portugal News** that the chaos on Sunday at Faro airport, which delayed flights, was a ‘unique situation’. (Photo: Brenda Donohue/Twitter)

unique episode, restricted to a time period between 7.40pm and 9pm on May 6.

“A great influx was registered in the airport structure during that time (19 flights landed, which corresponds to more than 6,000 passengers to control in the space of one and a half hours) and SEF responded by adopting measures that allowed the regularisation of the flow of passengers to be controlled in half an hour. By around 9.30pm., the embarkation and disembarkation areas had a normalised flow of passengers”.

Faro airport director Alberto Mota Borges said: “This is a one-

off situation that should not be generalised.

“The problem occurred within a specific time (one and a half hours) where a peak of traffic coincided with a period in which, for operational reasons, SEF had a lower availability of human resources, thereby causing a reduction in the capacity of point source control”.

Mota Borges stressed that SEF’s policy structures “immediately activated the control measures provided for in the Convention on the Application of Schengen Agreements”, and that within half hour “normality both in arrivals

and departures” was restored.

He said the Algarve airport works closely with SEF and maintains good relations and a good level of service.

“Team planning is done in advance to meet the estimated number of passengers, and there is no reason to say that it is a structural problem.

“ANA Aeroportos de Portugal [the national airport management company] will do everything with SEF so that, in the context of good relations with this entity, a good level of service is maintained for passengers, and that the situation is not repeated”, he pledged.

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Expat parents ‘beyond devastated’ as son dies in Lagos window fall tragedy

An 18-month-old baby boy born to a British-Australian expat couple living in Portugal, died after plunging from a second-floor bedroom window last Saturday in the western Algarve city of Lagos.



Baby Spencer died after plunging from a second-floor bedroom window last Saturday in Lagos. (Photo: Supplied)

The tragedy unfurled on Saturday morning when the tot plunged from a second-floor window of his Lagos home. The infant was rushed to Faro hospital in a serious condition, and sadly succumbed to his injuries later that night. The tot's parents, identified by the Daily Mail as Australian expat Holly Bishop, 28, and her British partner Robert Devlin, 32, were home at the time. According to the Daily Mail, baby Spencer had been following his mother around the house while she did the cleaning; Portuguese media claim the couple was in another room sleeping at the time of the accident. Some reports have also claimed the accident could have been related to the baby's crib being close to the window. Newspaper *Correio da Manhã* (CM) reported that "the cot was around 20 centimetres from the windowsill, a distance that the year-and-a-half old

baby overcame to get to the window, which was open, and he fell out of it, from a height of around eight metres." Local firefighters and INEM paramedics were at the scene for over two hours trying to stabilise the baby before rushing him to Faro Hospital, where he was admitted to Paediatric Intensive Care with multiple fractures and injuries. Speaking to the newspaper, a witness said "the mother came to the window and saw her son already on the ground, then came to the street and tried to get to the boy, but they wouldn't let her." PJ police were also called to the Lagos apartment, but as there were no suspicions of any involvement on the parents' behalf the case was handed over to the PSP police. However, CM claims the couple could still be accused of negligence. It is understood, CM elaborates, that the couple has lived in Portugal for several years, but had only been in that apartment for

a short time. A GoFundMe page has been set up by a family friend to help the couple raise funds for their son's funeral (www.gofundme.com/little-spencer-taken-way-to-soon). "Yesterday was the worst day of Rob and Holly's lives", the intro reads, elaborating: "Yesterday morning their little baby boy Spencer had a tragic accident and was taken to Faro hospital in Portugal where they did all they could for him but unfortunately he just couldn't fight any longer and last night their beautiful baby boy Spencer grew his little wings and left all of his family behind. "They are beyond devastated and would like to let everyone know but at the moment would just like some time to come to terms with their loss and be around family". Any funds not used for the funeral will be donated to Faro Hospital's paediatric unit where Spencer was treated.

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Public consultation of 'Alagoas Brancas' development ends later this month

N CARRIE-MARIE BRATLEY



A photo taken earlier this week of the disputed Alagoas Brancas wetlands in Lagoa. (Photo: The Portugal News/Carrie-Marie Bratley)

A phase of public consultation to give locals a say on what is planned for the Alagoas Brancas wetlands in Lagoa, which give the Algarve city its name, ends the week after next.

It is understood a renewed request has been submitted by Edifícios Atlânticos S.A., a Lisbon-based real estate development company, allegedly to obtain licensing to divide the bird-rich wetlands into plots. After a council meeting on 10 April 2018 it was decided by Lagoa council that a period of public consultation would be staged, which ends on Friday 25 May. Previously, it was suggested a large commercial premises was due to be built on the land, but that project was embargoed by the council. Locals argue the freshwater wetlands should be a protected area, and claim it is home to about 70 species of birds, some rare and protected. Both the Portuguese Society for the Study of Birds (SPEA) and the Almagem Association defend that the area has natural values that place it within the definition of sites in the Ramsar wetlands network, and should therefore be classified accordingly. Recently the Left Bloc, which forms part of

Portugal's government, submitted a draft resolution in Parliament that aims to protect the Alagoas Brancas wetlands from being built upon, which campaigners against development of the site state was approved. On its Facebook page, the 'Save the Alagoas Brancas' campaign group said members had "visited Lagoa Council's offices during the public consultation phase and were appalled" at what they termed the "highly selective information available to enquirers." In its notice, Lagoa council said anyone interested "can consult the request for licensing" at the council's Balcão Único during regular working hours. "Observations, complaints and suggestions should be addressed to the Mayor of Lagoa [Francisco José Malveiro Martins], in writing, and handed in at the Council's Balcão Único", it said. Public responses can also be sent by email, with the same requirements, including full name and citizens' ID card or residency number, to saou@cm-lagoa.pt.

Obama to speak in Porto on climate change

The conference that is bringing US president Barack Obama to Porto is the first event of what is intended to be a "movement" to find solutions to climate change, the organisers said on Monday.

Speaking at a press conference, the organisers said a document committing the community and particularly the business community to fight against climate change

would be unveiled at the "Climate Change Leadership Porto Summit 2018", at the Coliseu do Porto on 6 July. On the day of the conference, some

3,000 guests will hear Barack Obama approach the importance of mitigating the problem and answering about 25 pre-selected questions. TPN/Lusa



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Mayors call for increased penalties for graffiti artists

The Portuguese national association of town halls (ANMP) said this week it wants legislation related to the protection of common and private property to be revised to increase the penalties for vandals, particularly graffiti artists.



Town Halls are looking to introduce hefty penalties for vandalism, which will include unsolicited graffiti.

The association had seen graffiti all over the country, but particularly in cities, its

president Manuel Machado, who is also the mayor of Coimbra said. It does not make sense to be asking for more funding for urban

regeneration while tolerating improper conduct that affects and destroys the heritage, he said.

Land reshuffle creates new beach for Portugal, in Algarve

An alteration to the Coastal Plan between Vilamoura and Vila Real de Santo António has created a new, officially-recognised beach for the Algarve, which is also Portugal's newest beach.

As such the stretch of coast will have lifeguards, sun beds, and sea-fun outfitters as well as many other services official beaches must provide to beach-goers.

Portugal's newest beach joins others along the three-kilometre strip of coast that fronts the municipality of Castro Marim.

The designation of the new beach in that municipality was

technically due to a "simplified change to the Vilamoura-Vila Real de Santo António Coastal Plan (POCC)", brought about by a resolution of the Council of Ministers, which led to the Praia de Alagoa/Altura Beach Unit (UB1) being officially designated.

Previously the area was locally known as Praia das Primas.

Portugal 'regrets' USA withdrawal from Iran agreement

The Portuguese government "deeply regrets" the USA's rejection of the Iran nuclear deal and hopes it is compensated by the determination of the other signatories to maintain their position, the Portuguese foreign minister told *Lusa News Agency*.

Augusto Santos Silva said the government saw the agreement as a "positive instrument" to "stop Iran getting its own nuclear weapons".

He warned that the USA's decision that President Donald Trump announced on Tuesday could have negative consequences by isolating Iran and leading to an increase in

conflicts in the Middle East.

The Iran deal was concluded in July 2015 between Iran and the group of 5+1 (the five permanent members of the UN Security Council - USA, Russia, China, France and the UK, plus Germany) to exchange the lifting of international sanctions for Iran not developing its nuclear arsenal.

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Fun times ahead at Portugal's biggest expat fair



The International Algarve Fair, which is being held at the Fatacil showground in Lagoa on 2 and 3 June, has become the largest annual event in Portugal for the expatriate community and is attended each year by thousands of people.

One of the key features of the fair is the abundance of entertainment on offer, ensuring everyone has a great day.

Children will this year once again be keeping adults inside the showgrounds, with a host of new fun things to do as well as old favourites, most of which will come at no cost.

They will be entertained for hours on end with face painting, games, clowns, and not forgetting the popular Lagoa firefighters, who will this year be occupying an even larger space.

The men in red will be armed with their power water hose and zipline set to keep the little ones entertained while parents enjoy a stroll around the

secure confines of the Fair.

Among some of the new features at this year's fair are a rock-climbing wall, a mini football field, pedal cars, trampolines and jumping castles.

There will also be a main performing band on both days of the fair, with the well-known Algarve act The Protons taking the stage on Saturday evening, while the popular Daddy Jack will perform on Sunday.

As you walk around the fair, look out for performers or visit the main stage area to watch dance routines from local groups, with dancers of all ages and abilities showing off their moves.

These shows will be accompanied by violin and saxophone renditions, while magic performances are also

set to thrill visitors.

Organisers have also consciously worked on increasing the variety of exhibitors displaying their goods and services, with just a few stands now remaining for the weekend.

The International Algarve Fair Facebook page is also updated daily with new information on exhibitors along with announcements in the Classifieds section of **The Portugal News** where listing and additional details will appear of exhibitors.

For more information Tel: 282380317, email: sales@algarvefair.com or visit:

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Also, watch the video on the above website to see all the Fair has to offer, on www.algarvefair.com



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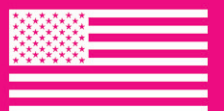


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Eurovision fever gripping Portugal

After winning the Eurovision song contest for the first time ever in 2017, Portugal is this weekend hosting this year's grand finale, and it seems the spirit of Europe's best loved musical extravaganza has caught on.

A new study has found that the majority of Portuguese households are impressed with the staging of Eurovision so far, and believe the song festival will have a positive impact on Portugal, both in terms of acknowledgement for the country for organising large events, as well as in terms of revenue from the extra tourists visiting

Portugal this month. The study, by the IPAM higher institute for marketing, regarding the global impact of the musical extravaganza, also found that 68 percent of Portuguese this year will be watching Eurovision, which is up 20 percent on years gone by. Many respondents said they would be watching the festival for the first time ever because it is being

held in Portugal. Those who do tune in to watch the contest will see familiar faces from UK TV, including former Britain's Got Talent finalist Ryan O'Shaughnessy, who got Ireland through to the finals for the first time since 2013. Finland - featuring former X Factor semi-finalist Saara Aalto - was also among the other nine countries that progressed through to the grand finale

in the first semi-finals. The UK is one of the 'Big Five' countries, along with France, Germany, Italy and Spain, which are already assured of a place in the grand final, along with last year's winners Portugal. Israel's Netta Barzilai, who will perform her song Toy, is one the favourites with bookmakers to win this year's competition. The IPMA study was carried out between 21



Eleni Foureira representing Cyprus, was the bookmakers' favourite to win the Eurovision song contest being held in Lisbon on Saturday. April and 6 May, 2018, with a representative sample of the national territory (Continent and Islands) made up of 1,134 valid online questionnaires.

Working conditions on a high

Portugal's unemployment rate this week slipped to below eight percent for the first time in a decade, with projections that more people will find employment this Spring. Job creation is also showing promise, with companies currently increasing their workforce by an average of three percent. Additional data from the National Office of Statistics (INE) also indicates that not only are workers becoming increasingly in demand, but that wages are also at an all-time high. The INE revealed that by the end of last year, the number of workers earning 3,000 euros after deductions had climbed to its highest figure on record,

with 37,500 workers falling in this category. But it is not only high-income earners who are benefitting from being handed greater monetary rewards from their bosses. The number of workers cashing pay cheques of below 600 euros a month is also at a new low, while the average take-home pay in Portugal has risen above inflation to 876 euros a month. There was also a substantial increase (18.4 percent) of workers taking home between 1,800 and 2,500 euros a month. Jobless queues have continued to shrink, with the current rate of 7.9 percent finally in line with the European average. Youth employment has fallen to 21.9 percent, a

Some of the most positive labour-related figures in recent memory have been released this week. After years of strife, with many workers forced abroad in search of a job or into unemployment, it now appears that the labour market is enjoying one of its best periods.

figure last seen seven years ago, while the number of long-term jobless has been reduced by almost a third. This news was followed by calls from the junior members of the government's leftist alliance to cut the working week in the private sector to seven hours a day or 35 hours a week. The Left Bloc and the Communist Party whose support of the minority Socialist government allows them to rule, have tabled a proposal to bring the working hours of workers in the private sector in line with most people employed in the civil service. A debate on the matter



BRENDAN DE BEER

has been scheduled for next Friday, though the Socialist government has expressed some

reservations on pushing through such legislation. According to calculations by the Communist Party, reducing the working week to 35 hours would effectively wipe out unemployment, with 440,000 jobs expected to be created by such a move.

Portugal's Minister of Labour and Welfare, Vieira da Silva, said after hearing about the news that societies should evolve to shorter working days. However, he added he felt there were bigger battles to fight first, such as attaining stability in the work force.



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Uptown: a new lifestyle in Vilamoura; starts its commercialisation.

- The commercialisation of the 134 residential units starts in Vilamoura.
- Uptown defines a new way of living where community and nature combine.



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Uptown Phase 1 which consists of 134 residential units, including apartments and townhouses has begun its commercialisation. Available in 2, 3 and 4 bedrooms, homes have areas between 84 m² and 150 m². In Uptown, houses will be ready to inhabit from the beginning of 2020. Prices start at €294,400.

Uptown is near to the west entrance of Vilamoura with direct access to the principal national and regional road networks while maintaining easy access to Vilamoura's centre. Surrounded by nature and focussed on better living for permanent residents, the facilities which surround Uptown, such as the Vilamoura International School, Vilamoura Equestrian Centre and the Victoria Golf Course make living easy.

In Uptown, each home is uniquely positioned to maximise its privacy and sunlight. Views of communal gardens promote the feeling of space and connection with nature. Uptown's architect Jacques Ferrier has focused on mixing private and public space, through the provision of large public spaces, a clubhouse and a swimming pool, all close to individual dwellings.

Uptown offers a genuine rural and local taste where colours and design come from the earth. The architecture has been inspired by traditional Portuguese heritage and is seamlessly integrated into the landscape using materials and solutions that adapt to climate and function.



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Dorothy Lucy Lockley

Local resident Dorothy Lockley celebrates her 100th birthday

Arguably the oldest long-term expat resident in the Algarve, Dorothy Lucy Lockley this week celebrated her 100th birthday. Dorothy was one of the first expats to set up business in the Algarve, and along with her husband, opened the first public bar in Praia da Rocha back in 1962 while also operating the Solar Penguin hotel in the famous beach resort.

Dorothy Lucy Lockley was born at the end of the First World War in Malta to Frederick Lockley, a serving naval officer and his wife Vincentia Sperandeo. Second child of a family of 7 children, she spent her first 14 years in Valetta and still has contact with her family there. The Lockleys returned to England in 1932, settling in Haslemere in Surrey. With three brothers and a father in the Navy, in 1942 Dorothy joined the Wrens, trained on board HMS Dolphin in Portsmouth, served on HMS Phoenix in Ismailia and in 1943 was billeted in Bombay on HMS Braganza. Dorothy met Royal Engineer Royston Boulter at Aldershot in 1942, they subsequently married in 1944 when they met again in Bombay. Royston fell under the spell of Africa when a ship carrying him was bombed in the Med, rescued he was taken to Alexandria, afterwards serving on the railways in Eritrea. At the end of the war Royston returned to Africa, to Tanganyika, at that time a British Territory. Dorothy joined him in 1946 and spent the next years moving around East Africa on various engineering jobs. Arriving in Portugal they fell in love with the Algarve, so similar to East Africa. They discovered the Solar Penguin run

by a British expat Stuart Deas in Praia da Rocha, bought the little hotel and settled in running a pub with full board; a delightful old-fashioned Pensão serving the usual 4 course meals. A comment from Dorothy's memoirs at a time when the Beatles were just starting to become famous reads: "Having never run a guest house I was a bit nervous of the idea. However I consoled myself with the thought that having been quite accustomed to catering for a large family of nine it would be a small adjustment to extend those numbers to about twenty; and so I became enthusiastic and we bought the place." In the cellar, used for stacking the beach guard equipment in the winter, Royston built the first public bar in Praia da Rocha. Dorothy ran the bar and the 15 room Pension for the next 45 years. In 2007 she retired and settled in Estombar near her daughter BJ. According to Dorothy's daughter, BJ Boulter, who herself is a well-known resident, "life in the Algarve has changed a great deal in 55 years, Dorothy goes with the flow, doesn't let much bother her. She is profoundly deaf, but being quick-witted and humorous, Dorothy overcomes her deafness by offering pen and paper to visitors. She manages all her affairs and household chores."

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Irishman cycling from Alvor to Dublin for Algarve charity

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Robert Lynch, who has lived in the town of Alvor for eight years, will be cycling solo all the way to his native Dublin, to raise funds

for the Goodwill Charity. His involvement with the charity came after offering to help fix the electrics in the charity's Portimão shop a few years ago.

"I was in the shop looking for some books to read and the electrics weren't working. I offered to help fix them and I've been helping out there a couple

of times a week ever since", he tells **The Portugal News**. Through its shop sales and donations, the Goodwill Charity supports a number of local and regional causes, including the homeless, children's homes, and the disabled. It is the first time the 48-year-old has attempted such a feat: "You know the Bucket List? Well this was on my Bucket List. I wanted to learn French and Italian, and I have, and now I'm going to cycle to Ireland." Robert Lynch, or 'our man Roby', as fellow volunteers at the shop affectionately call him, and his bike and trailer will be travelling up the Portuguese coast, through Spain to southern France, and through France and the UK, before finally crossing to Dublin, Ireland. He estimates he will be arriving in Dublin at the end of June. "I'm going to take it slowly" he explains, despite expecting to cycle around seven hours a day, six days a week. En-route the Irishman will be overnighing in his tent, and is

looking forward to stopping at key sites of interest, such as Fátima in central Portugal, Santiago de Compostela in Spain, and Lourdes in France. His only concern is the wind: "We tend to get northerly winds down this way, so it will be like constantly cycling against a headwind. I'll have to get up early and cycle before the wind picks up", he says. In preparation for the mammoth journey, which Mr. Lynch will start next week, he has equipped his bike with specialist equipment, including a GPS and a puncture-repair kit, and has been building up physically by "doing small cycles to places like Lagos and Monchique; about 50 kilometres a day." Funds raised will be put by the Goodwill Charity towards a range of local needs, such as purchasing equipment for the disabled and the elderly, items for children in homes, and to help the homeless. For more information or to make a donation, contact the Goodwill Charity on: 968740693.



Irish expat Robert Lynch is to cycle some 2,000 kilometres from the Algarve in southern Portugal to Dublin, Ireland, to raise funds for a Portimão charity. (Photo: supplied)

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Another lynx killed after being run over

Another formerly-endangered Iberian lynx has died after being spotted on the roadside in the Alentejo with signs of having been hit by a car. It is the second lynx in as many months to be killed on the roads.



A third Iberian Lynx born in captivity in Portugal has been found dead after being hit by a vehicle. (Photo: Lusa)

Olmo, a young male Iberian lynx, was found wounded on the EN 122 road that connects Beja to Mertola, on 2 May.

The animal was caught and operated on that same day, but succumbed to his injuries on the operating table.

Born in the Granadilla Iberian Lynx reproduction centre in March 2017, Olmo was released near Mértola just a few months ago, on 15 February 2018, as part of a project to boost the Iberian reintroduction process.

The injured animal was found on the roadside by local Mértola resident Pedro Simões, who immediately contacted the GNR police's SEPNA branch, and stayed near the lynx, which had managed to move into a nearby area of scrubland.

A team belonging to the Nature and

Forest Conservation Institute (ICNF) rushed to the site and managed to catch Olmo with the help of SEPNA officers.

He was taken to a veterinary clinic specialising in orthopaedic procedures to be operated on, but died during the intervention.

The spot on the EN 122 where the animal was run over, near Alcaria Ruiva, is known for having a high wild animal mortality rate.

Olmo was the third lynx to have been run over after being released in the Guadiana region, and the second in as many months.

Last month a two-year old Iberian Lynx was found dead on the A22 motorway near Olhão.

The survival rate of lynxes released in Portugal is estimated at around 70 percent.

Portuguese-South African cameraman dies in freak accident with giraffe

An acclaimed South African cameraman of Portuguese descent has died following a "fatal run-in" with a giraffe while filming for a German movie in South Africa.

Carlos Carvalho, 47, died last week Wednesday after being struck by a giraffe while filming for the German movie Premium Nanny 2, at the Glen Afric game farm in Broederstroom, about 64 kilometres from Johannesburg, which is said to be owned by a British expat.

He was reportedly filming shots of the wild animal from close up when the giraffe swung its head round, violently striking the cameraman and flinging him over several metres.

Mozambique-born Carvalho was flown to hospital, but eventually succumbed to his injuries later that same day.

According to UK tabloid The Sun, a spokesperson for the farm said the filmmaker should not have been filming on the site as authorisation had not been given.



An acclaimed South African cameraman of Portuguese descent has died following a "fatal run-in" with a giraffe while filming for a German movie in South Africa. (Photo: CallaCrew/Facebook)

Quoted in the media, the spokesperson said Gerald the giraffe was not to blame and would not be put down.

"We are not going to shoot Gerald. He was not in the wrong. I don't consider him to be a dangerous animal", the farm representative said.

Throughout his career Carlos Carvalho worked on movies including 'Pirates of

the Caribbean - On Stranger Tides', and 'Star Wars: The Force Awakens'.

In 2003 he was distinguished with a Silver Lion award at the Cannes Festival for his work on a Childline public service announcement, and in 2014 he won the African Movie Academy Award for his still on the movie 'The Forgotten Kingdom'.

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Traditional wheat festival returns to Salir

One of Loulé's biggest traditional festivities and one of the most traditional festivities in the Algarve returns to the small village of Salir this week.

Running until this Saturday, the Wheat Festival will fill the streets of Salir with all things made from wheat. Bike rides,

walks and nightly musical entertainment are being staged throughout the village, as well as a parade, on Wednesday afternoon.

Vale do Lobo launches shared bicycle network scheme

From this week Vale do Lobo will have a shared bicycle network scheme.

The Smart Bike project managed by municipal company Infralobo was launched on Wednesday.

The project involves 30 state of the art electric bicycles, and is part of a wider plan to make Vale do Lobo more sustainable and eco-friendly.

Roman mosaic becomes first Official 'Treasure' in Algarve

An ancient mosaic housed at Faro Museum has been classified an official 'Treasure of the Algarve'.

The historic, Roman mosaic of the 'God of the Ocean' becomes the Algarve's first official 'Treasure' following a decision by the Council of

Ministers.

It is the first museum piece south of Évora to receive such a classification, which is the highest in the country.

Replica of historic French frigate 'Hermione' docks in Portimão

A replica of a historic French frigate that the Marquis de Lafayette sailed on to north America in 1780, docked in the Algarve city of Portimão this week as part of Europe Day celebrations.

The frigate was the centrepiece of Portimão's Europe Day festivities, and sailed into the city's port on Wednesday, flanked by about 30 smaller vessels. Hermione was welcomed into Portimão with pomp and circumstance, and paid back in equal measure with a ceremonial gun-salute. The vessel docked in Portimão from Tuesday to Thursday, and opened its decks to members of the public between 9am and 5.30pm.

The stop in Portimão is also part of the four and a half month long 'Voyage Hermione 2018 - Libres ensemble de l'Atlantique à la Méditerranée', which commenced in February and includes stops in Tangier (Morocco),



A replica of a historic French frigate, the Hermione, docked in the Algarve city of Portimão this week as part of Europe Day celebrations. (Photo: Christian Ferrer/ Wikimedia Commons)

Barcelona (Spain), Sète (France), Toulon (France), Marseille

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Pasaia (Spain), ending on 16 June in Bordeaux, France.



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Estoril Open winner feels 'Dream come true'

Portuguese tennis player João Sousa has said that winning the Estoril Open in tennis was "a dream come true", after beating US player Frances Tiafoe in the final, but he still hopes to "be a better player".



Portugal's João Sousa celebrates with his trophy after defeating Frances Tiafoe of the USA in the final of the Estoril Open tennis tournament in Cascais on Sunday. (Photo: EPA/Jose Sena Goulao)

Speaking at a press conference after the final, where he won by a double 6-4 after an hour and 20 minutes, and the emotional celebration on winning this title for the first time in his career, the number one Portuguese player said he hoped to see other Portuguese tennis players win the tournament in the future and he was now heading back to a week of work. In his assessment of a "perfect week" at the Estoril Tennis Club, João Sousa (29) said he was happy for having written "a beautiful page in the history" of the sport and the importance of his "tranquility" during his matches since the start of the tournament, unlike in previous years. The Portuguese tennis player, who is currently ranked 68th, said he expected to see a "significant rise" and probably return to the top-50.

TPN/Lusa

Ronaldo set to recover for Champions League final

Real Madrid coach Zinedine Zidane says Cristiano Ronaldo will have recovered from his ankle injury in time to face Liverpool in the Champions League final later this month.

The club's all-time record goalscorer was replaced at half-time during Sunday's 2-2 Classico draw with Barcelona, after being injured while scoring his side's first equaliser.

Real have not announced how long they expect the Portugal star to be sidelined for, but Zidane says Ronaldo - and fellow walking wounded Isco and Dani Carvajal - will be fine to face Jurgen Klopp's Reds on 26 May.

Real will aim to win the Champions League for the third successive season and for the fourth time in five years when they take on Liverpool in Kiev.

Zidane is well aware how tough it will be against the free-scoring Premier League outfit, though.

He said in quotes reported on www.realmadrid.com: "It's a great team. We know they have a little of everything: physical, technical, speed."

"It's an English team who know how to fight. But there's a while to go yet and I'm not going to go into details."

"(Mohamed) Salah is a great player and has had a great season, but he's not mine."

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When dialing - 112 - the standard emergency number in Portugal, the operator is unlikely to speak English. The caller is then reliant on their Portuguese language

skills. Being in an anxious state it can be difficult to explain what has happened and all too often the situation is misunderstood and the address unclear. In contrast, when telephoning the 'iMERGENCIES' Centre, the multi lingual staff take control of the problem (6 languages). Immediately summoning an emergency vehicle and speaking in Portuguese they will guide the crew to exactly where they are needed.

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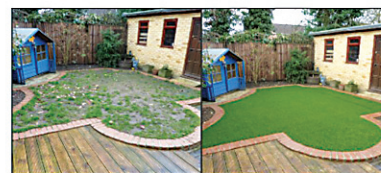
SC Farense have taken a slender one-goal lead into their Campeonato Portugal play-off quarter-final second-leg game against FC Felgueiras at the Estádio S. Luis (behind Faro Hospital) on Sunday kick-off 5pm.

Their 3-2 win in the north of Portugal game came through goals from Jorge Alves, Neca and Nuno Borges. Victory on Sunday will set-up a semi-final tie with

either Vilafranquense or FC Vizela, at home on the 19th May and away on the 27th May, to decide who will be promoted to the Segunda Liga.

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Portugal's two main airlines in bottom five for punctuality in April

Two Portugal-based airlines, SATA Internacional-Azores Airlines and TAP, were in the bottom five for punctuality in April out of 153 airlines, according to OAG, a company specialising in air travel intelligence whose rankings are closely watched by industry players.

SATA was the third-worst airline in terms of punctuality - better only than Canada's Air Inuit and Argentina's Tassil Airlines, with just 47 percent of flights arriving on time and 1 percent being cancelled.

TAP was ranked 148th out of the 153 airlines, with 53.8 percent of flights arriving on time and 1.9 percent being cancelled.

In the ranking for April of last year TAP was 81st and SATA 128th

The latest ranking was led by South Korea's T'way Air, with 99.5 percent of flights arriving on time. The bottom-ranked airline, Air Inuit, saw just 39.2 percent of arrivals on time.

Among other Portugal-based airlines, Aero VIP had 87.6 percent of its flights arriving on time and 1.9 percent cancelled, while Orbest - a unit of Evelop Airlines - had 80 percent of its flights arrive on time and cancelled none.

On 2 April Portugal's minister of planning and infrastructure, Pedro Marques, said that improved industrial relations at TAP should help the airline stabilise its flight schedules.

On 26 April the company signed a deal that gives pilots a 5 percent salary increase this year and next, 3 percent in 2020 and 1 percent in 2021 and 2022, plus an adjustment for actual inflation.

In practice, that means that this year pilots' salaries will rise 6.4 percent.

TAP is 50 percent held by the Portuguese state, with the Atlantic Gateway consortium jointly owned by Portuguese transport magnate Humberto Pedrosa and Brazilian-American investor David Neeleman holding 45 percent. The remaining shares are held by TAP employees.

TPN/Lusa

Statistics suggest over a fifth of population lives on the breadline

New figures out this week from the National Statistics Institute (INE) show that around 2.4 million people in Portugal, or over a fifth of the country's 10.32 million pax population, is at risk of falling into poverty.

A total of 2,399,000 Portuguese people were at risk of poverty or social exclusion in 2017, nonetheless down 196,000 on 2016, according to figures released on Monday by the INE.

The figures are from INE's Survey on Living and Income Conditions, conducted in Portugal since 2004, through face-to-face interviews, targeting 14,052 families in 2017.

The questionnaire includes questions about the household as well as the personal characteristics of each member, in particular on the income of all members aged 16 or over.

Data is usually collected in the second quarter of each year.

The statistical indicator for the population at risk of poverty or social exclusion assesses risk of poverty based on severe material deprivation and very low per capita labour intensity.

The definitive results of the 2017 Living Conditions Survey confirm that 2.399 million people (or 23.3



New figures have shown that more than one in five people live in poverty in Portugal. (Photo: Lusa/ Nuno André Ferreira)

percent of the population) are at risk of poverty or social exclusion, down by 196,000 on the previous year. Of the total number of people in poverty or social exclusion,

18 percent (431,000) were under the age of 18, and 18.8 percent (451,000) were people aged 65 or over. In 2017, 6.9 percent of residents lived in

circumstances of severe material deprivation (708,000 people), 1.5 percentage points less than in 2016 and 2.7 percentage points less than in 2015.

Central bank recovers thousands of fire-damaged notes

The Bank of Portugal has recovered about 4,000 notes that were damaged in last year's huge forest fire, returning about €115,000 to the rightful owners, the central bank said on Monday.

The Bank said that it withdrew about 647 million notes from circulation last year worth around €13.3 billion.

Around 1.3 million of the notes were €500 denomination bills worth €597 million, the bank said.

Following last year's fires, the Bank of Portugal received a large number of damaged notes of which it was able to check and confirm the origin so the amounts could be returned to the proper owners.

TPN/Lusa

Increase in complaints over financial institutions

Last year the Bank of Portugal, which regulates Portugal's banks, received more complaints from customers about the institutions.

Bank of Portugal received 15,282 complaints last year, up 8.1 percent on 2016. Regarding deposits, the most complaints were about Banco CTT, Banco CTT also topped the complaints list with regard to personal loans, while Banco BIC fared worst in terms of mortgages.



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Canada PM sees 'big opportunities' for bilateral trade from EU deal

Canada's Prime Minister, Justin Trudeau, has said in a television interview that the free-trade agreement with the European Union will boost relations between his country and Portugal, as an EU member state.



Canadian Prime Minister Justin Trudeau (left) pictured here sharing a toast with his Portuguese counterpart António Costa. (Photo: Lusa/José Coelho)

“We share the same values,” Trudeau said in the interview broadcast on Sunday by Omni Television, as part of the programme ‘Focus Portuguese’. “We have the same approach to trade. There are big opportunities for the countries in working and growing together.” Trudeau gave the interview in the wake of an official visit to Canada by Portugal's Prime Minister, António Costa, from 2 to 5 May. As well as Toronto, Costa and his delegation visited Ottawa, Kingston and Montreal. Portugal was the eighth EU member to ratify the bloc's free-trade agreement with Canada, which Trudeau said was a positive sign for both countries. He hailed the “big opportunities” created by such trade deals, “for

workers in both countries, but also for consumers” and also foresaw a boost to direct investment, with Portuguese companies setting up shop in Canada, or vice versa. In the interview, Trudeau also hailed the contribution of people from Portugal, or their descendants, in building his country, saying that the values of these people - their focus on family and hard work - helped make Canada what it is today. On 3 May Portugal and Canada signed a bilateral accord on youth mobility, through the programme ‘International Experience Canada’, that will give the opportunity to people aged between 18 and 35 from each country to travel and work in the other for one year. On the issue of undocumented

Portuguese nationals in Canada, Trudeau pledged to “work closely with the community” to deal with the situation, while stressing the importance that rules are followed. The Canadian prime minister noted that Portugal's national day is on 10 June, closely followed by football's World Cup in Russia, from 14 June to 15 July, and even suggested that he might support Portugal in that tournament, saying he had “a lot of friends” who are encouraging him to do so and describing the squad's top star, Cristiano Ronaldo, as “extraordinary”. There are some 480,000 Portuguese nationals and descendants of Portuguese in Canada, according to official figures - most of them with roots in the Azores. *TPN/Lusa*

IRS 2017 - Taxation of Income



DENNIS SWING
GREENE

Nº8: Pensions (Category H)

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

Foreign Residents receiving pensions from their home jurisdictions first need to study the nature of their pension to see how it is to be reported and assessed. Three types of pensions are taxable under the rules of this category. Each may receive different treatment under the Double Taxation Agreement between Portugal and the home country to determine which jurisdiction can tax:

- *Civil Service Pensions*: government, military, foreign service, etc
- *Social Security Pensions*: old age, disability
- *Occupation/Private Pensions*: company pensions, annuities, SIPP's

If you take early retirement, complex rules may apply for determining whether early pension benefits are, in fact, considered pension or continuation of salary.

Civil Service Pensions

Civil Service or Government Pensions (not to be confused with what the British call “State Pensions” or “Old Age Pensions” which are, in fact, from Social Security or “National Insurance” as it is called in the United Kingdom) are solely taxable in the country of origin in most cases (Germany is a notable exception to this rule). However, although not taxed in Portugal, these pensions should be reported both for reasons of transparency as well as determination of your final tax bracket.

Social Security or “Old Age” Pensions

Social Security pensions are customarily taxed in the country of Residence, in this case, Portugal. However, they are subject to specific negotiations in Double Tax Treaties and the outcome is most varied. In some instances, the Source Country retains the sole taxation rights. In other instances, it is the Country of Residence that taxes exclusively. Finally, there are cases when both jurisdictions are allowed to assess, first the home jurisdiction, then the residence country after

granting the appropriate tax credit. It goes without saying that it is crucial to be fully informed before filing.

Occupational and Private Pensions

Private pensions, from company service, personal pension plans, annuities and the like, are normally assessed in the Country of Residence: in this case, Portugal. In most double tax treaties, the Source Country cedes the taxation rights to the country of Residence. This means that all withholding should stop and that the pension should be paid gross. In order to achieve this feat, you must first declare yourself to be resident for tax purposes in Portugal, normally after your first “IRS” submission. This is done via a Certificate of Fiscal Residency issued by *Finanças* or via a special dual-language form that is submitted to the authorities in both jurisdictions. Once accepted and processed, you should receive a full refund from your Country of Origin for any tax withheld after the commencement date of your residency in Portugal. From then on, you should be paid your income gross and must declare this income in Portugal.

Pension allowances

The deductible allowance for pensions is €4,104 per individual. Those receiving pensions above €22,500 gradually lose this allowance which disappears altogether on pensions exceeding €43,020. While couples must file a joint declaration, their income is viewed individually within the return. While each is entitled to a pension allowance, neither can pass on any unused benefits. If certain conditions defined in legislation are met, occupational pensions may benefit from an 85% exclusion to eliminate any underlying double taxation.

This is the final article in the “IRS” income series Dennis Swing Greene is an International Tax Specialist and Chairman of **euroFINESCO s.a.** www.eurofinesco.com



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Marx at 200

N GWYNNE DYER

"Karl Marx was right: socialism works. It is just that he had the wrong species," wrote sociobiologist E.O. Wilson, the world's leading authority on ants. But it's really a little more complicated than that, and now is a good time to discuss it, because last weekend was the 200th anniversary of Marx's birth.

Marx died in London in exile in 1883, so he cannot be blamed for the tens of millions who were killed in his name in the Soviet Union, China and elsewhere in the 20th century. But he did want to change the world, and his goal was equality: the 'classless society'. At its peak, in the mid-1980s, 'Marxism' ruled the lives of one-third of the world's people. Now it is the official ideology in only five countries, and even there it is mainly an excuse for authoritarian rule, not a real belief system. But the principle of equality remains a central value in human politics, and now we sort of know why. Egalitarianism among human beings poses a problem that cultural anthropologist Bruce Knauft dubbed the 'U-shaped curve'. He observed that all non-human primate species - chimpanzees, gorillas, etc. - are intensely hierarchical (a vertical line), whereas for up to 100,000 years before the rise of civilisation our hunter-gatherer ancestors were extremely egalitarian (a horizontal line). But as soon as mass civilisations arise five thousand years ago, it's back to chimpanzee values. Until quite recently, all civilised societies were steep hierarchies of privilege and power. So draw another vertical line, and you have the U-shaped curve. This raises two questions: how did human beings break away from the primate norm, and why did they succumb to it again as soon as they became 'civilised'? The best answer to the first question came from another anthropologist, Christopher Boehm, who pointed out that humans were intelligent enough to realise that the usual primate dominance struggle among all the adult males could only have one winner. Everybody else was bound to lose, and to be bullied and dominated by the dominant male. Since each individual was far

more likely to lose than to win, it was in their collective interest to shut the whole dominance game down - and unlike other primates, humans had language, which enabled them to conspire in mini-revolutions that achieved exactly that goal. All of those little hunter-gatherer societies were egalitarian because they were, in Boehm's phrase, 'reverse dominance hierarchies': the rank and file got together and overawed the would-be alphas. Even today the customs of aboriginal societies reflect this old revolution: they are fiercely egalitarian, and have strong social mechanisms for taking down those who are getting too big for their boots. Human beings lived in tiny bands with no hierarchies, not even any formal leaders, for long enough to entrench those egalitarian values in our cultures and maybe in our genes. But even the earliest civilisations had many thousands of people, which disabled all the social control mechanisms that relied on spotting and discouraging the would-be alphas. Moreover, mass societies had complicated centralised decision-making. So the alphas took charge, and the millennia of tyranny began. They only ended in the past couple of centuries, when democratic revolutions started to overthrow the kings, emperors and dictators. Why now? Probably because the rise of mass media (just printing plus mass literacy, in the early phase) gave the millions back their ability to organise, and to challenge those who ruled over them. They were still egalitarians

at heart, so they seized the opportunity; and by now more than half the world's people live in countries that are more or less democratic. But it's only political equality; we never got the material equality of the hunter-gatherers back, and the social hierarchies persist. Marx's goal was to reconquer the remaining lost ground (though he would never have put it like that), and create a classless society that lived in absolute equality. It was such an attractive goal that millions sacrificed their lives for it, but it was a pipe-dream. The only way to achieve that kind of equality again in a modern mass society was by strict social controls - and the only people who could enforce those controls were ruthless dictators. So we learned something from the collapse of Communism. Absolute equality comes at too high a price. But too much inequality also exacts a price. People living in modern democratic societies will accept quite a lot of inequality, especially if there is a well-developed welfare state to protect the poor. But if the income differences get too great, the politics gets ugly. Why did Canadians elect Justin Trudeau as prime minister, while Americans chose Donald Trump as president? The two countries have similar cultures and almost identical per capita incomes, but the richest 20 percent of Canadians earn 5.5 times as much as the poorest 20 percent - whereas the richest fifth of Americans earn 8 times as much as the poorest fifth. Inequality is inevitable, but you have to manage it.

A portrait of political philosopher Karl Marx is paraded by members of the Janatha Vimukthi Peramuna (Peoples' Liberation Front) party as they take part in a May Day rally at the BRC Grounds in Colombo, Sri Lanka, 7 May 2018. (Photo:EPA/M.A.Pushpa Kumara)



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IPTV Services

Internet Protocol Television or IPTV is a fast emerging concept which has gained much popularity in recent years. The various features of IPTV provide a number of benefits and enhance the television viewing experience. It provides users the freedom to view content of their choice and offers flexibility by allowing them to view programs at a time suitable for them. IPTV is a service that uses the internet or a local area network (LAN) to deliver TV services, rather than via cable, terrestrial or satellite. It is generally very similar to cable TV (CATV) services in its implementation and functionality. IPTV is typically only available from specific service providers and relies on hardware like the MAG 254 to stream the content to your television. Once connected, users can enjoy their favourite channels by paying a monthly or yearly subscription fee. They may also opt for various packages offered by their service provider. The biggest advantage users get is access to a wide range of UK channels and content.

What you need to know:

A word of warning: being internet-based services, any IPTV content that you stream is going to use up your monthly Internet allowance. Streaming a film will use up just as much data as downloading it would, which is something to keep in mind if you have an Internet connection using mobile services like 3G/4G which are capped typically to 100GB of traffic. Speed is also a factor. You need a minimum of 3Mbps to be able to use the service. Anything slower and you will experience picture quality issues like freezing and black-outs. Please feel free to contact us if you have any questions.

Email your questions to Kurt: kurt@algarvecomputercentre.com

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Very good gets even better



Premium hatchbacks have fast become one of the most popular segments on the market today, with three clear leaders - the Audi A3, BMW 1 Series, and Mercedes A-Class. Despite this, they've all remained relatively unchanged for a few years now, but Mercedes has been the first to pull the trigger on the new generation of luxury hatches.

Not only does the three-pointed star have its sights set on getting an early lead in its class - with a new 1 Series on the horizon, and Audi likely to refresh its hatch in the next couple of years - but also on setting a new tech benchmark.

Although this is still instantly recognizable as an A-Class - despite a new design to bring it in line with Mercedes' latest offerings - there's plenty of new tech and engineering behind the hatchback.

The biggest selling point is a new infotainment system, dubbed MBUX (Mercedes-Benz User Experience). It's designed to offer a more immersive experience - bringing a new 'Mercedes Me' voice assistant, tons of customizability and some augmented reality features for satellite navigation. Elsewhere,

there's semi-autonomous technology and a range of new engines - two petrol and one diesel.

Powering our test car is a new 1.5-litre four-cylinder diesel engine, paired with a seven-speed automatic dual-clutch automatic gearbox. If you want a manual gearbox, then other options will be available later down the line. It develops 115hp and 260Nm of torque, capable of taking the A-Class from 0-100km/h in 10.5 seconds and on to a 202km/h top speed. As for economy, Mercedes claims 4.1l/100km can be achieved on the combined cycle, with CO2 emissions of 108g/km. It's not the most powerful of units, but it's brisk enough for daily usage and feels well refined on longer cruises, with little noise to be heard in the cabin. It does hold on to gears a little long when pulling out of junctions, but the seven-speed unit is otherwise faultless.

The Mercedes A-Class is a no-frills driving experience, going about its business in a muted but capable manner. If you want to drive enthusiastically, the car will allow you to do so but it won't be the most fun you've had behind a wheel, with it much better suited to long-distance cruising. Its

semi-autonomous driving technology - which comes in the form of adaptive cruise control with road sign recognition - means chewing up the motorway miles can be a stress-free experience, although not the most comfortable as a result of firm suspension. Take it around town, and a short turning circle combined with good all-round visibility makes it easy enough to use as a daily machine. The A-Class is the latest Mercedes to take on the more angular design language as introduced on the CLS. It remains

instantly recognisable as a member of the German firm's hatchback model line, but the new look is effective in bringing it firmly up to date. Buyers will want to know their car will still stand out on the road in the same way its predecessors did - and it does, thanks to sharp lines and a subtly aggressive look. The A-Class brings a presence to the road that rivals fail to deliver on.

As you should expect with a car of this calibre, the A-Class is a luxurious and comfortable place to be sat in. There's tons of premium-feel materials throughout the cabin, such as synthetic leather upholstery, metal-effect trim pieces and a Nappa leather steering wheel. Not only does it all feel good to the touch, but it's solidly put together. As for space, four adults can sit in the car in relative comfort - although rear space may be limited for those on the taller side. The boot is bigger than its predecessor too, now boasting 370-litres of luggage space; a 29-litre increase.

Our test car came in AMG Line trim, meaning standard equipment includes 18-inch alloy wheels, AMG bodystyling, LED headlights, keyless start and the MBUX system displayed on a seven-inch touchscreen. Highlights on the options list include heated and

ventilated seats, active parking assist and two 10.25-inch displays - one of the instrument cluster, and another for the MBUX system. The MBUX system is the real highlight: not only is it intuitive, but the range of customisation options really brings a real touch of personalisation to the car. A 'Mercedes Me' voice assistant has been added here too - similar to the likes of Google Assistant and Amazon Alexa - which allows some functions of the car to be controlled by voice, as well as providing deeper levels of information. In theory, it's a great idea but could do with some refinement, often struggling to pick up basic phrases. As it's cloud based, it's likely to be a fast-improving feature, though.

The new Mercedes A-Class has set a benchmark for the next generation of premium hatchbacks, and one that may prove tough to crack for impending competitors. It offers a seriously well-equipped package with technology that perhaps wouldn't be seen on cars twice the price - although the attempt at revolutionizing voice control with 'Mercedes Me' may take some time to prove its worth. For the image-conscious and tech-focused buyer, there may not be a better car on sale today.



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Contact Lenses versus Glasses

It's the age-old debate and one we at Vision&Co Visão Plus get asked a lot, contacts versus glasses—which is better? While we obviously have our bias, whether you choose contacts or glasses for vision correction largely depends on your personal preferences, including comfort, convenience, lifestyle, budget and aesthetics should all factor into your decision-making process.

Contact Lens Advantages: When contact lenses are put onto your eye, they give you the most natural vision possible. Contact lenses will not have distortion to

figure around the edges nor will they be susceptible to possible glare.

Contact Lens Disadvantages: Contact lenses have to be taken care of with the utmost care, unlike eyeglasses. You will need to use contact lens solution to keep the contact lenses clean.

But be aware that contact lenses, are a medical device which require a prescription and are designed for specific wearing times. Depending on what's best for your eyes, your eye care professional may recommend a lens designed for daily replacement, or a lens designed for frequent/planned replacement.

Daily disposable wear - the contact lens is discarded after each removal.

Frequent/Planned Replacement - the contact lens is cleaned, rinsed and disinfected each time it is removed from the eye and discarded after the recommended wearing period prescribed by the eye care professional.

Also keep in mind, though, that if you wear contact lenses full-time, you also should have an up-to-date pair of glasses—in case you need to stop wearing contacts due to an eye infection or irritation, or you simply want to give your eyes a break.

Regular check-up examinations by your eye care professional are an important part of wearing contact lenses. We recommend that you follow your eye care professional's directions for follow-up examinations. Be sure to keep all appointments for your check-up visits.

We at Vision&Co Visão Plus help you with the basics of contact lens wear and care to help keep your eyes healthy and comfortable.



Apolónia Deli Fair



To highlight the unrivalled variety and quality of Apolónia's deli products, we have decided to hold a special Fair throughout the store, celebrating amazing flavours with a range of remarkable promotions.

From 12 to 27 May, the Apolónia Deli Fair turns the spotlight on our incredible delicatessen selection, drawing your attention to the variety of truly unique products we stock, while bringing you irresistible discounts on a whole host of cheeses, cured and smoked meats, pâtés, caviar, all kinds of olives and so much more.

Standing in front of Apolónia's deli counter, the mind boggles at the colourful assortment tempting you from behind the glass. With around 2000 quality products, sourced from around the globe, including an extensive range of pre-packaged

goods, this is Portugal's most alluring delicatessen line-up, matching the best you can find anywhere in Europe.

From the culinary wonders of Portugal and its islands, such as cheese from the Serra da Estrela and the Azores, or the finest of French foie gras and Italy's famed cured meats to cheese and deli meats proudly representing traditions from countries such as Italy, Germany, France, the Netherlands, the UK, Belgium, Greece, Norway and many more, you'll be amazed at what treats await your taste buds.

Beyond discounts on 600 products of up to 50%, the 16-day Deli Fair will also feature a series of tasting sessions. We look forward to introducing you to some of the fine flavours available at our deli counter and to revealing the many great offers we have in store.

Quality nursing and residential care in a beautiful village location

Monte da Palhagueira Nursing Home offers the very best in nursing, residential and convalescence care in the Algarve. Conveniently located in the tranquil Gorjões hillside, just 20 minutes drive from Faro International Airport and less than 5 miles to the east of Loulé town centre, the nursing home is part of the award-winning Monte da Palhagueira village development.

Monte da Palhagueira is part of The Amesbury Abbey Group, a UK-based, family-run care home operator with retirement villages and nursing homes located in Wiltshire and Hampshire in England.

The 20-bedroomed nursing home is designed over two floors and benefits from lift access to the galleried first floor, its feature skylight providing a light and airy ambience. Each of the 20 rooms has its own individual character and many have patios or balconies from which residents can enjoy the extensive 22-acre gardens and the delightful views over the surrounding countryside. Facilities include a resident's dining room, a physiotherapy unit, a hairdressing service and a secluded swimming pool with ample seating and viewing areas.

The Nursing Home is open to both residents and non-residents of Monte da Palhagueira Village and also provides respite and day care services. Prices start



Nursing Home Pool

from €1,105 to €1,365 per week, subject to room choice and care needs assessment.

Monte da Palhagueira village provides an additional range of amenities, including the Anglican Church of St. Luke, the award-winning Le Marquis restaurant, a further village swimming pool with club house, a village hall and an ornamental lake; all set within delightful, traditional village surroundings. An extensive range of 33 independent living properties, specifically designed for the over 55's and including unique villas, townhouses and apartments, is also available.

You can arrange a viewing or a care needs assessment at the nursing home by simply calling Debbie Roberts. We are always happy to provide village property tours.

This Week's profiles:



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Portsmouth sail off with Trophy



Walking Football for the over 50s is rapidly becoming a major sport throughout Europe and the recent 5-a-side Walking Football Tournament at Browns Sports & Leisure Club, Vilamoura was testimony to its increased popularity.

Sixteen teams involving some 150 mature footballers participated in a total of fifty-six matches spread over two days with eight teams from the UK and the remainder from the Algarve.

Teams came from Preston North End (Lancashire), Portsmouth (Hampshire), Long Bennington (Lincolnshire), Thanet (Kent), Clitheroe (Lancashire) Fife (Scotland), Browns (Vilamoura), EAWF Olhão, EAWF Tavira and EAWF São Brás.

The 'beautiful game' played slower, has a minimum age requirement of fifty years with many of the players well into their 60's

and some even in their 70s.

The 'Forever Young' award for the oldest player was presented to 78-year-old Peter Walpole (EAWF São Brás).

The major trophy was won by Portsmouth Blues after winning a penalty shoot-out against Olhão Whites, following a 1-1 draw in the final.

East Algarve Walking Football had three teams in the semi-finals, a tremendous achievement considering they were formed only three years ago!

In the Plate Final, 'Browns One' edged out Preston North End, again on penalties. The Bowl Final saw Long Bennington victorious over Portsmouth Yellows by a single goal whilst the Wood Final resulted in AM Soccer Club (Fife) lifting the trophy after winning a tense penalty shoot-out against 'Browns Two'.

The social benefits as well as the physical advantages of regular exercise are well documented. Positive changes in postural balance, blood pressure and resting heart rate, lowered cholesterol, improved blood sugar levels, bone density and improving reactions are all indicators of general good health. So Walking Football looks to be fulfilling an important place in a society that is concerned with the sedentary lifestyle of its older generations.

Tournaments are planned for Vilamoura in October and East Algarve Walking Football are staging their first major international event in conjunction with Olhão Council and the Algarve Tourist Board on the 15 and 16 November.

For more information visit:
www.brownsclub.com
or www.walkingfootballalgarve.com

Blevins Franks Tournament

Despite bad weather having been forecast, and the heavy black clouds following the Royal British Club Golf Society members round the course, the forty-seven members and two guests playing for the Blevins Franks Trophy managed to complete their rounds without getting wet!

Winner for the day, Captain Bruce Dawson came in with 27 points followed closely by the Dutch contingent: Erik Herter, once again coming in second after a countback with 37 and Auke Bos in third with 35. David Gray was fourth, also after a countback with 35 points. Fifth was Denys Stormont with 33 and sixth was the Captain's son, Mark Dawson with 32.



L to R: Auke Bos, sponsor Matthew Krystman, Captain Bruce Dawson, Erik Herter

The monthly prizes were: the Newstead Trophy for members of handicap 23 and over and not in the first six players, was won by Eddie Leitão with 32 points. The Nearest the Pin for the

Ladies: Gabi Huetl and for the Men: Duncan Barker. The Guest prizes: David Evans and Matthew Krystman who represented the Sponsor and was playing his first ever round of golf

at Estoril! He now is going to become a member of the Society and will be joining members in our monthly competitions. Finally, once again we had a "family battle" with Margo Zimmerli beating her husband Max to win the Cowbell!

A curry lunch was served at the Estoril Club House during which Matthew presented the prizes on behalf of the sponsor. Captain Bruce Dawson announced that the sign up forms for the next competition were already on the internet. This competition is for the Baia Hotel Trophy and will be held on Wednesday 6 June followed by dinner at the Hotel Baia in Cascais.

Brenda Leitão

Algarve Activity Bike Rides

Here are the details of this week's rides

Saturday 12 May - Bike Ride starting in São Brás: We meet at Lidl supermarket car park 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 13 May - Bike Ride starting in Olhão: We meet in the car park on the sea front by the Real Marina hotel at 9.15am ready for a 9.30am start. This will be a fairly easy ride of around 35kms with a café stop 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.

Please send your Club or Community news to:
newsdesk@theportugalnews.com

Bowls Algarve

The Summer Bowling League began on Thursday 3 May, with a beautiful warm, sunny spring morning. All the Club teams have taken on their summer names, which vary from their Winter League names, just to differentiate. The Summer League also takes a slightly different format to that of the Winter League, being played in a 'Sets Format'. That is, the games are played in two sets of nine ends each, with a toss of a coin determining whether the 'Home' teams or 'Away' teams play first in each of the first and second set. The 'Home' and 'Away' teams being drawn by the organisers at the planning stage.

There are seven clubs along the Algarve represented by nine different teams. All the games are played at the same time on

the same green, making for a logistical headache for the organisers. As there are nine teams and only eight can play at any one time, there is always one team 'resting'.

For the first game the host was Alvor Bowling Club and this first game was hard fought with all teams anxious to get off to a flying start, with as many points on the board as possible to give them a buffer. Pedras Panthers were the most successful this week taking eight points out of ten, with Albufeira Wildcats snapping at their heels taking seven points. Valverde Vikings and Balaia Dolphins both following closely behind on six points each.

Tavira Tigers are yet to score as this week was their turn to rest.

Miriam Hare

Let's Walk in the Algarve

Tuesday 15 May - Let's Walk to the Windmills: A moderately easy walk of just over 2 hours behind the village of Sta Bárbara de Nexe climbing up to the windmills where you have stunning views to the coast. 10.30am start: Meet at the café opposite the church in Sta Barbara de Nexe. From A22, J13, Loulé Sul exit to Loulé, 1km turn right to Santa Bárbara. From EN125 get onto the Faro-Loulé road, proceed north under A22, after 1km turn right to Santa Barbara. Chris 913 011 537.

Tuesday 22 May - Let's Walk to the River: A beautiful easy walk of just over 2 hours to

the edge of the Arade river. On your way you should see the storks nesting in the olive trees. 10.30am start. Meet at the church in the centre of Odiáxere, a village on the EN125 between Portimão and Lagos. If coming from Portimão the church is on the left, there is parking and cafés close by. Julie 965 753033

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.

ACCA Bikers raise funds for good causes



The 9th Annual Charity Bike Ride on 5 May brought in a whopping €7,200 for ACCA, the charity that makes a difference to the lives of underprivileged children across the Algarve. Sixty riders, from lively youngsters to energetic seniors, took part, meeting the challenge of cycling distances from a gentle 10kms to a demanding 75km from the hotel. Thanks to the generosity of sponsors, including the Conrad, QP Properties, Algarve Holiday Bike Rides, Abacus, Atelier do

Sul, Family Medical, and Curiosa Indoor & Outdoor Furniture, the event -- held in conjunction with the DM Thomas Foundation for Young People -- kick-started ACCA's fund-raising summer programme. Jubilant riders enjoyed not only pride in their achievement, but culinary treats on their return to the hotel.

You can donate directly to ACCA. Email Secretary Lynda Fury on lyndafury@sky.com or wandacrawfordspa@yahoo.com for details.



Albufeira Firefighters awarded top team accolade



On the weekend of 20/21/22 April, a team of firefighters from the Albufeira Fire Station travelled to Nenagh, Tipperary Ireland.

They had received an invitation from ROI (Rescue Organisation Ireland) to participate once again in the RTC (Road Traffic Challenge) Extraction and Trauma Challenges.

National and International teams are given the opportunity to display their skills and knowledge to compete in a variety of challenges during the event.

Nuno Correia (Director of the Association) commented: "I am

delighted to report that thanks to the whole team demonstrating their knowledge, skills, commitment and team spirit they have won the accolade of Best International Team in the ROI RTC (Road Traffic Challenge) and Trauma Challenge.

A strong connection has been formed between the BVA and Podraigh Longaigh, Secretary of the Rescue Organisation Ireland. Participation in such an event and winning Best International Team makes us feel very proud once again of our firefighters and we thank them for their continuing dedication and commitment.

Fundraiser for the Lagos Fire Department (Bombeiros Voluntários de Lagos)

On Friday 25 May there will be a fundraiser for the Lagos Fire Department at the Almadena Social Center. Doors open at ca. 6.30PM, hog roast sandwiches available from ca. 7pm. Live music from Nightshift, bringing you songs from yesteryears and

more recent ones, from 9pm. So come on, have a drink, a bite to eat, put on your dancing shoes and have a great evening.

Free entry, donations (at the door) for the brave men from the BV de Lagos very much appreciated!

The Western Algarve Community Choir to perform with The Algarveans

The Western Algarve Community Choir (WACC) are to join The Algarveans Experimental Theatre group for their next play, The Vicar of Dibley (a stage play by Ian Gower and Paul Carpenter, adapted from the original television series by Richard Curtis and Paul Mayhew-Archer and with kind permission of Tiger Aspect Productions) with the choir singing live throughout the production to be staged at Lagoa Auditorium in June.

Liz Roberts Honey, the choir's musical director, told us: "It's an exciting project to be involved with and the choir were enthusiastic as soon as they heard about the opportunity. We'll have around 28 members singing at the performances, so more than half of the group".

The choir was started in 2013 after Liz moved to the Algarve.

She placed an advert in a local publication asking if anyone would be interested in joining a new singing group. The choir was formed shortly after and quickly expanded - now having around 50 members encompassing six nationalities.

Some of the numbers to be performed will be taken directly from the TV programme and others are taken from the choir's own repertoire which fits well with the theme of the play. Liz mentioned that there "will be some surprises".

The choir is always open to new members with no auditions required to join. They rehearse every Tuesday in Almadena, western Algarve. Anyone interested should contact Liz at elizabeth_roberts15@hotmail.com for more details.

The Vicar of Dibley will be



performed at the Lagoa Auditorium on 28, 29 and 30 June, starting at 7.45pm.

Tickets, priced €12, are already available from the Box Office via the website - www.thealgarveans.com or you

can telephone either 966211634 or 913 723 611.

With the play already proving to be a hit, The Algarveans are expecting the show to be a sell out, so book now so as not to be disappointed!

Defibrillator donation



Rob Levitt, Grand Inspector for the Group of English-speaking Masonic Lodges in Portugal, presents a defibrillator to Antonio Nunes, Commandant of the Silves Bombeiros.

Mr Levitt said: 'We are delighted to have the

opportunity to donate one of a number of defibrillators being given to the various Bombeiros locations throughout the Algarve, following a very successful fundraising campaign by AFPOP, Portugal's largest Foreign Residents' Association.'

Angels dedicate their next production to the late John Seymour Griffiths

The Angels Theatre Group's next production, Great Songs from Great Musicals, will be dedicated to the late John Seymour Griffiths, member of the group and husband of Marion Griffiths, co-founder.

John had a great enthusiasm for the arts, was an avid reader, and acted or directed in many theatrical performances during his life, from Hair the musical, to Shakespeare.

Painting, mostly portraits, was another passion of his, along with the study of Eighteenth dynasty Egyptology.

He was blessed with the opportunity of travel and visited over 90 countries during his lifetime, mainly whilst working on cruise ships.

John and Marion made the



John Seymour Griffiths

Algarve their home 30 years ago, and loved every minute of it. He was a popular and talented man, with a great sense of humour, and has left behind many close friends but now has his rightful place with the real angels. Sadly missed.

www.angels theatre group.com



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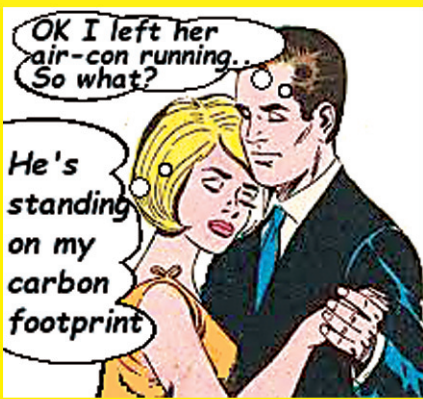
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Time saving tips

So, spring is here - but you don't have to break your back double-digging, bending over to tend to your beds and borders, or stress over watering and weeds.



There are ways to make gardening easier, whether it's removing or reducing the size of a high-maintenance lawn, or choosing easy ground cover, no-fuss permanent planting and raised beds for easy vegetable growing. Gardening charity Thrive, which uses horticulture to improve physical and mental health, and the RHS, offer the following

tips to make life easier for gardeners. **Use 'no dig' methods if you have a vegetable garden** If your soil is pretty healthy already and not too heavy, don't break your back by digging it over, which will only destroy any natural tunnels and pockets which promote air circulation and free drainage, as well as encouraging root growth. The ground will need

added organic matter, so cover the bed with a thick mulch, such as newspapers, and then a top layer of manure or compost. Worms and micro-organisms will help break down the soil, and the mulch will act as a weed suppressant.

Choose plants carefully The RHS recommends that if you have high-maintenance perennials which require staking, cutting back, and lifting and dividing regularly, you may want to replace some perennial borders with shrubs. To keep the workload down, avoid growing a lot of tender plants which require seasonal TLC, such as winter wrapping or moving to a sheltered spot in the cooler months. Go for plants which can be left outside all year round.

Bedding plants may look colourful, but they can be hard work, especially if you're growing them from seed, hardening them off and planting out. Then you have to dispose of them at the end of their flowering season to replace them with something else - and start all over again. To make life easier, go for permanent plantings.

Be water-wise Choose plants that like drier conditions - particularly for dry parts of the garden, or if you have free-draining soil. Many drought-tolerant plants have silver or grey-green leaves, their light leaf colour reflecting the harsh rays of the sun. Some have a coating of fine hairs on their leaves or stems. There are lots of hardy evergreens which, once established, will require little care. Ensure you check the expected mature height and spread, otherwise pruning may be necessary if the space is too small for the plant.

Think about containers carefully Save on watering time by selecting the largest pot you can, which will take the most compost and therefore retain the most moisture. You can also add water-retaining gel or granules to the compost, and put a saucer underneath the pots to catch the water during dry periods. Don't plant loads of

little pots if you're not prepared to water them daily in summer. And consider permanent plants in pots if you don't have time to replace annual bedding.

Take action to stop weeds invading Use deep organic mulches, such as bark or woodchip, to smother weeds around plants. Keep them topped up to a minimum depth of 10-15cm to smother established annual weeds. If you have recently cleared soil in preparation for new borders or beds, spread landscaping fabric over the soil to suppress the re-growth of old weeds and prevent new ones from emerging. Good ground cover plants are also ideal candidates for suppressing weeds. Try cranesbill geraniums, Alchemilla mollis, Euphorbia amygdaloides 'Purpurea', Euonymus fortunei 'Silver Queen' and Hypericum calycinum - but there are many more.

Create raised beds to ease maintenance People who have difficulty bending may find raised beds an attractive addition to a garden, says Thrive. They can make digging, weeding and planting easier, and allow you to introduce different soil types, or soil of a better quality. Beds at different levels also add shape, form and focus to the garden, and can make the whole design more

interesting. You can even use higher raised beds to partly screen items like compost bins and sheds. Plants growing in raised beds have a limited source of moisture and nutrients, so the soil or compost used to fill the bed must be of good quality and watered regularly. You will also need to provide good drainage, so put holes in the base of the bed and several centimetres of clean stone or rubble, before the soil or compost is added.

Design tips for time-saving gardeners Hedges provide good screening in a garden, but usually require cutting back and can be difficult to manage. To make things easier, consider alternatives, such as a wall or fence with climbing plants covering the surface. Avoid large lawns and curved edges, as they will be more time-consuming to maintain. Consider having a semi-wild lawn with mown paths, to save time and effort. Try to position features that are more labour intensive closer to the house or shed, so you're not wasting a lot of effort walking, carrying items up and down the garden. Splash out on an automatic irrigation system, so that you don't have to think about watering, let alone pick up a hosepipe.

TPN/PA ■

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How to increase the value of your home

If you're looking to sell your house, you'll be keen to get as much money as possible for it, right? But just how do you do that?

Sure, we all know a lick of paint and a good tidy-up can work wonders, but there are other things you can do that will help make your home sell like hot cakes. Grand Designs presenter Kevin McCloud - who knows a thing or two about houses - says one of the most important things to do is to look at your house not as your own, but as a blank canvas for someone else's story. And in order to do that, he suggests being utterly ruthless and following these six top tips for a maximum sale price.

Remove your personality from every room

"If there's anything that suggests the house is yours, remove it," says McCloud. So, anything personal - like photographs and knick-knacks - need to go.

Declutter your house - properly

When buyers come to look around your house, they will look everywhere - including inside storage spaces, so be prepared for that. "Make sure, when someone opens your cupboards or drawers, they're not crammed full of stuff, because that will suggest that the house has no storage and is too small," he advises. "But if they open the cupboard

and see 15 items, beautifully folded on the shelves, they'll think, 'I could fit in, and if I live here, I will live this lifestyle'. It's a lot of work, but it's very much worth it. In order to do this, you may have to hire a storage unit, to store all the things you will be taking out of your home."

Make your home sparkle

"Clean the house - thoroughly," says the designer, writer and TV presenter. "Clean the carpets, and refresh the walls, too. You don't need to repaint them, you can take a white kitchen scourer and a bucket of mild soapy water, and gently buff the surface of any scuff marks and clean the paintwork. Use a sponge and soapy water on gloss paint, and this will totally refresh your doors and skirting boards."

Clean the windows McCloud insists sparkly glass will make the house look brighter and more beautiful, and will increase the amount of light in the house.

Disguise ugly views "Stick on window frosting (you can buy it in DIY stores) if you have a dull view, eyesore, or a lack of privacy," suggests McCloud. "Just cover the lower half of the window with this, so the visitor will see the beauty of the window and the view."

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FOR SALE

Spruce up the garden

And the property expert's final tip? "Do something with the garden," he says. "Tidy it up, remove any clutter, add a few plants to any beds that need them, and add some greenery to a window box. It will cast beautiful shadows and give the impression of the outside being connected

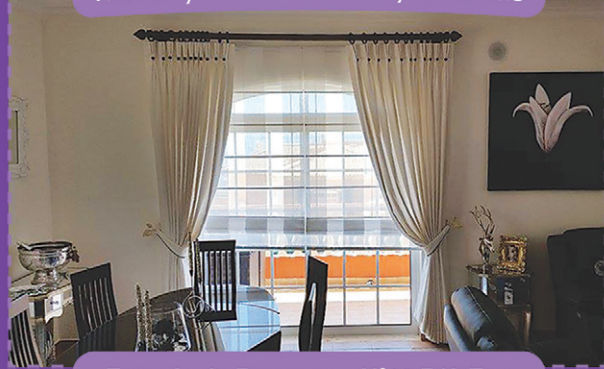
to the inside, making the house feel larger. If you have a sense of connection to the outdoor space, the home will feel bigger. And if you give the impression that the garden is easy to maintain and looks after itself, people will be more attracted to it."

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9th Algarve Dog Show, Fatacil, Lagoa

The 9th Algarve Dog Show will take place on 2 and 3 June and we at Paws 4 Pets strive every year to make this years better than the last.

Main Ring

| | | Saturday 2nd June 2018 | Sunday 3rd June 2018 | | |
|-----------------------|--|-------------------------|---|---|-------|
| | | 11:30 | Opening of Show | Opening of Show | 11:30 |
| Judge – Colin Cummins | | 11:45 | Best Puppy (4-9 months) | Best Groomed dog | 11:45 |
| | | 11:55 | Young handlers <16 years old | Dog with the X-Factor - best tricks | 11:55 |
| | | 12:05 | GIVE ME the PAW Competition | CaneUtile Training Demonstration | 12:05 |
| | | 12:40 | Dog and Owner Lookalike | Best Female - Mixed Breed | 12:40 |
| | | 12:50 | Waggiest Tail | Best Female - Pedigree | 12:50 |
| | | 13:00 | Portuguese Breeds | Doggy with the Best Eyes | 13:00 |
| | | 13:10 | ADOPT-A-DOG Parade | ADOPT-A-DOG Parade | 13:10 |
| | | 13:20 | Best Male Pedigree | Best Male - Mixed Breed | 13:20 |
| | | 13:30 | Best Rescue | Golden Oldies >8yrs | 13:30 |
| | | Training Demonstrations | | Training Demonstrations | |
| | | 13:40 | GIVE ME the PAW | GIVE ME the PAW | 13:40 |
| | | 14:00 | Dog Emporium | Dog Emporium | 14:00 |
| | | 14:20 | Pawsitive Dogs | Pawsitive Dogs | 14:20 |
| Judge – Gail Skinner | | 14:40 | The BIG SIT! | The BIG SIT! | 14:40 |
| | | 14:50 | The best Recall | The best Recall | 14:50 |
| | | 15:00 | ADOPT-A-DOG Parade | ADOPT-A-DOG Parade | 15:00 |
| Judge – Colin Cummins | | 15:10 | Golden Oldies >8yrs | Best Rescue | 15:10 |
| | | 15:20 | Best Male - Mixed Breed | Best Male Pedigree | 15:20 |
| | | 15:30 | Doggy with the Best Eyes | Portuguese Breeds | 15:30 |
| | | 15:40 | CaneUtile Training Demonstration | GIVE ME the PAW Competition | 15:40 |
| | | 16:15 | Best Female - Pedigree | Waggiest Tail | 16:15 |
| | | 16:25 | Best Female - Mixed Breed | Dog and Owner Lookalike | 16:25 |
| | | 16:35 | Dog with the X-Factor - best tricks | Young handlers <16 years old | 16:35 |
| | | 16:45 | Best Groomed dog | Best Puppy (4-9 months) | 16:45 |
| | | 16:55 | ADOPT-A-DOG Parade | ADOPT-A-DOG Parade | 16:55 |
| | | 17:00 | BEST IN SHOW | BEST IN SHOW | 17:00 |

What is the Algarve Dog Show?

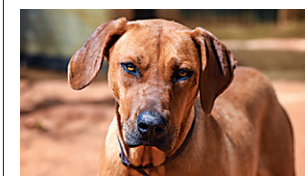
The Algarve Dog Show is a fun day out for your family including your four/three footed friends. It takes place as part of the International Algarve Fair at Fatacil, Lagoa. Every year we choose a charity that will benefit from this fun event. This year we have chosen MAYDAY to be the beneficiary from the show. There are 16 classes each day which are open for all to enter, there are classes for mixed breeds and pedigree so everyone is welcome. Please see list of classes. Puppies have to be over 4 months and the class is open to those aged up to 9 months. All you need to enter a class is to bring your dog, a lead and its vaccination record book. Each class is 3€ to enter with the 5th class FREE and all proceeds go to the charity. Our trainers from Dog Emporium and GIVE ME the PAW will be on hand both days to help and guide you. They are also doing training demonstrations. We have a training display each day by CaneUtile. GIVE ME the PAWS have introduced a competition this year. It will be a competition of general obedience commands, I will have more information for you next week. But this is a competition which you can enter your dog for and another chance for you to win prizes. Again we will have the Adopt-a-Pet parades. There are 6 parades over the weekend and are open for any doggy looking for a home. It is a free class but you will need to go to registration to list the dogs information. The dog show has always been a great place to visit if you want to give a dog a forever home because it gives you the chance to see lots of dogs from different organisations all under one roof. So even if you haven't got a dog yet, it is a great place to meet your

new four/three-footed friend. There will be grooming displays and pet associated businesses for you to talk to. We would like to send out a big THANK YOU to all our class sponsors, without them we would not be able to raise as much money for the charities. Over the next few weeks we will give you more information about the Algarve Dog Show and we hope to see you all there. Also follow the event on Facebook, search algarve dog show 2018. You need to bring your dog's vaccine document. The vet will have the right to exclude you if you do not have this with you. You have to have the microchip number and up to date rabies vaccination to enter. **Its all about PAWS through the door** - the more dogs that come and enter the classes then the more money is raised for charity. **Best Paws Forward!** Paws 4 Pets 917 152 209 www.paws4pets.pt juliep@paws4pets.pt


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What's New

New 'Palm Springs Inspired' Boutique Hotel



Introducing an exciting new property to Portugal's Algarve region, The Magnolia Hotel is a unique design boutique hotel boasting the hottest Café del Mar style beats. Turning heads with its neon signs and quirky design aspects, The Magnolia Hotel is the Algarve's hottest poolside hangout offering the perfect location to soak up relaxed vibes and enjoy brunch, lunch or a candle-lit dinner.

With an exuberant spirit, this new addition pays homage to the iconic 1950's motor-hotel aesthetic of Palm Springs, offering affordable and stylish accommodation as well as a new energy in the heart of the Algarve. Offering an unbeatable location just moments away from Quinta do Lago, the Magnolia Hotel provides an idyllic base to sample world-class golf, shopping, beach, nightlife and the new elite performance centre, The Campus.

As part of the new and improved style, The Magnolia Hotel have introduced a superfood dining experience. The restaurant is

headed up by head chef Tom Briggs, who has over 9 years of fine dining experience including stints at Soho House and Hoxton Grill. Guests can enjoy an all-day grill serving healthy meals prepared and cooked to perfection using fresh, local and organic Algarve produce. In keeping with the current clean-eating trend, additional dishes including nutritional salads and superfoods will also be available. For a guilty pleasure, The Magnolia Restaurant also offers the signature 'Mag' Burger with varying contents – the chef's speciality! Serving a variety of local dishes and international favourites, the restaurant now also offers a unique seasonal dish of the day for lunch, which can be enjoyed with a refreshing soft drink and a delicious artisan cup of coffee using freshly roasted coffee beans. *The Magnolia Hotel which is situated in Quinta do Lago offers a Standard Room from €78/£69 on a B&B basis.*

For more information Tel: (+351) 289 390 705 or visit: themagnoliahotelqld.com.

Overtourism: a hot topic for travellers

Justin Francis from Responsible Travel shares his tips for easing pressure on popular holidays sites.

Last summer, 'over-tourism' became the big story in travel, when, in popular destinations around the world, local residents took to the streets to protest against being deluged by tourists. They concluded that the benefits of tourism simply weren't worth the hassle. Tourists too, 100-deep trying to see the Mona Lisa from 30m away, or unable to get into St. Mark's Square in Venice, complained they came to see the sights - not just other tourists. Parts of the UK have experienced the same problems, with complaints from Bath residents that tourism has ruined the city and councillors proposing to introduce a tourist tax to fund public services in times of austerity.

With more than 10 countries in Europe already charging a tourist tax, some to fund the conservation of heritage damaged by tourism, the UK has been slow to follow suit. But it won't be long before many other UK cities and regions consider taxation. So what is a traveller to do? In essence, there are a couple of options. The first is to find unfamiliar ways to see familiar places; the second is to seek out unfamiliar places. Here are some suggestions on how to do this:

Local guides know how to avoid the crowds

They know when the daily cruise ship excursions start and finish. They know the lulls during the day, the different viewpoints, and the inside track on how to experience things in different ways. From these guides, you'll also learn local people's perspectives and relationship to their heritage, not just what everybody else is reading in their guidebook. Plus,



Busy streets of Barcelona. (Photo: PA Photo)

you'll be helping her or him earn a living.

If you can, travel outside of peak season

This is not always possible, especially for families, but over-tourism is partly caused by everyone wanting to go to the same places at the same time. In southern Europe, the winter and autumn light can be magical and more bearable than the summer heat as global warming takes hold.

Regardless of when you go on holiday, travelling with a little respect earns you respect

Travelling responsibly also means that a little more of your money reaches local hands. Think local in all that you do and avoid big international chain hotels when you can. It makes sense that residents and workers who are treated well and who see the benefits of tourism directly, might offer you new and different ways to experience their

culture and heritage to that offered to the hordes.

It's convenient for the tourism industry to focus its marketing and operations on a few 'big name' places

No doubt many of these places are remarkable and unique, but as any traveller will know, sometimes there are other, more off-the-beaten-track places that are just as good or better. They will also be less crowded and much more in need of visitors. You'll often get a warmer welcome there than in places fed up with tourists.

Local protesters have a point

Imagine your home town being overrun by tourists and how you would feel. Support those affected by feeding back ideas, or over-tourism complaints, to your holiday company, or make a point of travelling with a company that feels the same way about travel as you do.

Justin Francis is the CEO and co-founder of Responsible Travel.



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A taste of Italy at home



Conte Cavour cocktail. (Photo: PA Photo/Quaglino's)

Stylish bartenders at London's glamorous Quaglinos are creating a magic mix of cocktails made with 'sprezzatura', the art of savoir faire. Sam Wylie-Harris selects three to make at home.

to going out for tapas as they do in Spain, or enjoying happy hour as done in the USA, however the aperitivo is an event in itself and I can say that it's kind of unique," Arcucci adds.

To mark the start of aperitivo season, Quaglino's have introduced 'Q Aperitivo', a cocktail menu inspired by its Italian-born founder, Giovanni Quaglino, and which features the best Italian wines and spirits synonymous with aperitivo hour... prosecco, vermouth, herbs and bitters. Here's a fashionable trio to get the juices flowing. Fancy one right now? You bet...

La Gondola

Ingredients: 12.5ml Luxardo Marashchino Liqueur, 10ml lime juice, 15ml sugar syrup, 35ml Monin Kiwi Puree, prosecco.
Method: Half fill a cocktail shaker with ice. Add the ingredients (except prosecco) and shake well. Strain into a chilled flute glass. Top with prosecco.
Garnish: Crush a teaspoon of pistachio with half a teaspoon of caster sugar. Wet a strip of water on the outside of the glass and roll into pistachio sugar mix (optional).

Il Pupo

Ingredients: 45ml vodka infused with oregano, 15ml



La Gondola cocktail. (Photo: PA Photo/Quaglino's)

Amero Averna Liqueur, 25ml lemon juice, 15ml sugar syrup, 1 tsp orange marmalade, spiced ginger ale.

Method: Infuse 3 sprigs of oregano into a pint of vodka for approx 3 days. Half fill a cocktail shaker with ice. Add the ingredients (except ginger ale) and shake well. Strain into a vertigo glass over crushed ice. Top with ginger ale.

Garnish: 3 bay leaves and an almond biscuit with a glaze of orange marmalade (optional).

Conte Cavour

Ingredients: 50ml gin, 15ml Cinzano Rosso, 10ml Cinzano Bianco, 25ml lime juice, 15ml vanilla syrup, 3 drops Amargo Chunchu Bitters, bunch of lemon balm and 4 mint leaves.
Method: Muddle the lemon balm and mint leaves to release the flavour. Half fill a cocktail shaker with ice. Add the muddled lemon balm, mint and rest of ingredients. Shake well and strain over ice ball in a long coupette.
Garnish: Mint sprig.

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Cue the aperitivo! If you're not familiar with the concept, this is the Italian ritual of whetting the appetite with a light bite and bitter-sweet cocktail before dinner - and who wouldn't drink to that? Aperitivo means 'to open' - so think table talk for opening the evening, opening the palate, and taking time out to enjoy a taste of la dolce vita at the end of the day. "The Italian aperitivo is a simple idea and a very social and functional way of meeting up with friends, having a cocktail, and enjoying food, drinks and good music, and that's exactly what we're doing at Quaglino's," says Davide Arcucci, head mixologist at London's Quaglino's. "Now it may sound similar

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The power of dance

N KATE INÁCIO

I always wanted to be a ballerina when I was growing up, a passion I passed onto my daughter quickly. When you imagine the lights and stage set bright and colourful, the costumes and music, elegant and magical. It's every girl's dream. When I met Heidi Sharples Silva I knew she was a teacher who could capture moments like that for my daughter. But I never imagined what she had in store when she put Peter Pan together.



Marley on stage dancing with the troupe in his wheelchair.

Heidi found out about my son Marley pretty quickly as he made himself known on a Saturday morning when we dropped off his sister. I am currently a full time carer for Marley whilst he receives ongoing treatment in Lisbon and the Algarve to be ready for an operation on his brain. Among many health complications, we have been busy fundraising for urgent medical procedures and trying to raise awareness for children, like Marley, with disability or debilitating health problems. I so badly want children like Marley to experience things like other children do. And Heidi made that happen.

Generally with ballet, the choreography is challenging but graceful, expressive, and meaningful. Every movement conveys a message and tells a story to the audience through the performers' bodies. How do you envision the dancers? Likely you're picturing them to be tall, slender, and attractive, able to move as lightly as a bird on delicate toes that must have superhuman strength. Right? Well I can now tell you, you can even do it on wheels! And Marley definitely has super powers on the dance floor.

Heidi now runs DancExpression, after

working for over 10 years as a professional dancer, offering ballet and modern dance for children of all ages in various locations in Portimão and Alvor. Heidi enables her students to enter ballet exams and focuses her classes to maximise the benefits of physical fitness and development, co-ordination, correct posture, self-confidence, creativity, musicality, communication (with an audience, with their teacher and fellow students), spatial awareness and artistic expression. She also puts together a show each year for her students to help develop their self confidence and this year that led us to Peter Pan.

Peter Pan was held on the 25th April in the huge arena in Portimão. The dancers were enabled to use the arena through the generous gesture of the Câmara of Portimão when they heard about Marley's fundraising cause. The show featured various performances of ballet and modern dance featuring all Heidi's talented dance students and portraying the magical story of Peter Pan in each piece. From pirates to Indians, crocodiles to tiny fairies, the show was simply marvellous.

Marley had been in Lisbon until the morning of the 25th and I was very nervous that he would be with only

one rehearsal and not a lot of understanding of what the event was about. He was incredibly tired. However, when we got to the arena, he was distracted by the lights, music and most importantly the welcoming warm attitude being exuded from all the other children. A true reflection of Heidi's attitude.

When it came to Marley's performance he wheeled out onto the stage on the second verse of a song from the production Finding Neverland called 'When Your Feet Don't Touch the Ground'. With a smile on his face and what seemed like every ounce of energy he had, he wheeled himself out to the cheers of the packed arena. He danced amazingly and brought tears to every member of the audience. He created a huge emotional reaction when he was on stage and the dancers around him enabled him to be part of their routine in such a mature and kind way I don't think I've ever seen anything quite so powerful.

After the show we used his last good moments before he really needed a sleep to meet some of the audience. It enabled people to see why we were there and put more weight on what the show was for. People dug deep and contributed a huge amount of money raising over 2,330

Euros to go towards Marley's Foundation. This is a huge contribution to the medical procedures Marley so desperately needs and a huge thank you for everyone's contribution in making such a change. I am very proud to be part of such an amazing community.

A huge thank you to the wonderful team of parents and volunteers who helped to control so many children and brush so many pony-tails into perfect buns. Heidi also wanted to thank the schools and places where she gives lessons for their continued support and enthusiasm. Not to mention her hard working students, who have poured their hearts out in rehearsals and the show in the months leading up to the big day.

Aside from the incredible fundraising, Peter Pan showed that even if you have a disability it doesn't mean you can't be involved in sport or expressive arts. If my six-year-old son danced his heart out in a wheelchair then it really does mean you can do anything you set your mind to. Fear of failure and rejection need to be pushed aside and events like this being available to show our community it is possible to make a huge difference.

Heidi helped Marley to dance with the body he has and enabled him to embrace his body's limitations. Dance is a fantastic form of expression and could have a hugely positive impact in many children's lives, not just Marley. Heidi can increase children's self-esteem, confidence and ultimately help children to see themselves in a new light, with or without wheels.

Once this nightmare gets easier I want to be able to help other mums with similar problems. I want to be able to set up a support group where people can go or children can experience fun with people who really understand. This is what this performance really demonstrated and hopefully we can get enough interest to run a dance class for children with disabilities.

Only through this experience with Marley have I realised my huge responsibility to him as his mother and equally, my responsibility to raise awareness for disability in

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Used with kind permission of the artist José de Guimarães

the Algarve, and the show really meant so much to us. He is a wonderful little boy and an inspiration to me and many of you. Please support us by raising awareness for Marley and other children just like him.

Disability doesn't take away talent, it simply limits opportunities. Teachers like Heidi show that we can provide more opportunities for individuals with disabilities

and I won't rest as a mother until I find them. Giving everyone the opportunity to learn how to dance ensures that all people have the right to experience the transformative power of the arts. Heidi, thank you from the bottom of my heart for showing my son's beauty to the world.

Go to www.marleyandmum.com to read about Marley's journey and check out Kate's blog.



Marley's little sister, who also took part in the performance. (Photos Phaze Photography)

What is your experience of Accessible Portugal?

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

The Portugal News is working to highlight Accessible Portugal and we want to hear about all the best examples from businesses, associations and entities, while if you have had a poor experience then we may be able to help to encourage change for the better. Whatever your needs, accessibility is an essential for everyone and we hope to work together to make Portugal Accessible for all.

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Spotting the signs of maternal mental illness

The Perinatal Mental Health Partnership stresses that ignorance about the symptoms of these conditions is “tragic - because if untreated, they can have a

devastating impact on the women affected - and their families”. Mental health experts want to highlight the range of emotional and psychological symptoms mums-to-be and new mums can

experience and, most importantly, that support is available for anybody affected. Here are the perinatal and postnatal mental illnesses everybody needs to know about...

Antenatal depression
Research suggests antenatal depression, or depression that occurs during pregnancy, may be even more common than postnatal depression. A history of stress and a pre-existing depressive illness can increase the risk of antenatal depression. Symptoms include: Low mood, irritability, loss of interest, poor sleep and appetite, poor concentration, lack of energy, feelings of hopelessness, withdrawing from contact with other people. Treatment includes trying to reduce any obvious causes, such as stress, as well as counselling and other psychological therapies. Only when the depression is severe will medication be recommended, although there are drugs that are safe to take while pregnant, if necessary.

Postnatal depression (PND)
This common problem, which has affected celebrities including Gwyneth Paltrow and Adele, can start in the first year after giving birth, and is more than just a case of the ‘baby blues’, when new mums might temporarily feel a bit down or tearful soon after giving birth. Symptoms include: All those listed for antenatal depression, as well as difficulty bonding with your baby and getting no enjoyment from him/her, thinking you can’t look after the baby, having frightening thoughts (possibly about hurting the baby), thinking about suicide or self-harm. If symptoms last more than two weeks, or start later than the first few weeks after birth, it may be PND and you should talk to your family doctor as soon as possible. Without help, symptoms can last for years, and there’s lots that can be done to support you.

Postnatal anxiety
Mothers who’ve had difficult deliveries have a higher risk of postnatal anxiety, which can develop gradually over time, and they’re more likely to suffer from PND too. Symptoms include: Frequently feeling nervous or anxious, worrying, finding it difficult to relax or sleep, struggling to bond with the baby, restlessness, irritability, constantly checking on the baby and thinking bad things will happen to him/her, palpitations and rapid breathing, dizziness, excessive sweating, muscle tension, tingling or pain. If you’re experiencing some of these symptoms, talk to your family doctor.

Maternal OCD
Studies suggest obsessive compulsive disorder (OCD) is more common during pregnancy, or afterwards, than at other times in life, as mums are naturally focused on the safety of their developing/new baby. Symptoms include: Fear of contamination to the mother, baby or anyone in contact with the baby, intrusive thoughts and worries about harm, doubts about equipment (for instance, thinking the bottle steriliser isn’t working), perfectionism (insisting everything around the house has to be a certain way),

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More than one in 10 women develop a mental illness during pregnancy or in the year after giving birth. But while most of us have heard of postnatal depression (PND), there are many more forms of perinatal mental illness that people just aren't aware of.



Suffering from a perinatal illness can be difficult. But with the right help and support, women can and do recover. (Photo: PA Photo)

excessive tidying and cleanliness. Occasionally experiencing some of these signs is normal for new mums; it's only when it becomes obsessive and starts having a wider impact on yourself, and possibly your family, that you should talk to a health professional.

Postpartum psychosis

This is a severe but rare mental illness, leading to extreme difficulty in responding emotionally to a newborn baby. It may occur at the same time as PND, and around half of mothers with postpartum psychosis already have a history of mental illness. The condition often starts in the first one to four weeks after the birth.

Symptoms include: Sudden thoughts of harming the baby, delusions, hallucinations, a lack of emotional response, difficulty sleeping, changes in appetite, irritability, confusion, agitation, suicidal thoughts or the belief that the baby would be better off without the mother.

The mother may not want to admit to, or talk about her feelings, but family members or health professionals who suspect psychosis should seek psychiatric help for them immediately.

Support is out there
The Perinatal Mental Health Partnership UK acknowledges there's still stigma surrounding

negative emotional feelings while pregnant or after a baby's born - but seeking support is really important, stressing: "Suffering from a perinatal illness can be difficult. But with the right help and support, women can and do recover. Reaching out and admitting they aren't feeling right in no way means they are weak or a bad mum. Absolutely not - it's incredibly brave of them to take the first step." Dr Stephanie de Giorgio, a GP with the Perinatal Mental Health Partnership, who has suffered with PND herself, says only half of women with maternal mental health problems are diagnosed, and points out: "Women are often

reluctant to admit to feelings of negativity towards their pregnancy or baby, for fear of being judged or - even worse - having their babies taken away from them." She says some under-pressure health professionals may not give women the time they need to share their feelings and be diagnosed, and adds: "Society expects mothers to enjoy motherhood, and admitting this isn't how you're feeling can make some women feel they've 'failed'." "However, a prompt diagnosis and effective treatment is important to ensure the woman and her baby, along with the rest of the family, can get off to the best start."

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Look good during your pregnancy



Knowing what to wear for a changing body shape is a challenge for more than three-quarters of mums-to-be. (Photo: PSean Pollock/PA)

As your bump - and you - grow during pregnancy, it's easy to feel increasingly unfashionable.

Indeed, research suggests seven out of 10 mums-to-be think they look frumpy while expecting, and nearly a quarter feel 'unsexy and shapeless', with most really missing the skinny jeans they can't get into any more.

The research, commissioned by London shopping destination Canary Wharf, also found that knowing what to wear for a changing body shape was a challenge for more than three-quarters of mums-to-be. Maternity fashion expert Laura Tenison, founder of the mother and baby brand JoJo Maman Bebe, has lots of tips to help women stay stylish during pregnancy. Here are her top 7 pieces of advice :

Buy your usual size

Some pregnant women may feel like they can get away with buying regular clothes in bigger sizes to accommodate a growing bump and bust. However, this means that the back, arms and shoulders will also be larger and won't fit properly, making you look bigger than you actually are. Maternity clothes are designed to fit your frame but with extra room to accommodate a bump and bigger boobs, meaning all you need to do is buy your normal size.

Choose natural fibres

No-one wants to be clad in top-to-toe polyester at this time of year, especially when there's a baby on board. Light, natural fabrics like linen and cotton are ideal because they allow the skin to breathe. Synthetic fabrics create a barrier against the skin, creating a kind of 'greenhouse effect', and that can cause you to overheat. For the office, choose cool cotton shirts in light-reflecting white for a smart and simple look. Cotton camisoles are easy to wear and are great for taking you from desk to dinner.

Invest in a suit

If you need to look very smart, a well-cut maternity suit is a good investment. Choose a neutral colour and jazz it up with

accessories and colour-pop tops. You might find a skirt more comfortable than trousers, as they often adapt better with your changing shape.

Look for adaptable styles

It's all about quality rather than quantity when it comes to a maternity wardrobe. Look for styles that can expand and retract and are able to last for most of your pregnancy, and even a few months after the birth. Remember, all you need is a few key pieces - just make sure they're the highest quality you can afford because you might find yourself wearing them solidly for six months. Keep your eyes peeled for drawstring waists, empire lines and wrap tops, which can be used for nursing after the birth too.

Wear supportive underwear

Getting measured for a bra is extra-important during pregnancy. Not only does it mean your changing bust is fully supported, but whether pregnant or not, it's amazing what well-fitting underwear can do for your appearance - giving your confidence a boost when you need it most.

Work with a colour palette

When you're buying maternity clothes, stick to complementary colours - this will save you time and money. For example, if you base your maternity wardrobe around earthy tones, you'll find you can very easily mix and match all your separates, meaning less panic in the morning looking for something to wear.

Buy a few handy extenders

There are lots of clever little gadgets available to help you get the most out of your existing clothes. If you can still get into your skinny jeans but can't do them up - and you're not ready for maternity clothes just yet - a bump band is essential. Similarly, if your bra still fits in the cups but your rib cage has expanded, a simple bra extender will save you having to splash out on more maternity underwear.

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Set on a south-facing hillside, the property is part of a quiet small residential area just outside São Brás de Alportel. It is a few minutes drive to the centre of this popular market town, 25 minutes to the airport and miles of sandy beaches. On the entrance level, the villa has a living / dining room and an open plan modern kitchen. Large patio doors open to a vast covered terrace that extends over the entire length of the house and enjoys uninterrupted, marvellous views over the countryside - a perfect place for dining 'al fresco' and relaxation. There are separate bathroom and a further two bedrooms ensuite on this level, of which the master suite has direct access to the terrace. The lower level consists of another lovely bedroom suite and a bedroom with a separate bathroom. A hallway leads to the sun terrace and seating area around the swimming pool. An orchard with a variety of local fruit trees is located below the swimming pool. This property makes a fabulous residential or holiday home in a peaceful area close to all amenities and with stunning views.

- Four bedrooms (three ensuite)
- Two separate bathrooms
- Living and dining room with wood burner
- Fully fitted and equipped kitchen
- Utility room
- Air conditioning
- Double glazing and fly screens
- Swimming pool
- Solar panel for hot water
- Landscaped garden
- Orchard with various fruit trees
- Mains water

- Land area: 1,033 m²
- Build Area: 305 m²
- Energy Rating: C

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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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VILAMOURA – NEAR THE GOLF COURSE
Spacious apartment, 2 bedrooms (en-suite), 3 bathrooms, lounge/dining room, fitted kitchen and spacious terraces. 2 parking spaces in the basement and 1 storage room. Const. area - 114,38 sq.m. Communal swimming pool and garden. ENERGY CLASS - C
REF.A01650 PRICE: €290.000



VILAMOURA – RENTAL POTENTIAL
Studio transformed into one bedroom, 37 sq.m., composed of living room, bedroom, kitchenette and terrace facing South with 10 sq.m. Furnished and equipped with a/c and solar heating. Parking area, communal swimming pool and garden area. ENERGY CERTIFICATE – IN PROCESS
REF.A01651 PRICE: €107.000



VILAMOURA – QUIET AREA
Villa located in a very quiet area, 3 bedrooms, 3 bathrooms, living room with fireplace, dining room, spacious kitchen, pantry and storage. Roof terrace and garage for 1 car. Swimming pool and garden. Furnished and equipped. Plot area - 889 sq.m Const.area - 230 sq.m. ENERGY CERTIFICATE – IN PROCESS
REF.V12882 Price: €600.000



VILAMOURA – NEAR THE MARINA
Bar situated in a busy area and close to the Marina of Vilamoura. Composed of shop/ bar area with 57 sq.m. with 1 bathroom, storage room with 27 sq.m. and garage with 15 sq.m. Outside terrace. ENERGY CLASS - D
REF.B55452 Price: €199.000

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8125-479 Vilamoura



Vilamoura €875,000
New Property
This spacious 4 bedroom / 3 Bathroom detached villa located in a nice area of Vilamoura. The Private swimming pool is gated and also has a large garden at the back of the property this would be an ideal holiday or residential home.



Vila Sol €495,000
Recently Reduced
Luxurious 4 bedroom property located on the edge of Vila Sol. The townhouse has been well maintained and equipped to the highest standard. Large roof terrace has amazing views of the golf course and sea views. Must be seen!




Vila Sol €950,000
New Property
Beautiful and spacious newly built 3 bedroom detached villa located on the 5 star golf resort of Vila Sol, not far from the clubhouse. Built to a very high standard, spread over two floors, using good quality modern materials.



Vilamoura €230,000
Investment Property
Delightful 3 Bedroom / 2 Bathroom semi-detached villa set in a tranquil area of Vilamoura, located between the Hilton Hotel Spa Resort and Old Village. A cosy property filled with lots of natural light, well maintained. Would make the perfect home or holiday home.



Vilamoura €310,000
New Property
Immaculate ground floor 2 bedroom / 2 bathroom apartment is located near the Millennium and the Laguna golf course. Nicely kept condominium with large communal swimming pool this property is bright, spacious and very high quality.






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Situated only 5 km from the beach on the edge of Vilamoura this detached villa has 3 bedrooms (2 en suite) plus a third bathroom. A fully equipped kitchen with open plan living area which has a fireplace and french windows opening onto a large paved area. The house is double glazed throughout and pre-installed fro air conditioning. There are varandas, bbq and a large car-port.

€350,000 - Ref. V677

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Living in the Algarve sun

Recently decorated 2-bedroom townhouse, close to the beach and now available for purchase. This 2-bedroom townhouse has a large private patio, ideally positioned as an end terrace giving easy access to the beautifully maintained and peaceful garden areas and the luxurious pool. Decorated throughout in March 2018 and fully furnished in a modern and very tasteful style this property is an excellent opportunity to buy as a home in the sun. Alternatively, it has an excellent track record as a rental investment. The entrance hall leads to a spacious lounge with a separate dining room that could be used as a good-sized third bedroom. The kitchen is fully fitted and there is also a guest toilet on the



Property Highlight

ground floor. The private patio is perfect for entertaining with plenty of space for al fresco dining, sunbathing etc. On the first floor, the master bedroom has patio doors leading to a spacious balcony that is private and enjoys the sun all day while the second bedroom has a Juliet balcony, the family bathroom completes this level. The property benefits from both air conditioning and underfloor

heating throughout. Being within a resort located in Meia Praia there are superb facilities including a communal pool, playground, tennis court, snack bar and restaurant. A perfect opportunity to buy your home in the sun or investing for rental return. Price €275,000 Ref: LZ80643V info@algarvehomesales.com (+351) 282 356 952

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Old Village – 2 bedroom apartment

New on the market, a delightful apartment with 2 bedroom, open lounge and kitchen, enclosed terrace in the sort after Old Village Resort. Good as holiday home or investment. Must see.

Ref:FS140 Price:€235,000



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Vilamoura 8125-429



Vilamoura - 3 bedroom Detached Villa (Old Village)

Location, location and location. Nice detached villa with private pool and garden. 3 good size bedrooms, 2 bathrooms, dining room, bright and airy lounge, fitted kitchen and secure parking.

Ref:FS131 Price:€595,000 ono

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Moncarapacho
Unique! Character filled single storey hilltop estate (222 m²) offering 180° coastal & sea view. Plot of 7920 m². Swimming pool. Garage. Ample space.
EC: E
Ref. LHV-1407 Price: €1.350.000



Tavira
Single story 4 bedroom / 4 bathroom villa (200 m²) with pool, garage & sea view. Plot of 14888 m². Underfloor heating & a/c. Clever architectural design.
EC: B
Ref. LHV-1404 Price: €645.000



Tavira
Quality 4 bedroom / 4 bathroom villa (215 m²) with superb view & swimming pool. Fully fenced & walled-in plot of 612 m². Close to golf & beach.
EC: C
Ref. LHV-1379 Price: €499.000



Tavira
New 3 bedroom / 2 bathroom penthouse apartment (105 m²) with private roof terrace, garage & pool. Town center. Near all amenities.
EC: in process
Ref. LHA-1312 Price: €340.000



Cabanas de Tavira
Fully furnished 2 bedroom / 2 bathroom apartment (82 m²) with large terrace and communal pool. Walking distance to all amenities & waterfront. A/C.
EC: C
Ref. LHA-1316 Price: €158.000

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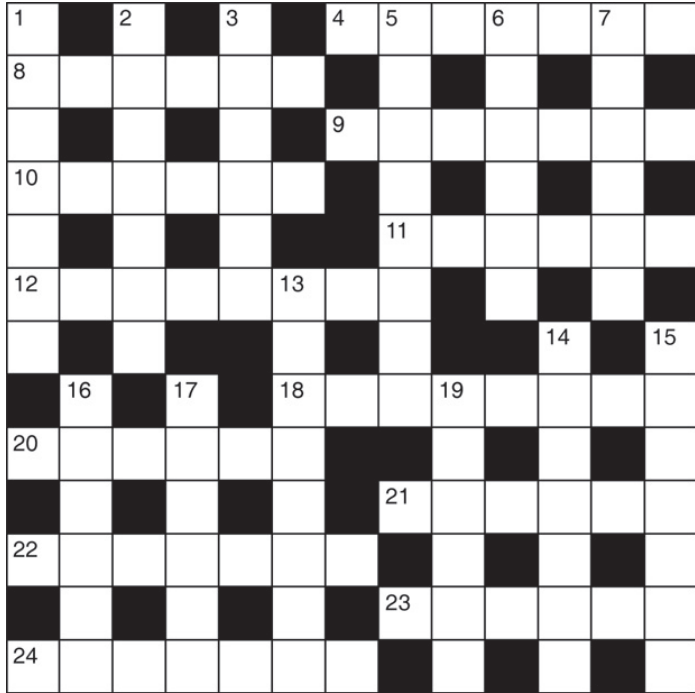
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Last week's cryptic crossword solutions
Across: 1 Column; 4 Buffet; 9 Mountain sheep; 10 Athlete; 11 Adder; 12 Unity; 14 Staff; 18 Taste; 19 Rampage; 21 Good Samaritan; 22 Asking; 23 Wheels.
Down: 1 Combat; 2 Laughing-stock; 3 Mitre; 5 Upstart; 6 Field of battle; 7 Topers; 8 Fives; 13 Treason; 15 Stigma; 16 Drama; 17 Tennis; 20 Marsh.

CRYPTIC CROSSWORD

ACROSS

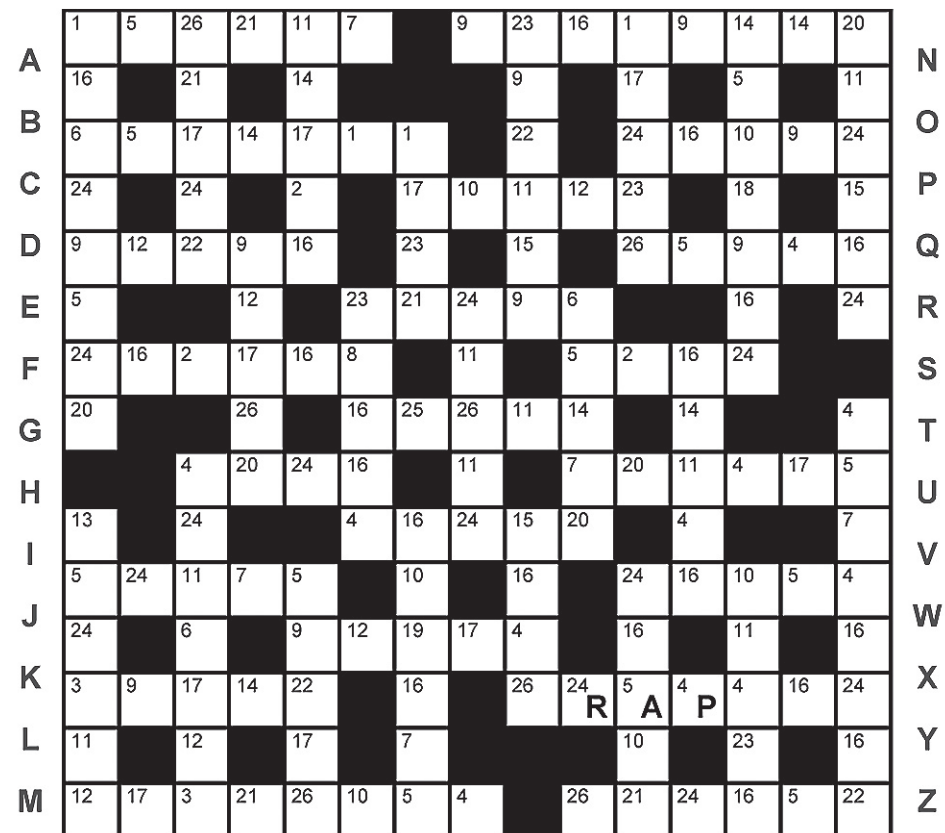
- Giving money and getting rid of rubbish (7)
- The old boy looked as if he complied (6)
- Places I redevelop can be out of the ordinary (7)
- A diatribe from one in business (6)
- Singer good at darts? (6)
- Go up when not out of your ground (8)
- Charm - that's where we come in (8)
- Monologue never given to a dumb blonde? (6)
- Odds-on bad weather will lead to injury (6)
- Confirm animal has escaped (4,3)
- He sounds a more vulgar type of shopkeeper (6)
- Possibly Welsh valet (7)

DOWN

- Include and put into can another way (7)
- Withdraw engineers pamphlet (7)
- Interfere with a gong, say (6)
- Powerless little devil with nothing but a canvas shelter (8)
- Boat in a parcel (6)
- Almost upset Ray and Len (6)
- A louse he removes from the pub (8)
- Fashionable desire for childhood (7)
- Notes Ernest is upset about nothing at first (7)
- Emerge as a paper, perhaps (6)
- Suit a Scottish football team (6)
- Sound of a gun in news bulletin (6)

CODEWORD

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



QUICK CROSSWORD

ACROSS

- Endorse (7)
- Afraid (6)
- Link (7)
- Resources (6)
- Greenhorn (6)
- Repentant (8)
- Locality (8)
- Body (6)
- Stop (6)
- Under (7)
- Girl (6)
- Contain (7)

DOWN

- Sideways (7)
- Transient (7)
- Improved (6)
- Advance (8)
- Haphazard (6)
- Sufferer (6)
- Beholden (8)
- Varying (7)
- Majestic (7)
- Present-day (6)
- Supplicate (6)
- Menace (6)

Last week's quick crossword solution

Across: 1 Depose; 4 Proper; 9 Surreptitious; 10 Asperse; 11 Nonce; 12 Scull; 14 Yeast; 18 Tact; 19 Ruffian; 21 Procrastinate; 22 Rustle; 23 Fluent.
Down: 1 Dismay; 2 Perspicacious; 3 Swear; 5 Retinue; 6 Prognosticate; 7 Roster; 8 Strew; 13 Literal; 15 Stupor; 16 Brisk; 17 Unrest; 20 Frill.

SUDOKU

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

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

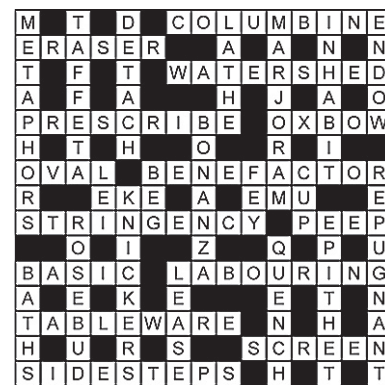
Medium

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

Hard

Last week's solutions

Last Week's Codeword Solution



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

Medium

Hard



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SATURDAY 12/05/18

| 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 | Rugby League's Legendary Watersplash Final. |
| 14.00 | Live Challenge Cup Rugby League. |
| 16.30 | Doodlebugs. |
| 16.45 | FILM: Big Hero 6 (2014). |
| 18.20 | Ready or Not. |
| 18.50 | BBC News. |
| 19.00 | BBC Regional News; Weather. |
| 19.10 | Pointless Celebrities. |
| 20.00 | Eurovision Song Contest 2018. |
| 23.35 | BBC News; Weather; National Lottery Update. |
| 23.55 | FILM: Lay the Favourite (2012). |
| 01.20 | Weather for the Week Ahead. |
| 01.25 | 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 Super Tech with Dick & Dom. |
| 08.30 | Beyond Bionic. |
| 09.00 | Robot Wars. |
| 10.00 | Astronauts: Do You Have What It Takes? |
| 11.00 | Homes Under the Hammer. |
| 12.00 | The World According to Kids. |
| 13.00 | Money for Nothing. |
| 13.10 | Escape to the Country. |
| 13.55 | FILM: Finding Neverland (2004). |
| 15.30 | Top of the Shop with Tom Kerridge. |
| 16.30 | Top of the Shop with Tom Kerridge. |
| 17.30 | Love in the Countryside. |
| 18.30 | The Forest. |
| 19.00 | The World's Most Extraordinary Homes. |
| 20.00 | Coast Lives. |
| 20.30 | Dad's Army. |
| 21.00 | The Private Life of the Royal Academy. |
| 22.20 | FILM: My Old Lady (2014). |
| ITV London | |
| 06.00 | CITV. |
| 08.25 | ITV News. |
| 08.30 | Zoe Ball on Saturday. |
| 09.25 | James Martin's Saturday Morning. |
| 11.20 | Countrywise. |
| 11.50 | ITV News and Weather; Weather. |
| 12.00 | Little Big Shots. |
| 13.00 | Midsomer Murders. |
| 15.00 | Ninja Warrior UK. |
| 16.00 | Tipping Point: Lucky Stars. |
| 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. |
| 22.05 | FILM: Terminator 2: Judgment Day (1991). |
| Channel 4 | |
| 06.15 | Motor Sport: Mini Challenge. |
| 06.45 | The King of Queens. |
| 07.10 | The King of Queens. |
| 07.35 | Everybody Loves Raymond. |
| 08.00 | Everybody Loves Raymond. |
| 08.30 | Everybody Loves Raymond. |
| 09.00 | Frasier. |
| 09.30 | Frasier. |
| 10.00 | 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. |
| 14.30 | A Place in the Sun: Winter Sun. |
| 15.00 | A Place in the Sun: Winter Sun. |
| 16.00 | Location, Location, Location. |
| 17.00 | Formula 1: Spanish Grand Prix Qualifying Highlights. |
| 18.30 | Channel 4 News. |
| 19.00 | When Harry Met Meghan: A Royal Romance. |
| 20.00 | Britain's Most Historic Towns. |
| 21.00 | FILM: Cowboys & Aliens (2011). |
| 23.15 | FILM: 2 Guns (2013). |
| 01.15 | Ramsay's Kitchen Nightmares USA. |
| BBC Four | |
| 19.00 | Nature's Epic Journeys. |
| 20.00 | Wild Burma: Nature's Lost Kingdom. |
| 21.00 | Salamander: Blood Diamonds. |
| 21.45 | Salamander: Blood Diamonds. |
| 22.40 | Burt Bacharach: A Life in Song. |
| 00.10 | Sings Bacharach and David! |

SUNDAY 13/05/18

| BBC One | |
|-----------------|---|
| 06.00 | Breakfast. |
| 09.00 | The Andrew Marr Show. |
| 10.00 | The Big Questions. |
| 11.00 | Sunday Politics. |
| 12.15 | Bargain Hunt. |
| 13.00 | BBC News; Weather. |
| 13.15 | Britain's Fat Fight with Hugh Fearnley-Whittingstall. |
| 14.15 | Lifeline. |
| 14.25 | Points of View. |
| 14.40 | Songs of Praise. |
| 15.20 | Britain's Best Home Cook. |
| 16.20 | Final Score. |
| 17.30 | BBC News. |
| 17.45 | BBC Regional News; Weather. |
| 18.00 | The A to Z of the RHS Chelsea Flower Show. |
| 19.00 | Countryfile. |
| 20.00 | British Academy Television Awards 2018. |
| 22.00 | BBC News. |
| 22.20 | BBC Regional News; Weather. |
| 22.30 | Match of the Day. |
| 00.10 | The Women's Football Show. |
| BBC Two England | |
| 06.05 | Glorious Gardens from Above. |
| 06.50 | Life in a Cottage Garden with Carol Klein. |
| 07.20 | Gardeners' World. |
| 08.20 | Countryfile. |
| 09.15 | The Beechgrove Garden. |
| 09.45 | Saturday Kitchen Best Bites. |
| 11.15 | Spring Kitchen with Tom Kerridge. |
| 12.00 | Athletics: Diamond League Shanghai Highlights. |
| 13.00 | Triathlon World Series: Yokohama. |
| 15.00 | Live Challenge Cup Rugby League. |
| 17.30 | Frog It! |
| 18.00 | FILM: Tomorrowland: A World Beyond (2015). |
| 20.00 | Neanderthals: Meet Your Ancestors. |
| 21.00 | Burma with Simon Reeve. |
| 22.00 | Atlanta. |
| 22.25 | Atlanta. |
| 22.50 | Later Weekend with Jools Holland. |
| 23.50 | Versailles. |
| 00.45 | Versailles. |
| 01.40 | Versailles. |
| 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. |
| 11.00 | Britain's Got Talent. |
| 12.15 | Britain's Got More Talent. |
| 13.15 | ITV News and Weather; Weather. |
| 13.30 | Ninja Warrior UK. |
| 14.30 | Paul O'Grady: For the Love of Dogs - India. |
| 15.00 | Change Your Tune. |
| 16.00 | Tipping Point: Lucky Stars. |
| 17.00 | The Chase Celebrity Special. |
| 18.00 | Harry Hill's Alien Fun Capsule. |
| 18.30 | ITV News and Weather. |
| 18.45 | ITV News London; Weather. |
| 19.00 | Little Big Shots. |
| 20.00 | Midsomer Murders. |
| 22.00 | ITV News and Weather; Weather. |
| 22.20 | Peston on Sunday. |
| 23.20 | This Time Next Year. |
| 00.15 | Great Art.. |
| Channel 4 | |
| 06.15 | The King of Queens. |
| 06.40 | The King of Queens. |
| 07.05 | Everybody Loves Raymond. |
| 07.30 | Everybody Loves Raymond. |
| 07.55 | Everybody Loves Raymond. |
| 08.25 | Eat the Week. |
| 09.30 | Sunday Brunch. |
| 12.30 | Bake Off: The Professionals. |
| 13.30 | The Simpsons. |
| 14.00 | The Simpsons. |
| 14.30 | FILM: Cheaper By the Dozen (2003). |
| 16.25 | Extreme Cake Makers: Royal Wedding Special. |
| 17.30 | Channel 4 News. |
| 18.00 | Formula 1: Spanish Grand Prix Highlights. |
| 20.00 | Bake Off: The Professionals. |
| 21.00 | FILM: Eddie the Eagle (2016). |
| 23.05 | 8 Out of 10 Cats Does Countdown. |
| 00.05 | FILM: Good People (2014). |
| 01.35 | Ramsay's Kitchen Nightmares USA. |
| 02.25 | When Harry Met Meghan: A Royal Romance. |
| 03.20 | Gok's Fill Your House for Free. |
| 04.15 | Best Laid Plans. |
| 05.10 | Fifteen to One. |
| BBC Four | |
| 19.00 | BBC Young Musician 2018 Grand Final. |
| 21.30 | History of the Future: Cars. |
| 22.00 | The Sky at Night. |
| 22.30 | The Horizon Guide to Space Shuttles. |
| 23.30 | Britain's Star Men: Heroes of Astronomy. |
| 00.30 | Science and Islam. |
| 01.30 | Metal: How It Works. |

MONDAY 14/05/18

| BBC One | |
|-----------------|--|
| 06.00 | Breakfast. |
| 09.15 | Ill Gotten Gains. |
| 10.00 | Homes Under the Hammer. |
| 11.00 | A1: Britain's Longest Road. |
| 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 | The Doctor Blake Mysteries. |
| 15.15 | Escape to the Country. |
| 15.45 | Royal Recipes: Wedding Special. |
| 16.30 | Hardball. |
| 17.15 | Pointless. |
| 18.00 | BBC News at Six; Weather. |
| 18.30 | BBC Regional News and Weather. |
| 19.00 | The One Show. |
| 19.30 | Fake Britain; BBC News; Regional News. |
| 20.00 | EastEnders. |
| 20.30 | Panorama. |
| 21.00 | Peter Kay's Car Share. |
| 21.30 | Mrs Brown's Boys. |
| 22.00 | BBC News at Ten. |
| 22.30 | BBC Regional News and Weather. |
| 22.45 | Have I Got a Bit More News for You. |
| 23.30 | The Graham Norton Show. |
| 00.15 | Weather for the Week Ahead. |
| 00.20 | BBC News. |
| BBC Two England | |
| 06.00 | Frog It! Trade Secrets. |
| 06.30 | Ill Gotten Gains. |
| 06.30 | A1: Britain's Longest Road. |
| 07.15 | Flipping Profit. |
| 08.00 | Sign Zone: Gardeners' World. |
| 09.00 | Victoria Derbyshire. |
| 11.00 | BBC Newsroom Live. |
| 11.30 | The Week in Parliament. |
| 12.00 | Daily Politics. |
| 13.00 | Perfection. |
| 13.45 | Going Back, Giving Back. |
| 14.30 | Digging for Britain. |
| 15.30 | Tudor Monastery Farm. |
| 16.30 | Street Auction. |
| 17.15 | Antiques Road Trip. |
| 18.00 | Eggheads. |
| 18.30 | Great Continental Railway Journeys. |
| 19.00 | Back to the Land with Kate Humble. |
| 20.00 | Inside the Factory. |
| 21.00 | Heart Transplant: A Chance to Live. |
| 22.30 | Newsnight. |
| 23.10 | Weather. |
| 23.15 | Burma with Simon Reeve. |
| 00.15 | Versailles. |
| 01.10 | Versailles. |
| 02.00 | Sign Zone: Countryfile. |
| 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; |
| 14.00 | Weather. |
| 14.00 | Judge Rinder's Crime Stories. |
| 15.00 | Dickinson's Real Deal. |
| 15.59 | ITV London Weather. |
| 16.00 | Tipping Point. |
| 17.00 | The Chase. |
| 18.00 | ITV News London; Weather. |
| 18.30 | ITV Evening News; Weather. |
| 19.00 | Emmerdale. |
| 19.30 | Coronation Street. |
| 20.00 | Give It a Year. |
| 20.30 | Coronation Street. |
| 21.00 | Innocent. |
| 22.00 | ITV News at Ten; Weather. |
| 22.30 | ITV News London; Weather. |
| 22.45 | On Assignment. |
| 23.20 | Killer Women with Piers Morgan. |
| 00.15 | Jackpot247. |
| 03.00 | The Jeremy Kyle Show. |
| 03.50 | ITV Nightscreen. |
| 05.05 | The Jeremy Kyle Show. |
| Channel 4 | |
| 06.00 | Countdown. |
| 06.45 | 3rd Rock from the Sun. |
| 07.10 | 3rd Rock from the Sun. |
| 07.35 | Everybody Loves Raymond. |
| 08.00 | Everybody Loves Raymond. |
| 08.30 | Frasier. |
| 09.00 | Frasier. |
| 09.35 | Frasier. |
| 10.05 | Ramsay's Kitchen Nightmares USA. |
| 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: Winter Sun. |
| 16.00 | The #100k Drop. |
| 17.00 | Four in a Bed. |
| 17.30 | Buy It Now. |
| 18.00 | The Simpsons. |
| 18.30 | Hollyoaks. |
| 19.00 | Channel 4 News. |
| 19.55 | The Political Slot. |
| 20.00 | Holidays Unpacked. |
| 20.30 | Tricks of the Restaurant Trade. |
| 21.00 | Catching a Killer: A Knock at the Door. |
| 22.20 | Myanmar's Killing Fields. |
| 23.20 | 999: What's Your Emergency? |
| 00.25 | The Secret Life of the Zoo. |
| 01.20 | The Supertvet. |
| 02.15 | Extreme Cake Makers: Royal Wedding Special. |
| 03.10 | Gok's Fill Your House for Free. |
| BBC Four | |
| 19.00 | Beyond 100 Days; Weather. |
| 19.30 | Civilisations Stories: The Remains of Slavery. |
| 20.00 | The Sky at Night. |
| 20.30 | Hawking. |
| 22.00 | Horizon: The Hawking Paradox. |
| 22.50 | The Search for a New Earth. |
| 00.20 | The French Revolution: Tearing Up History. |
| 01.20 | Top of the Pops: 1983. |

TUESDAY 15/

| BBC One | |
|-----------------|---|
| 06.00 | Breakfast. |
| 09.15 | Ill Gotten Gains. |
| 10.00 | Homes Under the Hammer. |
| 11.00 | A1: Britain's Longest Road. |
| 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 | The Doctor Blake Mysteries. |
| 15.15 | Escape to the Country. |
| 15.45 | Royal Recipes: Wedding Special. |
| 16.30 | Hardball. |
| 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. |
| 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 | Manchester Bomb: Our Story. |
| 23.55 | Reggie Yates' Extreme South Africa: The White Slums. |
| 00.55 | Weather for the Week Ahead. |
| 01.00 | BBC News. |
| BBC Two England | |
| 06.00 | Frog It! Trade Secrets. |
| 06.30 | Ill Gotten Gains. |
| 07.15 | Royal Recipes: Wedding Special. |
| 08.00 | Sign Zone: Top of the Shop with Tom Kerridge. |
| 09.00 | Victoria Derbyshire. |
| 11.00 | BBC Newsroom Live. |
| 12.00 | Daily Politics. |
| 13.00 | Perfection. |
| 13.45 | Going Back, Giving Back. |
| 14.30 | Digging for Britain. |
| 15.30 | Tudor Monastery Farm. |
| 16.30 | Street Auction. |
| 17.15 | Antiques Road Trip. |
| 18.00 | Eggheads. |
| 18.30 | Great Continental Railway Journeys. |
| 19.00 | Back to the Land with Kate Humble. |
| 20.00 | Pangolins - The World's Most Wanted Animal. |
| 21.00 | Nigeria's Stolen Daughters. |
| 22.00 | Later Live - with Jools Holland. |
| 22.30 | Newsnight. |
| 23.10 | Weather. |
| 23.15 | Love in the Countryside. |
| 00.15 | Versailles. |
| 01.10 | Versailles. |
| 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. |

Midsomer Murders (ITV, Sunday at 8pm)

New series. The crime drama returns, with Barnaby and Winter joined on the year's first case by a new pathologist, Petra Antonescu (Anamaria Marinca). A woman slips away from a Jane Austen re-enactment in full costume, only to be stabbed to death in the woods - her murder being recorded by a camera drone. The victim is discovered to be an undercover journalist, who had some unusual questions to ask about the village and the country house where the historical event took place. Guest starring Claire Skinner and Samuel West.

View our TV Guide from
anywhere via our website!

05/18

14.00 Judge Rinder's Crime Stories.
15.00 Dickinson's Real Deal.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
18.30 ITV Evening News; Weather.
19.00 Emmerdale.
19.30 Devon and Cornwall Cops.
20.00 This Time Next Year.
21.00 Innocent.
22.00 ITV News at Ten; Weather.
22.30 ITV News London; Weather.
22.45 The Late Debate.
23.15 Heathrow: Britain's Busiest Airport.
23.45 Road Rage Britain: Caught on Camera.
00.35 Jackpot247.
03.00 Loose Women..

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 Kitchen Nightmares USA.
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: Summer Sun.
16.00 The #100k Drop.
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 The Secret Life of 5 Year Olds.
21.00 The Windsors Royal Wedding Special.
22.00 Meet the Markles.
23.00 First Dates.
00.00 Flight HS13.
00.55 One Born Every Minute.
01.50 Our Wildest Dreams.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 James May at the Edge of Space.
20.00 Tomorrow's Worlds: The Unearthly History of Science Fiction.
21.00 The 21st Century Race for Space.
22.00 The First Men in the Moon.
23.30 Pompeii: The Mystery of the People Frozen in Time.
00.30 Egypt's Lost Queens.
01.30 Aristotle's Lagoon.
02.30 Ceramics: How They Work.

WEDNESDAY 16/05/18

BBC One

06.00 Breakfast.
09.15 Ill Gotten Gains.
10.00 Homes Under the Hammer.
11.00 A1: Britain's Longest Road.
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 The Doctor Blake Mysteries.
15.15 Escape to the Country.
15.45 Royal Recipes: Wedding Special.
16.30 Hardball.
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 Police Under Pressure.
22.00 BBC News at Ten.
22.30 BBC Regional News and Weather; National Lottery Update.
22.45 A Question of Sport: Mind Games.
23.15 FA Cup: The Road To Wembley.
23.45 Ambulance.
00.45 Weather for the Week Ahead.
00.50 BBC News.

BBC Two England

06.00 Flog It! Trade Secrets.
06.30 Ill Gotten Gains.
07.15 Royal Recipes: Wedding Special.
08.00 Sign Zone: Nightmare Pets SOS.
08.30 Sign Zone: Britain in Bloom.
09.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
11.30 Daily Politics.
13.00 Lifestline.
13.10 Coast.
13.45 Going Back, Giving Back.
14.30 Digging for Britain.
15.30 Victorian Farm.
16.30 Street Auction.
17.15 Antiques Road Trip.
18.00 Eggheads.
18.30 Great Continental Railway Journeys.
19.00 Back to the Land with Kate Humble.
20.00 The World's Most Extraordinary Homes.
21.00 Love in the Countryside.
22.00 Detectorists.
22.30 Newsnight.
23.10 Weather.
23.15 Atlanta.
23.40 Atlanta.
00.05 Versailles.
01.00 Versailles.
01.55 Sign Zone: Britain's Biggest Warship.

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's Crime Stories.
15.00 Dickinson's Real Deal.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
18.30 ITV Evening News; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Heathrow: Britain's Busiest Airport.
20.30 Coronation Street.
21.00 Innocent.
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 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.
08.30 Frasier.
09.00 Frasier.
09.35 Frasier.
10.05 Ramsay's Kitchen Nightmares USA.
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: Summer Sun.
16.00 The #100k Drop.
17.00 Four in a Bed.
17.30 Buy It Now.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.55 The Political Slot.
20.00 The Secret Life of the Zoo.
21.00 24 Hours in A&E.
22.00 What Makes a Woman? Gogglebox.
00.05 Friday Night Dinner.
00.35 High & Dry.
01.00 How'd You Get So Rich?
01.45 FILM: The Descendants (2011).

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 History of the Future: Cars.
20.00 Cosmonauts: How Russia Won the Space Race.
21.00 The Last Man on the Moon.
22.30 Dambusters Declassified.
23.30 Planet Ant: Life Inside the Colony.

THURSDAY 17/05/18

BBC One

06.00 Breakfast.
09.15 Ill Gotten Gains.
10.00 Homes Under the Hammer.
11.00 A1: Britain's Longest Road.
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 The Doctor Blake Mysteries.
15.15 Escape to the Country.
15.45 Royal Recipes: Wedding Special.
16.30 Hardball.
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 Britain's Best Home Cook.
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 Ill Gotten Gains.
07.15 Royal Recipes.
08.00 Sign Zone: Love in the Countryside.
09.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.00 Daily Politics.
13.00 Perfection.
13.45 Going Back, Giving Back.
14.30 Digging for Britain.
15.30 Victorian Farm.
16.30 Street Auction.
17.15 Antiques Road Trip.
18.00 Eggheads.
18.30 Great Continental Railway Journeys.
19.00 Back to the Land with Kate Humble.
20.00 Amazing Hotels: Life Beyond the Lobby.
21.00 Million Pound Menu.
22.00 The League of Gentlemen.
22.30 Newsnight.
23.10 Weather.
23.15 Dara and Ed's Great Big Adventure.
00.15 The Bridge.
01.15 Versailles.
02.10 Versailles.
03.05 Sign Zone: My Year with the Tribe.

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's Crime Stories.
15.00 Dickinson's Real Deal.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
18.30 ITV Evening News; Weather.
19.00 Emmerdale.
19.30 The Tower: A Year On - Tonight.
20.00 Emmerdale.
20.30 Paul O'Grady: For the Love of Dogs - India.
21.00 Innocent.
22.00 ITV News at Ten; Weather.
22.30 ITV News London; Weather.
22.45 Great Art.
23.45 Give It a Year.
00.10 The Tower: A Year On - Tonight.
00.35 Jackpot247.
03.00 ITV Nightscreen.
05.05 The Jeremy Kyle Show.

Channel 4

06.00 Countdown.
06.45 3rd Rock from the Sun.
07.10 3rd Rock from the Sun.
07.35 Everybody Loves Raymond.
08.00 Everybody Loves Raymond.
08.30 Frasier.
09.00 Frasier.
09.35 Frasier.
10.05 Ramsay's Kitchen Nightmares USA.
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: Winter Sun.
16.00 The #100k Drop.
17.00 Four in a Bed.
17.30 Buy It Now.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.55 The Political Slot.
20.00 Cruises from Hell: Caught on Camera.
21.00 Humans.
22.00 First Dates.
23.05 24 Hours in A&E.
00.10 Catching a Killer: A Knock at the Door.
01.20 What Makes a Woman?
02.15 The 90s: Ten Years That Changed the World.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 The Sky at Night.
20.00 The Sky at Night Guides: Planets.
21.00 Missions.
21.25 Missions.
21.50 Horizon: A Short Trip into Space.
22.00 Nasa - Triumph and Tragedy.
23.00 Rise of the Continents.

FRIDAY 18/05/18

BBC One

06.00 Breakfast.
09.15 Ill Gotten Gains.
10.00 Homes Under the Hammer.
11.00 A1: Britain's Longest Road.
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 The Doctor Blake Mysteries.
15.15 Escape to the Country.
15.45 Royal Recipes: Wedding Special.
16.30 Hardball.
17.15 Pointless.
18.00 BBC News at Six; Weather.
18.30 BBC Regional News and Weather.
19.00 The Royal Wedding: They're Getting Married in the Morning; 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 Would I Lie to You?
23.55 Young, Welsh and Pretty Minted.
00.25 FILM: I Know What You Did Last Summer (1997).

BBC Two England

06.00 Flog It! Trade Secrets.
06.30 Ill Gotten Gains.
07.15 Royal Recipes: Wedding Special.
08.00 Sign Zone: Antiques Roadshow.
09.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.00 Daily Politics.
13.00 Perfection.
13.45 Going Back, Giving Back.
14.30 Digging for Britain.
15.30 Victorian Farm.
16.30 Street Auction.
17.15 Antiques Road Trip.
18.00 Great City Games Manchester.
19.30 Extreme Wales with Richard Parks.
20.00 Gardeners' World.
21.00 The Bridge.
22.00 Frankie Boyle's New World Order.
22.30 Newsnight.
23.00 Weather.
23.05 FILM: Being Blacker (2018).
00.35 Sign Zone: Panorama.
01.05 Sign Zone: Civilisations on Your Doorstep.

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's Crime Stories.
15.00 Dickinson's Real Deal.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
18.30 ITV Evening News; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Countrywise: Guide to Britain.
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.

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 Kitchen Nightmares USA.
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: Summer Sun.
16.00 The #100k Drop.
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 Friday Night Dinner.
22.30 High & Dry.
23.00 The Meghan Markle Effect.
00.00 The Windsors Royal Wedding Special.
01.00 FILM: Attack the Block (2011).

BBC Four

19.00 World News Today; Weather.
19.30 Top of the Pops: 1985.
20.00 Tap America: How a Nation Found Its Feet.
21.20 David Bowie and the Story of Ziggy Stardust.
22.20 The Genius of David Bowie.
23.20 Top of the Pops: 1985.
23.50 Bee Gees at the BBC and Beyond.
00.50 Rod Stewart at the BBC.
01.50 David Bowie and the Story of Ziggy Stardust.

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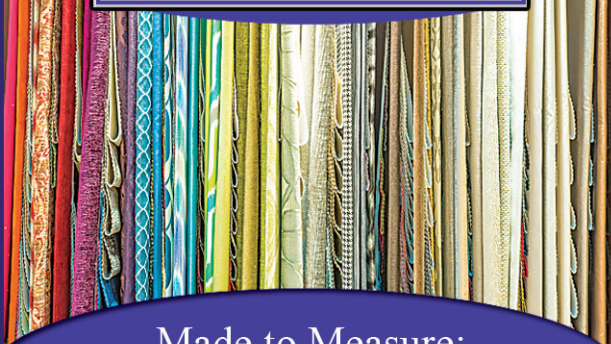
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Genre: Drama, Thriller. **Director:** Brad Anderson.
Rating: R. **Plot:** Caught in the crossfires of civil war, CIA operatives must send a former U.S. diplomat to negotiate for the life of a friend he left behind.

Guernsey Stars: Lily James, Michiel Huisman,



Matthew Goode.
Genre: Drama, History, Romance.
Director: Mike Newell.
Rating: R.
Plot: Correspondence

begins between Juliet and members of The Guernsey Literary and Potato Peel Pie Society, with them sharing their experiences of Nazi Occupied Guernsey. A beautiful story of love, friendship and the sadness of friends lost.

Cinema Listings

NOS Forum Algarve - Faro

Peter Rabbit (PV); Guernsey; Beirut; Avengers: Infinity War; An American in Paris; Duck Duck Goose (PV); Blockers; Ruth; The Jungle Bunch; Deadpool.

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A Quiet Life; The Jungle Bunch (PV); Return of the Hero; Avengers: Infinity War; Deadpool; Midnight Sun; Duck Duck Goose (PV); An American in Paris; Blockers; Peter Rabbit (PV).

Gran-Plaza NOS - Tavira

Blockers; Deadpool; An American in Paris; Avengers: Infinity War; A Quiet Life; Duck Duck Goose (PV); All I See Is You; Anon.

Algarcine - Portimão

Blockers; Avengers: Infinity War; Duck Duck Goose; A Quiet Life.

Algarcine - Lagos

Blockers; Avengers: Infinity War; Duck Duck Goose (PV); Avengers: Infinity War; A Quiet Place.

Algarcine Ria Shopping - Olhão

Avengers: Infinity War; Duck Duck Goose (PV); Blockers; A Quiet Life; Rudolfo, O Gatinho.

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Peter Rabbit (PV); Beirut; The Jungle Bunch; Avengers: Infinity War (2D & 3D); Deadpool; All I See Is You; Rampage; Game Night; Guernsey; Anon; Return of the Hero; Isle of Dogs; Duck Duck Goose (PV); Ruth; Avengers: Infinity War; Raposa Manhosa e Outras Histórias (PV); A Quiet Place; Blockers; Sherlock Gnomes (PV).

Cineplace - Portimão

Avengers: Infinity War (2D & 3D); Deadpool; Blockers; Peter Rabbit; Raposa Manhosa e Outras Histórias (PV); Guernsey; Rampage; Return of the Hero; Beirut; A Quiet Place; The Jungle Bunch; Duck Duck Goose (PV); Truth or Dare.

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Duck Duck Goose (PV); Truth or Dare; A Quiet Place; Return of the Hero; Rudolfo, O Gatinho Preto (PV); Guernsey; Rampage; Blockers; The Jungle Bunch (PV); Avengers: Infinity War (2D & 3D); Deadpool; Peter Rabbit (PV); Peter Rabbit (PV); Raposa Manhosa e Outras Histórias (PV); Ruth; Beirut.

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Estação Viana Shopping - Viana do Castelo

Journeyman; Peter Rabbit (PV); The Jungle Bunch (PV); Midnight Sun; Rampage; Avengers: Infinity War (2D & 3D); Duck Duck Goose (PV); Truth or Dare; Deadpool.

* (PV) = Portuguese version.
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EXHIBITION

"The Art of the Earth" an exhibition dedicated to Portuguese Culture in Alfama, next to the Lisbon Cathedral, daily from 11am to 8pm from 10 to 27 May.

"Silêncio" Art Gallery exhibition by the international Portuguese artist Jacinto Luis in Casino Estoril until May 15. Open every day from 3pm to Midnight. 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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LxMarket - Every Sunday at LxFactory, 10am-7pm. Unique, vintage, handmade and second hand items. Lx Factory, R. Rodrigues de Faria, Lisbon. www.lxmarket.com.pt

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

MUSIC

"The Incredible World Tour of Violin" Ara Malikian will perform on the **24 May** at 10:00 pm in the Salão Preto e Prata, Estoril Casino. Tickets: €22.50 to €40. 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

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.cineteatroestoril.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/

Niall Horan will be performing his Flicker concert on **12 May** from 7.30pm at the Coliseu dos Recreios in Lisbon. coliseulisboa.com

Concert dedicated to Portuguese Music by Miguel Araújo on **May 19th**, at 10 pm, in the Salão Preto e Prata, Casino Estoril. Tickets: €22.50 to €35. 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

Extensive Live Music programme for the month of **May** from Wednesday to Saturday in the Arena Lounge at the Casino Lisboa, with Free Admission. **12** - Plágio, **16 to 19** - Tributo 100 Anos de Samba, **23 to 26** -

CandyBlues, **30 to 2 June** - The Joe's. In the Juke Box of the Arena Lounge on a Thursday to Saturday, shortly after midnight - there will be a program of different musical DJ's during **May 12** - Shery Vari, - Pan Sorbe, **18** - Bruno Safara, **19** - Luis Leite, **24** - Mário Valente, **25** - Johnny Deep, **26** - John Holmes, **31** - Yugo Dee. Free Admission. 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

Programme of Music for May at the Casino Estoril. Fado on Wednesdays - Mafalda Arnauth and Miguel Ramos **16th**, Diamantina and José da Câmara **23rd**, Diana Vilarinho and Gonçalo Castelbranco **30th**. DJs on Saturdays - David Fortes **12th**. Dj Fonz **19th**, Dj Nuno Rebelo **26th**. Concert by Vanessa Ferreira and João Loureiro **17th** at 11:00p.m. The band Valada **18th**, from 11pm, Frederico BC Concert with Swing Affair Band **25th**, starting at 11pm. 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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Auction House Algarve. Our next live auction is **2 June**. Approx 500 lots including antiques, collectables, art, jewellery, tools, furniture, sports equipment, designer handbags. All of the items can be viewed at the auction house and through our online catalogue at www.ahalgarve.com Tel: 289832380 or email us at info@ahalgarve.com

MUSIC

Mamma Mia - Sing along to the ABBA soundtrack. A bottle of CAVA for the best ABBA outfit or come as you are. **May 19** at Recanto dos Mouros, Silves at 7.30pm. €20 includes 3 course meal and drink.

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

Renowned flautist Maria João Cerol plays pieces from various periods and explains - in English and Portuguese - the development of music for this instrument. She will welcome your questions, so come along and 'talk music' with an expert. **26th May** at 3pm. Quinta das Alagoas, near Almadena. Entrance, by reservation only, €19,50 including refreshment buffet of wine, cheese and homemade products. Information and reservations Tel 924 204 343 email: geral@quintadasalagoas.com

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

New Orleans jazz dinner / dance with The Dixie Kings at Twins Garden Restaurant, Almacil **12th May** - reservations 914 479 794 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@qfontebispo.com

Faro Blues Festival - the 5th Faro International Blues Festival takes place at the Lethes Theatre, Faro on **May 18 and 19**, commencing at 9.30pm on both evenings. The first night will headline with The Ramblers (Portugal) and Del Toro Blues band (Spain). Whilst on the **19 May** Quique Bonal and Vicky Luna (Spain) will be joined by Sydney Ellis and Midnight Preachers from the USA. Tickets can be purchased from Joao Godinho 919754383 or DJ Mike Bristow 916928966. To promote the event, there is a bonus for fans when The Fried Fanekas Blues Band perform on stage in the food hall of the Forum Shopping Centre, Faro on **Saturday 19 May** from 17.30. free entrance.

ALL Saints
ANGELICAN CHURCH

Services of Holy Communion:

SUNDAYS 10.30am ASCA Almacil (next to Comunidades Garden)

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

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

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



'Dias d'As Virgens Negras' is a series of events to be held in the Lady Chapel of Guadalupe, near Raposeira, to commemorate the Black Virgin of Guadalupe. Design Workshop - **2nd June**, 4pm to 6.30pm. Singing Workshops - **9th and 15th June**, 4pm to 6.30pm, led by Carme Juncadella (International Choir of Aljezur.) Movement Workshop - **16th June**, 10.30am to 1pm. Final Concert - **16th June** 7pm, accompanied throughout by the International Choir of Aljezur. For reservations and Information Tel: 914 016 037. associacaocorvoearaposa@gmail.com. Additional Thematic Concert - **2nd June**, 9pm, Igreja de Santa Maria, Lagos.

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.

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

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.

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 Coffee morning in Chapim Cafeteria Loungebar, Silves on **15 May** at 10.30. Price is €3.50 for Members and €4 for non-Members for Tea/coffee and a pastry. Additional coffees can be purchased if you wish. Please join us at this lovely coffee shop in a beautiful riverside setting in Silves. Lots of free parking in the municipal car park right next door. Regards Heather and Les, afpop Area Event Organiser Silves/Carvoeiro E-mail: silves@afpop.com Mob: 966 677 295. **EA Dinner in Moncarapacho** Wednesday May 16th is at Antonios Restaurant in Moncarapacho. A wine tasting extravaganza. A six-course meal paired with wines. Not your usual meal, Antonios chef will be showing us what she can do to tantalise our palettes. More information on the menu will be emailed. 50 places for this event and members are already beginning to pre-book. Linda email: eastalgarve@afpop.com Telephone: 289 798 374.

PTM/Monchique Luncheon in Caldas de Monchique on **22 May** at 12.30pm. Venue: Rest. Rouxinol, Location: Caldas de Monchique, Price: €20 pp, Bookings with: Gerty Geerts, E-mail: geerts.gerty@gmail.com

Lunch in Foral Restaurant on **24 May** at 12.30 for 1pm. Lunch inclusive, cost of €14 for Members and €15 for non-Members to include tip. This lovely restaurant is situated in Foral between Algoz and Messines it is a fully inclusive meal. Bookings with: Heather and Les. E-mail: silves@afpop.com Mob: 966 677 295. **Badminton in Silves** come and try Badminton. This is a regular **Thursday** evening slot booked for Badminton players at the pavilion 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

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 Arcaño Stadium, Olhão (behind McDonalds EN125) Fitness, fun & friendship. Only €3 / session. Contact: 916504903

Walking Football for those over 50 year-of-age who want to enjoy the beautiful game but at a more leisurely pace.

Mondays 4G Astro pitch adjoining the Eduardo Mansinho Sports Hall, Avenida Zeca Afonso, Tavira

Tuesdays Over 60s ONLY Astro-turf pitch adjoining the José Arcaño Stadium, Olhão (behind McDonalds on the EN125)

Thursdays Astro-turf pitch adjoining the José Arcaño Stadium, Olhão (behind McDonalds on the EN125) All sessions run from 9.30 to 11.30am and cost 3 euros. For further information: www.walkingfootballalgarve.com christopher.wright@hotmail.co.uk

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. 282352022 / 969174130

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.

afpop East Algarve Coffee and Chat Morning - Member-2-Member. Coffee & Chat mornings. The monthly Coffee & Chat morning. They are always the **last Wednesday** in the month. The coffee mornings are organised by a group of afpop members. It is very informal, a chance to meet up, make friends and have a chat. If you are interested in the Coffee & Chat mornings contact: Sherry on 916 913 612 or email: slosantaclara@gmail.com

Usually in the East Algarve Pedras da Rainha Club House. **GUEST SPEAKER:** Karin Holmström Forster Karin will be talking about her project to train guide dogs for the visually impaired young people living in the Algarve.

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 Brás 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

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.

Friendship group, Os Amigos, meets on the **third Tuesday** of each month, for walks, lunch, and other activities. For details contact lindabell@cogb.com

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: 963997582.

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 and Thursdays** at 9:30am. Come try it out! Contact info@browns-club.com or 289 322 740

WORKSHOPS & COURSES

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

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



Last Week's Winner: Joanne Hamilton, Lagos

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.

ALGARVE DOG SHOW

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

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

Organised by **Paws4Pets** and The Portugal News as part of the International Algarve Fair www.algarvefair.com email: sales@algarvefair.com

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

Announcements

PATIO HEATING with Herschel Infrared, 5% Spring discount at WWW.SHS-PT.COM



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

Auctions



AUCTION HOUSE ALGARVE
NEXT LIVE AUCTION Saturday, 2 June 2018 10.00am onwards
Approx. 500 lots.
• Antiques and Collectibles
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Check out our page on Facebook to view items coming up at Auction and view the catalogue and bid on line at www.ahalgarve.com where further details are available. Tel: 289 832 380 or email us at info@ahalgarve.com

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Charities

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

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

CC THE NANDI CHARITY SHOP Summer clothing now in store. Bargain prices. Furniture can be collected within 30 k Lagos. Tel 912741857

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

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

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

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

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

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Entertainment & Leisure

ALGARVE WEEKEND WALKERS. Join us for professionally guided walks through the lovely Algarve countryside. 13th May : Alte . 10.30am start, €5 donation . Contact algarveweekendwalkers@gmail.com



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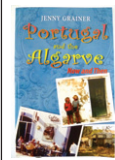


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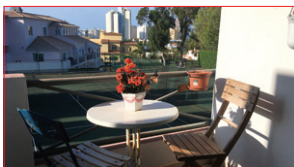
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Property for Sale

DOMAIN NAMES for sale: Albufeira.immo, QuintadoLago.immo, ValedoLobo.immo. Mail: offers to FritsKL@Planet.nl

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We are looking for a **Customer Service Adviser**

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Property for Rent

WANTED HOUSE to rent long term from October 2018, 2years + inland western region of Algarve 30km from Alcantarilha. 3 beds house furnished or not, quiet, big garden or land, retired couple french/swiss no kids, 2 nice dogs, Rental guaranteed payments few month advance . 913 893 378

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SAFE COMMUNITIES PORTUGAL will once again be at the Fair, stand 49. The team will be on hand to discuss matters concerning crime prevention, policing, computer security/ cybercrime and civil protection, with plenty of information in different languages on display. They will also be running a competition with a nice prize for the winner.



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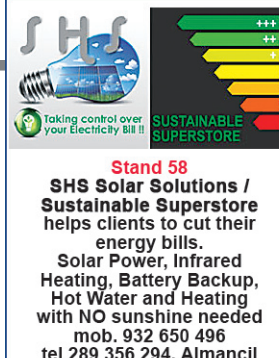
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Getting the right club for your game

N NEIL CONNOLLY

Our academy has a very simple dual philosophy; firstly to get you playing better golf as quickly as possible, secondly to keep you playing at that level for as long as possible. We are always looking for the next innovative development in the game, especially in regard to improving your game. If you have ever been to the academy you will have seen with your own eyes the TV screens, laptops and technology which support our expertise to help you on the way to a better game.

We have now added a literal game changer to our portfolio. I don't mind admitting that it was totally by accident. I have always steered away from club fitting for a number of reasons; mostly because carrying all of the brands was cost prohibitive, partly because my perspective has been technique and talent will get you where you want to be. That all changed when I was introduced to Scott Gourlay, a Scottish man who has carved out a sizeable living from fitting players to the right shaft and then the right club head. Using a launch monitor, he lets the numbers do the talking, no sales

pitch, just the numbers, specifically the carry distance, spin in revs per second and optimal launch angle. Consider it golf's equivalent to the Pepsi challenge. You bring in your clubs, post the numbers for the record then the task is to beat those numbers. If he doesn't, you have lost nothing and leave knowing that you have a great set of clubs. The problem is you... This rarely happens because over the past five years there have been unparalleled technological advances in the game, with every club and shaft manufacturer investing huge amounts of money in their research and development departments to get the ball moving as fast as possible regardless of

where you hit it on the club face. What Mr Gourlay has done is nothing short of incredible. He can now put the best performing club head (regardless of brand) in the best shaft to suit your swing speed and rhythm. You may have guessed it, our academy, Golf Integrated Academy at Vila Sol, now have the licence to fit the same system for you, saving you the time and expense of going to Edinburgh to get the best club fitting experience I have ever seen. We have Callaway, Taylor Made, PXG, Cobra, Cleveland, Lynx, Srixon and Orka ready to challenge your clubs. You can experience it here in the Algarve, all for a price which competes



with the Algarve retailers. One of my clients quipped that he was buying a better game - he wasn't joking. If you think I'm overstating I'm not, that's why the

fitting system 'fits' perfectly into our dual philosophy of getting you playing better golf as quickly as possible and keeping you at that level for as long as possible.

Fitted to a tee

Neil Connolly, our golf correspondent and owner of the Golf Integrated Academy, recently invited me over to experience the new golf club fitting technology he is using at the facility in Vila Sol.

N BRENDAN DE BEER

I eagerly took up the invitation, if only to see if there was any truth in the hype surrounding club fitting. I was also rather keen to find out if there would be any immediate and notable improvements despite playing no more than two rounds of golf a month.

I brought my own set of Nikes along, which have stood me in good stead the past four years or so. Admittedly, I have recently been keeping an eye on special deals to see if a change of clubs would see me break 90 with greater frequency - or rather 100,

based on my last round of strokeplay.

Neil started off by suggesting I use my 6-iron to establish a marker in distance and direction. This would be measured by technology similar to that used to track balls during golf coverage on television. My distance was between 175 and 190 yards, but my direction was rather dismal, at times resembling the golfer I was on the course only a few days earlier.

I was then asked which shaft I preferred along with the type of club. A TaylorMade club head was

fitted to my steel shaft and off I went again. The club head itself did feel better and look better, and with that in mind I teed up.

Of the ten or so balls I struck, only one misfired, with around seven following almost the exact same trajectory. Coupled with the vast improvement in accuracy, I was now hitting the 6-iron an extra ten to 15 yards, often carrying beyond 200 yards.

My driver was out next. I have been using it for at least two years and I believed the loft of 9.5 degrees was perfect due to my excessively quick swing

speed. After a few wayward drives with my 'trusted' driver, Neil suggested I use a driver with a 12-degree loft, and while I was not convinced, I took him up on his offer. Once again, there was a marked improvement. Not only did I

gain a dozen yards or so in distance, but more importantly, my accuracy improved vastly, which is vital when you can hit a ball 303 yards off the tee.

Despite my obvious enthusiasm at the time, and in writing these

words, I have not been offered my set of complimentary clubs, but I do know where I will be going when I eventually have the cash in hand to put my Nike clubs on Ebay or drop them off at my favourite charity shop.

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FC Porto crowned champions of Portugal

N CHRIS WRIGHT



FC Porto's team celebrates their league title win after their Portuguese Primeira Liga soccer match, against CD Feirense 6 May 2018. (Photo: EPA/Manuel Fernando Araújo)

FC Porto have won the Primeira Liga title for the first time since 2013 ending Benfica's four-year winning streak. FC Porto were crowned champions on Saturday evening after the Lisbon derby ended in a goalless draw meaning that neither Benfica or Sporting could catch them.

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Immediately after the final whistle had blown at the Alvalade, the party started three hundred kilometres to the north and will no doubt continue for weeks to come. The Eagles 0-0 draw with Sporting leaves them second going into the final round of fixtures tomorrow. An important position as it guarantees them a qualifying spot for the Champions League. The teams who finish third and fourth will enter the Europa League and will miss out on the huge money bonus that Europe's elite competition offers. Porto headed into their penultimate game of the season with Feirense knowing they had already wrapped up the title being four points clear of both

their challengers with one game to go. Even so they still took home all three points after beating Feirense 2-1 to give them the Primeira Liga title in style. A stage was set up outside Estádio do Dragão and after the game the players, still in their kits and bedecked with scarves, were hailed by their jubilant fans. There were cannons shooting confetti, flares being let off and even a car covered in Porto print with the theme of the evening, 'Campeões Nacional 2017/18'. Earlier the celebrations had begun inside the stadium as Porto lifted the trophy and then the players threw their boss Sérgio Conceição skywards multiple times as they recognised his outstanding contribution throughout an excellent campaign. It was also goalkeeper Iker Casillas first trophy for the club after his transfer from Real Madrid in the summer of 2015. There is no doubt that the person most responsible for ending Porto's lengthy trophy drought is coach Sérgio Conceição.

The former Portugal international winger started his managerial career at SC Olhanense six years ago and more latterly was in charge of French club Nantes. He took over at Porto after several coaches had failed to make an impression, including Nuno Espírito Santos who recently took Wolverhampton Wanderers into the English Premier League. Moreover, UEFA's financial fair play rules had taken their toll, forcing the Dragons to sell star striker André Silva to AC Milan and they were also forbidden from spending in the transfer market. Conceição's motivational skills re-ignited the sleeping 'dragon' and, unable to dip into the transfer market, the coach recalled several Porto players who had been sent out on loan, with Vincent Aboubakar (recalled from Besiktas), Ricardo Pereira (back from Nice) and Moussa Marega (short journey from Vitória Guimarães) all having the best season of their careers. Sérgio Conceição is an inspired tactician and has used

players in surprising positions, such as Ricardo at right-back and right-wing, Miguel Layún as a central midfielder and centre-back Diego Reyes in midfield. He switches between different formations 4-4-2 and 4-3-3 depending on the opposition and player availability. Porto did not lose any of their four matches against title rivals Benfica and Sporting, beating each team once and drawing the reverse fixture; in addition they beat SC Braga home and away. The victory over Sporting at the Dragão in March effectively knocked the Lions out of the race, while the recent win against Benfica in front of a packed Estádio da Luz was the key result of the championship race. Attention now turns to the foot of the table where Estoril, V. Setúbal, P. Ferreira, CD Feirense and Moreirense are in danger of relegation to the Segunda Liga. Madeira outfit CD Nacional will be playing Primeira Liga football next season along with either Académica or Santa Clara (Azores).

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