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Full story, see p. 2 (Photo: Lusa/Steven Governo)

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Golden visa abuse warning

Portugal has this week come under fire from anti-corruption organisation Transparency International for the lack of clarity surrounding the popular golden visa scheme.

An 88-page report published on Wednesday criticises many EU countries, including Portugal, and raises serious concerns over risks of money-laundering and to the security of the EU and its Member States. Around €25 billion in foreign direct investment has flowed into the EU through these schemes over the last ten years. Portugal is among the front-runners, with an estimated four billion euros of this total being transferred to the country by third nationals seeking residence and/or Portuguese passports.

The report, compiled in conjunction with Global Witness, says golden visa schemes have seen the EU welcome over 100,000 residents, with Portugal, Spain, the UK, Hungary and Latvia topping the list of EU states where resident permits are most easily handed out to foreigners. The report, titled *European Getaway - Inside the Murky World of Golden Visas*, says while huge volumes of money are involved, checks for money laundering and corrupt and illegal origins of the investment are not especially rigorous.

Portugal is specifically identified as an area that poses "high risks". Reference is made to a review in which a number of issues that make the residence programme for investment vulnerable to corruption are flagged. "The lack of clear guidelines and

the wide discretion given to public officials working in regional immigration and borders services offices open opportunities for inconsistent application of the rules", the report reveals in its chapter on Portugal. While some changes have been made to the programme following the arrest of high-ranking government officials and the former SEF Immigration Office chief back in 2017, "no significant adjustments have been made" since then. Concern is also levelled at the fact that the Immigration and Borders Service does not check whether applicants are subject to ongoing investigations or open criminal complaints outside of Portugal.

"There also seem to be no checks on applicants' source of wealth and funds used for investment", says Transparency International, and added that "enhanced checks should be extended to all family members." Investigators at Transparency International have called for increased public scrutiny of successful applications, arguing that in addition to publishing details of the number of applications received, granted and refused, the government should also consider publishing the names of successful applicants.

The report also extensively quotes European Member of Parliament Ana Gomes, a stalwart of the ruling Socialist



Serious question marks have been raised this week with regards to Portugal's (Photo: Lusa/lago Petinga)

Party, who has expressed her opposition to the golden visa investment scheme. Ana Gomes, who is also the Vice President of the European Commission of Financial Crime, recently said that the golden visa system is a "perverse scheme". She explained that golden visas which are aimed at encouraging investment, most notably in high-end real estate, stem from "a

system that prostitutes European citizenship and is a threat to the safety of the Schengen zone. "I believe it is a scheme importing corruption and organised crime to the European Union", she continued. Gomes explained that she is not against visas being handed out to select individuals at no cost who would benefit Portuguese society, though indicated that she

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N News in Brief

Fuel prices hit five-year high

Fuel prices have risen to a five-year high following substantial increases this week in the cost of both diesel and unleaded petrol. In the case of diesel, a litre now costs 1.42 euros, up three cents on last week's prices. Unleaded fuel has meanwhile reached 1.60 euros a litre, having gone up by two cents. The increases are blamed on the rising oil prices on the international markets, which have climbed to their highest value since 2014. This comes after a study last month revealed that Portugal has the tenth most expensive petrol in the world.

Light aircraft makes emergency landing in Alvor following engine problems

A light aircraft was forced to make an emergency landing on Sunday morning in Portimão following a technical problem. According to newspaper *Correio da Manhã*, the pilot and the passenger in the private plane escaped unscathed after it landed off the runway at the Municipal Aerodrome in Alvor following engine issues. Firefighters were dispatched when the aircraft declared an emergency shortly after take-off, but it landed without incident.

WEATHER

First autumn showers dilute temperatures

Light showers forecast to fall before the end of the current week are the first signs that autumn is making itself at home after a hot and dusty summer.

Lisbon: Saturday could be the last warm day in Lisbon for a little while with thermometers forecast to peak at 25 degrees. Rain on Saturday and lots of cloud for the coming week are accompanied by a drop in temperatures to the low 20's.

South: Southern Portugal saw the first spots of rain fall earlier this week and the weekend should stay warm and dry, albeit blanketed with high cloud. Saturday will be particularly warm, reaching around 27 degrees, and

the coming week is also looking warmer than the rest of the country, being partly cloudy with highs of 26 degrees.

North: The north is looking decidedly autumnal with showers forecast for most of the weekend and the coming week, with the possible exception of Monday, which will be cloudy and cool but dry. There will be a marked drop in temperatures of a few degrees, from Saturday to Sunday, with the mercury sitting just above the 20 degree barrier next week.



popular golden visa scheme, which hands non-EU citizens residency in the country based on sizeable investments.

would up the ante against golden visas being "sold in a system that favours corruption".

The MEP based these claims on the fact that she was unable to obtain a list of golden visa investors due to Portugal's restrictive privacy laws despite successive official requests. Gomes wanted the list in order to conduct a background check, but says she was denied this

opportunity.

"I don't want their home addresses or bank account details, all I want is their names, which has been denied to me", explained the MEP, adding: "The only explanation I can find is that if I were to gain access to the list, I would find people on it with criminal records in their home countries and who had not been subjected to due diligence

in Portugal by local authorities".

The most popular means to obtain a golden visa is through an investment of 500,000 euros in real estate, with Chinese topping the list of visa recipients. But Ana Gomes concludes, "China has a limit on transfers out the country of 50,000 euros a year, so it is obvious that the system can only be fraudulent or criminal."

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Ryanair invests €100m in Portugal with 12 new routes



CEO Michael O'Leary of Ryanair gives a press conference, after a meeting with European Commissioner for Employment, Social Affairs, Skills and Labour Mobility, Marianne Thyssen. (Photo: EPA/Olivier Hoslet)

Irish budget airline Ryanair announced on Tuesday that it will be investing around €100 million to create 12 new routes in Portugal for the summer of 2019, from all of its national bases.

Ryanair CEO Michael O'Leary made the announcement during a press conference held in Lisbon on Tuesday. The airline is to introduce three new routes from Lisbon, six from Porto and three from Faro, he revealed. According to the CEO, this investment is "important because these are difficult times for airlines", justifying his statement with the fact "oil is at 85 dollars a barrel, prices are dropping, and all airlines are reporting losses in revenue". He elaborated: "It is important that we continue to invest here in

Portugal, that we continue to create good jobs for people, and that we reach an agreement with unions to end these pointless wars that do not get us anywhere". The 12 new routes are to Bordeaux, Clermont and Edinburgh (from Lisbon); to Alicante, Brive, Cagliari, Marrakech and Seville (from Porto), and Berlin, Milan Bergamo, and London Southend from Faro. The airline will also be increasing flights on a number of existing routes at all airports, including the Azores, for a total of 129 routes and 11 million passengers a year.

Unions send Ryanair draft employment contract after strikes

Portugal's SNPVAC union, which represents airline cabin crew, is, along with its counterparts in other European countries, sending Ryanair bosses proposed new terms for employees' contracts, it said in a statement.

Europe's largest low-cost carrier has been battling with trade unions representing pilots and cabin crew for more than a year, in part over unions' objections to the carrier not employing staff under the law of the country where they are based.

"The SNPVAC and its European counterparts, based on the statements made by [European employment commissioner] Marianne Thyssen, in order to contribute to the immediate resolution of the dispute that opposes workers/

unions and Ryanair, will send, by the beginning of next week, proposals for draft employment contracts that comply with the legislation of each country and other regulations," the union said. The union's announcement followed a statement

by Thyssen, reiterating to the president of Ryanair, Michael O'Leary, that European Union rules stipulate that the labour laws that apply are those of the country from where the cabin crew flies, and not of the country from where they were hired,

that is, Ireland.

EU rules for mobile air crews are "clear", she said: based on "the place where workers left in the morning and returned in the evening".

According to the union, the latest move aims at "a decisive breakthrough for

the implementation of national law in all employment contracts and in the protection of Ryanair's cabin crew".

The low-cost airline, Europe's largest, suffered strikes in several countries on 28 September.

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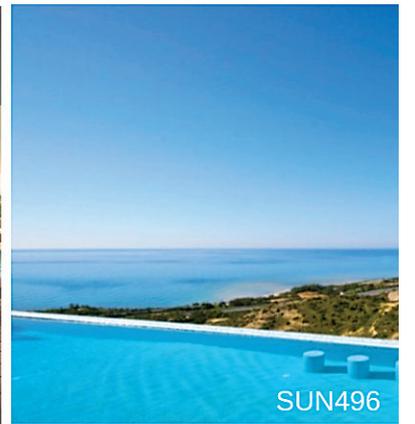
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Teaching unions ask president to veto law on career progression

Trade unions representing Portugal's schoolteachers have asked the country's president to veto government legislation on their members' years of service, on the grounds that it is illegal and unconstitutional.



Teachers pictured here during a protest staged on the 5 October bank holiday. (Photo: Lusa/Manuel De Almeida)

“What we have asked of the President is that he does not promulgate, so [that he] vetoes this law decree, in that it does not comply with a law of greater force, in this case the 2019 state budget,” the secretary-general of the Fenprof union federation, Mário Nogueira, told journalists after a 50-minute audience with the head of state. Representatives of Fenprof, the FNE, the SEPLEU and the SPLIU were received on Monday by the president, Marcelo Rebelo de Sousa, at their request, so that they could present their arguments for him not to promulgate the statute approved by the cabinet last Thursday. The legislation only foresees two-and-a-half years of teachers' service time counting for the purposes of career progression of the time that has been frozen for almost a decade. The unions are

demanding that the full nine years, four months and 29 days be recognised for career purposes. “It seemed to us that the president was sensitive to our arguments,” Nogueira said. “That doesn't mean he is going to make one decision or another - we don't know that - [but] nor was that why we came here. We have come to bring topics for the president to reflect on.” Nogueira said that the president had asked whether, if the law was not promulgated, there was not a risk of the unions losing the two-and-a-half years proposed by the government. His answer was that, in such a situation, parliament would be responsible and there would be a new negotiating framework for the 2019 budget. Unions have issued notice of a series of regional strikes from 15 October to 31 December on the issue. *TPN/Lusa*

Portugal 'must invest more in education to catch up with EU'

Portugal must invest more in education, an area in which it is still well behind most of the rest of the European Union, Maria João Valente Rosa, the director of Pordata, Portugal's leading independent database, said on Tuesday in Brussels.

Portugal stands out negatively from other member states in the areas of education and knowledge, showing statistics that concluded that half of the employees (54.6 percent) did not attend secondary or higher education (EU 16.6 percent), according to figures collated by Pordata, an offshoot of the private Francisco Manuel dos Santos Foundation that describes itself as 'The

Database of Contemporary Portugal'.

The figures also show that getting on for half of all people in employment in Portugal, at 43.3 percent, did not attend school after ninth grade (the EU average is 16.7 percent).

Poland is at the opposite end, with only 1 percent of employees having failed to graduate from secondary education, and Lithuania with 3.5 percent.

“Education is an area in which we have evolved, but we are not there yet,” Valente Rosa told *Lusa News Agency*. “There is still a long way to go.”

Valente Rosa chose the infant mortality indicator as positive figures: in 1961, Portugal had the highest rate (89 per 1,000) and in 2017 presented 3.2 deaths in infants under the age of one for every 1,000 births, an average below the EU

(3.6 per thousand).

Valente Rosa stressed that the level of infant mortality is an indicator of development and living conditions, adding that not only medical advances were made, but also social.

Pordata is a compilation of statistical data from Eurostat, “a panoramic and simple view of Portugal's reality compared to other countries in Europe”, Valente Rosa said.

Pordata's sixth 'Portrait of Portugal in Europe' is being presented on Tuesday in Brussels, on the same day that the foundation receives the European Citizens' Prize of the European parliament.

Only members of the parliament have the right to submit nominations for the prize - one per member each year. Prizes - dozens of them each year, across the EU, are awarded for

exceptional achievements in activities or actions by citizens, groups, associations or organisations having displayed an outstanding commitment to promoting better mutual understanding and closer integration between citizens of the member states; or to facilitating cross-border or transnational cooperation within the EU. *TPN/Lusa*



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Study reveals heart attack victims are at greater risk of dying in southern Portugal hospitals

A new public health study unveiled at the start of this week in a front page report by newspaper Público shows that sudden acute heart attack victims are at a greater risk of not surviving if they are treated in hospitals in southern Portugal.

The study, spearheaded by researcher Mariana Lobo and carried out at

the Research Centre for Health Technologies and Services (Cintesis), was based on more than 38,000 inpatient records

from 37 hospital centres on mainland Portugal between 2012 and 2015. Among the findings in the study,

was that heart attack sufferers are 30 percent more likely to die if they are admitted to public hospitals in Lisbon, the Alentejo and the Algarve, than in northern Portugal.

This, Ms. Lobo said, suggests that the care administered to heart attack patients is not equal throughout the country and, researchers say, the discrepancies, which in some cases are significant, should be investigated.

"Mortality should be homogenous, but it's not", she added, even after risk factors such as associated pathologies are ruled out.

Another finding established through the study was that - as expected - the care provided was better with the more cases treated, but another more unexpected finding emerged, that the smaller the hospital, the better the results.

These findings are not surprising," comments Luís Azevedo, who also integrates Cintesis's Cute Heart (Comparative Use of

Technologies for Coronary Heart Disease) project, adding: "The variability in hospital outcomes is a known phenomenon" and studied internationally.

But, he reflects, this work is very important to draw the attention of researchers and policy-makers in Portugal.

"This material requires reflection, and we must now try to understand what lies at the root of these differences.

Moreover, it is not surprising to conclude that it is the hospitals with more experience and more cases that have better results".

As for the size of the hospitals, he adds, it is clearly not the largest and ones with the most beds that have the best results, which may mean that when they are overloaded, there are an increases in waiting times.

It is therefore necessary to invest in a "best referral network with very experienced professionals and adequate technological support, not necessarily concentrating care in large centres", he argues.



A team of VMER emergency medics dispatched from the Amadora-Sintra Hospital, help a man with signs of a heart attack. (Photo:Lusa/Mário Cruz)



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A Portuguese woman and her British partner who named their son Adolf have this week started trial in Birmingham, UK, after being accused of belonging to a banned neo-Nazi group. (Photo: West Midlands Police)

Trial starts in UK for Portuguese woman accused of belonging to neo-Nazi group

A Portuguese woman and her British partner, who named their son Adolf, have this week started trial in Birmingham, UK, after being accused of belonging to a banned neo-Nazi group.

Claudia Patatas and Adam Thomas began trial on Tuesday in a British court, accused of clandestinely belonging to a terrorist organisation defending white supremacy, even after it was outlawed in 2016. Patatas, 38, a photographer, is accused of being part of a "small cell of fanatics" who advocated a 'white Jihad' and whose opinions and actions went "beyond the occasional racial insult". She is on trial at Birmingham Crown Court alongside two other Britons, partner Adam Thomas, 22, and Daniel Bogunovic, 27, for allegedly belonging to the neo-Nazi group National Action. All three pleaded not guilty, while Nathan Pryke, 27, Darren Fletcher, 28, and Joel Wilmore, 24, who were also detained in a police operation on 3

January, pleaded guilty and await sentencing. The prosecutor revealed that the Portuguese woman was known within the group created under protected messaging network Telegram, as 'Sigrun' or 'K Sigrun', a reference to a Norse goddess or Valkyrie, who could choose who lived or died in battle, and used that name in an encrypted e-mail account. Also among the evidence is a photograph in which Fletcher makes the Nazi salute and holds a flag with the swastika next to the son of Patatas and Thomas. It emerged during the first day of the trial that Patatas and Thomas had given their child, born in November last year, the second name Adolf; an element that the public prosecutor responsible for the prosecution considers relevant, arguing: "Given that the child was born

almost a year after the National Action was proscribed, it may be thought that the use of the name 'Adolf', even as a middle name, has a meaning". For his part, Adam Thomas, 22, who lived at the same address as Claudia Patatas, still had 'The Anarchy Cookbook' on his computer, which has instructions on how to make explosive devices. The Briton is also accused of possessing a document containing terrorist content that could be useful to anyone who wants to commit a terrorist act. Patatas, Thomas and Bogunovic are accused of belonging to the National Action, which was banned for being considered "a racist, anti-Semitic, homophobic organisation that stirs up hatred, glorifies violence and promotes vile ideology" because of material it disseminated on the Internet, especially on social networks, with violent images and language and calls for acts of terrorism. Under the Terrorism Act 2000, its members or supporters can be sentenced to up to 10 years in prison. The trial, presided over by Judge Melbourne Inman, is expected to last between three to four weeks.

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Rapid 'DIY' HIV test kits go on sale

The first rapid HIV test kits went on sale for the first time in Portugal on Wednesday this week, in Cascais only to start with, but could be available at pharmacies throughout the country by the end of the year.

The kits, which also detect the hepatitis virus, are now available at pharmacies in Cascais and will progressively be made available elsewhere in the country. Staff at pharmacies have been given training in the procedures to follow in the event of a positive test reading, both in terms of counsel offered and notification of health authorities. Initially the tests have to be carried out at pharmacies, but eventually will be available to be carried out at home. Speaking to *Lusa News Agency*, Deputy Health Secretary Fernando Araújo reiterated that Cascais is the first place in Portugal to sell the rapid HIV and hepatitis B and C tests, in community pharmacies and pathology and clinical analyses laboratories. On Tuesday afternoon, Fernando Araújo and the executive director of the UN's HIV programme, Tim Martineau, visited a pharmacy in Alcabideche, Cascais. Most pharmacies in Cascais have undergone training by the

Pharmacists' Register to know how to carry out the tests, provide advice and identify risk factors. If the test results are reactive (which in itself does not indicate a positive result), the pharmacy or the patient should contact the SNS24 helpline, which will refer them to a hospital of the patient's choice to repeat the test, and, if confirmed, be accompanied by a doctor. Fernando Araújo said the legislative proposal that goes with the possibility of testing at home has already been approved by the Council of Ministers and promulgated by the President of the Republic. With these measures, the Ministry of Health intends to increase the early detection of HIV infection and viral hepatitis, with the aim of transforming Portugal into a HIV/AIDS-free country by 2030. The "fast track to eliminate HIV" commitment, which has already been signed by Cascais, Lisbon and Porto, was signed with seven more cities on Wednesday. The new signees to the commitment, which lays out the



Health Minister Adalberto Campos Fernandes (L), talks with Deputy State Secretary of Health, Fernando Araújo (R), during the closing ceremony of the presentation of the 'HIV and AIDS Infection - Challenges and Strategies' report in Lisbon, in July. (Photo: Lusa/ANDRÉ KOSTERS)

measures for localities to eradicate HIV/AIDS, are Almada, Amadora, Loures, Oeiras, Odivelas, Sintra and Portimão. The Deputy State Secretary for

Health recalled the importance of reducing the incidence of infections, especially in Greater Lisbon, which has half of all new HIV infections in the country. Fernando Araújo stressed that

in recent years Portugal has seen a significant reduction in the incidence of the disease, but still has a higher number of cases than the European average.



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Monchique families appeal for help in clearing asbestos before first rains arrive

A number of families living in Monchique have asked for help in clearing rubble containing asbestos, left in the wake of the devastating August wildfire, which they fear could contaminate local water sources when it rains.



A man walks through an area that was scorched in the wildfire in Alferce, Monchique, August 11, 2018. (Photo: Lusa/Miguel A. Lopes)

With rain forecast for much of this week, for these families time is becoming of the essence. Local voluntary association Ajuda Monchique has flagged at least six serious situations of families living in close proximity to asbestos, in Carolo, Alferce, Foia and Pardieiros, found in the debris left behind by the huge week-long wildfire that ripped through the counties of

Monchique, Silves and Portimão two months ago. Shanti Fernandes, a spokesperson for Ajuda Monchique, said "people are desperate, some do not have a notion of the danger it poses to their health". She justified her reasoning with the shocking example of a man who just last week "without realising the risk, made a fire with asbestos". Another case is that of a man

with restricted movement who had to drag himself across the ground, over the hazardous substance. The voluntary platform that assists fire victims on a daily basis has listed "44 cases of housing with debris, including asbestos, which have been reported to the local council". But, they lament, until now their warnings have gone unanswered. "This week we found three more

families with asbestos close to their homes", says Shanti Fernandes. One of the affected residents, who spoke to newspaper *Correio da Manhã* (CM), is 33-year-old Francisco Carmo, who lives in an area where asbestos is scattered over 300 square metres. There are six families, among them at least five children, who live in that area. "We have talked to the council but they do not have the financial resources, they asked us to wait. I'm asking for urgent help to remove this toxic material as the rain could aggravate the scenario because it will contaminate the water", says Francisco. CM said, it tried to contact the local authority but without success. Meanwhile, green party Os Verdes have warned there are many wild animals in the aforementioned regions that are hungry and thirsty as a result of the scorched and parched countryside caused by the August wildfires. The party has demanded to know what measures the government is taking to minimise the consequences. The Greens submitted the question in parliament after reports that animals like foxes, deer and lynx are seeking food and water from residential properties in the affected areas. There have even been reports recently of a family in Monchique who hand-feed a

fox, which visits them regularly while looking for food. Os Verdes have asked the Environment Ministry what is being done about the situation. "Given the amount of land burned in the aftermath of this fire, this scenario was expected and more than predictable, but according to the inhabitants, nothing was done to protect these animals after the destruction of their natural ecosystem", said Os Verdes MP José Luis Ferreira, who delivered the question to the Government in Parliament. "It is important to know what measures have been taken or are being considered by the Government in order to minimise the effects of this serious fire", Mr. Luís Ferreira said in the document, asking the Ministry if it is aware of this situation and whether a plan has been drawn up through the Institute for the Conservation of Nature and Forests or any other entity for the maintenance and restoration of ecosystems in the Monchique mountain range affected by the fires. He queried when steps would be taken to "solve this serious problem". Some biologists, such as Fábila Azevedo, coordinator of the RIAS - Olhão Wildlife Recovery Centre, argue that wildlife should not be fed by people. "They are animals used to living in the wild, which can find food alone, although when food availability is short they can travel miles to find it".

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Faro's elderly visit Zoomarine



Faro Council took 86 elderly people from institutions throughout the county to Zoomarine for the day, to celebrate International Day of Older Persons, on 1 October. (Photo: Faro Council / Facebook)

Last week, Faro council sent 86 elderly people from various institutions throughout the county to the Zoomarine theme park in Albufeira.

The initiative was part of commemorations for the International Day for Older Persons, which is usually celebrated on 1 October. Faro Council said the trip to Zoomarine “started with an initiative by the Department for Social Development and Education, which had the support of a significant group of institutions that perform worthy social work” in the county.

The initiative sought to promote “active aging” and “the process of education and development between generations”, the council explained. In related news, Zoomarine will also be hosting the IMATA (International Marine Animal Trainers’ Association) annual conference, from 14 to 19 October.

The keynote speaker at the event is Javier Almunia, director of Loro Parque Fundación, an NGO that funds and implements wildlife conservation

projects in over 40 countries around the world; President Elect of the European Association for Aquatic Mammals (EAAM); and Vice-president of the Iberian Association of Zoos and Aquariums.

Invited guest speakers include Mats Amudin, Senior Zoological Advisor at the Kolmården Wildlife Park in Sweden, the largest zoo in Scandinavia, and Dr. Geraldine Lacave, an expert in marine mammal veterinary services.

The conference aims to promote communication, professionalism and cooperation between those who serve marine life, to help network and exchange ideas between marine animal trainers internationally. IMATA is dedicated to providing and advancing the most professional, effective and humane care of marine animals in all habitats. Its responsibilities include striving to continue the existence of oceanaria, aquaria and laboratories housing marine animals.

Saramago's Lanzarote Diaries reveal 'madness' of Literature Nobel

The widow of Nobel Laureate Jose Saramago said on Monday that the writer's last volume of his diaries, presented on Monday for the first time, reflected his life in 1998 and the “madness” of winning the Nobel Prize in Literature.

The diary reflects on “trips, conferences, meetings, concerns, anxiety, and the madness of the Nobel prize,” Pilar del Río told journalists at the book launch.

The last volume of the Lanzarote Diaries was launched in Coimbra to celebrate 20 years since Saramago won the Nobel Prize.

Porto Editora also presented the

book “A country excited in joy,” by Ricardo Viel, which recalls “details and surprises” of how Saramago and the country experienced the day he won the prize, the event's organisers said.

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Nurses strike to demand formal nursing career structure



Nurses staged two days of strike action this week which will be repeated again over four days in the coming week. (Photo: Lusa/António Pedro Santos)

Portugal's nurses this week staged two days of strike action to press the government to table a new negotiating proposal on nursing careers, in line with professionals' expectations and commitments it has already made.

“The strike is essential to require the government to present a career proposal that meets the expectations of nurses, but, more than that, to meet the commitments that were made by the government and the Ministry of Health in the agreed negotiating guidelines, which aimed precisely to determine within what framework the assessment of the nursing career would be made,” Guadalupe Simões, leader of the SEP nurses' union said. The national strike action is to be repeated on 16, 17, 18 and 19 of October, with a demonstration being scheduled for the latter date in front of the Ministry of

Health in Lisbon to demand that the government meets commitments made during last year's negotiating process. The unions are demanding a review of nursing careers, the definition of conditions of access to employment categories, the salary scale, the principles of the system for performance assessment, the rules for and organisation of working time, and the conditions and criteria applicable to employment. They claim, among other matters, that the specialist nursing career is applicable to all public and National Health Service (SNS) institutions and

to all nurses who work in them, independent of the type of employment contract they have. They are also demanding clear conditions of access to voluntary retirement for nurses and that they be entitled to full pension after 35 years of service once they are at least 57-years-old; this is the unions' starting position in the negotiations. The unions called a strike on 20 and 21 September for the same reasons; according to them, participation by nurses was at 80.4 percent. The strike has been called by the SEP, Madeira's SERAM, SINDEPOR and ASPE.

TPN/Lusa

Authorities focus on reforestation in aftermath of Sintra-Cascais fire

The fire that blazed through the Sintra mountain range on Saturday night has been put out and it is now time to clean up and prepare for reforestation of the burned area using native trees, the Mayor of Cascais said late on Sunday night.

Cascais Mayor Carlos Carreiras said following the blaze the “concern is also focused on the logistics of reforestation of the mountains, making use of our genetic forestry bank, which has 5,000 trees and bushes of native species,” he noted.

“This fire did not in fact begin in the Cascais council area and did

not spread to the most critical areas, which were the densest part of the forest, because that has been worked on and put in order, and that has led to good results,” noted Carreiras.

The fire began on Saturday in the Peninha area in the Sintra mountain range west of the Portuguese capital, Lisbon, and

spread to the Cascais area. It was under control by late Sunday morning.

The fire injured 21 people including 10 firefighters and one civilian who were taken to hospital. 10 firefighters were treated at the location and returned to fighting the fire.

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Leading Portuguese AIDS researcher dies

A pioneering Portuguese researcher in the fight against AIDS died last weekend, following an illustrious career dedicated to tackling and destigmatising the illness.

Odette Ferreira, who, in collaboration with the Pasteur Institute discovered the HIV type 2 strain over three decades ago, died at 3.30pm on Sunday afternoon at the São Francisco Xavier Hospital in Lisbon. She graduated from the Pasteur Institute after completing her bachelor's degree in Pharmacy, and went on to establish a long and fruitful collaboration with the French institution. Thirty-three years ago Odette Ferreira, in the laboratory, and José Luís Champalimaud, a clinician, took a sample of a newly-detected HIV type 2 variant to Paris, which confirmed the finding. It had been collected by Kamal Mansinho in patients from Guinea-Bissau, in

September 1984. Later in her career, she presided over Portugal's National Commission against AIDS between 1992 and 2000, fought continuously against the stigma surrounding AIDS patients, and received the National Health Prize in 1993, which distinguishes those who contribute to the achievement of health gains within the National Health Service. Last year, the Lisbon University Faculty of Pharmacy, which had already instituted the Odette Ferreira Prize for Public Health, paid her further homage by naming its auditorium after her. In February this year she received the Grand Cross of the Order of Public Instruction from the President of the Republic.



Renowned HIV researcher Odete Ferreira has died. (Photo: Lusa/Andre Kosters)

Young man killed by train in Portimão after 'crossing tracks while on phone'

A 21-year-old man was killed on Monday morning after being hit by a regional train in the Boavista area of Portimão, Algarve.

His death was declared at the scene. It is the second such incident at the same spot in as many years.

The train had just left Portimão station and was heading west to Lagos.

Richard Marques, commander of the Portimão fire brigade, told the media that the driver gave indication that "the young man was on the track, talking on the phone" and had not noticed the train approaching.

In September 2016, a 20-year-old girl was also hit and killed by a train at the same spot.

Newspaper Correio da Manhã states that the place where the accidents occurred is located next to houses and has poor visibility for those who cross as well as no fencing to stop people crossing.



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Ringleader of violent northern group detained at Madrid Airport

A man suspected of being the leader of a dangerous criminal group in Portugal and who was supposed to be under house arrest in this country, has been detained at Madrid Airport, Spain.

The 36-year-old Brazilian national was captured at Madrid's main airport as he prepared to flee to Brazil, and has been handed over to national authorities. The Judiciary Police (PJ), which released detailed information in a statement on Tuesday, said that the 36-year-old man of Brazilian nationality has now been subjected by a Portuguese investigating judge to preventive custody pending trial; the most serious coercion measure. According to the PJ, the suspect was the head of a criminal group that was dismantled in July and was "responsible for violent crimes involving valuables, transport vans and other crimes against property in

the north of the country". In its statement, the PJ explained the group was "a transnational criminal structure, [working] in particular with Spain, for the purpose of crimes against property". When he was originally arrested in July, along with seven alleged accomplices, the PJ said that the crimes for which they were indicted were carried out with firearms and allowed them to obtain "very high patrimonial advantages". According to the PJ, that "criminal structure" had been operational since 2016 and had a transnational scope. The alleged leader of the group was then subjected to house arrest, a measure also applied to the other

elements detained in the same operation. "A few days after the application of the coercive measure, the man left his residence and disappeared, having been detected and located in the city of Madrid, at the airport of Barajas, at the time of his embarkation to Brazil, from where he originates," the PJ elaborated. His most recent arrest was carried out in fulfilment of a European Arrest Warrant. The detainee, who is said to have already been convicted in Portugal for crimes against property, is now charged with crimes of criminal association; drug trafficking, robbery and vehicle theft. In related news, a Peruvian man was recently arrested at Lisbon airport after being

A man wanted for a string of serious crimes in Portugal has been arrested at Madrid's Barajas Airport. (Photo: EPA/Alberto Martin)



found to be carrying one kilogram of drugs in his body. According to PSP police, the Peruvian citizen felt unwell on a flight bound for Barcelona, which was

forced to divert and land in Lisbon. "In total, about 30 capsules of cocaine were seized, with a total weight of about one kilogram", a police

source said, adding that the arrest occurred on Sunday and the defendant was remanded in custody on suspicion of drug trafficking.



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IMF foresees smaller budget deficits, longer wait for budget surplus

The International Monetary Fund (IMF) has issued a more optimistic forecast for Portugal's public sector budget deficit this year and next, but predicts that the first surplus will only be achieved in 2022, contrary to the government's projections.



Former Portuguese Finance Minister Vitor Gaspar, who now heads the IMF's Fiscal Affairs Department, has released a mixed bag of economic forecasts for Portugal. (Photo: EPA/Antonio Cotrim)

According to the Fiscal Monitor report containing world budget forecasts, released on Tuesday, the IMF now sees a deficit this year of 0.7 percent of gross domestic product, in line with the government's official forecasts and lower than the IMF's April forecast, of 1.0 percent. For 2019, the IMF now projects a budget deficit of 0.3 percent of GDP - down from 0.9 percent in its April forecast, but above the 0.2 percent projected by the government in its Stability Programme 2018-2022. In that programme, the government commits to a deficit close to zero (0.2 percent) next year already - the last year of the current parliament and a year of European Parliament elections. After that, it sees budget surpluses swelling every year: to 0.7 percent of GDP in 2020, 1.4 percent in 2021 and 1.3 percent in 2022.

The IMF, however, which bases its calculations on the assumption of an unchanged policy scenario

for the next few years, believes that the first surplus, of 0.2 percent of GDP, will only occur in 2022, with the deficit only wiped out a year earlier.

The projections for Portugal are coordinated by Vitor Gaspar, a former minister of finance in the country, now an IMF director, and are based on the 2018 state budget, adjusted to reflect the IMF's macroeconomic forecasts. The report also projects total public indebtedness in Portugal to fall by more than 20 percentage points from its current level.

It sees the debt shrinking from 125.7 percent of GDP at the end of last year to 102.8 percent in 2023.

At the end of this year, the debt should be 122.2 percent of GDP, a year later at 118.4 percent, at the end of 2020 around 114.9 percent, in 2012 just 107.3 percent, and in 2022 as little as 102.0 percent.

The government, in its stability programme, projects a reduction in the debt of 23.6 percentage points of GDP, but in

just five years, to 2022.

The IMF on Tuesday also revised down its projections for Portugal's economic growth this year to 2.3 percent, and left its forecast for 2019 unchanged at 1.8 percent, less than the government is projecting. According to the latest World Economic Outlook, the IMF shaved one tenth of a percentage point off its forecast for growth in Portugal's gross domestic product, from the 2.4 percent it had been predicting since April. That is in line with the government's own forecast, contained in its Stability Programme 2018-2022, unveiled in April.

The IMF remains more optimistic than the government on the jobs market, predicting unemployment of 7 percent this year and 6.7 percent next.

The government, in turn, projects the jobless rate to be 7.6 percent this year, falling to 7.2 percent next, and only below 7 percent in 2020 (6.8 percent) before falling further to 6.5 percent in 2021 and to 6.3 percent in 2022. TPN/Lusa



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Top union deems country's budget for salary increases 'insufficient'

The secretary general of Portugal's largest trade union association, CGTP, Armenio Carlos this week said the country's announced budget of €50 million for state salary increases was "profoundly insufficient" and said the government had to take this issue further.

“It is obvious that this budget is profoundly insufficient,” Carlos said during a break in his schedule during a visit to the district of Castelo Branco, Portugal. He added that the amount proposed by the government “is far from meeting what is justified

and demanded.” Carlos also said the government should show “openness and social responsibility,” and pointed out that the CGTP had called for a rise of four percent in percentage terms and 60 euros in nominal terms. Portugal's Socialist

government, which is backed by the Left Bloc and Communist party in parliament, has already reversed many austerity measures imposed by the former centre-right government under an international bailout in between 2011-2014.

TPN/Lusa



The CGTP union has this week said planned increases for civil servants are inadequate. Photo: Lusa/Tiago Petinga)

Exports and imports both record strong increases

Portuguese exports rose 10 percent and imports rose 13.1 percent in 2017 compared to 2016, reaching historical levels, the country's national statistics institute (INE) said earlier this week.

According to the INE's provisional data for international trade in 2017, exports of goods totalled €55.029 billion and imports of goods totalled €69,489 million.

The commercial trade of goods saw a negative balance of €14,460 million,

representing a rise in the deficit of €3,075 million compared to the previous year.

Excluding fuels and lubricants, exports rose 8.9 percent and imports grew by 11.4 percent. The deficit rose by €2.125 billion.

TPN/Lusa

OECD leading indicators show growth for third consecutive month

The Organisation for Economic Co-operation and Development's leading indicators on Monday pointed to economic growth in Portugal accelerating for the third consecutive month in August.

The leading indicator was situated at 99.68 points in August in Portugal, after reaching 99.6 points in July and 99.5 points in May.

The OECD said it forecast a slowdown in most of the European

Union's greatest economies except for Germany, where it forecasts stability.

The OECD leading indicators are designed to provide early signs of turning points in economic activity. TPN/Lusa

CGT: Older Properties and Unauthorised Improvements



Many property owners who acquired their homes in Portugal in years gone by face a common dilemma: they bought at a time when real estate was dirt cheap. These houses were often primitive and in poor condition, requiring substantial renovations. In those days, it was common practice to do the work and worry about the formalities later: no building permits, no formal plans, no invoices issued or kept. In addition, the Rateable Value (“VPT”) remained low, sometimes too low to tax!

Today, the situation has inverted. Valuations and tax appraisals have skyrocketed. Unauthorised alterations require planning permission prior to sale. Low deed prices and low Rateable Values can mean a whopping Capital Gains tax assessment upon sale.

CGT Calculations

If you are resident in Portugal, there are two conventional assessment options for Capital Gains:

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

2) Alternatively, the gain may be rolled over if another *principal residence* of equal or greater value is purchased between 24 months prior and 3 years after the sale. For newly acquired properties of lesser value, the gain is calculated on a pro-rata basis. The rollover can be anywhere in the EU, not just in Portugal, as long as it becomes your principal residence.

These options are not available to non-residents whose CGT is based on the full gain.

Another possibility

In some cases, the problem can be mitigated or completely resolved by “killing two birds with one stone”. First, have architectural plans drawn up and building permits issued for any unrecorded improvements. Then, upon “completion” and inspection, the old “matriz” (tax registration) can be struck off and a new one assigned, along with a revision of the property's Rateable Value. This new “matriz” will serve as the base when you finally sell your property, substantially reducing your CGT liability as well as sorting out the bureaucratic “skeletons in the closet” that can make your property difficult to sell. **Example:** The Smiths bought and renovated an old farmhouse in the mid-1980's with little or no paperwork to show for the improvements that they made. While today's selling price is €500,000, most of the proceeds of the sale will be seen as a Capital Gain.

To achieve a much-needed update in bureaucratic formalities and a significant “VPT” uplift, they apply for building permits and subsequent inspection. Their old “matriz”, with an original “VPT” of just €50,000, is struck off and a new registration approved at over €375,000, leaving them with a far more manageable CGT bill to settle. Capital Gains Tax on property can be a complicated matter with many permutations. The basic guideline is quite simple: *Plan Ahead!* Leaving your queries to the last minute makes the worst case scenario an almost inevitable outcome. By anticipating possible events, you can take timely action to minimise your future assessment.

Dennis Swing Greene is chairman and International Tax Consultant for euroFINESCOs.a. www.eurofinesco.com



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Algarve Walking Football Cup



Last weekend Browns Sports & Leisure Club in Vilamoura hosted yet another successful Algarve Walking Football Cup.

The tournament has grown tremendously over recent years. Having started as an 8 teamed tournament with 1 category and 1 pitch, it's 4th edition now welcomed 32 teams from the Algarve, UK and Holland with 2 categories and 6 pitches.

Under the clear blue Algarvian sky, over 300 footballers competed a total of over 100 games over 2 days. With four trophies to be won in each category, all games were exciting right until the very end. In the over 50's category, Olhão regained their winning title in the final against Carnoistie Panmure (1-0). Both the Plate and Bowl finals ended in nail-biting penalties with Canterbury victorious

over Oriam Edinburgh in the Plate Final, and Heart of Midlothian lifting up the trophy after their win against Algarvian team Tavira in the Bowl Final. Sheffield Wednesday CP2 also got to go home winners after a 1-0 result against Ayr United in The Wood Final.

The final classification of the over 60's category saw Ormskirk South victorious over Heart of Midlothian by a single goal whilst the Plate final resulted in Tullibody Reds lifting the trophy after their win against Browns in penalties. The Bowl Final saw Cambuur 3 win against Derby County with a 1-0 score at the final whistle.

Dutch team Cambuur's fourth team claimed the Wood Final in their win against Olhão in penalties.

The final matches ended with either only

one goal difference or with a tense penalty shoot-out, demonstrating how close this year's competition was.

After two full days of matches, five-piece band *The New Orleans Jazz Band - the Dixie Kings* took the stage to play upbeat Jazz songs while players and supporters enjoyed a wide spread of food at the tournament's barbecue, which was set up under the stars this year.

Next year Browns will host the 4th edition of the Browns Walking Football Festival followed by the 5th edition of the Algarve Walking Football Cup.

More information can be found via: Browns Sports & Leisure Club - (+351) 289 322 740, www.brownsclub.com or on the event's official facebook page: www.facebook.com/brownsclub

CASA Social Club Dinner

43 CASA members and guests met at *Ponto do Encontro* in Carvoeiro on Saturday 29 September for dinner.

The seating in the middle of this smallish restaurant was said by one member to be "cosy". The service was excellent and the meal itself was felt to be good value.

To round off the evening we all joined hands and everybody put their hearts into singing Rod Stuart's "We Are Sailing" in order to say a fond farewell to

members Jack & Joanne who are going back to UK to live. A quite moving end to an excellent evening.

Our next event will be a buffet-style lunch on Sunday 21 October in Lagos. Full details of this and all our planned events, which are also open to non-members, can be obtained from the club website: www.casasocial.club or from Margaret Brito on 282 495 475 or by email to: info@casasocial.club



Letters to the Editor

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

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

Re: Citizenship and Nationality

SIR, Nationality is the status of belonging to a particular nation. Citizens

are members of a State either by nativity or naturalisation. At the end of March 2019, all British nationals will lose their citizenship of the

European Union. For those who do not wish to lose this cherished and valued status, the only solution is to acquire the nationality of the European country in which they are already accepted as citizens by virtue of their residence.

Such acquisition of dual nationality will not prejudice the right to receive state pensions in either territory and will greatly facilitate logistics. To remain a citizen of the

EU is a laudable and desirable intent, bringing with it the political and social benefits of a future, integrated society.

The EU has much to do in achieving a harmonised super state in which its citizens may enjoy increasing equality of opportunity and a burgeoning culture which will be the envy of other global communities. I would suggest to Mr Taylor-Smith and "everyone" that they should

grasp now the opportunity of dual nationality and the pride of remaining European.

ROBERT KNIGHT, Tomar

Faro Airport

SIR, The new airport is fantastic but I cannot work out why when we reach the building after our flight that we then have to walk up a steep flight of stairs, then go up an escalator and then go down 2 escalators to return to where we started...ground level. It's a 50 yard walk to enter passport control yet we have to haul our hand luggage up steep stairs. We are both pensioners and see this as totally unnecessary. Whoever implemented this, clearly does not have to do it, and is without consideration for those not as mobile as they used to be.

This policy needs reviewing...keep us at ground level.
PAUL MATTHEWS, Conceição Tavira

Casa de Santo Amaro

SIR, "The time has come!" the walrus said, and looking at the calendar, Christmas is rapidly

approaching! We would like to ask your kind readers if they will, once again, help us to give each of the disabled residents of Santo Amaro in Lagos a Christmas gift. Many have no family to remember them at Christmas, and the gifts we can pass on bring smiles to their faces.

The staff have suggested that once again "smellies" for both men and women are very welcome. As we don't know the dietary restrictions that individuals may have unfortunately chocolates and sweets are not suitable. However, we try to make a hamper for the staff who work so hard caring for the residents, so anything in the festive treat or drink line will be welcomed.

Elaine at CARDS in Lagos has kindly offered to be a collection point. If anyone has a problem finding a collection point please give me a ring, 282695875, answer phone if we are not available.

Thank you very much for your support in the past, and for your generosity this year.
JENNIFER AND GRAHAME HERTAGE, By email

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Algarve Dance Open

On the 20 and 21 October the Congress Centre of the Arade in Parchal will open its doors for the public to watch the second edition of the Algarve Dance Open international dance competition. This is for young dancers from 4 to 25 years in a variety of styles, from ballet to hip hop, to be adjudicated by a panel of international judges from prestigious companies and institutions.



Photo: Jose Estiveira

The sessions will be divided by age and style through the weekend. There will also be workshops and even improvisation competitions. The grand finale will be a gala of a selection of the winners early on Sunday evening. The estimated start time is 7.30pm. There will be a representation by the Balletshop of Faro and sponsorship for the improvisation competitions by

Gaynor Minden and Ballet Rosa. The support of the RTA, Câmara Municipal de Lagoa, Mapfre, and other sponsors has been indispensable to the organisers, the non-profit making cultural association, Talented Proposal. For further details of the daily timetable, please watch the webpage for updates, www.algarvedanceopen.com, or the Facebook event page, Algarve Dance Open.

Carolyn Ellison

March for Marley 2018

Marley Inácio is a beautiful 7-year-old boy who lives in the Algarve and was born with several medical conditions including muscular dystrophy and global delay. He has undergone years of treatment and hundreds of hospital visits but in spite of this he is always ready for a giggle with his beaming smile and cheeky sense of humour. His mother Kate recently made the brave decision to start fund raising for a series of operations which will help alleviate some of the discomfort Marley suffers as a result of his conditions.

The only hospital in Europe with the medical team able or willing to perform these complicated neurosurgical procedures is in Barcelona but their skills do not come free of charge. The initial examinations and tests were recently undertaken and cost €20,000. This has exhausted all funds raised so far. The cost

of treatment pre and post op along with the cost of the operations themselves is €80,000.

As part of this fundraising effort, Aljezur International School has organised a sponsored walk, which will take place on Friday 19 October. Last year the school raised over €4,000 in their first March for Marley, which was in aid of funds for the electric chair that Marley so desperately needed.

The Aljezur International team is hoping that friends and locals will join them in this year's March for Marley 10km walk from Ponta da Piedade in Lagos to the beach in Praia da Luz and exceed last year's total raised.

The meeting point is the car park at Ponta da Piedade at 10am on Friday 19 October.

For more information and sponsor forms call 914447710 or email karen@aljezur-international.org To donate money directly



visit <https://www.justgiving.com/crowdfunding/marleyswheels>

Two Reasons to Celebrate

Mediterranean Garden Fair 2018, the Algarve's only specialist Plant Sale, will celebrate the start of the gardening year at the Museu de S. Brás de Alportel on Saturday October 27 from 11am-4pm. Entry €1, gardeners under 16 free. Once again, the event will take place in the lovely historic courtyard garden behind the museum with plenty of room to sit and chat and

free entry to the programme of talks.

The first Mediterranean Garden Fair was held on 2 November in 2008, so this year we will also be celebrating our 10th Anniversary of this special event. Each year the number of visitors has grown and we look forward to another great crowd of eager plant buyers for our tenth year. Visitors to the Garden Fair will be able to take advantage of

free entry to the programme of talks.

Native Plants by João Gomes of Sementes de Portugal at 11.30am and on Medicinal and Culinary Tropical Plants and Their Uses in the Garden & Kitchen by Fernanda Botelho at 2pm.

João Gomes will bring his range of native plant seeds for sale and Fernanda Botelho will

have her new Agenda and range of lovely books on herbs available.

Also available at the Garden Fair will be plants native to Portugal and plants adapted to the Mediterranean climate, information and advice from the nursery owners and from the MGAP information table and Plant Clinic.

For the first time at this event there will be special workshop for our younger visitors on how to make a 'Portable Garden'. Numbers are limited, for information or to reserve a place contact Associação Semente de Alfarroba TM 966545635 www.facebook.com/pg/Semente-Alfarroba

Refreshments will be available on site and the popular Plant Crêche will also be provided.

For further information: email: mgapfairs@gmail.com, visit: www.mediterraneangardeningportugal.com Facebook: Mediterranean Gardeners - Portugal

Directions and further info Website: www.amigos-museu-sbras.pt

Let's Walk in the Algarve

Saturday 13 October - Let's Walk The Two Rivers: One of our most popular walks that never disappoints. 2 hours of easy walking with one gentle climb, the walk takes you along the banks of the Arade and Odelouca rivers. 1pm start. Meet at the Mira Rio café on the road between Silves and Monchique. From the EN125 take the road to Silves, turn left to cross the bridge into Silves. Once across the bridge turn left at the lights and follow the road for 5km - the café is on the left on a bend.

Tuesday 16 October - Let's Walk the Cumeada Ridge and Baralha Valley: A 2.5 hour moderately easy circular walk along the Cumeada ridge with

stunning views and then back along the little known Baralha river. 10am start. Meet at the small café on the road to the Arade barragem. Drive to Silves, cross the bridge into town and then turn right. At the roundabout take the first exit and then follow the road towards Messines. After about 7km you turn to the left to the Arade barragem - turn here. Follow the road for about 1km and the small café is on the left, good parking.

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. Chris 913 011 537

€9,452 raised at The Shack

Friday 28 September was a memorable day for all at The Shack in Quinta do Lago, and for Macmillan Cancer Support.

€9,452 were raised for the charity.

A truly delicious Shack brunch, a brilliant raffle, tombola and silent auction culminated in this amazing sum of money being raised for the charity.

Organisers Joy Hodgkinson and Mandi Firman cannot thank all the incredible staff at The Shack and everyone who donated towards this remarkable sum for the charity enough.



Cheque being presented by Catarina Cabral, manageress of The Shack, and David Medeira, F&B director of Quinta do Lago, to Joy Hodgkinson and Mandi Firman

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When bigger is better



A child sitting on a pumpkin at Malvern Autumn Show. (Photo: Stuart Purfield/PA)

He has to harvest his giant cabbages using a very sharp saw to cut the stump and a mini digger to winch the cabbage out. He often gets his neighbours to help him. His cabbage fills up

his truck and when he grew pumpkins, he needed a trailer to transport them. Some giant veg prove pretty inedible once they reach their maximum size - the longest runner beans are stringy, weighty

cucumbers go bitter and the heaviest parsnips are woody and tough. Other giant veg such as cabbage, leeks, tomatoes and onions are fine to eat. Thomas says that with the right seed and the right advice, anyone can have a

Cornish farmer David Thomas holds three world titles - for the heaviest red cabbage, the heaviest cucumber and the heaviest parsnip - and is chasing the title for the heaviest green cabbage at this year's Malvern Autumn Show, where the championship is held.

go at growing giant show vegetables. "Go and speak to a top grower. Make sure they're winning," he suggests. "Take what you've grown to the show - it doesn't matter how big it is or how small it is - and you'll get talking to people. You'll never get criticised for having the smallest cucumber." He suggests the following guidelines to giant-veg novices.

Choose the right seed

Whichever variety of vegetable you are going to grow, you need the right genetics to grow something big, so research your seed carefully. Some can be purchased at garden centres, others are available from specialists. Thomas suggests varieties such as the mooli radish April Cross, Picador parsnips, Red Intermediate carrots and Kondor potatoes. Go to a specialist grower for onions.

"For things like pumpkins, marrows and cucumbers, go to someone who's winning and ask them for some seed," he advises. "Some growers might be covetous but most aren't." There's a lot of giant growing information available through websites such as giantveg.co.uk, growing forums and organisations like the European Giant Vegetable Growers Association (egvga.eu/).

Give yourself plenty of space

"The giant green cabbages I grow are spaced out 8ft each way," says Thomas. "They span around 6ft which gives you a bit of space to walk around them and check them. "If you're going to grow a

decent pumpkin, you'll need 1,000 square feet of ground. But with parsnips, carrots and onions, you don't need so much ground. A parsnip will take around 3ft."

Check your soil

Some grow their veg in raised beds and barrels of compost, others going for records for the longest veg such as carrots and parsnips will grow them down gutter pipes placed diagonally in the ground and some grow to around 30ft in length. "Add plenty of well rotted farmyard manure or compost to the soil before you start. A lot of people use green manure - council depots compost garden waste which you can buy to enrich your soil." "Every soil is different," he continues. "If you've a really heavy clay, the more organic matter you can add, the better."

Check sowing dates
Sowing dates will depend on the veg grown. Do your research to find out the best time for sowing your seeds in Portugal.

Watering regime

Giant veg need to be watered regularly and are not as tolerant of sporadic watering as normal-sized veg. They need to be kept moist but not waterlogged and you need to water them deeply to get to the roots. Many growers use drip irrigation systems on a timer which compensate for lack of rain.

Feeding

Be aware that different veg need different fertilisers. Plants grown for the fruit, such as tomatoes and pumpkins, will need fertilisers high in potassium and phosphorous, while leafy veg will need a higher nitrogen mix.



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Giant cabbages growing in frames. (Photo: David Thomas/PA)

Prop up your veg
Giant cucumbers should be grown up a single stem, taking out the sideshoots so you just have one cucumber per plant.

A stake in the ground, with strong nylon string attached to a pole above, will allow for the cucumber to grow vertically. Cucumbers need to be wound around the string.

Thomas supports the fruits with some fleece tied around the middle of the cucumber as it becomes heavier, attached to string which is secured vertically to a

frame above. The stem itself won't hold the weight of the cucumber. He has square steel frames to support his cabbages, which sit on top of the frame, taking the weight off the stump.

Maintain the crops
"Keep your crops weed and pest-free. Some crops, including pumpkins and marrows, don't like too much wind if you grow them outside. They may need a windbreak around them. Some things are grown inside in tunnels, with automatic watering systems underneath them." TPN/PA

Avoid a garden catastrophe

Cats can be fantastic pets, pest controllers, calming devices and offer some much appreciated extra warmth while on your knee in the winter but there is no denying that an unwanted feline popping into your garden can leave you feeling less than enamoured of our furry friends.

While your own cat strolling about the grounds is lovely, the cats from across the neighbourhood coming into your garden, digging up plants, scratching on trees, scaring off the birds and leaving rather stinky presents behind are not welcome.

But how do you make your garden a cat free zone without having to resort to staking out the flower beds with a water pistol?

Well firstly it is a good idea to have a look at what you have planted. If you have any purple nepeta, also known as catmint, then you might want to consider digging it up or moving it to an area that the cats can't get to. This plant is a veritable moggy magnet and as long as you have it the cats will come calling.

There are lots of other great ideas and tricks that people use to keep the cats at bay, so why not try out some of these top tips.

One gardener reckons that the only way to stop neighbours' cats wandering in is to have your own cat (preferably a tom), as this generally keeps other animals out of your garden.

Alternatively, try to stop them getting in. Block your boundary gaps with prickly plants or prunings such as holly. Fit wire or string 10-15cm above the top of fences to make it difficult for cats to balance on them.

Another solution is an old gamekeeper's trick. Place half-full plastic bottles in borders, as the light reflection off the bottle is supposed to deter animals.

Again, mailshot and other unwanted CDs can provide a shining light deterrent when threaded on twine with knots in between to keep them apart. String these across flower beds or hang from trees and the light reflection should deter cats, but maybe not forever.

Don't leave exposed soil in borders. Instead, mulch with stone chipping or pebbles, or keep the soil well mulched with a moisture-retaining material such as manure, as wet ground is not particularly attractive to them. Also, invest in a good selection of ground cover plants to deter cats from venturing into your border.

Some gardeners swear by putting a couple of drops of decongestant Olbas oil on to used teabags and then scattering them around the area that the cats have chosen to use as a litter tray.

If they're scratching your tree trunks, wrap tree guards or fine chicken wire around the base of them.

Cover ponds with netting to stop cats diminishing your fish supplies and position bird feeds in a clear area of the garden where they will be inaccessible to cats.



If cats in your garden are scratching up seedbeds, try putting a galvanised chicken-wire cage over the area and keep it in position until the plants are of a reasonable size. Whatever method you choose, clear away any

evidence of fouling first, as this acts as a magnet for more cats and more fouling. Keep the cats away from your garden with some simple hints and tips that you and your garden will thank you for! TPN/PA

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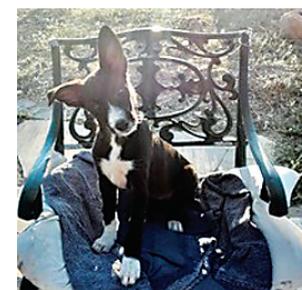
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Add value to your home

Increasing numbers of homeowners are avoiding the expense - plus the physical and emotional upheaval - of moving house, by staying put and renovating instead.



A new kitchen will typically increase a home's value by 5.5%, although 28% think a new kitchen can lift a home's value by as much as 10%. (Photo: Duke of Designs/PA)

Improving a home can not only make it more lovable, it can also increase the value of the property. So what improvements are people making? According to the research, homeowners are most likely to either renovate a bathroom or add a new one, followed by kitchen improvements, installing a new boiler or central heating system, or creating more living space. However, not every home-improvement project will automatically add value to a property. "Cheap is cheap - nothing kills the value of a property more than doing cheap work in it. Estate agents have told me they've seen sellers with tears in their eyes, when they find out that construction work worth thousands of pounds hasn't added a single penny to their home," says Ash Chawla, chief executive of the design/build company Duke of Design. "We live in a world which has become very aware and knowledgeable. There are no shortcuts to creating value to your home." So, what does Duke of Design recommend? Here are four home improvements Chawla says could be a wise investment...

Extensions
Estate agents surveyed by Hiscox believe the best

way of spending money on your home is by having an extension built, saying the addition of a new bedroom could boost the average home's value by 11.2%. They reckon a new kitchen, meanwhile, will typically increase a home's value by 5.5%, although 28% think a new kitchen can lift a home's value by as much as 10%. A single storey extension can be built in as little as three weeks once planning permission is granted, says Chawla. "Aside from a rise in property value, you also benefit from a stunning home environment with added usable space," Chawla adds.

Remodelling
Remodelling an existing kitchen - by adding high quality units and flooring, purpose lighting and redecorating - could increase a property's value by as much as 4%, according to the Royal Institution of Chartered Surveyors - although Chawla warns that expensive purchases, such as kitchen units and flooring, should be kept in proportion to the value of the property. "The most successful kitchen extensions consider the whole home," he explains. "By removing internal walls, you can connect the kitchen to the dining room, creating a functional space for entertaining."

Alternatively, you may also choose to link the kitchen to the garden by using large windows or patio doors.

Garden landscaping
"Often overlooked, the garden can become the hub of home life and can work seamlessly with your home, as if brick and foliage were the most natural partners in the world," says Chawla. For family-sized homes, ensure the outdoor space is suitable for the growing needs of a family with low-maintenance planting and landscaping, while a small courtyard garden at a city apartment may appeal to younger working couples.

Parking
Most towns and cities have a parking problem, Chawla points out. "By providing viable parking facilities, you can increase your property price dramatically," he promises. You could either convert land at the front or side of your property to add a driveway or parking space, or add a garage - possibly by converting an existing outside building, if there's suitable access, or by building a garage extension. Full garage conversions commonly add up to 8-10% to your property value, says Chawla, particularly in areas where parking is at a premium. *TPN/PA*

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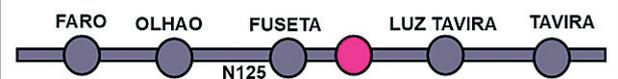
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Plane journeys are uncomfortable at the best of times - even more so if you're travelling during peak periods. Sadly, not all of us can afford to travel in Business Class, but there are ways to make an Economy journey much more comfortable. From your choice of outfit to the snacks you take onboard, small details can transform a flight.

Asquith, makers of super soft eco activewear, share their essential tips for flying (and landing) in style...

Pack plenty of healthy snacks

While it's tempting to load up with sweets, crisps and other junk for the plane, it's important to keep well hydrated and to try and prevent sugar crashes mid-air - especially if kids are involved. Pack healthy pocket-sized snacks and

choose to drink water whenever possible.

Travel in breathable clothing

Make sure you wear comfortable, non-synthetic clothing to travel in. Fabrics like organic cotton and bamboo are naturally breathable and sweat wicking, so will keep you feeling fresh all flight.

Stock up on vitamins

Getting sick is the last thing you want to happen on holiday, but so often our

immune systems become vulnerable as soon as we step off the office treadmill and relax. Taking probiotics is a great way to avoid tummy troubles caused by eating different food and drinking local water on holiday.

Invest in compression socks

If you are flying long haul, compression socks are essential. You can pick up a pair in most airport chemists. Make sure you keep moving around the

cabin during the flight and stay hydrated. It's best to avoid alcohol and save your holiday tipples for your destination.

Get set for sleep

Earplugs are a lifesaver when travelling, cutting out all those screaming babies and engine noises. Use them in combination with an eye mask and you'll find it much easier to doze off - even in an upright economy seat. If you are flying overnight, pack a pair of pyjamas (or comfy night clothes) and prepare yourself for "bed". The ritual of changing clothes, cleaning teeth and switching off might help you sleep better. Plus, you'll have a fresh-smelling outfit for landing.

Opt for multi-functional pieces of clothing

If you're flying hand luggage only, multi-functional pieces are essential for your suitcase - and for wearing in-flight. A great sarong is a must-have - you can use it as a scarf, a wrap-around and a head-tie - and harem pants are perfect beach-to-bar wear, paired with flip flops during the day and heels at night.

Get in the zone

If you're flying to a different



time zone, adjust your watch to the local time at your destination before you land. That way when you

arrive, you are already thinking in local time and (hopefully) avoiding jet lag. **TPN/PA**

What's new

More innovation from Solartec

Solartec pride themselves on finding the latest and most innovative energy saving products to meet the needs of their clients.

New to the Solartec portfolio of eco friendly heating products is an exciting range of infrared heaters for indoor and outdoor use.

One of the many great features of infrared is its efficiency. For example, convection heating uses 6% more energy than

infrared to raise the temperature of a room by 1 degree C.

Manufactured in Austria, the Eco range is both affordable and easy to install. It delivers fast heat and can be mounted on walls, ceilings and in wet rooms. The Touchscreen Infrared heaters are created and produced in Italy and combine exceptional aesthetics and design qualities with some of the best energy saving and heating technologies. The HotTop range of electric

infrared patio heaters give the performance and build quality required to efficiently heat outdoor spaces, conservatories and bathrooms. Simple, elegant and with no visible light output, they are perfect for sheltered outdoor spaces.

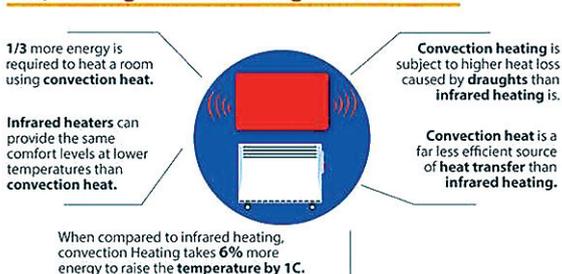
To discuss your heating requirements, please visit Solartec at the Sustainable Projects stand at the "Better Living In Portugal" expo on 13 and 14 October at the Portimão Arena.

solartec Algarve.com is a partner in Sustainable-Projects Energy Savings Solutions: Av. Duarte Pacheco, Lote 60b, 8135-104 Al Mancil.

Advantages of infrared heating panels



Why is using infrared heating more efficient?



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Grow more, cook more, eat less

Two Michelin-starred chef Simon Rogan, has finally released a cook book of his own, reflecting his passions for cooking and farming.



Simon Rogan's whole baked Tunworth with fig and apple chutney. (Photos: Cristian Barnett/Harper Collins/PA)

It's surprising he's never created a cookbook before. At the age of 50, with two Michelin stars for his best-restaurant-list-topping L'Enclume in the Lake District's Cartmel, you'd think he'd have a couple under his belt but now finally, fans of the top chef are able to recreate some of his favourite dishes at home.

"I'd like to encourage more people to cook and grow their own veg," states the chef, slamming the worktop with passion. "I'd like to see more people

eating less meat, so there's less cattle feeding on the wheat that could feed the starving. The book may not be what the world is expecting from Rogan - but it's exactly what we need. A little inspiration to grow more, cook at home, and take time over our food. So much of it can be raw or pickled. But if we all make a little start, we're helping the planet and our pockets all at the same time.

Butter-poached Brill
(Serves four)
For the butter-poached

brill:
500g unsalted butter
4 portions of brill, about 80g each
For the griddled asparagus:
20 spears of green asparagus
Rapeseed oil
Pinch of salt
For the watercress cream sauce:
50ml double cream
100ml White Chicken Stock (see below)
150g watercress with stalks
Pinch of salt
For the white chicken stock:
3kg chicken wings
5L water
Baby watercress and cornflowers to serve (optional)

1. To make the stock, roughly chop the chicken wings and put them in a large, heavy-based saucepan with five litres of water. Bring to the boil over a medium heat, then reduce the heat and simmer for two to three hours, skimming occasionally. Remove from the heat and leave to cool, then strain through a muslin-lined sieve. Keep the stock covered in the fridge and use within three to four days, or freeze and use within three months.
2. Place a large, heavy-based saucepan over a medium heat. Add the butter and cook until it foams. Once foaming, reduce the heat and let the butter cook for another 10-15 minutes, until it reaches a very dark brown colour

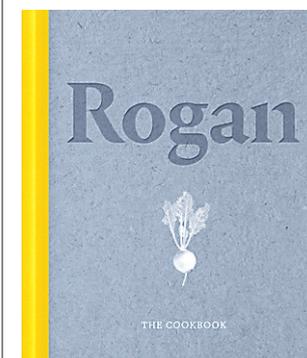
and has a nutty aroma. It will be extremely hot. Remove the pan from the heat and allow to cool. When cool, strain through a muslin-lined sieve and discard the milk solids. Leave to one side.
3. To make the sauce, put the cream and stock in a small, heavy-based saucepan over a low heat and reduce by half. Transfer to a blender with the watercress and blend until smooth. Pass through a fine sieve and season.
4. Bring a large saucepan of salted water to the boil. Peel each asparagus spear and snap off the woody part of the stem. Blanch for two minutes, or until tender, then remove and refresh in a bowl of iced water. Drain and leave to dry on kitchen paper. When dry, coat each spear with a drizzle of rapeseed oil and scatter a generous pinch of salt over all of them. Heat a griddle pan over a high heat, add the asparagus spears and grill for two to three minutes, or until slightly charred.
5. In a medium, heavy-based saucepan over a low heat, bring the browned butter to a temperature of 55°C. Remove from the heat, add the fish and leave to cook gently in the residual heat of the butter for 15-20 minutes. Remove the fish from the butter and drain on kitchen paper.
6. Divide the asparagus among plates. Spoon the watercress sauce on to each plate and place the cooked fish on top. Finish

with baby watercress and cornflowers, if you like.

Whole Baked Tunworth
(Serves four to six as a starter)
250g Tunworth cheese in a box
A few sprigs of thyme
Hot crusty bread or toasted bread crisps, to serve
For the Fig and Apple Chutney:
5 juniper berries
1tsp coriander seeds
2 cloves
2 cinnamon sticks
2 star anise
400ml cider vinegar
200g Bramley apples, peeled and grated
300g demerara sugar
130g white onions
100ml fresh apple juice (shop-bought is fine)
130g dried figs, roughly diced
60g golden raisins
1tsp salt
20ml Calvados
1kg Granny Smith apples, peeled, cored and diced

1. Preheat the oven to 200°C/180°C Fan/Gas Mark 6. Meanwhile, to make the chutney, put the juniper, coriander, cloves, cinnamon and star anise in a piece of muslin and tie it with string to form a bag.
2. Put the bag in a large, heavy-based saucepan with all the remaining ingredients, except the Calvados and diced apple. Slowly reduce over a low heat until you have a thick, jam-like consistency,

stirring regularly so it doesn't catch on the bottom of the pan.
3. Add the Calvados and reduce for one to two minutes to the same jam-like consistency.
4. Add the diced apple and cook gently for five to six minutes, until the apple is tender but still holds its shape and you have a thick chutney consistency. Remove from the heat, cool at room temperature, then transfer to a container and chill in the fridge.
5. Make a few slits in the top of the whole cheese and poke the thyme sprigs into the slits. Put the Tunworth cheese, in its open box (the top of the box removed), in the oven and bake for 20 minutes until soft and gooey. Remove from the oven and serve immediately in the box, with the chutney and hot crusty bread or bread crisps.



Rogan: The Cookbook by Simon Rogan is published by HarperCollins. Available now.

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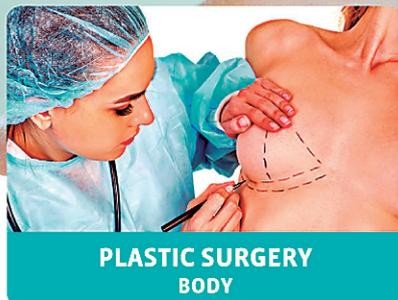
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How to handle sleep deprivation

Most parents know that the arrival of a new baby spells the end of those long Sunday morning lie-ins. Gone are the days of snoozing in bed with the weekend newspapers and a gloriously empty schedule - now your nights and mornings revolve around hourly feeds, nappy changes and running on adrenaline.



Just like regular exercise and a healthy diet, sleep helps the body to function. (Photos PA Photo)

Experts frequently advise that we aim for eight hours of shut-eye per night, but if you have a newborn, it can be normal to go weeks or even months without getting more than a few hours of unbroken sleep at a time. A recent survey, by sleep technology brand Simba,

found that for the first year of their baby's life, new parents get just four hours and 44 minutes slumber a night on average. More than half of the poll respondents also report looking back at the first 12 months of parenthood and being amazed that they were able to function as well as they did on so little sleep.

We all know that just one night of bad kip can feel brutal enough, but when you repeatedly miss out on quality rest, you end up in a sleep-debt that can leave you feeling groggy, confused and miserable - not exactly ideal when you've got a baby to look after.

"Just like regular exercise and a healthy diet, sleep helps the body to function," says Ana Noia, senior clinical physiologist in neurophysiology and sleep for Bupa UK. Getting enough rest is one of the most important things you can do for your health, particularly when you need to be alert to the needs of a child.

Noia explains that a good night's sleep improves your ability to learn, reduces mental fatigue, and helps form memories in your brain. And, of course, getting enough regular

sleep is essential for keeping burnout at bay. "Beyond physical fatigue, tiredness and low energy levels, not getting enough sleep for a long period of time can lead to serious health conditions, such as high blood pressure and diabetes, so it's really important that we give our bodies the chance to rest," she adds.

But, having the best intentions in the world isn't necessarily much help for new parents, with demanding little ones in the mix. So what can they do to help ensure they get as much sleep as possible? Here are 6 sleep tips for new parents...

Sleep when your baby sleeps

A good way to make up for lost slumber is to try and sneak in pockets of rest when your baby settles. "If you're at home and your

baby is napping, try to lie down as well," says Noia. "Power-napping could help you recharge your batteries, boost your mood and reduce stress levels. Try to nap for 20 minutes, as this will help improve your alertness and mood." Any longer than this and Noia warns that you may hit the deeper stages of sleep, making you feel more groggy when you wake up. "It might be tempting to make a start on the housework," says family wellbeing expert Dani Binnington, "but there really is no need to rush around the house frantically while your little one is having a nap. There's always a wash to put on and bins to empty - especially with a new baby around - but remember: These chores are nowhere near as important as looking after your wellbeing."

Adjust your bedtime

Keep a sleep diary monitoring your child's resting patterns, as you might find that they have repetitive habits, such as waking up very early in the mornings. "If your child is an early riser, bring your own bedtime earlier to help you get more sleep," says Noia. "For example, if your child wakes up around 6am, try adjusting your bedtime to around 10pm." Binnington adds: "Research suggests that every hour spent asleep before midnight is worth two hours spent asleep after midnight. So, don't worry about getting back to your old sleep routine - go to bed early instead for better quality sleep. And if you struggle to nod off, try plugging yourself into a meditation app or doing some guided mindfulness exercises, as this can really help distract you from any

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niggling parental worries that are on your mind."

Go for morning walks
If you're struggling to keep your eyes open during the daytime, getting outdoors could be the key to staying awake until you're next able to get some rest. "Try taking regular walks to get some fresh air, as sunlight in the morning [during spring and summer months] provides vitamin D that will help to keep you alert during the day," says Noia. "When it comes to food, stick to lighter meals and snacks, as these are less likely to make you feel drowsy or affect your alertness," she adds. "Fruits such as bananas are good nibbles to have on hand, as they contain slow-release sugar which will give you energy over a longer period of time."

Improve your environment
Resting in a cool, dark room with no distractions can help you drift off quickly when you're sleeping between feeds. "Try to get as comfortable as possible and power down your phone for an hour before bed, as the blue light emitted from your screen can keep you awake," says Noia. "If you find yourself awake in the night with your baby, avoid switching on your digital devices and keep any light in the room to a minimum."

Ask for support if you need it
When you become a



If your child is an early riser, bring your own bedtime earlier to help you get more sleep.

parent, it's tempting to put on a brave face and avoid showing any signs of 'weakness', for fear of criticism or feeling like a failure - but parenthood is challenging and a huge learning curve, and it's always a good idea to seek help if your sleep issues are becoming a burden. "While feeling tired is normal during the early days of parenthood, if it is preventing you from carrying out day-to-day tasks and affecting your quality of life, you should speak with your GP," advises Noia. "They can discuss your sleeping habits and give you practical advice solutions."

Don't set unrealistic expectations
New parents have a lot of plates to spin; as well as caring for your baby, you might feel pressure to keep up old friendships, get back into shape or monitor work emails - but taking too much on can quickly lead to burnout. "Don't add on

unnecessary stresses when you're already suffering from sleep deprivation," says Binnington. "You'll be back to your full routines soon

enough, but until then, just allow yourself to listen what your body is telling you to do - and that's usually to rest up."

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Rising Damp Gone Forever

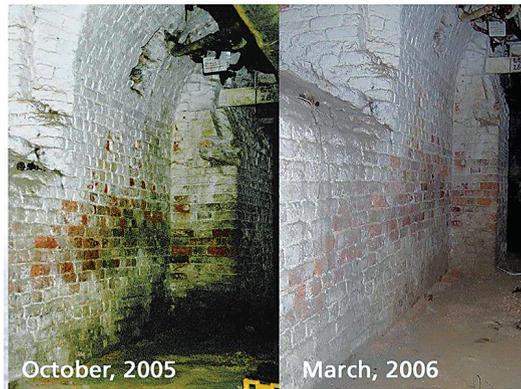
Established 9 years ago in Lagos, Drymat Systems Portugal has already been solving humidity problems in many houses all over Portugal.

Mr. Andrew Lucas states that he had a severe rising damp problem in his renovated farmhouse in Olhão. "Despite the renovation, the 60 cm thick walls started showing big spots with humidity and less than 1 year after the renovation paint and plaster was already peeling off. However after the installation of the Drymat Unit, the situation changed dramatically.

The control measurements 1 year after installation showed major improvements in the drying process of my villa and now another year later the walls are really dry and I would like to recommend anybody with a rising damp problem to install the Drymat System. I am now spending less on heating my villa, I do not need dehumidifiers any more, there are no yearly repairs on paint and plaster and it is so much more comfortable inside my villa with all that humidity gone."

Mr. Vasconcelos in Lagos had the same experience; "In my newly built villa we had a serious rising damp problem in my wine cellar. We tried everything, special paint, special plaster, the walls kept on being very humid, until we installed the Drymat Unit. After only 3 months we noticed the dehumidifiers were giving less and less water and the mouldy smell was completely gone. The other advantage is

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that no drilling, digging or injecting was necessary and the small box which gives the magnetic pulses is maintenance free and only cost €10 electricity a year."

Mr. Verspijck, who owns Camping Redondo near Tomar, says that he was fed up with repainting and replastering his old camping facility building year after year. "Only one year after installing the Drymat Unit I was so impressed with what the unit had achieved that I ordered another unit for the villa I was living in where it has been solving the rising damp problems as well."

Martin Verloop, the representative of Drymat Germany and the founder of Drymat Systems Portugal explains that 132 units have been installed so far in Portugal while in Germany 6,000 houses are equipped with the Drymat Unit. The system comes with a 20-year guarantee on the unit and a money back guarantee if we do not achieve less than 3% humidity on the groundfloor after 3 years of installation.

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needs of each client. Therefore, do not hesitate to contact Algarve Assistants and tell them your situation, they will promptly, efficiently and trustfully work to resolve your problem.

Algarve Assistants will be waiting for your call. Or if you would rather book a meeting at their offices in Rua de Mar e Guerra 75 A Patação, Faro, they are open from 9am to 1pm and 2pm to 6pm.

Making your house a home



With more than 20 years of experience and having owned 20 furniture stores across the UK, Christine and Graham Pippett opened Furniture World near Lagos to provide good quality English style furniture in the Algarve.

By using their previous suppliers and many contacts in the UK, they have kept their prices at competitive levels. Their policy is to only buy direct from reputable factories and manufacturers and all their merchandise is delivered direct to them in regular, large container shipments. This enables them to take advantage of economies of scale.

The store offers a wide range of styles and choices, including contemporary oak, traditional oak, ash and painted furniture. They have also incorporated a range of Indian furniture and rugs.

Christine and Graham also sell a broad range of oil paintings at reasonable prices.

They have enormous experience in their chosen market and therefore believe the future for Furniture World looks bright. They have been fortunate to acquire the services of Sandrine Reis as the shop manageress. Sandrine is fluent in Portuguese, English, French and Spanish.

They believe that a good reputation means repeat business and their enviable reputation has already been established in a relatively short period for supplying top quality furniture, customer service and attention to detail. Christine said: "We have supplied furniture to all parts of the Algarve and our customers return time after time".

Their 700m2 store carries large stocks and aims to supply all customers' requirements within forty-eight hours and delivery is free locally. As a further incentive, they have introduced gift vouchers, which make an ideal present at any time of the year.

Furniture World has its own dedicated website (furnitureworld.pt) where clients can view a comprehensive selection of the furniture styles they have to offer.

The company also has a flexible approach to furniture packages to give maximum choice of style and cost rather than the pre-designated packs, something that is lacking from the current market.

Please take a little time to view their online catalogue or visit the store just 2 kilometres east of Lagos on the EN125 towards Portimão.

Palatial style villa situated within one of the prestigious urbanisations of Vilamoura

This sophisticated 3-storey property showcases a modern and colourful ambience throughout, fulfilling all necessary requirements for a remarkable home. The villa, exquisitely designed, has luxury and elegance throughout and was built with special attention to the finest selected materials and includes superb Scandinavian home décor. This frontline 6-bedroom golf property with direct access to the golf course offers sweeping views of the Laguna Golf Course greenery. Due to its south – west facing orientation, the house enjoys sun all day long, where you can relax in our own private heated pool or watch the sunset in your private Jacuzzi located on the 1st level balcony with direct views over the Golf.

Entering the villa you are greeted by a beautiful high ceiling entrance hall with large staircase. As you step forward you enter the spacious living room with log fireplace, 2 sets of patio doors, leading to a covered terrace, pool and gardens. To the right you enter the separate Dining area with another set of patio doors also leading to the covered terrace, outside kitchen, pool and gardens. Next to the dining room you have a good size and bright kitchen, fully fitted and equipped with modern appliances with a handy large separate

laundry area with washing machine and dryer. On this floor you also have two spacious double bedroom suites both with fabulous Italian tile bathrooms. On the 1st floor you have the Master bedroom which has a set of patio doors leading to a large shared terrace and overlooking the pool, garden and amazing golf views. The full ensuite has a Jacuzzi bath, shower, shower cubicle, WC, bidet and double sink. Includes fitted wardrobes.

Across the hall is Bedroom 4 – another spacious double room, built-in wardrobes, and patio doors to shared terrace. En-suite consists of Jacuzzi bath, shower, WC, bidet and sink. The large private terrace accessible from the landing as well as the bedrooms has a private Jacuzzi and golf views. On the lower floor you have access to the double garage and two further bedrooms both with natural light, 2 bathrooms and a large living room which is open plan to a games room with a pool table and an underwater window providing a clear view of the outside swimming pool and letting in natural light below the water's surface. There is also a wine cellar and a fully equipped kitchen with own entrance. This lower floor can be easily used as a self-contained apartment. The exterior of the property has its own private infinity heated pool, tropical



garden with fruit trees and of course, a direct view of the Golf. Villa Zeus is an amazing villa with all the modern comforts you would expect. Perfect for a family home or for a holiday home.

For more information or if you would like to view this magnificent property, priced at €2,500,000, please contact Silver Holidays 289 314 312 or email info@silverholidays.com.



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algarve

AMI: 10429

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REF: AA-559SN - LAGOS
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ASKING PRICE: €445.000



REF: AT-463SH - LAGOS
THIS MODERN, SPACIOUS 4 BED TOWNHOUSE HAS IT ALL, A1 LOCATION; WALKING DISTANCE TO THE BEACH, TOWN, MARINA & ALL AMENITIES, AMAZING SEA VIEWS, SEVERAL TERRACES & BALCONIES. LOOKING FOR SPACE, VIEWS, A1 LOCATION? YOU'VE FOUND IT!
ASKING PRICE: €570.000



REF: AA-415SH - LAGOS
JUST A FEW STEPS FROM THE BEACH YOU FIND THIS 2 BED APARTMENT WITH A LOVELY ROOF TOP COMMUNAL POOL & IN WALKING DISTANCE TO ALL AMENITIES, LOOKING FOR A GREAT RENTAL INVESTMENT OR PERFECT HOLIDAY HOME CALL US TODAY!
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www.landandhousesalgarve.de

Tavira: 281 320 281
Vilamoura: 289 301 294



Tavira
High quality 3 bedroom / 4 bathroom townhouse (333 m²) with fabulous views & terraces close to the Roman Bridge in Tavira. Garage. Large patio area.
EC: in progress
Ref: LHT-1038 Price: €500.000



Tavira
Spacious detached 3 bedroom / 3 bathroom villa (205 m²) with garage & large back patio in quiet residential area. Fully fenced plot of 535 m². Garage.
EC class: C
Ref: LHV-1431 Price: €425.000



Tavira
South facing 2 bedroom / 1 bathroom villa (159 m²) with swimming pool & pretty garden 5 min from Tavira centre. Plot of 734 m². Fully renovated. A/C.
EC class: C
Ref: LHV-1427 Price: €360.000



Tavira
Large immaculate 3 bedroom / 2 bathroom apartment (139 m²) with patio & roof terrace in the centre. Close to all amenities. Elevator. A/C. Parking space.
EC class: in progress
Ref: LHA-1331 Price: €259.000



Tavira
Top floor 2 bedroom / 2 bathroom apartment (113 m²) with private roof terrace & spectacular sea view & underground parking. Close to town. A/C. Elevator.
EC class: in progress
Ref: LHA-1336 Price: €259.000

VENDAVILLA.COM



MAIN OFFICE:
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AMI 489
Mobile: 91 8788375
Tel: 289 315 333
sales@vendavilla.com



BOLIQUEIME – STUNNING SEA VIEW
Villa with stunning sea views, near amenities, consisting of 3 bedrooms, 2 bathrooms, living room, dining room with fireplace, kitchen, laundry, BBQ, garage for 2 cars, heated swimming pool, jacuzzi and garden with fruit trees. Furnished and equipped. Plot area-2.000 sq.m. Const. area - 195 sq.m. ENERGY CLASS - B.
REF.V12881 PRICE: €650.000



VILAMOURA – RENTAL POTENTIAL
Studio transformed into one bedroom, with 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. 10 mn walk from the Marina. ENERGY CLASS - B.
REF.A01651 PRICE: €107.000



VILAMOURA – CENTRALLY LOCATED
Refurbished apartment situated 2 minutes from the Marina and 5 mn from the beach, consisting of 2 bedrooms, 1 bathroom, lounge/dining room, kitchen and 2 terraces. Communal garden area. Exterior parking area. Const. area - 74 sq.m. Furnished and equipped.
ENERGY CLASS - C
REF.A01662 PRICE: €215.000



VILAMOURA – BEAUTIFUL CONDOMINIUM
Beautiful apartment consisting of 1 bedroom, 1 bathroom, spacious lounge/dining room, kitchen and terrace. Parking and storage room in the basement. Communal swimming pool and garden. Const. area - 58 sq.m. ENERGY CLASS - D
REF.A01623 Price: €240.000



AMI 10185

STAR PROPERTY
Vilamoura

3 Bedroom detached villa in popular resort of Vilamoura. Very central position and walking distance to Vilamoura Marina. Good as a holiday home or investment.

Please call or see our website for details.

Ref:FS135 Price:€575,000







This 3 bedroom detached villa is situated next to the Old Village and within walking distance of Vilamoura Marina. It has been well maintained with good size bedrooms and an open plan lounge and dining area. Mature garden and secured parking area. Very good location.



AMI 7557

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Vilamoura €975,000
*** New property ***
A fantastic 5 bedroom villa located in a quiet location in Vilamoura, not far from local amenities. The Property is very well equipped offering, air-conditioning throughout, under floor heating/cooling, electric shutters, and an alarm system.



Vilamoura €570,000
*** New Property ***
Single story 3 bedroom villa, fully air-conditioned. Kitchen is fully equipped and has 2 bathrooms with showers. Set in a quiet residential area of Vilamoura, not far from all amenities, shops, bars and restaurants within walking distance the Marina.



Vilamoura €1,295,000
*** New Property golf front ***
A 4 bedroom traditional Quinta Style villa. Own private pool. Fabulously located overlooking the 'Old Course' in Vilamoura. Beautifully designed with open floor plans, providing a spacious, luxurious feel. Own patios, and pool. Many energy-saving benefits.



Vilamoura €585,000
*** New Property ***
Immaculate south facing 4 Bedroom / 3 Bathroom detached villa with ornate shaped private heated swimming pool and gardens located in 'Le Club' area of Vilamoura walking distance from the Hotel Hilton Spa Resort.



Vila Sol €820,000
*** Must Be Seen ***
Magnificent 3 bedroom / 2 bathroom detached bungalow with private swimming pool south facing, very private with underfloor heating and air-conditioning. Would make an exceptional family home or holiday residence.

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São Brás: Traditional 2+1 bedroom cottage with studio annex and roof terrace. Must be seen!

Property Ref: SV662

210,000€

AMI: 11606

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OUR PROPERTY OF THE WEEK:

REF: AA-530SN - PRAIA DA LUZ EXCLUSIVE FOR SALE

THIS FANTASTIC 2 BED APARTMENT, LOCATED IN A LUXURY WEL MAINTAINED RESORT ONLY A FEW MIN. DRIVE TO THE BEACH WITH COMMUNAL IN- & OUTDOOR POOL, GYM, SAUNA AND SPA. INCL. UNDERFLOOR HEATING ETC. VIEWING IS HIGHLY RECOMMENDED!

ASKING PRICE: €275.000



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- GREAT INVESTMENT!!

ENERGY RATING C

REF: 2146



SPECTACULAR 3 BEDROOM APARTMENT €270.000

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- VERY GENEROUS ROOM SIZES
- HUGE PRIVATE VERANDA
- HIGH CEILINGS/SPACIOUS
- AIR CONDITIONING
- OCEAN VIEW
- SHARED POOL AND GARDENS
- GUARANTEED RETURN ON INVESTMENT

ENERGY RATING C

REF: 2394



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Single-level villa with large plot

Ideal as a permanent residence or spacious holiday home close to Lagoa. This single-level villa has recently been renovated to a high standard and sits on a plot of almost 4000m², close to the town of Lagoa and only minutes to local beaches. The villa sits at the back of the almost square plot and faces south so, with the exception of the kitchen and two of the five bedrooms, all the rooms look over the garden down to the large pool and terrace with the barbecue. The garden has shady areas under the mature trees and a raised fenced terrace. The main house consists of four bedrooms, all en-suite, some with patio doors to the terrace and garden, a large L-shaped lounge/diner with bay windows and window seat, a modern kitchen and a large fully-fitted utility area, a guest cloak room and an open conservatory which is perfect for dining as it is covered. The property is bright and airy with large windows and modern, light tiled floors. In addition, there is a fully-

Property Highlight



renovated studio annex adjoining the main villa that is an independent unit consisting of a bedroom, shower room and a small kitchenette. Ideal for guests or elderly relations who need to be near family yet independent of them. Completely fenced and gated, with more than adequate parking for cars, this property offers comfortable accommodation as a permanent residence or a very spacious holiday home for up to 10 people, currently priced at €900,000.

For more information about this, or any other properties, please contact algarvehomesales.com via the website or ring (+351) 282 356 952. Ref: CAR80692V.



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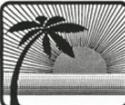
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MODERN 3 BEDROOM VILLA WITH TRADITIONAL CHARM IN WALKING DISTANCE TO SÃO BRÁS DE ALPORTEL

370.000 € Build area: 197 m2 | Plot size: 625 m2 | Ref: M-059

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AMI 2214

LAST UNIT!

Although built some years ago, this enormous house has never been lived in. Built to a very high standard and located in a quiet area on the edge of the village of Parragil, within a few minutes drive of Loulé. The huge basement has natural light, several divisions and could be an apartment. There are four bedrooms, fully fitted kitchen, living room which is big enough to be divided to give a separate dining room if required, integral garage and a swimming pool in the small garden.

Price: €325.000



Ref. V466





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SATURDAY 13/10/18

BBC One	Powerpuff Girls. 08.10 Scrambled!: ToonMarty. 08.30 Scrambled!: The Haunted Hathaways. 09.05 Scrambled!: Mighty Magiswords! 09.25 ITV News. 09.30 James Martin's Saturday Morning. 11.40 Best Walks with a View with Julia Bradbury. 12.10 The X Factor. 13.15 ITV News and Weather; Weather. 13.30 ITV Racing: Live from Newmarket. 16.15 The Chase: Celebrity Special. 17.15 ITV News and Weather. 17.30 ITV News London; Weather. 17.40 BBC Regional News; Weather. 17.50 Pointless Celebrities. 18.40 Strictly Come Dancing. 20.35 Casualty. 21.25 Killing Eve. 22.10 BBC News; Weather; National Lottery Update. 22.30 This Country. 23.15 Live at the Apollo. 23.45 The NFL Show. 00.15 Weather for the Week Ahead. 00.20 BBC News.	08.30 Scrambled!: The Haunted Hathaways. 09.05 Scrambled!: Mighty Magiswords! 09.25 ITV News. 09.30 Love Your Home and Garden. 10.30 Midsomer Murders. 12.30 Emmerdale 1918. 13.00 ITV News and Weather; Weather. 13.15 You've Been Framed! Gold. 13.45 The X Factor. 15.00 Back to Mine. 15.30 The Big Audition. 16.30 The Chase. 17.30 Tipping Point: Lucky Stars. 18.30 ITV News and Weather. 18.45 ITV News London; Weather. 19.00 The Chase Celebrity Special. 20.00 The X Factor. 21.00 Butterfly. 22.00 ITV News and Weather; Weather. 22.20 Police in Danger: Caught on Camera. 23.15 Gordon, Gino and Fred: Road Trip.	
BBC Two England	06.30 Top Class. 07.00 Marrying Mum and Dad. 07.30 All Over the Place: Europe. 08.00 The Dengineers. 08.30 Absolute Genius with Dick & Dom. 09.00 Elephant Diaries. 09.30 Elephant Diaries. 10.00 Talk to the Animals. 11.00 Echo: An Unforgettable Elephant: Natural World. 12.00 The Incredible Spice Men. 12.30 Rick Stein: From Venice to Istanbul. 13.30 Coast. 13.50 FILM: The Winslow Boy (1999). 15.30 Britain's Ultimate Pilots: Inside the RAF. 16.30 Trust Me, I'm a Doctor. 17.00 Monkman & Seagull's Genius Guide to Britain. 17.30 Dad's Army. 18.00 Mediterranean with Simon Reeve. 19.00 Murray Walker: A Life in the Fast Lane. 20.00 A House Through Time. 21.00 Black Hollywood: "They've Gotta Have Us". 22.00 QI XL. 22.45 Snowfall. 23.30 Later Weekend with Joos Holland. 00.35 FILM: Department Q: A Conspiracy of Faith (2016). 02.20 Trust. 03.05 This Is BBC Two.	06.05 Motor Sport: British Rally Championship. 06.35 Motor Sport: FIA World Rallycross Championship. 07.30 Frasier. 07.55 Frasier. 08.25 Frasier. 08.55 Jamie Cooks Italy. 09.30 Sunday Brunch. 12.30 The Simpsons. 13.00 The Simpsons. 13.30 FILM: Antz (1998). 15.10 The Great British Bake Off. 16.30 Location, Location, Location. 17.30 Grand Designs. 18.30 Channel 4 News. 19.00 Phil Spencer's Stately Homes. 20.00 Great Canal Journeys. 21.00 FILM: Now You See Me 2 (2016). 23.35 FILM: The Fault in Our Stars (2014). 01.45 George Clarke's Amazing Builds by the Sea. 02.40 Selling Houses with Amanda Lamb.	
Channel 4	06.10 Motor Sport: Volkswagen Racing Cup. 06.40 Motor Sport: Caterham. 07.05 3rd Rock from the Sun. 07.30 3rd Rock from the Sun. 08.00 Frasier. 08.35 Frasier. 09.05 The Big Bang Theory. 09.30 The Big Bang Theory. 10.00 The Big Bang Theory. 10.30 Heineken Champions Cup Rugby: The Big Tackle. 11.30 The Simpsons. 12.00 The Simpsons. 12.30 Live Heineken Champions Cup Rugby. 15.10 CarSOS. 16.05 A Place in the Sun: Winter Sun. 16.35 The People's Vet. 17.35 Escape to the Chateau: DIY. 18.30 Channel 4 News. 19.00 Britain at Low Tide. 20.00 Britain's Most Historic Towns. 21.00 FILM: Red 2 (2013). 23.15 FILM: Die Hard (1988). 01.45 Experimental. 02.40 Hollyoaks. 04.50 Vet on the Hill. 05.45 Kirstie's Handmade Treasures.	06.05 The Apprentice. 01.05 The Apprentice: You're Fired.	
BBC Four	19.00 Monkey Planet. 20.00 Life Story. 21.00 FILM: Goldstone (2016). 22.45 Inside No 9. 23.15 Inside No 9. 23.45 Classic Albums. 00.45 Classic Albums. 01.45 Monkey Planet. 02.45 Life Story. 03.45 Close.	06.35 Around the World in 80 Gardens. 07.35 Gardeners' World. 08.35 Countryfile. 09.30 The Beechgrove Garden. 10.00 Saturday Kitchen Best Bites. 11.30 Food & Drink. 12.00 The Hairy Bikers' Asian Adventure. 13.00 FILM: Pal Joey (1957). 14.45 Flog It! 15.30 Meet the Moose Family: Natural World. 16.30 Rugby League: Super League Grand Final Highlights. 17.30 NFL Live. 19.00 Sue Perkins and the Chimp Sanctuary. 20.00 Mediterranean with Simon Reeve. 21.00 Last Chance Lawyer New York City. 21.45 Mock the Week. 22.15 No Activity. 22.45 No Activity. 23.15 FILM: Selma (2014). 01.15 Billion Dollar Deals and How They Changed Your World..	Channel 4 06.05 Motor Sport: British Rally Championship. 06.35 Motor Sport: FIA World Rallycross Championship. 07.30 Frasier. 07.55 Frasier. 08.25 Frasier. 08.55 Jamie Cooks Italy. 09.30 Sunday Brunch. 12.30 The Simpsons. 13.00 The Simpsons. 13.30 FILM: Antz (1998). 15.10 The Great British Bake Off. 16.30 Location, Location, Location. 17.30 Grand Designs. 18.30 Channel 4 News. 19.00 Phil Spencer's Stately Homes. 20.00 Great Canal Journeys. 21.00 FILM: Now You See Me 2 (2016). 23.35 FILM: The Fault in Our Stars (2014). 01.45 George Clarke's Amazing Builds by the Sea. 02.40 Selling Houses with Amanda Lamb.
ITV London	06.00 CITV. 07.30 Scrambled!: Scrambled! 07.35 Scrambled!: The Tom and Jerry Show. 07.50 Scrambled!: Ben 10. 08.10 Scrambled!: The Bagel and Becky Show.	ITV London 06.00 CITV. 07.30 Scrambled!: Scrambled! 07.35 Scrambled!: The Tom and Jerry Show. 07.50 Scrambled!: Ben 10. 08.10 Scrambled!: The Bagel and Becky Show.	

SUNDAY 14/10/18

BBC One	08.30 Scrambled!: The Haunted Hathaways. 09.05 Scrambled!: Mighty Magiswords! 09.25 ITV News. 09.30 Love Your Home and Garden. 10.30 Midsomer Murders. 12.30 Emmerdale 1918. 13.00 ITV News and Weather; Weather. 13.15 You've Been Framed! Gold. 13.45 The X Factor. 15.00 Back to Mine. 15.30 The Big Audition. 16.30 The Chase. 17.30 Tipping Point: Lucky Stars. 18.30 ITV News and Weather. 18.45 ITV News London; Weather. 19.00 The Chase Celebrity Special. 20.00 The X Factor. 21.00 Butterfly. 22.00 ITV News and Weather; Weather. 22.20 Police in Danger: Caught on Camera. 23.15 Gordon, Gino and Fred: Road Trip.
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ITV London	06.00 CITV. 07.30 Scrambled!: Scrambled! 07.35 Scrambled!: The Tom and Jerry Show. 07.50 Scrambled!: Ben 10. 08.10 Scrambled!: The Bagel and Becky Show.

MONDAY 15/10/18

BBC One	06.00 Breakfast. 09.15 Rip Off Britain: Live. 10.00 Homes Under the Hammer. 11.00 Claimed and Shamed. 11.45 Armchair Britain. 12.15 Bargain Hunt. 13.00 BBC News at One; Weather. 13.30 BBC Regional News and Weather. 13.45 Doctors. 14.15 Hardball. 15.00 Escape to the Country. 15.45 Money for Nothing. 16.30 Flog It! 17.15 Pointless. 18.00 BBC News at Six; Weather. 18.30 BBC Regional News and Weather. 19.00 The One Show. 19.30 Inside Out. 20.00 EastEnders. 20.30 Syria's Chemical War - Panorama. 21.00 Peter Kay's Comedy Shuffle. 21.30 For Facts Sake. 22.00 BBC News at Ten. 22.30 BBC Regional News and Weather. 22.45 Have I Got a Bit More News for You. 23.25 The Graham Norton Show. 00.15 Weather for the Week Ahead. 00.20 BBC News.	18.00 ITV News London; Weather. 18.30 ITV Evening News; Weather. 19.00 Emmerdale. 19.30 Coronation Street. 20.00 Griff's Great Britain. 20.30 Coronation Street. 21.00 Strangers. 22.00 ITV News at Ten; Weather. 22.30 ITV News London; Weather. 22.45 UEFA Nations League Highlights. 23.45 Am I a Murderer? 00.35 Jackpot247. 03.00 The Jeremy Kyle Show. 03.55 ITV Nightscreen. 05.05 The Jeremy Kyle Show.
BBC Two England	06.00 Money for Nothing. 06.45 Chase the Case. 07.30 Sign Zone: Back in Time for the Factory. 08.30 The Week in Parliament. 09.00 Victoria Derbyshire. 11.00 BBC Newsroom Live. 12.15 Politics Live. 13.00 For What It's Worth. 13.45 Restoration Home. 14.45 Wartime Farm. 15.45 The Blue Planet. 16.45 Eggheads. 17.15 Antiques Road Trip. 18.00 Letterbox. 18.30 Strictly: It Takes Two. 19.00 Family Cooking Showdown. 20.00 Autumnwatch New England. 21.00 Black Earth Rising. 22.00 QI. 22.30 Newsnight. 23.10 Weather. 23.15 A Dangerous Dynasty: House of Assad. 00.15 Sign Zone: The Apprentice. 01.15 Sign Zone: Countryfile.	Channel 4 06.35 Mike & Molly. 06.55 Mike & Molly. 07.15 Mike & Molly. 07.40 Everybody Loves Raymond. 08.05 Everybody Loves Raymond. 08.35 Everybody Loves Raymond. 09.05 Frasier. 09.35 Frasier. 10.10 Celebrity Undercover Boss USA. 11.05 Ramsay's Hotel Hell. 12.00 Channel 4 News Summary. 12.05 Couples Come Dine with Me. 13.05 A New Life in the Sun. 14.10 Countdown. 15.00 Coast vs Country. 16.00 A Place in the Sun. 17.00 Four in a Bed. 17.30 Come Dine with Me. 18.00 The Simpsons. 18.30 Hollyoaks. 19.00 Channel 4 News. 20.00 Witness Intimidation Revealed - Stitches for Snitches: Channel 4 Dispatches. 20.30 Food Unwrapped. 21.00 Old People's Home for 4 Year Olds. 22.00 Gogglebox. 23.00 8 Out of 10 Cats Does Countdown. 00.05 Ramsay's Kitchen Nightmares USA. 00.55 The Last Leg. 01.50 60 Days in Jail. 02.40 Selling Houses with Amanda Lamb.
ITV London	06.00 Good Morning Britain. 08.30 Lorraine. 09.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 13.30 ITV Lunchtime News; Weather. 13.55 ITV News London; Weather. 14.00 Judge Rinder. 15.00 Tenable. 15.59 ITV London Weather. 16.00 Tipping Point. 17.00 The Chase.	Channel 4 06.35 Mike & Molly. 06.55 Mike & Molly. 07.15 Mike & Molly. 07.40 Everybody Loves Raymond. 08.05 Everybody Loves Raymond. 08.35 Everybody Loves Raymond. 09.05 Frasier. 09.35 Frasier. 10.10 Celebrity Undercover Boss USA. 11.05 Ramsay's Hotel Hell. 12.00 Channel 4 News Summary. 12.05 Couples Come Dine with Me. 13.05 A New Life in the Sun. 14.10 Countdown. 15.00 Coast vs Country. 16.00 A Place in the Sun. 17.00 Four in a Bed. 17.30 Come Dine with Me. 18.00 The Simpsons. 18.30 Hollyoaks. 19.00 Channel 4 News. 20.00 Witness Intimidation Revealed - Stitches for Snitches: Channel 4 Dispatches. 20.30 Food Unwrapped. 21.00 Old People's Home for 4 Year Olds. 22.00 Gogglebox. 23.00 8 Out of 10 Cats Does Countdown. 00.05 Ramsay's Kitchen Nightmares USA. 00.55 The Last Leg. 01.50 60 Days in Jail. 02.40 Selling Houses with Amanda Lamb.
ITV London	06.00 Good Morning Britain. 08.30 Lorraine. 09.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 13.30 ITV Lunchtime News; Weather. 13.55 ITV News London; Weather. 14.00 Judge Rinder. 15.00 Tenable. 15.59 ITV London Weather. 16.00 Tipping Point. 17.00 The Chase.	BBC Four 19.00 Beyond 100 Days; Weather. 19.30 Venice 24/7. 20.00 South Pacific. 21.00 Barneys, Books and Bust Ups: 50 Years of the Booker Prize. 22.00 Decoding Disaster: A Timewatch Guide. 23.00 Dara and Ed's Road to Mandalay. 00.00 Pedalling Dreams: The Raleigh Story. 01.00 The Most Dangerous Man in Tudor England. 02.00 South Pacific. 03.00 Barneys, Books and Bust Ups: 50 Years of the Booker Prize. 04.00 Close.

TUESDAY 16/10/18

BBC One	06.00 Breakfast. 09.15 Rip Off Britain: Live. 10.00 Homes Under the Hammer. 11.00 Claimed and Shamed. 11.45 Armchair Britain. 12.15 Bargain Hunt. 13.00 BBC News at One; Weather. 13.30 BBC Regional News and Weather. 13.45 Doctors. 14.15 Hardball. 15.00 Escape to the Country. 15.45 Money for Nothing. 16.30 Flog It! 17.15 Pointless. 18.00 BBC News at Six; Weather. 18.30 BBC Regional News and Weather. 19.00 The One Show. 19.30 EastEnders. 20.00 Hollyoaks. 21.00 Informer. 22.00 BBC News at Ten. 22.30 BBC Regional News and Weather; National Lottery Update. 22.45 Imagine - George Benjamin: What Do You Want to Do When You Grow Up? 00.10 FILM: Jagged Edge (1985). 01.55 Weather for the Week Ahead. 02.00 BBC News.
BBC Two England	06.00 Letterbox. 06.30 Claimed and Shamed. 07.15 Money for Nothing. 08.00 Sign Zone: Great British Menu. 08.30 Sign Zone: The Farmers' Country Showdown. 09.00 Victoria Derbyshire. 11.00 BBC Newsroom Live. 12.15 Politics Live. 13.00 For What It's Worth. 13.45 Restoration Home. 14.45 Wartime Farm. 15.45 The Blue Planet. 16.45 Eggheads. 17.15 Antiques Road Trip. 18.00 Letterbox. 18.30 Strictly: It Takes Two. 19.00 Family Cooking Showdown. 20.00 Autumnwatch New England. 21.00 A Dangerous Dynasty: House of Assad. 22.00 Later Live - with Joos Holland. 22.30 Newsnight. 23.10 Weather. 23.15 Body Clock: What Makes Us Tick? 00.15 NFL This Week. 01.05 Sign Zone: Mediterranean with Simon Reeve. 02.05 Sign Zone: The Debt Saviours. 03.05 Sign Zone: Heir Hunters with Michael Buerk. 03.50 This Is BBC Two.
ITV London	06.00 Good Morning Britain. 08.30 Lorraine. 09.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 13.30 ITV Lunchtime News; Weather. 13.55 ITV News London; Weather. 14.00 Judge Rinder. 15.00 Tenable. 15.59 ITV London Weather. 16.00 Tipping Point. 17.00 The Chase. 18.00 ITV News London; Weather.

The Great British Bake Off (Tuesday C4, 8pm)

It's Danish Week, and the bakers face unfamiliar recipes as they battle to impress the judges. There's a bread challenge Signature, where they must demonstrate style as well substance. Paul Hollywood sets a spherical Technical - and with a place in the semi-final at stake, everyone is out to impress him and Prue Leith. For their final challenge, the bakers must deliver an elaborate pastry Showstopper fit for a Danish birthday party. Sandi Toksvig and Noel Fielding guide us through proceedings before the latest baker is shown the exit.

Must See TV

View our TV Guide from anywhere via our website!

10/18

- 18.30 ITV Evening News; Weather.
19.00 Emmerdale.
19.30 Judge Rinder's Crime Stories.
20.00 Love Your Home and Garden.
21.00 Weather from Hell: Caught on Camera.
22.00 ITV News at Ten; Weather.
22.30 ITV News London; Weather.
22.45 Butterfly.
23.45 Lethal Weapon.
00.30 Jackpot247.
03.00 Loose Women.
03.50 ITV Nightscreen.
05.05 The Jeremy Kyle Show.
- Channel 4**
- 06.35 Mike & Molly.
06.55 Mike & Molly.
07.15 Mike & Molly.
07.40 Everybody Loves Raymond.
08.05 Everybody Loves Raymond.
08.35 Everybody Loves Raymond.
09.05 Frasier.
09.35 Frasier.
10.10 Undercover Boss USA.
11.05 Ramsay's Hotel Hell.
12.00 Channel 4 News Summary.
12.05 Couples Come Dine with Me.
13.05 A New Life in the Sun.
14.10 Countdown.
15.00 Coast vs Country.
16.00 A Place in the Sun.
17.00 Four in a Bed.
17.30 Come Dine with Me.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 The Great British Bake Off.
21.15 Celebrity Hunted.
22.25 The Circle Uncovered.
23.25 Old People's Home for 4 Year Olds.
00.25 The Great British Bake Off: An Extra Slice.
01.20 FILM: The Guard (2011).
02.55 Inside Out Homes.
03.50 Selling Houses with Amanda Lamb.
04.50 Grand Designs New Zealand.
05.40 Kirstie's Fill Your House for Free.
05.50 Countdown.
- BBC Four**
- 19.00 Beyond 100 Days; Weather.
19.30 Venice 24/7.
20.00 Origins of Us.
21.00 New Zealand: Earth's Mythical Islands.
22.00 There She Goes.
22.30 Blue Peter Confidential.
23.20 Blue Peter: It's a Dog's Life.
23.40 Blue Peter.
00.10 Did You See? The Biddy Baxter Story.
00.20 Rococo: Travel, Pleasure, Madness.
01.20 Origins of Us.
02.20 New Zealand: Earth's Mythical Islands.
03.20 Close.

WEDNESDAY 17/10/18

- BBC One**
- 06.00 Breakfast.
09.15 Rip Off Britain: Live.
10.00 Homes Under the Hammer.
11.00 Claimed and Shamed.
11.45 Armchair Britain.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.30 BBC Regional News and Weather.
13.45 Doctors.
14.15 Hardball.
15.00 Escape to the Country.
15.45 Money for Nothing.
16.30 Flog It!
17.15 Pointless.
18.00 BBC News at Six; Weather.
18.30 BBC Regional News and Weather.
19.00 The One Show.
20.00 Without Limits: Australia.
21.00 The Apprentice.
22.00 BBC News at Ten.
22.30 BBC Regional News and Weather; National Lottery Update.
22.45 A Question of Sport.
23.15 Professor Green: Hidden and Homeless.
00.15 Weather for the Week Ahead.
- BBC Two England**
- 06.00 Letterbox.
06.30 Claimed and Shamed.
07.15 Money for Nothing.
08.00 Sign Zone: Great British Menu.
08.30 Sign Zone: The Farmers' Country Showdown.
09.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
11.15 Politics Live.
13.00 Lifeline.
13.10 Coast.
13.45 The House That #100K Built.
14.45 Wartime Farm.
15.45 The Blue Planet.
16.45 Eggheads.
17.15 Antiques Road Trip.
18.00 Letterbox.
18.30 Strictly: It Takes Two.
19.00 Family Cooking Showdown.
20.00 Autumnwatch New England.
21.00 Trust.
22.00 The Apprentice: You're Fired.
22.30 Newsnight.
23.10 Weather.
23.15 Dangerous Borders: A Journey Across India & Pakistan.
00.15 No Activity.
00.45 No Activity.
01.15 Sign Zone: The Bank That Almost Broke Britain.
02.15 Sign Zone: Reported Missing.
- ITV London**
- 06.00 Good Morning Britain.
08.30 Lorraine.
09.25 The Jeremy Kyle Show.
10.30 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
13.55 ITV News London;
- Weather.
14.00 Judge Rinder.
15.00 Tenable.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
18.30 ITV Evening News; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Bad Move.
20.30 Coronation Street.
21.00 The Parachute Murder Plot.
22.00 ITV News at Ten; Weather.
22.30 ITV News London; Weather.
- Channel 4**
- 06.35 Mike & Molly.
06.55 Mike & Molly.
07.15 Mike & Molly.
07.40 Everybody Loves Raymond.
08.05 Everybody Loves Raymond.
08.35 Everybody Loves Raymond.
09.05 Frasier.
09.40 Frasier.
10.10 Undercover Boss USA.
11.05 Ramsay's Hotel Hell.
12.00 Channel 4 News Summary.
12.05 Couples Come Dine with Me.
13.05 A New Life in the Sun.
14.10 Countdown.
15.00 Coast vs Country.
16.00 A Place in the Sun.
17.00 Four in a Bed.
17.30 Come Dine with Me.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.55 Felicia's Story: Stand Up to Cancer.
20.00 The Supernet.
21.00 Grand Designs.
22.00 The Bisexual.
22.40 999: What's Your Emergency?
23.40 Alex.
00.35 Pokerstars Caribbean Adventure.
01.30 FILM: Locke (2013).
- BBC Four**
- 19.00 Beyond 100 Days; Weather.
19.30 Venice 24/7.
20.00 Dancing Cheek to Cheek: An Intimate History of Dance.
21.00 Magic Numbers: Hannah Fry's Mysterious World of Maths.
22.00 Empire.
23.00 Building the Ancient City.
00.00 Masters of the Pacific Coast: The Tribes of the American Northwest.
01.00 Dancing Cheek to Cheek: An Intimate History of Dance.
02.00 Carved with Love: The Genius of British Woodwork.
03.00 Magic Numbers: Hannah Fry's Mysterious World of Maths.

THURSDAY 18/10/18

- BBC One**
- 06.00 Breakfast.
09.15 Rip Off Britain: Live.
10.00 Homes Under the Hammer.
11.00 Claimed and Shamed.
11.45 Armchair Britain.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.30 BBC Regional News and Weather.
13.45 Doctors.
14.15 Hardball.
15.00 Escape to the Country.
15.45 Money for Nothing.
16.30 Flog It!
17.15 Pointless.
18.00 BBC News at Six; Weather.
18.30 BBC Regional News and Weather.
19.00 The One Show.
19.30 EastEnders.
20.00 Eat Well for Less?
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 Letterbox.
06.30 Claimed and Shamed.
07.15 Money for Nothing.
08.00 Sign Zone: Saving Lives at Sea.
09.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.15 Politics Live.
13.00 For What It's Worth.
13.45 The House That #100K Built.
14.45 Wartime Farm.
15.45 The Blue Planet.
16.45 Eggheads.
17.15 Antiques Road Trip.
18.00 Letterbox.
18.30 Strictly: It Takes Two.
19.00 Family Cooking Showdown.
20.00 Autumnwatch New England.
21.00 Avalanche: Making a Deadly Snowstorm.
22.00 MOTD: The Premier League Show.
22.30 Newsnight.
23.10 Weather.
23.15 Last Chance Lawyer New York City.
00.00 The Assassination of Gianni Versace: American Crime Story.
00.50 Sign Zone: Troubles: The Life After.
02.10 Sign Zone: The Mighty Redcar.
- ITV London**
- 06.00 Good Morning Britain.
08.30 Lorraine.
09.25 The Jeremy Kyle Show.
10.30 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
13.55 ITV News London; Weather.
14.00 Judge Rinder.
- 15.00 Tenable.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
18.30 ITV Evening News; Weather.
19.00 Emmerdale.
19.30 Driving: The True Cost - Tonight.
20.00 Emmerdale.
20.30 Emmerdale 1918.
21.00 Gordon, Gino and Fred: Road Trip.
22.00 ITV News at Ten; Weather.
22.30 ITV News London; Weather.
22.45 The Late Debate.
23.15 Car Crash Britain: Caught on Camera.
00.10 Jackpot247.
03.00 Driving: The True Cost - Tonight.
- Channel 4**
- 06.35 Mike & Molly.
06.55 Mike & Molly.
07.15 Mike & Molly.
07.40 Everybody Loves Raymond.
08.05 Everybody Loves Raymond.
08.35 Everybody Loves Raymond.
09.05 Frasier.
09.40 Frasier.
10.10 Undercover Boss USA.
11.05 Ramsay's Hotel Hell.
12.00 Channel 4 News Summary.
12.05 Couples Come Dine with Me.
13.05 A New Life in the Sun.
14.10 Countdown.
15.00 Coast vs Country.
16.00 A Place in the Sun.
17.00 Four in a Bed.
17.30 Come Dine with Me.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.55 Felicia's Story: Stand Up to Cancer.
20.00 The Supernet.
21.00 Grand Designs.
22.00 The Bisexual.
22.40 999: What's Your Emergency?
23.40 Alex.
00.35 Pokerstars Caribbean Adventure.
01.30 FILM: Locke (2013).
- BBC Four**
- 19.00 Beyond 100 Days; Weather.
19.30 Venice 24/7.
20.00 Dancing Cheek to Cheek: An Intimate History of Dance.
21.00 Magic Numbers: Hannah Fry's Mysterious World of Maths.
22.00 Empire.
23.00 Building the Ancient City.
00.00 Masters of the Pacific Coast: The Tribes of the American Northwest.
01.00 Dancing Cheek to Cheek: An Intimate History of Dance.
02.00 Carved with Love: The Genius of British Woodwork.
03.00 Magic Numbers: Hannah Fry's Mysterious World of Maths.

FRIDAY 19/10/18

- BBC One**
- 06.00 Breakfast.
09.15 Rip Off Britain: Live.
10.00 Homes Under the Hammer.
11.00 Claimed and Shamed.
11.45 Armchair Britain.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.30 BBC Regional News and Weather.
13.45 Doctors.
14.15 Hardball.
15.00 Escape to the Country.
15.45 Money for Nothing.
16.30 Flog It!
17.15 Pointless.
18.00 BBC News at Six; Weather.
18.30 BBC Regional News and Weather.
19.00 The One Show.
19.30 Invictus Games 2018.
20.00 EastEnders.
20.30 A Question of Sport.
21.00 Have I Got News for You.
21.30 Would I Lie to You?
22.00 BBC News at Ten.
22.25 BBC Regional News and Weather; National Lottery Update.
22.35 The Graham Norton Show.
23.25 Peter Kay's Comedy Shuffle.
23.55 Killing Eve.
00.40 Weather for the Week Ahead.
00.45 BBC News.
- BBC Two England**
- 06.00 Letterbox.
06.30 Claimed and Shamed.
07.15 Money for Nothing.
08.00 Sign Zone: Gardeners' World.
09.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.15 Politics Live.
13.00 For What It's Worth.
13.45 The House That #100K Built.
14.45 Wartime Farm.
15.45 The Blue Planet.
16.45 Eggheads.
17.15 Antiques Road Trip.
18.00 Strictly: It Takes Two.
19.00 Family Cooking Showdown.
20.00 Location, Location, Location.
21.00 No Offence.
22.00 Child of Mine.
23.25 24 Hours in A&E.
00.30 Gogglebox.
01.25 Ramsay's Kitchen Nightmares USA.
02.15 Witness Intimidation Revealed - Stitches for Snitches: Channel 4 Dispatches.
02.45 Inside Out Homes.
- 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.
- 14.00 Judge Rinder.
15.00 Tenable.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
18.30 ITV Evening News; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 The Harbour.
20.30 Coronation Street.
21.00 The Big Audition.
22.00 ITV News at Ten; Weather.
22.30 ITV News London; Weather.
22.45 Bad Move.
23.15 Through the Keyhole.
00.10 Back to Mine.
00.35 Jackpot247.
03.00 ITV Nightscreen.
- Channel 4**
- 06.35 Mike & Molly.
06.55 Mike & Molly.
07.15 Mike & Molly.
07.40 Everybody Loves Raymond.
08.05 Everybody Loves Raymond.
08.35 Everybody Loves Raymond.
09.05 Frasier.
09.35 Frasier.
10.10 Undercover Boss USA.
11.05 Ramsay's Hotel Hell.
12.00 Channel 4 News Summary.
12.05 Couples Come Dine with Me.
13.05 A New Life in the Sun.
14.10 Countdown.
15.00 Coast vs Country.
16.00 A Place in the Sun.
17.00 Four in a Bed.
17.30 Come Dine with Me.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.55 Mark Gatiss: Stand Up to Cancer.
20.00 The Great British Bake Off: An Extra Slice.
21.00 Gogglebox.
22.00 The Last Leg.
23.05 Celebrity Hunted.
00.15 FILM: Eden (2014).
02.10 No Offence.
03.05 The Bisexual.
03.40 Building the Dream.
04.35 Grand Designs New Zealand.
05.30 Jamie's Comfort Food.
- BBC Four**
- 19.00 World News Today; Weather.
19.30 Top of the Pops: 1986.
20.00 Synth and Beyond with Stephen Morris and Gillian Gilbert.
21.00 Rock 'n' Roll America.
22.00 Synth Britannia at the BBC.
23.00 People's History of Pop.
00.00 Top of the Pops: 1986.
00.30 Sound of Song.
01.30 Synth and Beyond with Stephen Morris and Gillian Gilbert.
02.30 Rock 'n' Roll America.
03.30 Close.

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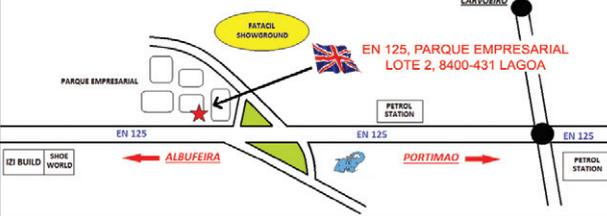
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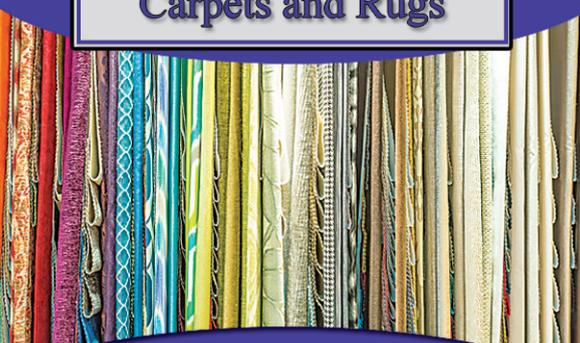


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Cinema

NEW THIS WEEK

Reprisal - Stars: Bruce Willis, Frank Grillo, Johnathon Schaech. *Genre:* Action, Crime, Thriller. *Director:* Brian A. Miller. *Rating:* R. *Plot:* A bank manager haunted by a violent heist that took the life of a coworker teams up with his ex-cop neighbor to bring down the assailant, initiating an explosive counterattack that brings all three men to the breaking point..

A Star is Born - Stars: Lady Gaga, Bradley Cooper, Sam Elliott. *Genre:* Drama, Music,



Romance. Director: Bradley Cooper. *Rating:* R. *Plot:* A seasoned musician discovers and falls in love with a young singer and actress helping her to find fame and fulfil her dream, even though age and alcoholism send his own career into a downward spiral.

Cinema Listings

NOS Forum Algarve - Faro

Smallfoot (PV); Searching; Johnny English Strikes Again; Reprisal; The Little Mermaid (PV); Venom; Mayerling; A Star is Born.

NOS Mar Shopping - Loulé

Johnny English; Venom; Smallfoot (PV); The House With The Clock in Its Walls; Hell Fest; A Star is Born; Mayerling; Hotel Transylvania 3 (PV).

Gran-Plaza NOS - Tavira

Venom; Mayerling; The Incredibles 2 (PV); Johnny English Strikes Again; A Star is Born; Smallfoot (PV); The House With The Clock in Its Walls; The Healer; Bad Cat (PV).

Algarcine - Portimão

A Star is Born; Smallfoot (PV); Johnny English Strikes Again; Book Club.

Algarcine Ria Shopping - Olhão

A Star is Born; Smallfoot (PV); Johnny English Strikes Again; Adventures of Little Spirou (PV); Peppermint; Night School.

Algarcine - Lagos

Peppermint; Johnny English Strikes Again; Book Club; Smallfoot (PV).

Cineplace Algarve Shopping - Guia

Venom (2D & 3D); McQueen; Reprisal; Hotel Transylvania 3 (PV); Hell Fest; The House With The Clock in Its Walls; The Yellow Birds; Bad Cat (PV); The Nun; Smallfoot (PV); Peppermint; A Star is Born; Johnny English Strikes Again; Searching; Night School; Billionaire Boys Club.

Cineplace - Portimão

Venom (2D & 3D); A Star is Born; The Healer; Reprisal; Peppermint; Bad Cat (PV); Hell Fest; Smallfoot (PV); Night School; The Nun; Johnny English Strikes Again.

Cineplace Loures Shopping

A Star is Born; Bad Cat (PV); Night School; Peppermint; Reprisal; The Healer; Smallfoot (PV); The Nun; Venom (2D & 3D); The House With The Clock in Its Walls; Johnny English Strikes Again; Adventures of Little Spirou (PV); Snow (PV); Hell Fest.

Cineplace Leiria Shopping

Venom (2D & 3D); Johnny English; Smallfoot (2D & 3D) (PV); The Nun; Reprisal; The Healer; Hell Fest; Peppermint; Night School; A Star is Born; Bad Cat (PV).

Cineplace Riosul - Seixal

Venom (2D & 3D); A Star is Born; Smallfoot (PV); Meg; The House With The Clock in Its Walls; Johnny English Strikes Again; Bad Cat (PV); The Nun; Peppermint; Reprisal; The Healer; Hotel Transylvania 3 (PV); Hell Fest; Fátima the Ultimate Mystery.

Estação Viana Shopping - Viana do Castelo

Smallfoot (PV); Night School; The Nun; Hotel Transylvania 3 (PV); A Star is Born; Johnny English; Venom (2D & 3D).



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www.cineplaceportugal.pt



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

North & Centre

EXHIBITION

'Mille-Fleurs' by artist João Francisco - Paintings and Tapestries exhibition is now open to the public Tuesday to Saturday 10am to 7pm at the Galeria 111, Campo Grand, Lisbon until **10 Nov.** Tel: 217977418.

VERA World Fine Art Festival - bringing together works and artists from all over the world, and on display until **31 October** at Pavilhão de Portugal, Parque das Nações, Doca dos Olivais. For more information visit www.verafestival.com

International Surrealism Now exhibition will open at the Coimbra House Culture and Edifício Chiado Museum in Coimbra, on **17 November 2018.** www.cm-coimbra.pt

'As Cores e as Formas'.

Collection of paintings, sculpture and engravings. Free entry. until **16 Oct.** Open everyday from 3pm - 12am. Tel: 214 667708. By law, access to some areas of Casino Estoril are reserved for persons over 18 years of age. www.casino-estoril.pt

'The Art of the Earth' a

collection by António Lourenço will be on display next to the Lisbon Cathedral until **28 October**, 11am to 8pm daily. www.aartedaterra.pt or www.facebook.com/aartedaterra.lisboa/

'A Vida em Nós' exhibition.

Free entry, until **18 Nov.** Works by Luis Vieira-Baptista. Ground floor. **Norman Parkinson** - Life works: 1935-1990. until **17 Feb 2019**. 1st floor. **ESAD** - Caldas da Rainha. until **4 Nov.** 2nd floor. Centro Cultural Cascais, Av Rei Humberto II de Itália, Nº16. Mon - Fri 9.30 - 12.30 & 2 - 6pm. Tel: (+351) 214 815 660 E-mail: geral@fundacaodomluis.pt

FAIRS & MARKETS

Botanic Market - every Saturday from 9am to 1pm: Sale of sustainable agricultural products, at the Botanic garden University of Coimbra. www.facebook.com/mercadinhobotanicocoimbra

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

LxMarket - Every Sunday

at LxFactory, 10am - 7pm. Unique, vintage, handmade and second hand items. Lx Factory, R. Rodrigues de Faria, Lisbon. lxmarket.com.pt

In Beauty - International Beauty, Cosmetics and Hair Fair returns to the Altice Arena in Lisbon from **27 - 29 Oct** to unveil the latest trends and news from the world of beauty.

For tickets visit www.arena.altice.pt

Mercado D'Aqui - The **First Sun**. of every month 1º de Maio sports field hosts a market promoting more positive, healthy lifestyles. Take part in all kinds of free activities, such as yoga, Pilates and workshops, as well as getting yourself a physical fitness checkup. **4 Nov.** from 10 am to 5 pm, Parque de Jogos 1º de Maio.) www.mercadodaqui.pt

MUSIC

Parkbeat - The Magnificent DJ Jazzy Jeff will perform at Capitólio in Lisbon on **13 October** from 5pm. For tickets visit www.capitolio.pt

Legends Days are tribute performances to the bands Queen and ABBA. Taking place **9 November (Queen)** and **10 November (ABBA)** at Pavilhão multiusos de Gondomar, Porto. For Tickets visit www.ticketline.sapo.pt/salas/sala/178

The **'Tribalists'** return to the Altice Arena, Lisbon with music from their new album as part of a live tour on **21 October.** www.arena.altice.pt/agenda/tribalistas_pt/3709/

'Shine On Concert - Pink Floyd Tribute' recreating their great hits! at the Casino Estoril on **26 October** at 11pm. By law, access to some areas of Casino Estoril are reserved for persons over 18 years of age. www.casino-estoril.pt

"Hunter" promoting the new album by Anna Calvi, live at the Hard Club, Porto on **19 Oct.** and at Capitólio, Lisbon on **20 Oct.** from 10pm (doors open at 9pm). Tickets: €24 from ticketline.sapo.pt

Anna Calvi will perform songs from her latest album 'Hunter' on **20 October** at Capitólio in Lisbon from 9pm. Tickets €24. www.capitolio.pt

Misty Fest 2018 offering a wide-ranging world of music and jazz from **30 October to 25 November** throughout Portugal. For a full programme visit. www.misty-fest.com

SOCIAL

Big Bang Music and Adventure Festival for Kids. Creating a new and artistic approach to music for kids. On **19 and 20 October** at Centro Cultural de Belém, Lisboa. www.ccb.pt

Modalisboa - Lisboa Fashion Week. Portuguese designers present their new collections and trends for next Spring / Summer on **until 14 October** at Pavilhão Carlos Lopes. www.modalisboa.pt

Web Summit - The annual technology conference will be at the Altice Arena, Lisbon from **5 to 8 November.**

Tickets now available from www.websummit.com

Lisbon Marathon 2018. Taking place on **14 October**, the 42kms distance Marathon sets off from Cascais and follows the Coastal Road (Estrada Marginal) until the finish line at Lisbon's Parque das Nações. The event also includes two shorter distance races. The Half Marathon sets off from the Vasco da Gama Bridge and charts a 21kms course that also finishes up at the Parque das Nações. At the same time there is the Mini Marathon which is about 8kms, this is taken by everyone at their own stride, whether running or walking, since the main objective is taking part and meeting people. For more information visit. www.maratonaclubedeportugal.com

THEATRE & DANCE

Auditions! Já International Theatre are casting for roles in performances to take place early December. For more information on how to apply visit info@jait.pt

Flamenco Festival Lisboa, at Capitólio **24 -26 Oct.** Tickets and information at www.flamencoatlantico.com

WORKSHOPS & COURSES

The Alternative Fair is a Wellness Festival. It is the largest event of Personal Development and Spirituality in Portugal, with Lectures, Workshops and Practical Classes (Yoga, Tai Chi, ChiKung, Meditation, Dance, etc.). Complementary Therapies, Natural Cosmetics, Healthy Food, Environmental Crafts and Esoteric Articles. Taking place at the Centro de Congresso da Alfândega do Porto on **until 14 Oct.** To buy your tickets visit: feiraalternativa.pt

South

AUCTIONS

Auction House Algarve. Our next LIVE AUCTION on **3 Nov.** Approx 450 lots with 380 items starting at €1 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: www.ahalgarve.com Tel: 289832380 or email us at info@ahalgarve.com

EXHIBITION

Morocco Tapestry - 'A Grammar of sounds and silences'. until **31 Oct.** Municipal Auditorium, Olhão. Tel: 289 700 160 www.cm-olhao.pt/auditorio.

'Rustic Art in Wood', Centro Museológico do Alportel, São Brás, until **12 Nov.** Tel: 289 840 000, www.cm-sbras.pt

Paintings by Liz Allen Pastelaria de Arade Largo 1 Dezembro, no. 4, Portimão until **31 October** email liz@lizallenart.com

FAIRS & MARKETS

Flea Market - Third Sunday of the month near the school (Escola C+S) Almancil. www.goldentriangleuncovered.com

The west coast **Car Boot** take place on the **first Sunday of each month** at the Old School House, Vales, Aljezur. Unwanted household items only—no goods grown, made or bought for profit please. Stallholders charged €2 for each table space, x multiples of €2, or €4 for vans (i.e. Transit size) and are permitted to enter and set up their tables from 7.30–9am with the sale then

Harvest Festival

ALL Saints

SUNDAY 14th October

10.30am ASCA, Almancil
www.allsaintsalgarve.org

11am Convento S. José Lagoa

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

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.

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

being open to the public from 9am.

Market in Quarteira, every Wed. at Fonte Santa from 9am until 2.30pm. www.goldentriangleuncovered.com

Lagoa Bio Market - Last Saturday of the month at Praça da República, Lagoa. 8:30am-2pm. Organic produce, nutrition, arts and crafts, education, fitness and well-being, showcooking and much more. www.cm-lagoa.pt

Local Arts and Crafts expo. Artes@Spa, at Caldas de Monchique, locally produced high quality unique items, ideal gifts or souvenirs. Glass, ceramics, jewellery, wooden puzzles, textiles, leather, original art, print and cards. Open **daily** from 10am until 6pm *In main Square. Opp restaurante 1692.*

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MUSIC

Piano Concerto by Tommaso Cagato on **13 October** at Museu do Trajo, São Brás de Alportel from 6pm. For information call 966 329 073 or www.amigos-museu-sbras.pt

EVA Classical Experience (chamber music) at Hotel EVA, Faro on **25 Oct** from 6.30pm. Tickets €5. Tel 289 001 000.

The New Orleans Jazz Band - Tivoli Hotel, Lagos **every Mon.** Free. New Orleans Jazz concert with The Dixie Kings from 8.30pm. open to all. Info: www.neworleansjazzalgarve.com

O'Navegador Restaurant Alvor, New Orleans Jazz Band concert **every Sun.** from 8pm - For reservations call 282 412 375 or 962 541 124, info: www.neworleansjazzalgarve.com/index.html

Classical Concert on **19 October** at Lagos cultural centre from 7pm. With works from Holst, Jacob and Beethoven. Tickets €6. For information call 282 770 450.

Algarve Smooth Jazz Festival from **17 to 21 October** at Vila Vita Parc. Tickets available from: www.shop.vilavitaparc.com/en/15-algarve-smooth-jazz-festival

Tavira Pop Choir - Fonte do Bispo. A fun and enjoyable Pop Choir, **Sun.** at 2pm-4pm. Please contact Gillian Tel. 966 006 436.

Misty Fest 2018 (30 October to 25 November) - Avishai Cohen Trio comes to Loulé, Cine Teatro on **25 November.** For a full programme visit. www.misty-fest.com

SOCIAL

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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.

IMATA Annual Conference - This year Zoomarine will be the Host Facility for the 2018 IMATA Conference from **14 to 19 October.** For further details visit <http://portugal2018.imata.org/>

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 **Thurs** 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 289489374 or david51.littlewood@gmail.com

afpop Lagos Classic Car Weekend & BBQ Lunch at the Autódromo, Portimão, 10.30am on **18 October.** Tickets: €28.50 (€30). Bookings with Pat Allen lagos@afpop.com, Tel: 282697548.

BLip expo 2018 - at the Portimão Arena on **13** (10am to 6pm) and **14** (11am to 5pm) **October.** Free Entry. www.afpop.com

Chess Club All Levels in eastern Algarve. For details. chessalgarve@mail.com

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

Barbershop Chorus "Bella a Cappella" Do you like singing close harmony? If you are interested, come and listen to Bella a Cappella, a Barbershop choir singing in the Casa da Misericórdia, Rua Gabriël Mendonça, Moncarapacho. We rehearse **every Tues.** at 7.30pm. To find out more, go to our website, www.bellaacappella.net

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.

Duplicate Bridge, come and join our friendly international club. **Thurs.** 3pm start at Restaurante Solar da Poeta in Almancil. Or **Fri.** 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

Painting for Pleasure Classes, water colours, oils or acrylics - Beginners onwards, individual tuition on **Wed** at Mesquite near São Brás from 10.30am to 12.30pm, 2.30pm to 4.30pm.

Tel. Terry Reed, tel: 289845561.

afpop East Algarve Lunch at Pimenta and Pasta Restaurante in Almancil on 28 October from 12.30pm onwards. €25 members / €28 non-members. Welcome Drink, Lunch, Wine, Beer, Water, Coffee. Bookings with Linda Cree, Area Event Organiser East Algarve, email: eastalgarve@afpop.com

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

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

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.

afpop Silves/Carvoeiro afternoon tea on **25 October** at 2.30pm in Pastelaria Requite, Algoz, opposite the Municipal Market, plenty of parking. Tea or coffee and a choice of pastries for €5 a head. Bookings as soon as possible please Heather and Les, e-mail: silves@afpop.com Mob: 966 677 295.

The East Algarve International choir sings traditional songs from all over the world! We are looking for an enthusiastic musical leader and welcome new members: Experienced musicians, Male and female voices, (with or without experience). Rehearsals every Thursday in Luz de Tavira, feel free to contact: Rineke Hofman East Algarve International Shanty Choir +351 926 684 061. eastalgarvechoir@gmail.com www.eaisc.eu

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

Algarve History Association Talk - Peter Kingdon Booker will discuss the controversial topic: Was Salazar a Fascist? On **26 October** at 11am in the Municipal Library Tavira and on **30 October** at 6pm in the Municipal Library Lagoa. www.algarvehistoryassociation.com

Duplicate Bridge 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.

afpop East Algarve Coffee and Chat Morning - Pedras da Rainha Club House on **31 October** at 10.30am. Why not come along and meet other members? It doesn't matter if you don't know anyone, everyone is very

friendly and there will always be someone to welcome you and introduce you to others. At the time of this newspaper going to press, plans for a speaker are not known. For more information about the Coffee & Chat mornings contact: Sherry 916 913 612 or slosantaclara@gmail.com

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

Lagos Zoo has now joined the 'Book Crossing' network. This consists of reading a book, then leaving it in a public place so that another can find, read and re-leave. When visiting please feel free to leave your book! Tel: 282680100. email: geral@zoolagos.com www.zoolagos.com

SPORT

The Algarve Classic Festival, the biggest classic car event in the Iberian Peninsula, will take place once again at Autódromo Internacional do Algarve, from **19 to 21 Oct.** www.autodromodoalgarve.com

Walking Football for those over 50 year-of-age who want to enjoy the beautiful game but at a more leisurely pace. **Mon.** 4G Astro pitch adjoining the Eduardo Mansinho Sports Hall, Avenida Zeca Afonso, Tavira **Tues. Over 60s ONLY** Astro-turf pitch adjoining the José Arcanjo Stadium, Olhão (behind McDonalds on the EN125) **Thurs.** Astro-turf pitch adjoining the José Arcanjo 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

European Le Mans Series at the Autódromo Internacional do Algarve on **26 to 28 Oct.** Tickets from autodromodoalgarve.com

afpop Lagos Classic Car weekend + BBQ lunch at Autódromo Portimão, on **18 October** at 10.30am, Price: €28.50 (€30), Bookings with: Pat Allen, e-mail: lagos@afpop.com, tel: 282 697 548.

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

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

Tavira County Lawn Bowling Club - Cerro do Leiria, Santa Caterina, Fonte Bispo, Tavira. Tel: 963997582.

The Campus Tri-Triathlon 2018. At Quinta do Lago from **17 to 21 October.** Your chance to race where the



Zoomarine Tickets Winner: - Steve Roberts, Carvoeiro

Team GB Triathletes train! Events for children as well as adults. Programme and to Register visit: www.quintadolago.com/en/the-campus/the-campus-triathlon/

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.

Alvor Bowls Club, Montes de Alvor, 8500-070. Everyone is welcome to come and join us for our roll-ups **every Wed.** and **Sun.** at 10am. Please check our website for full details. www.alvorlawnbowls.com or call 282 490 280.

afpop - Badminton in Silves. every Thurs. 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.

Walking Football begins again at Boavista Spa on the N125 between Lagos and Luz. **Every Wed.** 9:30am - 11:30am. Everyone over 50 welcome. Contact: brian.efoster@yahoo.co.uk

Walking football at Browns in Vilamoura. **Tues. & Thur:** at 9:30am. Come try it out! Contact info@browns-club.com or 289 322 740.

Walking Football for the 50+ - Every Thur. 9.30am - 11am, at José Arcanjo Stadium, Olhão (behind McDonalds EN125) Fitness, fun & friendship. Only €3 / session. Contact: 916504903.

Touch Rugby - Tues. & Fri, 8pm - 10pm, Estádio Capitão Josino da Costa, next to the EN125, Lagoa. Enjoy running with and passing a rugby ball without the tackling of the traditional format. An inclusive sport with women and men playing together, and ages currently ranging from 14-years-old to 64. Participation is free. For further details contact Simon Wilkinson, email: wilks89@hotmail.com; tel: 282 912 280 or 924 220 173.

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, holiday makers are welcome. Call Jen on 282 332 628 or 937 264 287.

West Coast Raid - Six day cycling tour of Portugal's West Coast. **30 October until 4 November.** The Campus, Quinta do Lago. www.evansi.pt/west-coast-raid-wwwquintadolago/269017900

Algarve Hash House Harriers meet **weekly.** Call 289 413 854 or 918 806 044. Follow us on Facebook & visit www.algarvehhh.org

WORKSHOPS & COURSES

Piano Course/workshop - Tommaso Cogato will offer a masterclass piano course intended for students of any level and age (beginners to advanced) on **14 October.** Cost €40 per hour. For information call 966 329 073 or www.amigos-museu-sbras.pt

Scottish Country Dancing - **Monday** 7.30pm to 9.30pm in The Nobel International School Algarve on the EN125 Lagoa. Please contact Mardie Cunningham on 282356029 or e-mail rosevale45@gmail.com

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

Latin American and Ballroom Dancing. Tues. 10am - 1pm Alvor Community Centre, **Wed** 7pm - 8.30pm Carvoeiro Clube de Tenis. Classes for beginners, improvers and intermediate levels. For class times please contact Caroline on 961916821 / strictlydancingcarvoeiro@hotmail.com

First Aid for Dogs Workshop - Hello Bello Dog Care Centre are organising two workshops with guest speaker Sasquia Phillips (vet nurse). Taking place in Silves on **20 October and 17 November** from 2pm to 4.30pm. Price €30. To book your place call Marga Otten +351 961 816 714. <https://b-m.facebook.com/Hello-Bello-Dogcare-Algarve-889382794572301/>

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N.B.
NEW DEADLINE:
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Announcements

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

CC PROBLEMS WITH ALCOHOL? There is a solution! Alcoholics Anonymous. Find the nearest meeting, ask for help or assistance call: 919 005 590. www.aaportugal.org

SOLAR PROMOTIONS. visit us at BLIP Portimao on 13+14 October. www.shs-pt.com

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NEXT LIVE AUCTION
Saturday, 3 November 2018
10.00am onwards

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Check out our Facebook page & view items coming up at Auction. 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

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 - SUPPORT FOR FAMILIES in the Algarve receives white & electrical goods, furniture, baby equipment, children's clothes, bedding, towels etc.. for families in need, in Guia and surrounding areas. Funds raised pay for spectacles and dental treatment for needy children. To donate or to discuss concerns about a needy family contact Su Davis 932307548, su.davis@sapo.pt Facebook: Support for families in the Algarve.

CC THE NANDI Charity Shop Summer Sale starts 1/10/2018. Bag a bargain. Furniture can be collected within 30k Lagos. Tel 912741857.

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

CC 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, Gorjões. All proceeds go to The Boys Home Faro. Tel: 289990901.

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 THE ANGLICAN CHURCH of St Vincent's Chaplaincy at Praia da Luz is looking for someone, not necessarily a churchgoer, who could play for congregational hymns at Sunday morning services on a voluntary basis. The idea is to build up a 'piano pool' of people who could play occasionally, by arrangement, when needed. For

more details please contact Choir Director Sandra Reynolds, Email: pet.alex@sapo.pt.

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 ones free of charge. Your donations of household items or clothes would be very welcome. Volunteers are required for our retail shops, delivery service, Centre support and very importantly fund raising. If you can help with any of the above please call us 282 761 375 or visit our shops on Rua Direita No100, Praia da Luz.

CC A.A.G. CHARITY Shop Guia. We are situated in the Main Street, opposite the Football Club Snack bar and close to Credito Agricola Bank. Opening hours Monday till Friday 10am until 5.45pm, Saturday 10am till 2pm. Closed Sundays. Animal charity feeding street animals. Patron Bonnie Tyler.

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

CC PORTIMÃO SOUP KITCHEN Beco São José, Rua São José, under old bridge in Portimão. Come & help us make sandwiches & serve food to hungry but appreciative people. For more info call Joy 917 358 098.

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 ASMAA CHARITY & UP-Cycling Hub. Volunteers are now needed for our shop. Mon - Fri from 11.30am to 6pm, Sat.

11.30am to 2pm. Tel 969 320 231, email info@asmaa-algarve.org Rua J. Pereira Sampaio Bruno, Nº 53. Portimão (Behind Bombeiros).

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Lisbon

ST GEORGE'S CHURCH; LISBON (Church of England). Av. S. Jorge 6 (north of Estrela Gardens). Service 11:30am every Sunday. 211 306 293. British Cemetery open weekdays 10am-1pm

ST PAUL'S CHURCH, ESTORIL (Church of England). Av. Bombeiros Voluntários 59 (behind Hotel Sana Estoril). Sunday School. Service 9.30 am every Sunday. 211 306 293.

ST. ANDREW'S CHURCH OF SCOTLAND (PRESBYTERIAN) Rua Arriaga, 13, Lisbon: Sun. 11.am. Bi-lingual Sunday school & creche is available. Minister's 218 043 410, www.standrewslisbon.com

THE SALVATION ARMY, Lisbon. Reboleira Corps (Praceta Almada Negreiro, Lote 213 Loja Dt do Exército 11 A); Chelas Corps (Rua Rui de Sousa, Lote 65 A Loja C); Laranjeiras Corps (Bairro de Laranjeiras). Lisbon (21 805708).

GRACE INTERNATIONAL COMMUNITY CHURCH, Cascais. English speaking church, Cascais. www.lisbongrace.com

LISBON SYNAGOGUE: R. Alexandre Herculano Nº 59. Tel: 213 931 130 celesboa@mail.telepac.pt

LISBON - SYNAGOGUE OHEL JACOB Shabat services. Call 217975283

IGREJA BAPTISTA de Queijas (close to Cascais) Rua Carlos Santos 8B, Queijas Near the Olympic Stadium off the A5. 214172087. Sun: English 10:15.

RIVERSIDE INTERNATIONAL CHURCH A Contemporary, caring, Christian Church in Cascais, Galerias O Navegador, Av. 25 de Abril, Piso-1. We offer children and youth ministries and simultaneous translation into Portuguese. Riverside has congregations in Cascais, Porto, Coimbra, Sarilhos Grandes and Feijó. www.riversideintchurch.com riversideintchurch@gmail.com

KINGDOM HALL OF JEHOVAH'S WITNESSES. All Welcome, no collections. Rua Penha da França, Lisbon Fri 7.30pm Sun 6pm Tel: 213 421 604. Rua João de Deus, Sintra Tues 8.15pm Sun 11am Tel: 219 243 316 Av Comunidades Europeias 342, Cascais Wed 8.00pm Sun 2.15pm Tel: 214 831 060 Praça da República, Bombarral, Obidos Wed 8.15pm, Sat 5.30pm. Setúbal Wed 7.30pm, Sat 5pm. www.jw.org

Oporto

GREATER GRACE INTERNATIONAL FELLOWSHIP, contemporary Christian gatherings on Sun afternoons at 3rd Baptist Church, R. Estação 133, & Sat evenings, 1st floor, Confeitaria Palácio (across the "Emergency" entrance of Hospital Stº António); www.NovaAurora.com, 220 994 785 or send an SMS to 917112736.

RIVERSIDE PORTO INTERNATIONAL CHURCH English language church Sun, 5pm, at R. Gonçalo Sampaio, 361, (nr Boavista roundabout) and on 3rd Sun every month at Valença do Minho. Tel: 916 440 795. contact@riversideporto.com / www.riversideporto.com

ST. JAMES'S CHURCH, Anglican Chaplaincy of Oporto, Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain 226 091 006. www.stjamesoporto.org

THE SALVATION ARMY OPORTO Pereiro Corps (Av. Vasco da Gama, 675-2 E Ramalhe), Service 10am, Salvation Meeting 5pm. Coloras Corps. (Av. dos Bombeiros Voluntários) Sun 10am. Thu 4pm Ladies Home League Meeting.

KINGDOM HALL OF JEHOVAH'S WITNESSES. All Welcome, no collections. Jardim Arnaldo Gama, Porto. Wed 7.30pm Sat 8.15pm www.jw.org

The Algarve

JEWISH COMMUNITY OF SOUTH PORTUGAL Shabbat services. Call 922206333.

ALL SAINTS ANGLICAN

CHURCH, AIGARVE Holy Communion every Sunday. **Almancil** 10.30am Almancil Community Centre (ASCA). **Lagoa** 11am at Lagoa Convent Chapel. 282380311 www.allssaintsalgarve.org

ST VINCENT'S ANGLICAN CHURCH C of E. Sun: 9.30am Igreja das Pereiras, EN125 between Quatro Estradas & Almancil; 11.30am St Luke's, Gørjões; 8.00am & 11.30am Igreja N Sra da Luz, Praia da Luz, nr Lagos. Visitors are especially welcome. 282 789 660 & 289 366 720 www.stvincentsalgarve.org

INTERNATIONAL CHRISTIAN FELLOWSHIP of Portimão Sun 11am. "The Bridge" (A Ponte), Cedipraia Shopping Centre no. 23 / 282 042 836 / 917 358 098 www.icf-portimao.org

INTERNATIONAL CHRISTIAN COMMUNITY LAGOS. Newfrontiers. Sunday service in English 10.30am. Madness Restaurant, Lagos Marina, Lagos. Tel. 910640927 www.icc-lagos.org

INT. EVANGELICAL CHURCH OF THE ALGARVE Vale Judeu at 10.30, just off the EN125 - third left after Vilamoura entrance in direction of Faro iec-algarve.com, 289328635.

LAGOA CHRISTIAN FELLOWSHIP, English Speaking Calvary chapel of the Algarve, Sun 11am for contemporary worship and Christ centered Bible study. Rua Doutor Basílio Teles 32, Lagoa. Pastor Jon Martin: 960 159 007 www.lagoafellowship.org

TAVIRA CHRISTIAN CENTRE welcomes all in the name of Jesus. We meet on Sundays @ 10:30 aiming to worship in Spirit and Truth. Find us: EN125 sail roundabout/Sta.Margarita exit/400 meters/house on right corner. tavrachristiancentre.wordpress.com. Facebook; Phone Else 912467792 or Beth 966807604.

SALVATION ARMY Service Sundays at 10am in Portuguese. Bible studies for children, adolescents and adults in Portuguese starting at 9.30 until 10.30. Rua 25 de Abril, nr. 19, S. Brás Alportel.

ALL NATIONS. Todas as Nações. All welcome, contemporary worship service and children's club. Carvoeiro Tennis Club, Mato Serrão Carvoeiro. Sundays 10.30am-12.00pm, Stephen and Elaine 965 360 708

THE LIVING HOPE Baptist Church, Albufeira. Sun 4pm. Pastor Mark Pereira, Mob. 964860765.

OASIS CHRISTIAN FELLOWSHIP CONEXAO, R. Dr. Joaquim Tello 32C, Lagos. Sun: 11am; Tue: 6.30pm; Thu: 3.30pm Bible Study. Int. English w/ Portuguese translation available. Michael - 964 285 351 / Lois - 914 381 598 www.oasischristianfellowship.com

R.C. MASS in English, Igreja N Sra da Luz, Luz near Lagos. Saturdays 7pm. 917464353. **Lagoa** Sunday Mass (in Portuguese) Vale Del Rei church, 9 am Lagoa Main church at 12 noon & Saturday 6.30 pm. Daily Mass at Lagoa Main church Mon & Fri: 9am & Tues & Thurs: 6.30pm. **Carvoeiro Church** Sat: 10pm (7July-25 Aug). Sun: 10.30am.

LIFE HUB Albufeira Knowing Jesus and making Him known. House-church in Balaia meets Thu-7.30pm. Call Paul on 926482323 for directions.

TAVIRA From December's Holy Mass in English will be at 12.15 pm.Church of Santa Maria Tavira Every Sunday 914621429 tavira@diocese-algarve.pt

KINGDOM HALL OF JEHOVAH'S WITNESSES. All Welcome, no collections. Largo Eng. Sarrea Prado, **Portimão** Mon 7.30pm Sat 4pm Tel. 282 476 111 Beco 25 de Abril, Ferreiras, **Albufeira** Wed 7.30pm Sun 10:15am Tel 289 432 542 **Faro** Wed 8.15pm, Sun 10am **Tavira** Wed 7.30pm, Sun 1pm. www.jw.org

HOUSE OF PRAYER CHAPEL Rua Municipio 31 Next to Hotel Paraiso, Albufeira Sunday service at 10am and 6pm For more info call now: 919 458 666

WESLEYAN METHODIST CHURCH, PORTIMÃO. Services Sunday - May to Sept 5pm, Oct to Apr 4pm. Silveira, Lote 2 - Lj. A Beco do Moleiro, Caldeira do Moinho - PORTIMÃO (near the round about of Agua Shopping Center) GPS: 37° 08' 47.92" N 008° 32' 22.13" W For infos or social help, please contact us: 931721005 www.imwportimao.org

ASK Kurt All your computer questions answered

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Verse of the Week

If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing.

1 Corinthians 13:2 New International Version (NIV)

Bjerregaard battles back to win at The Home of Golf

Lucas Bjerregaard secured his second European Tour title as he overhauled a four-stroke deficit to win the Alfred Dunhill Links Championship on the Old Course at St Andrews.

The Dane, whose last victory came at the 2017 Portugal Masters, started the day ten under par, four strokes behind 54-hole leader and twice-defending champion Tyrrell Hatton. Bjerregaard began his final round on the 18th hole under a shotgun start, which meant he would finish the Championship on the iconic Road Hole. The 27-year-old birdied the 18th and then made three further gains before the turn as he whittled down Hatton's lead. Birdies on the 13th and 16th holes saw him reach 16 under par, two ahead of Ryder Cup hero Tommy Fleetwood, who set the clubhouse target after a three under par round. Hatton had a birdie chance on the last hole but had to settle for par, joining Fleetwood on 14 under. A bogey on the 17th was enough for Bjerregaard to win his second title, just a week after watching compatriot Thomas Bjørn captain Europe to Ryder Cup victory. Finn Tapio Pulkkanen finished fourth on 12 under par, while Haotong Li and Andrea Pavan shared fifth place on ten under par. Li won the team competition with his partner Allen Zhang with a score of 35 under par. "It was a great day.

Obviously one of the best rounds I've played all year. I've played well recently and I've come close a few times, lost in a play-off in Switzerland, which obviously hurt. It feels really good. It's really nice to sit here right now and I'm going to enjoy this one, no doubt", said Bjerregaard afterwards. "I was looking at all the boards. It didn't really look like I had much of a chance to be fair. It looked like Tyrrell was going to run away with it. I just kept going about my business, and we knew the back nine was going to play tough. "So I thought if I could throw in a few birdies there, I would still have a chance. I didn't rush it. I didn't try to make birdies; I didn't force them and they just slowly came and that one on 16 was really nice. "It was obviously nice to start with 18 this morning because it's a good birdie chance. A nice way to get going, and make birdie there as I did, that's one early, so you can get a good start. But then playing 17, it's nice to know that you normally have 18 which is a good birdie chance, so if you bogey 17, you can get it back on 18. I didn't really have that. "I was so delighted for Thomas (Bjørn). It's been amazing to see all the work that goes behind The Ryder Cup, and being



Lucas Bjerregaard secured his second European Tour title by winning the Alfred Dunhill Links Championship on the Old Course at St Andrews. (Photo: Getty Images)

close to him, it's been amazing to see how much work he's put in it. To win and the way they played the whole week, so delighted for him. I hope he's enjoying some down time now. I was definitely inspired, and I definitely want to make that team some day."

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Benfica go top, as Portimonense down Sporting

N CHRIS WRIGHT

Benfica returned to the summit of the Primeira Liga with a single goal victory over champions FC Porto. SC Braga slipped from top spot following a 1-1 draw with Rio Ave whilst SC Portimonense provided the shock of the weekend with an emphatic 4-2 home win over Sporting.



Benfica striker Seferovic celebrates after scoring the game's only goal against arch rivals FC Porto. (Photo: Lusa/Miguel A. Lopes)

Benfica boss Rui Vitória brought in Cristian Lema alongside Rúben Dias at the heart of the defence, whilst FC Porto chief Sérgio Conceição relied on Tiquinho Soares following the long-term injury to Vincent Aboubakar. The Eagles conjured up the first clear-cut chance of the game two minutes before the break. Franco Cervi's first-time pass set Seferovic racing through on goal but the Swiss striker shot wide. More intensity was introduced in the second-half and Gabriel almost gave Benfica the lead but Iker Casillas made a great save to keep the score-line goalless. Finally the goal that was threatening came, just after the hour mark, when Pizzi set-up Seferovic to finish at the near-post.

The Dragons attempted a reply via another set-piece, with Danilo again the target for Telles, but the defensive midfielder could only head wide when rising above his markers. Benfica went a man down for a third consecutive game, following Lema's second bookable offence for a foul on André Pereira but the Eagles saw out the last ten minutes to go top of the league, on goal difference from SC Braga, with seventeen points from seven games. Sporting travelled to the Algarve following their dramatic last-gasp Europa League victory in the Ukraine where they turned a losing position in the 89th minute into a 2-1 victory against Vorskla Poltava. It made it two Europa League wins out of two for the Lions with late substitute Jovane Cabral

scoring the winner in stoppage time. Portimonense recorded only their second win of the season when they beat Sporting in Portimão. Goals from Manafá (30') and Shoya Nakajima (44') gave the home side a two goal lead at the break but just after the hour mark Montero pulled a goal back for the Lions. Portimonense restored their two goal advantage when 24-year-old Japanese international Shoya got his second goal of the game seven minutes from time. In a late flurry, Sebastian Coates added a second goal for Sporting before the home side wrapped up all three points thanks to substitute João Carlos, whose goal deep into stoppage time sent the fans home happy after a memorable victory.

Sebastian Coates hailed a hero

Former Liverpool and Sunderland defender Sebastian Coates heroically stopped his Sporting team-mate, keeper Romain Salin, from choking, when he collided with a goalpost and was left unconscious.

Coates stepped in with emergency aid to clear his airway and allow him to breathe during a dramatic incident in Sporting's game at Portimonense.

The keeper was injured as he attempted to save Portimonense's second goal just before the interval. As Sporting's physios raced onto the pitch, Coates opened Salin's mouth and placed his fingers inside, ensuring that there was no blockage and that breathing was possible.

In a clip captured by TV

coverage of the game and shared widely on social media, the 28-year-old is seen frantically gesturing to the bench for medical help, which soon arrives.

Coates, who joined Sporting on loan from Liverpool in 2016 before making a permanent move twelve months later, went on to score but could not prevent a 4-2 defeat.

The defender, capped thirty-one times by Uruguay, spent three years at Anfield, which included time spent on loan at Sunderland.

Olhanense President passes away

Luigi Agnolin, one of European football's leading referees in the 1980s, has passed away at the age of 75 after a long illness.

Luigi Agnolin had been President of the Olhanense SAD professional football section for the past five years.

In an illustrious refereeing career, he took charge of the UEFA European Cup Winners' Cup final between Ajax and Lokomotivo Leipzig in 1987, and the following year, Agnolin officiated at the European Champion Clubs' Cup final between PSV Eindhoven and Benfica in Stuttgart.

Agnolin officiated at the FIFA World Cup in Mexico where he took charge of the semi-final between West Germany and France. Agnolin was inducted into the Hall of Fame of Italian football in 2012.

Sporting Clube Olhanense, the Board of Directors, technical staff, players and supporters send their heartfelt condolences to his family.



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