

Apolónia
The Real Supermarket.

More than 3,500 UK Products

apolonia.com

All life has to offer is at Intermarkché

Intermarkché

ONLINE SURVEY THE NEW Establish

<https://form.responster.com/EI480H>

PROPERTY INSURANCE

See page 46

SPECIAL DISCOUNTS

MALO CLINIC
THE ART OF CREATING SMILES

maloclinics.com

THE PORTUGAL News
Established 1977

THE PORTUGAL News

Portugal's **National** Newspaper in English

9 Mar 2019 • Ed. 1516
€1.50 inc IVA
Publisher: Paul Allen Luckman
Editor: Brendan de Beer
www.theportugalnews.com

PM defends Chinese investment



China President Xi Jinping pictured here with Portuguese Prime Minister António Costa. (Photo: Lusa / Mário Cruz) Full story, see pp 2 & 3

A motorhome association has lodged an injunction against Silves council over certain 2017 regulations. P4.



A Hungary court has ruled a Football Leaks whistleblower be extradited to Portugal. P6



Two separate incidents involving tourist boats in the Algarve were reported over the weekend. P10



A consumer rights group says it found dangerously high doses of chemicals in popular foods in Portugal. P17



Don't dream your life, live your dream

PORTUGAL PROPERTY.com

THE PORTUGAL
News
Portugal's National Newspaper in English

ANGLOPRESS Edições e Publicidade, Lda
Copyright ©2005 Anglo Press Lda.
The Portugal News is part of the
Portugal News Group established
1977. **Depósito Legal N° 80258/94**

DIRECTORS

Paul Allen-Luckman
publisher@theportugalnews.com
Madeline Luckman
copy@theportugalnews.com

CONTACTS

Postal Address:
Apt 13 • 8401-901 • Lagoa

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

Classified: +351 282 380 315

Sales: +351 282 380 310

Accounts: +351 282 343 653

Newsdesk: +351 282 380 313

General: +351 282 341 100

Email: info@theportugalnews.com

Web: www.theportugalnews.com

PRINT & DISTRIBUTION

Printers: Unipress, Porto

Print-run: 19,203 copies this edition

Distributors: VASP

Member of apct

audited circulation



PRODUCTION

Publisher: Paul Luckman
publisher@theportugalnews.com

Editor: Brendan de Beer
newsdesk@theportugalnews.com

Photos: LUSA • Press Association

SALES MANAGER

Sónia Seixas
sales@theportugalnews.com

ACCOUNTS MANAGER

Gaby Rodrigues
accounts@theportugalnews.com

FIND US ON:

Facebook, Twitter and Kiss FM

Publicação registada na Entidade
Reguladora para a Comunicação
Social com o número 127217

Estatuto Editorial:
[www.theportugalnews.com/
editorialguidelines](http://www.theportugalnews.com/editorialguidelines)

PM defends Chinese investment

Portugal's Prime Minister has come out in support of Chinese investment in Portugal and in the European Union, and has warned member states not to assume a similar protectionist position to that of United States President Donald Trump.

Following hot on the heels of a European Parliament recommendation to abolish Golden Visas, Portuguese Prime Minister António Costa has warned European partners against misusing new security procedures for screening Chinese investments, saying it could lead to the continent becoming more protectionist. In an interview published in the *Financial Times* earlier this week, António Costa said: "It is one thing to use screening to protect strategic sectors, it is another to use it to open the door to protectionism."

Portugal is one of the biggest recipients of Chinese investment in Europe. He added that Portugal's "experience with Chinese investment has been very positive. The Chinese have shown complete respect for our legal framework and the rules of the market."

Portugal's MEO telecommunications operator also recently signed an agreement with the under fire Chinese group Huawei on 5G development. António Costa said he had taken on board concerns over the Chinese operator, but said: "It is very important not to stop the modernisation of Europe's digital infrastructure." He added closing the EU's

borders to foreign investment was not the answer, and that Brussels needed to rather look at investing more in education and research than placing barriers.

His comments came following the adoption by the European Parliament last month of a regulation to establish a mechanism for cooperation and exchange of information at European level to scrutinise foreign direct investment, where it comes from non-member countries.

The regulation in question, which was approved in a plenary session of the parliament in Strasbourg with 500 votes in favour, 49 against and 56 abstentions, will enable the EU to coordinate the analysis of investments from third countries in strategic sectors in order to ascertain whether or not they threaten public safety or order.

Key infrastructure covered include energy, transport, water, health, communications, media, data processing or storage, aerospace, defence, electoral or financial infrastructure and sensitive facilities, as well as urban buildings that are essential for the use of these infrastructures. Last week, the European Parliament also called for the abolition of Golden Visas, with Chinese investors having been



Portugal's Prime Minister António Costa has this week come out in defence of

the biggest recipient of this programme in Portugal. While the Communist Party and the Left Bloc came out in support of the ruling, parties to the right criticised the EU Parliament's decision. "We agree to enhanced monitoring and supervision, but not to the abolition of the programme", the social democratic MP Carlos Peixoto was reported as saying. He explained that more than four billion euros have already

been invested in Portugal due to golden visas, which "make them very important to the country's development." The People's Party (CDS-PP) also criticised the EU for interfering in a country's sovereign affairs. "The programmes to attract investment should be Portugal's responsibility and must never be decided in Brussels", the CDS MP Pedro Mota Soares was quoted as saying by *Lusa News Agency*.

SELL YOUR PROPERTY THE SMART WAY

Enjoy Huge Savings

Zero to pay on Completion

0% Commission



BEVERYWHERE
.COM

Portugal: 00351 282 782 610
UK: 0044 161 505 0605
email: info@beverywhere.com



An Award-Winning Partnership

Full details at: www.Beverlywhere.com



WE FEATURE YOUR PROPERTY ON THE LEADING EUROPEAN WEBSITES REACHING OVER 25 MILLION BUYERS WORLDWIDE



BRENDAN DE BEER



News in Brief



continued trade with China. (Photo: Lusa/Mario Cruz)

Ryanair to launch 15 new routes to and from Portugal

Irish budget airline Ryanair is to introduce 15 new routes to and from Portugal; four from Lisbon, eight from Porto and three from Faro. Among the new destinations are Budapest, Alicante, and London Southend. Ryanair has carried around 60 million people to and from Portugal since it started operating here in 2003.

State paid out millions to deceased pensioners

News reports have revealed social security services have paid out millions of euros to deceased pensioners. According to an internal audit conducted by the Accounts Tribunal, 3.7 million euros were paid out in 2016 to 2017, and in some cases, payments were made for ten years after a recipient's death. Recovering the cash from family members who pocketed the payments has not proven easy, with only around 600,000 euros recouped by the state to date.

Portugal in fourth place in the seizure of hashish in Europe

Portugal was the fourth European country with the highest amount of hashish seized in 2017, according to an international report released on Tuesday. The report warned of the dangers of poor regulation of cannabis for medicinal purposes. The report by the International Narcotics Control Board said cannabis remains the "most widely used" drug in Europe, with 14.8 tons having been seized in Portugal in 2017.

New picnic park to be inaugurated in Alvor

A new picnic park is to be inaugurated in Alvor next week. The inauguration of the new area, near the municipal swimming pool, takes place next Thursday, 11 March, on the 31st anniversary of the date Alvor was elevated to town status. The park aims to promote family time and socialising as well as having areas that are designed for citizens of all ages.

Airspace over Lisbon closed due to 'technical anomaly' on TAP flight

The airspace over Lisbon airport was closed on Tuesday for 23 minutes after an aircraft suffered a technical anomaly shortly after takeoff from the Portuguese capital. A TAP flight to Bologna Italy was forced to turn back to Lisbon airport after detecting the issue, forcing the closure of the runway. Eleven incoming flights were delayed and five diverted to Porto airport due to the incident.

Conan Osiris wins national Eurovision round with song about mobile phones

Portuguese singer Conan Osiris has won the Portuguese national round for the Eurovision song contest with his unique song about mobile phones. The national Song contest finals took place last Saturday night at the Portimão Arena and was broadcast live to the nation by broadcaster RTP. Conan will now be representing Portugal at the Eurovision finals in Tel Aviv, Israel, in May.

WEATHER

Sunshine set to return

Sunny days are here again after the severe bad weather experienced last week. Most parts of the country should record clear days in the coming week, though northern Portugal will still see some unstable weather conditions.

Lisbon: The Portuguese capital will see mild and sunny days this coming week, with mostly clear skies and highs nearing 20 degrees Celsius.

The South: Southern Portugal will be warm and spring-like starting this weekend, with highs of around 22 degrees and lows always in double digits.

The North: Northern Portugal will be closer to northern than southern Europe this coming week, with cloudy skies, the odd shower and highs seldom exceeding 15 degrees Celsius.

MALO CLINIC
THE ART OF CREATING SMILES

#euconfio

WE TRUST IN MALO CLINIC

maloclinics.com



Motorhome association lodges injunction against Silves council

The Motorhomers' Association of Portugal (CPA) has filed an injunction with the Administrative Court of Loulé, requesting the suspension of certain regulations approved by Silves Council in 2017 regarding motorhoming activity.



Motorhome owners are taking legal action against Silves Council. (Photo: The Portugal News)

The move contests regulations contained in Silves' Municipal Regulation for the Licensing of Leisure Camping and Caravanning and for the Exercise of Motorhoming. Motorhomers' claim some of the rules contradict Portugal's Highway Code, while others "have no legal basis".

Paulo Moz Barbosa, president of the CPA, told *Sul Informação* newspaper that "the injunction (...) centres on articles of the regulation that discriminate against camper vans, especially those which contradict the Road Code". The CPA has said it might also be taking action against Vila Real de Santo António for similar reasons. The head of the CPA adds that

"despite being challenged by the Municipality, the precautionary measure was submitted, and is awaiting a ruling". The document was lodged with the Administrative Court of Loulé on 18 July last year, and Silves Council was summoned six days later to file an opposition to the injunction. Councillor Maxime Bispo, who

heads up Motorhoming in Silves, told *Informação Sul* that the Association "disputes the normative concept of 'parking' as adopted in the municipal regulation, as well as the prohibition of overnight stays in motorhomes outside campsites and caravan sites or places legally authorised and properly identified for the purpose, namely motorhome service areas". The Councillor emphasised that the Municipality "is calmly awaiting the judicial decision that will be handed down". But, he said, he hopes that "lessons and possible positive contributions to improve some of the rules of the municipal regulation" can be learned from the proceedings. Mr. Bispo stressed that "the Municipality of Silves has been publicly recognised as a municipality that is camper-friendly, and in recent years has seen a considerable increase in activities associated with camping, caravanning and motorhoming, undoubtedly because of its unquestionable natural, social and cultural values within the municipality, coupled with an increasing demand for contact with nature, but also for the creation of service areas for motorhomers, whether

through municipal initiative (through significant public investment in various places in the county of Silves), or of a private nature". But, the councilman points out, there have been "instances of camping, caravanning and motorhoming that were often undesirable or harmful, due to an abusive use of public and natural spaces, inevitably jeopardising their collective equilibrium and enjoyment, and thereby harming local populations as well as the occasional carrying out of these activities in inappropriate places and without any administrative license". Unregulated motorhoming, he argued, affects "the proper functioning of properly licensed enterprises, which pay taxes and VAT, but which are short of custom, jeopardising the financial stability of companies and the maintenance of jobs". This, he explained, "forced Silves to regulate these practices while creating and improving the conditions for tourists to continue camping, caravanning or motorhoming in the county (...) protecting its environmental, economic, social and cultural functions, and enhancing the quality of life of the population and of those who visit".



Fabulous Curve

from size 38 to 56

Everything in the shop €19,95

Open Tuesday to Friday from 10:00 - 18:00
Saturday from 10:00 - 13:00.

Address: Av. Marginal 8300-101, Silves. Phone: 282 144 605.
Across from Burger Ranch



FOR A FRESH APPROACH TO REAL ESTATE
Contact us to sell your Algarve Property

+351 912 488 155 • info@propertyspecialistsalgarve.com

 **PROPERTY** ALGARVE
SPECIALISTS

**The Specialists in
Luxury Properties**
WESTERN ALGARVE

www.propertiespecialistsalgarve.com
AMI 12943

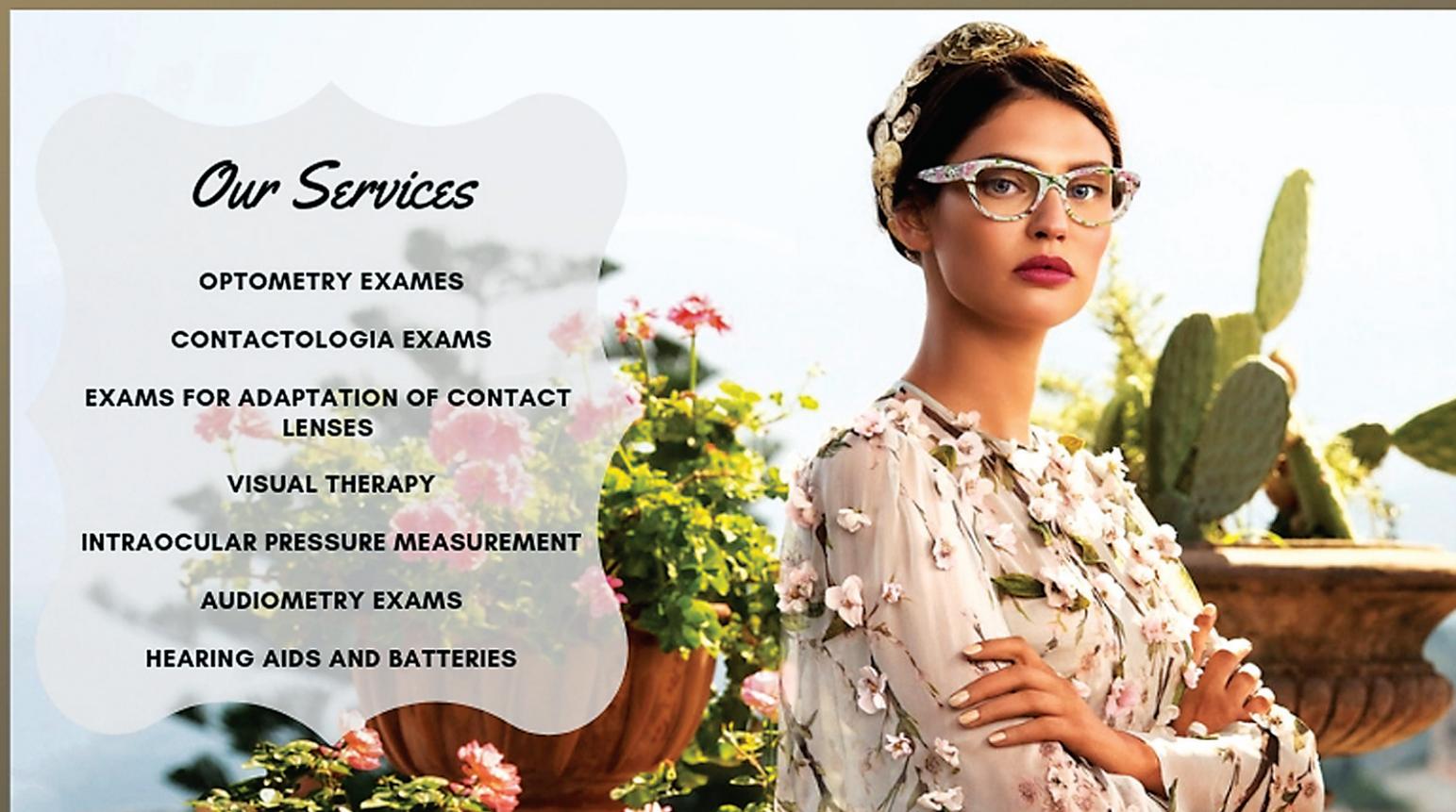


Our stores

ALBUFEIRA (+351) 962 106 082 GPS: 37.093889, -8.224111	OLHÃO (+351) 967 081 233 GPS: 37.033389, -7.837011
ALMANCIL (+351) 967 081 232 GPS: 37.086624, -8.031217	PORTIMÃO (+351) 962 105 872 GPS: 37.139972, -8.537167
FARO (+351) 910 949 226 GPS: 37.016099, -7.933967	VILAMOURA (+351) 962 106 083 GPS: 37.077018, -8.118310
LAGOA (+351) 962 106 447 GPS: 37.135769, -8.452878	VILA REAL STº ANTÓNIO (+351) 935 291 126 GPS: 37.193571, -7.422318
LOULÉ (+351) 949 236 GPS: 37.140544, -8.020688	S. BARTOLOMEU DE MESSINES (+351) 925 423 397 GPS: 37.256337, -8.287164

ÓTICA LÚCIA LUX

OUR BEST FOR YOU



Our Services

- OPTOMETRY EXAMES
- CONTACTOLOGIA EXAMS
- EXAMS FOR ADAPTATION OF CONTACT LENSES
- VISUAL THERAPY
- INTRAOCULAR PRESSURE MEASUREMENT
- AUDIOMETRY EXAMS
- HEARING AIDS AND BATTERIES

Hungarian court rules Football Leaks whistleblower be extradited to Portugal

A Portuguese man linked to the publication of internal documents that embarrassed top European clubs and officials in the Football Leaks case will be extradited to his home country, a Hungarian court has ruled. However, his lawyers have filed an appeal against the decision.

Rui Pinto is wanted in his native Portugal for attempted extortion, illegal access to data and other alleged crimes connected to the release of secret information about the

financial dealings of clubs. His lawyers appealed against the ruling by the Budapest Metropolitan Court. Pinto said he feared for his own life and his family's. "(It's) a matter of life or death," he

said. "I ask you, please don't send me back to Portugal." Football Leaks began as a website in 2015 revealing details of player salaries and transfer payments, typically involving Portuguese and Spanish teams and agents.

German magazine Der Spiegel and other European media started publishing documents from the latest batch in November with allegations including that European clubs planned for a breakaway league and Manchester City had misled UEFA to comply with financial monitoring rules.

Clubs have not denied the authenticity of the documents, while Pinto and media using the information have denied they were obtained by hacking. He told Judge Judit Csiszar that he and his family in Portugal have received death threats and Portuguese authorities offered him no protection even though there are European laws to protect whistleblowers. Pinto said he has been a

"marked man" since Portuguese media revealed his identity. "Unfortunately, I can't trust the Portuguese authorities," said Pinto, who spoke with reporters during a break in court proceedings and after the ruling was issued.

He said they had shown "a clear apathy" when it comes to investigating clubs and have been "completely biased" in cases involving football.

"A lot of European investigations were opened thanks to the revelations brought by Football Leaks and the medias involved in the Football Leaks," Pinto said in the court hallway, closely guarded by Hungarian police.

"At the moment, I think at least nine or 10 European countries are with me. The exception is Portugal, and that explains everything." Pinto told the court he was ready to collaborate with any authorities and had been in touch with French prosecutors who, he said, had offered him witness protection if he testified. He said he had also been

contacted by US authorities about his findings, but could not give details.

If Pinto is extradited, Portuguese authorities will receive a large cache of computer and communications equipment - including external hard drives, memory cards, a laptop and mobile phones - confiscated by Hungarian police when they arrested Pinto at his Budapest home.

He has been living in the Hungarian capital since early 2015.

David Deak, Pinto's lawyer, presented several arguments in favour of rejecting the extradition request, including the fact there was no Portuguese arrest warrant when Pinto was detained in January by Hungarian authorities, only a European one.

An appeals court is expected to issue a ruling within a few weeks. If the extradition is upheld, Portuguese authorities will have 10 days to take over custody of Pinto.

TPN/Lusa



Portuguese whistleblower Rui Pinto. (Photo: Rui Pinto/Facebook)

We tick the boxes for a better way of living

For a more comfortable way of living on the algarve choose PPS wallcoating



Great new colour range!

282 101 532 or 939 630 057

Wall coatings, roof coating, patio and terrace coatings

- Totally weatherproof
- No need for constant re-painting
- Insulates cold and damp walls and roofs
- Energy saving through the winter
- Extremely flexible
- Sound investment
- Internal and external damp specialist

Whats the difference between PPS Wallcoating and other providers?
We tick all the boxes.

For a fast quote email us your details to contact@property-protection.co.uk
25 years experience in the industry www.ppshomeimprovements.co.uk



HOME IMPROVEMENTS



EVERYTHING
FOR YOUR
Easter

Apolónia
The Real Supermarket.



The Carnival Parade in Torres Vedras was as colourful and imaginative as ever despite the gloomy overhead conditions. (Photo: EPA/MANUEL DE ALMEIDA)

Several Carnival parades cancelled due to bad weather

Several Carnival parades had to be cancelled on Tuesday due the severe weather experienced across the country.

The parades in Sesimbra, Ovar, Estarreja, Buarcos/ Figueira da Foz, Mealhada, Elvas and Funchal were all called off, with northern and central Portugal hardest hit by the stormy weather. But despite the bad weather, hundreds of festive goers in these towns decided to brave the streets to show off their costumes.

Ovar, which is one of the more popular destinations for visitors at Carnival, was forced to cancel a parade which included 2,000 people, 14 floats and four Samba schools. Those who had travelled to Elvas, including groups from the nearby Spanish towns in Badajoz and Olivença, were also left disappointed as parades in the Alentejo city were called off.

Tourism authorities in Madeira said that while the Funchal parade scheduled for Tuesday had been cancelled, it had been rescheduled for Saturday, when weather conditions are expect to be have returned to normal. Elsewhere, popular celebrations, such as those in Loulé and Torres Vedras went ahead as planned, despite also having to brave the wind and showers.

Five die during Carnival period on roads patrolled by GNR force

Five people died on Portugal's roads during the GNR police force's 'Operation Carnival 2019', which ran from Friday to Tuesday and during which patrols and road surveillance were stepped up, especially in the vicinity of Carnival celebrations.

According to provisional figures available on the GNR website, between 1 and 5 March the force recorded 902 accidents in the areas it covers - which are rural and other areas outside urban conurbations - with 27 serious injuries and 320 minor injuries.

During the five-day operation GNR police members stepped

up patrols and road checks throughout mainland Portugal, especially on roads leading into the places where Carnival festivities traditionally occur, with the aim of preventing accidents, regulating traffic and ensuring support for all road users.

At the start of the operation, the GNR explained that the Carnival period tends to see higher than

usual consumption of alcoholic beverages and or drugs, particularly in nightlife venues, with revellers sometimes using vehicles to get home.

In 2018, during a similar operation covering the Carnival period, the GNR reported seven people killed, 13 severely injured and 292 with minor injuries.

TPN/Lusa

www.crispiessensclinic.com

FIXED TEETH IN ONE DAY The All-on-4 Method



- ◆ No need for bone augmentation
- ◆ Only one single operation
- ◆ Lower costs in comparison with 6 or 8 implant bridges
- ◆ Easier oral hygiene
- ◆ Individually adapted outstanding aesthetics
- ◆ Screw-retained construction makes prosthesis easy to repair
- ◆ Scientifically proven excellent long-term success rates
- ◆ Few treatment sessions, thus suitable for faraway patients
- ◆ 10-year guarantee against implant loss
- ◆ Best quality price

Rua dos Calços | Albufeira

T: +351 289 589 080

M: +351 966 017 783

info@crispiessensclinic.com

[f/crispiessensdentalclinic](https://www.facebook.com/crispiessensdentalclinic)



Cris Piessens Clinic
Placing dental implants since 1987



- Dentist with over 30 years of experience in Implant Dentistry
- Founder and Clinical Director of Cris Piessens Clinic
- Member no. 1201 of the Portuguese Dental Association (OMD)

Our financial solutions start with you

Our advice, your advantage

Blacktower provides international financial solutions and holistic tax planning to deliver the positive results our high net worth clients require.

We will assist you in the protection and growth of your wealth and assets by putting you at the heart of all our financial advice.

- International Investment Portfolios
- Tax Solutions and Planning
- Wealth Management Solutions
- International Pension Transfers
- Yachting Financial Solutions
- Estate Planning

Get in touch today at:

info@blacktowerfm.com

Lisbon

+ 351 214 648 220

Edificio Jomavipe, Rua Cesaltina Fialho Gouveia, 703, 2645-038 Cascais

Algarve

+351 289 355 685

Edificio Mapro, Estrada da Quinta do Lago, 8135-106 Almancil, Algarve

www.theblacktowergroup.com

All companies under the Blacktower Group are Regulated/Licensed in the locations they are positioned. For full details of how and who we are regulated by please visit www.theblacktowergroup.com



BLACKTOWER
FINANCIAL MANAGEMENT GROUP

Algarve sees two tourist boat incidents, hours apart

Two separate incidents involving tourist boats in the Algarve raised eyebrows over the weekend, as one started taking on water and the other, hours earlier, ran into rocks, causing one serious injury.



Thirty-two people had to be rescued from the Manguito boat after it suffered a rupture and started leaking off the coast of Portimão.

Thirty-two people had to be rescued from the Manguito boat after it suffered a rupture and started leaking on Saturday afternoon, off the coast of Portimão. According to reports, the alarm that the vessel was in trouble was raised at around 4.20pm. The boat is understood to have suffered a breakdown while sailing the Algarve's famous coastal caves, causing it to scrape the boat's hull against rocks, rupturing it. The Manguito was heading head back to Portimão and ran ashore on the Marina beach to avoid sinking.

Local lifeboats were dispatched to assist the evacuation, which saw the 32 people - among them five children - safely removed from the boat. Witnesses said no one required medical assistance and the rescue was swift and efficient. Operations were carried out on Sunday to remove the beached boat from the spot. In a statement, the National Maritime Authority said the local command dispatched "a Maritime Police vessel and two lifeboats from Ferragudo" to carry out the rescue. "The vessel was stranded inside [Portimão] port on the marina beach in order to avoid sinking, with 32 passengers (including five children) being rescued by lifeboats and requiring no medical attention". It added there was no risk of oil pollution since the fuel tanks were intact. Speaking to newspaper *Correio da Manhã*, the Manguito's captain, Miguel Vale, said that

although the boat was taking on water, he decided to sail to the beach of the Marina, where it ran aground. "The important thing was to save people", he said. Hours earlier a separate incident involving a tourist boat occurred a short distance away. A man was left seriously injured when the vessel, on a grotto tour, scraped the top of a cave on the Lagoa coastline, causing two people to fall. Lusa News Agency reported the boat was carrying 22 passengers and four crew when it entered Alfanizina grotto on the Carvoeiro coastline, in Lagoa, some 10kms east of Portimão. Newspaper *Sol* claimed the seriously injured victim was of Portuguese nationality and was taken to Portimão Hospital. It said around 25 people were on board, and the accident happened at 1.36pm, on Saturday afternoon.

Study says communities should be more prepared to face wildfires

Portugal's Centre for Studies on Forest Fires has defended greater efforts for the population to be "more prepared" to face wildfires, despite work already carried out by the government.

The report "Analysis of Forest Fires" recently released said that it welcomed the programme

"Safe Town, Safe People" launched by the government as well as measures in managing

fuel surrounding houses. However, it said extensive work was needed to make

communities "more resilient" and "apt" to defend themselves from the effects of fires.

BINCK***BANK**

NEDERLANDSE SCHRIJVERS OVER NEDERLANDSTALIGEN IN DE ALGARVE

3 APRIL - 15.30 UUR | PARROT CASTLE LAGOA

Sprekers

Tessa de Loo en Arthur van Amerongen, beide schrijver en woonachtig in de Algarve verzorgen voor u een literair intermezzo met de Algarve als thema.

Bijzondere locatie

Deze unieke bijeenkomst vindt plaats in het industriële en creatieve Parrot Castle gelegen nabij Lagoa.

Wijnproeverij

Na afloop bieden wij u een wijnproeverij en serveren wij enkele lokale lekkernijen. Ook kunt u persoonlijk kennismaken met de schrijvers en het team van Binck.

Ze lezen fragmenten voor uit eigen werk, waarin ze hun mening niet onder stoelen of banken steken. Expats zullen hierin veel herkennen!

Deelname is gratis, plaatsen zijn beperkt.

Meld u nu aan via de site, per e-mail of telefonisch.

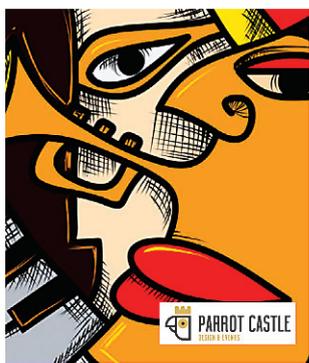
3 APRIL

15.00 - 15.30 UUR
Ontvangst

15.30 - 15.45 UUR
Introductie BinckBank

15.45 - 17.00 UUR
Tessa de Loo en Arthur van Amerongen

17.00 - 18.00 UUR
Wijn proeven & live muziek



BIJZONDERE
LOCATIE



Bekend van
bestsellers als
De Tweeling

TESSA
DE LOO



Columnist
Volkskrant en
HP/De Tijd

ARTHUR VAN
AMERONGEN



WIJN
PROEVEN

CONTACT:

telefoon
+351 282 380 335

web
www.binckportugal.com

e-mail
info@binckportugal.com

UK sees lowest number of Portuguese arrivals since 2011

The number of Portuguese people who arrived in the UK to work fell to the lowest figures since 2011 last year, according to new figures from the British ministry of labour.

This was the third consecutive year that there was a decrease in the number of Portuguese enrolments in British social security, which is a requirement to work in the UK. However, 2016, the year of the Brexit referendum, was also a turning point in the migratory flow of Portuguese people.

Road deaths rise most in Algarve

Road accidents in Portugal caused 83 deaths in the first two months of the year, one more than in the same period in 2018.

According to the National Authority for Road Safety, the number of accidents rose to just over 20,000 since the beginning of the year. Severely injured people also rose up to 28 in February, with 283 suffering serious injuries, 36 more than the same period of 2018. These latest figures once again confirm the trend that has seen fatalities increase on Portuguese roads in the past three years. The Algarve is where road deaths have risen the most, climbing by almost 30 percent in the year ending on 28 February. In related news, data from

the Institute of Mobility and Transport has shown a drop in the number of women with drivers' licences in Portugal. According to figures published earlier in the week, the number of women with a driving license in Portugal fell by almost 85,000 from 2016 to 2017. Conversely, there was an increase in the number of men with a licence. This, experts say, is a reflection of the dwindling birth rate, with the number of older men holding driving licences far outweighing the number held by women in the same age brackets.



Accidents, mostly on the EN125 road, have seen fatalities continue to rise in the past 12 months in the Algarve. (Photo: Lusa/Vasco Célio)



Looking for quality car insurance?

- Multi-policy discounts
- Legal and breakdown assistance
- Protected no claims bonus option available

800 860 708

tavira@ibexinsure.com almancil@ibexinsure.com
 Rua 1 de Maio 26B r/c Avenida Duarte Pacheco 32
 8800-360 Tavira 8135-104 Almancil
 Loulé

www.ibexinsure.com/tavira www.ibexinsure.com/almancil

Ibex Insurance Services Ltd 2019. Ibex Insurance Services Ltd., 68 Irish Town, Gibraltar. Registered no.77247. Authorised and regulated by the Financial Services Commission FSC 006 43B



**"Bigger stores,
 Better quality,
 choice and value"**

Alongside our massive selection of Duvets, Pillows, Bedlinen, Towels, Curtains & soft furnishings, we now also have a fantastic collection of beds and mattresses.

Sensation is our starter Orthopaedic complete divan offering med-firm support with a standard base and Plush plain grey headboard.

**Complete Price
 Single Bed €288, King Size €450**

Lots more beds available in a range of designs, colours and fabrics in all 3 stores.



Sensation Complete price
 Single Bed €288 King Size €450

Romantica
 BEDS TO FALL IN LOVE WITH

Carvoeiro Rua do Barranco • Tel: 282 354 222. email: hometextiles@sapo.pt
 Alcantarilha (next to Espaço Casa) • T. 282 315 994 • Mon to Sat 10am - 6:30pm
 Pereiras de Cima nr. Quatro Estradas • T. 289 396 385 Mon to Fri 10am - 6pm, Sat 10am - 5pm



See the difference
seatoskyhomes.pt

SILVES • LAGOA • ALVOR • LAGOS & WEST

Al Gore speaks at Porto Climate Summit

The Climate Change Leadership Porto Summit took place this week in northern Portugal, with speakers including 2007 Nobel Peace Prize Laureate and former US Vice President Al Gore.



Former US Vice President Al Gore was in Porto this week to offer his views on climate change. (Photo: EPA/Andrzej Grygiel)

This year's edition of the summit focussed on concrete solutions for the wine industry to combat the impact of climate change, and ran between Tuesday and Thursday.

This was the second edition of the Porto Summit, which gives voice to key figures in the field of social activism, business, non-governmental associations and government entities. "The Porto Summit intends to

demonstrate that we can all contribute and do more in the fight against climate change because we will have five speakers in Porto that represent different levels of intervention in society and who are excellent

examples to follow and inspire us on a personal or even on a professional level, to stop what is one of the biggest challenges that we face", said Taylor's CEO Adrian Bridge, the main organiser of the event.

Al Gore's speech - 'Porto Protocol - A Case for Optimism in Climate Change' - was one of the event's highlights, during which he shared, among others, his experience as a pioneer of The Climate Reality Project, a non-profit organisation focused on environmental education.

He was joined by Afroz Shah, an Indian lawyer who led the world's largest beach clean-up, in Versova, Bombay, known as "the world's rubbish", who also spoke at the event.

Shah's project saw new volunteers sign up on a daily basis, and involved local residents, schools, Bollywood stars and politicians. In 86 weeks five thousand tons of garbage had been removed from the beach, winning him a distinction with the UN Champions of the Earth.

Swede Kaj Török, director of sustainability at Max Burgers, a worldwide chain of restaurants,

was also present at the Summit with the project 'The world's first climate-positive burgers', in which each hamburger has reduced its ecological footprint by 100 percent.

Another intervention was courtesy of Ester Asin, European director of the World Wide Fund for Nature (WWF) and who shared her experience leading global projects in the areas of environmental preservation. The event followed the Climate Change Leadership Summit 2018 held in Porto last July at which the keynote address was given by President Barack Obama. According to the Summit's website, "the key outcome of [last year's] summit was the launch of the Porto Protocol, which commits its participants to adopt and promote concrete actions, however small, to help reduce the impact of a changing climate. "While this important global initiative recognises that the wine industry is uniquely well placed to take a leadership role in climate change mitigation, the Protocol welcomes the participation of institutions, companies and individuals from all areas of activity".

Are other investors getting better returns than you?



6.50%
ANNUAL INCOME
PAID OUT EVERY 3 MONTHS

*Terms & Conditions apply – Contact us for further information



PRIVATE FUND
MANAGEMENT

Tel: +351 289 392 484
info@privatefund.management
www.privatefund.management

Av. Jose Dos Santos Farias, Lote 83/84, Almancil, 8135-167, Portugal.

Private Fund Management is an authorised representative of Abana Lda. Abana Lda is authorised and regulated in Portugal by the Insurance and Pensions Funds Supervisory Authority ("ASF") with registration number 412378472 and regulated in the United Kingdom by the Financial Conduct Authority ("FCA"), number 597069. The value of your investments and the income derived from them may go down as well as up, and you could get back less than you invested.

Intermarché

from 7 (wednesday)
to 13 (thursday)
march 2019

ORGANIC FOOD

5,79€** /Unit
3,99 /Unit
SAVE MORE THAN **30%**

**COFFEE CAPSULES
DULCE GUSTO BIO**
Nescafé
Honduras, Peru,
Colombia, Mexico
12 capsules
0,33€/capsule

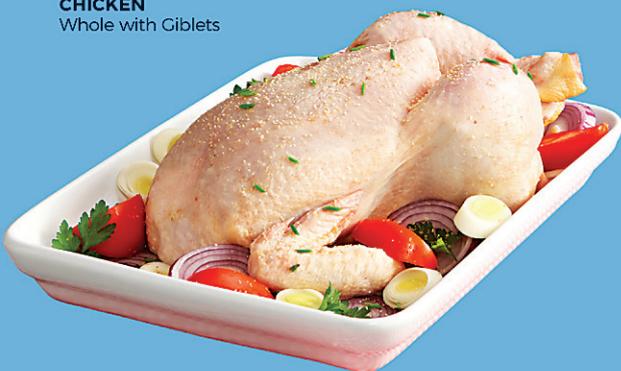


**RECOMMENDED PRICE. * PRICES VALID ONLY AT POINTS OF SALE WITH BUTCHER'S COUNTER.

Having everything you need at home is worth a lot.
And here, it is much cheaper.

1,59€*
/Kg

CHICKEN
Whole with Giblets



SAVE **40%**
ON ALL SHAMPOOS AND
CONDITIONERS 400 ML
ULTRA SUAVE



SAVE **60%**
ON ALL LAUNDRY LIQUID
DETERGENTS 60 WASHES
PERSIL



FOLLOW US www.intermarche.pt /intermarchept /intermarcheportugal

COME AND VISIT US IN:

ALBUFEIRA – AÇOTEIAS; ALBUFEIRA – CERRO GRANDE; ALBUFEIRA – FERREIRAS; ALBUFEIRA – MONTECHORO; ALBUFEIRA – SANTA EULÁLIA; ALBUFEIRA – TORRE DE MEDRONHEIRA; ALJEZUR; ALTURA; ALVOR; ARMAÇÃO DE PÊRA; ARMAÇÃO DE PÊRA – PORCHES; BUDENS; LAGOA – CARVOEIRO; LAGOA – CENTRO; LAGOS – AMEJEIRA VERDE; LAGOS – AV. DESCOBRIMENTOS; MONCHIQUE; MONTEGORDO; OLHÃO; PORTIMÃO; QUARTEIRA; QUARTEIRA AVENIDA; SAGRES; SÃO BARTOLOMEU DE MESSINES; SÃO BRÁS DE ALPORTEL; V. REAL DE SANTO ANTÓNIO; VILAMOURA

Sale of 'free-from' foods soar; nutritionists call for caution



A factory in Braga where gluten-free Sacramental bread is prepared for churches. (Photo: Lusa/Hugo Delgado)

The sale of gluten and lactose-free food items in Portugal has soared in recent years, but nutritionists warn that these substances should only be avoided when there is a clinical reason to do so.

and of lactose-free products up 54 percent, according to data provided to *Lusa News Agency* by the company. "The increase in demand for this type of products" and efforts to "make them available at very competitive prices contribute to this growth," the supermarket chain said.

Rival supermarket chain Continente also saw a growth of more than 90 percent overall in gluten and lactose-free products on the one hand and organic products on the other.

"There is currently a focus on these two categories because the market demands it: among consumers who need alternative products (for health reasons such as coeliac disease) and consumers who, without the same degree of need,

consider that these products contribute to a healthier lifestyle," the company told *Lusa*, adding: "The increase in demand has been very large in recent years." While the growth can be seen as a sign that people are becoming more concerned with eating healthily, the head of Portugal's Order of Nutritionists, Alexandra Bento, warns that there is "much confusion and many false concepts" driving this demand. According to Bento, seeking "more health to live better" does not entail removing foods or nutrients from food: any decision to eliminate gluten or lactose should be taken in a "conscious and guided way by a nutritionist", that is, there should be "a clinical reason" to do so.

TPN/Lusa

GNR seize three tons of illegally-caught cockles in Faro

The GNR police's Coastal Control Unit seized three tons of illegal cockles in the Faro area on Sunday and arrested four people in connection with the crime.

The cockles were seized during "an inspection of fishing and protection of marine resources", the force said in a

statement. The detainees, who are aged 17 to 44, could be punished with fines of up to €37,000.

In the last three years, several supermarket chains have even created a range of own-brand free-from products, as demand has grown.

In Pingo Doce outlets, sales of organic products have risen 180 percent, while those of gluten-free items are up 20 percent

Experienced real estate professional?



For our expansion we are hiring experienced Real Estate Agents in the areas of Alvor, Ferragudo, Monchique, Portimão and Silves.

Are you a professional with several years of experience in the property industry who is looking for a new challenge? As a real estate agent at Engel & Völkers, you will benefit from our unique brand power and our constantly growing global network. We can also offer you innovative tools and services for maximum efficiency and flexibility thanks to our pioneering system platform – plus outstanding earning potential.

Join our team – we look forward to receiving your application!

www.engelvoelkers.com/en-pt/algarve/portimao/career/



Portimão • Praça Visconde Bivar

+351 282 071 131 • portimao@engelvoelkers.com



ENGEL & VÖLKERS®

Brexit - Customs and Immigration to hire an additional 132 agents

According to a decree published earlier in the week, 4.25 million euros have been set aside for automatic controls at borders along with new software.

An additional 800,000 euros will be channelled towards the capturing of biometric data and the issue of residence cards. Meanwhile, *Lusa News Agency* confirmed that the Portugal Contingency Plan to “minimise the economic consequences of the United Kingdom’s withdrawal from the European Union” came into force on Monday.

The plan provides 50 million euros to support companies, in addition to 5 million euros to reinforce border control. The Portuguese government has set up measures to help “economic agents, companies, investors and the tourism sector”, officials were quoted as saying. The first measure is a €50 million Support Line for companies exposed to the British market, which “may be reinforced depending on demand”.

The plan also creates a financial

incentive, within the Portugal 2020 programme, to support small and medium sized enterprises, along with information sessions all over the country.

Moreover, the Portuguese Tourism Institute will set up an online service to help British tourists and companies and will also develop a marketing campaign to promote Portugal in the UK.

On the other hand, Portugal’s government wants “to protect the rights of the Portuguese living in the UK and the British living in Portugal”

The second part of Contingency Plan establishes a €5 million investment for the Portuguese Immigration and Borders Service (SEF), which is going to hire 132 more officers and buy new border control equipment. SEF will start setting up new biometric data collection stations, as well as updating the automatic border control equipment.

The Portuguese authorities want to guarantee an adequate response to the increase of citizens in border control offices.

“This plan aims to reduce the



Home Minister Eduardo Cabrita pictured here during a visit to SEF Immigration Office in Lisbon. (Photo: Lusa/Miguel A. Lopes)

need for additional procedures, namely the ones forecast in Schengen Borders Law, to control the arrival and departure of British citizens”, the government explained. SEF officers will also be working to grant residence permits to all the British citizens who are already living in Portugal.

Portugal’s SEF Immigration Office is to hire an additional 132 agents as a contingency measure against any problems Brexit might bring at the country’s borders.

Portuguese with British citizenship soar

The number of Portuguese citizens who acquired British citizenship rose by 54 percent in 2018.

According to figures released by Britain’s home secretary, Portuguese seeking British nationality had averaged around 500, but climbed to almost 2,000

last year.

Similarly, the number of Europeans that became UK citizens went from 13,000 in 2015 to 48,000 in 2018.

BEDROOMS EXTRA

It’s all about the Spring in the Algarve!



We have a wide range of quality pocket sprung mattresses in stock with the number of springs ranging from

1000 to 3500.

Choose the right number for you to achieve your next good night’s sleep.



We stock UK bed sizes only and have a wide range on display at both of our showrooms, for delivery anywhere in the Algarve

Almancil Tel: +351 289 050 919, Email: bedroomsextra@gmail.com

In front of the São Lourenço Church, on the EN125 Almancil to Faro road - customer parking available

Lagos Tel: +351 282 762 383, Email: bedrooms@bedroomsextra.com

Parque Industrial do Infante, on the EN125 between Odiáxere and Lagos, 500m before the A22 roundabout

www.bedroomsextraalgarve.com



The Zoomarine park has opened with half price discounts for residents. (Photo: Supplied)

Zoomarine reopens with resident discount

The dinosaurs are back at Zoomarine, with the popular park in Guia reopening for the summer season and offering residents 50 percent discount throughout the month of March.

Following four months of preparations, the dinosaurs of Zoomarine are making a welcome return to the park, including the all new Jurassic River ride. There have also been a number of improvements to the park, including a more accessible area to

be able to view the sea lions, while there is also a new show for families to enjoy “Mar de Aventuras”, showcasing various different sea creatures. This year marks the 28th anniversary of Zoomarine, with the park continuing to contribute not only to tourism in the Algarve, but also to environmental

education, conservation and the preservation of the oceans and wildlife.

To celebrate the reopening of Zoomarine, Algarve residents are able to benefit from 50 percent discount on park entry throughout March, with the park currently open on Fridays and Saturdays.

Innovation programme frees up €2.5m for Algarve social needs

€2.5 million euros have been freed up to finance innovative social projects to be implemented in the Algarve; applications are now open for the funding, and will remain open until the end of April.

This is the second application period in the context of the ‘Portugal Social Innovation’ initiative.

The objective is then to finance projects that provide innovative solutions to the Algarve’s social problems and challenges.

Any ideas that complement the existing response to the social issues that foster social

inequality and exclusion and which have an innovative approach to problems are welcome.

Nine projects were approved in the first phase of applications, which saw €1.4 million granted.

These included a mobile café that travels to the Algarve’s rural interior to combat elderly isolation and loneliness, and an

app to promote civic participation.

Francisco Serra, head of the CCDR committee for regional coordination and development, said the programme is important because “only with the participation of society can we improve the conditions of comfort and strengthen the soul of those who suffer”.

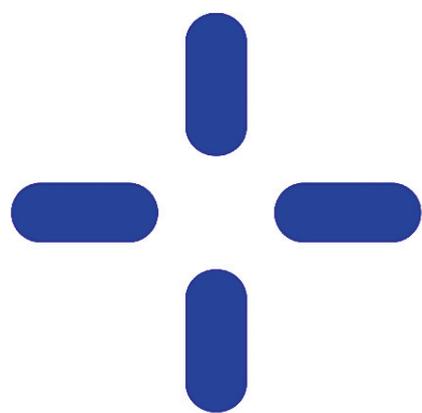
“In my role as president of the CCDR, I must work to ensure that material conditions and comfort can be improved and that every person who has needs feels better accompanied”, he added in comments to *Sul Informação*.

In turn, Loulé Mayor Vítor Aleixo said it has become urgent “to find new answers to old

problems”.

“Conventional responses are consolidated, but life is dynamic, it poses new challenges and we need to innovate”, he reflected.

Applications must be submitted before 29 April; funding is 70 percent from the Portugal Social Innovation programme and 30 percent from public or private entities.



studio arte

ARCHITECTURE & PROJECT MANAGEMENT



Rua 5 de Outubro 49 RC | 8500-581 Portimão



www.studioarte.info



info@studioarte.info



(+351) 282 445 776



FOLLOW US ON INSTAGRAM & FACEBOOK



DECO finds dangerously high doses of acrylamide in staple foods

Consumer rights watchdog DECO has said it found dangerously high doses of Acrylamide – a chemical used primarily to make substances called polyacrylamide and acrylamide copolymers – in a number of popular foods on sale in Portugal.

Most of the foods tested by DECO were below the recommended levels for the potentially carcinogenic substance. But some Maria biscuits and crisps exceed the recommended maximum values. Following the entry into force of the European Commission regulation on good practices in the food sector in April 2018, DECO decided to test, along with counterparts from nine countries - France, Germany, the Netherlands, Norway, Belgium, Slovenia, Denmark, Italy and Spain - more than 500 products available on the market. The aim was to evaluate the acrylamide - a chemical that forms in certain types of food during its preparation at elevated temperatures - content in foods that are on the list of consumers' daily consumption. According to DECO, the categories analysed in Portugal were potato crisps, sweet potato crisps, ground roast coffee, dry toast breads and Maria-type biscuits. "Of the 60 products tested in Portugal, only two of the 15 samples of potato chips analysed - Spar and Bouton d'Or

(Intermarché) - showed levels of acrylamide above the reference values.

"Sonday (Lidl), Moaçor, Pingo Doce and Continente also had higher levels" DECO revealed. None of the coffee or toasted bread samples had higher levels of acrylamide than those recommended by European regulations. However, due to external factors, DECO found the results varied with repeated tests. "The new batch of Spar chips analysed was below the reference values, the Bouton d'Or revealed to be close to the limits, the same happened with the Sonday biscuits (Lidl)", the association warned. Maria biscuits from Continente also had levels above the desirable, and the brand has reportedly admitted to DECO that it will change the recipe in order to decrease sugar content and the emergence of acrylamide. Four of 12 brands of Maria biscuits evaluated were also above the reference values. In 2002, Swedish researchers found that

acrylamide was formed in some foods rich in starch and asparagine (an amino acid) with low humidity when subjected to high temperatures. Since then, the scientific community has tested thousands of products and found that acrylamide mainly comes in fried foods, baked goods and subjected to high temperatures, such as potato chips, breakfast cereals, bread and toast. The process takes place during the so-called Maillard reaction, responsible for the golden colour and flavour characteristic of these foods. This substance does not form, however, when food is cooked in water or steam. Since 2007, European Union Member States have monitored the levels of acrylamide in food. Based on the data compiled by the European Food Safety Authority (EFSA), indicative values were established for food businesses. However, in order to reduce the presence of acrylamide in products, the European Union published, in November 2017, a regulation with measures based on good industry practice.



Consumer watchdog Deco says it has found levels of the substance acrylamide above the reference values in certain types of potato crisps on sale in Portugal. (Photo: Lusa/Mario Cruz)

EU modernises consumer rights and improves their enforcement

EU Member states' ambassadors meeting in the Council's Permanent Representatives Committee agreed this week on the Council's position on a draft directive which amends four existing EU directives protecting consumers' interests.

The draft directive was proposed together with a proposal on representative actions for the protection of the collective interests of consumers as part of the 'New Deal for Consumers' launched by the Commission in 2017.

Under the directive, national authorities will in particular have the power to impose a fine of at least up to four percent of a trader's turnover for widespread cross-border infringements when enforcing the unfair commercial practices directive, the consumer rights directive and the unfair contract terms directive.

There will also be the right to individual

remedies for consumers when they are harmed by unfair commercial practices, such as aggressive marketing, and provided that these remedies are proportionate, effective and do not affect the application of other remedies available to consumers under EU or national law.

It will also allow for more transparency for consumers in online marketplaces.

The Romanian Presidency of the Council will now explore with the European Parliament the possibility of agreeing to adopt the directive at first reading.

Health & Beauty at the Fair

Thousands of visitors to the International Algarve Fair are ready to sample your products!

Book your stand today



10am - 6pm
8 & 9 June
Fatacil Lagoa

Contact:
282 380 317
sales@algarvefair.com
www.algarvefair.com

Organised by 

Supported by  



The Atlantic Gateway consortium, which holds a 45 percent share in the national flag carrier TAP, says it will keep its hub in Lisbon. (Photo: Lusa)

Atlantic Gateway to maintain TAP hub in Lisbon

The Atlantic Gateway consortium, which holds 45 percent of Portuguese flag carrier TAP, has said that it intends to maintain the company's hub in Lisbon, adding that the decision of the Court of Justice of the European Union (EU) will not affect the decision.

This comes after the court last week said that the conditions of the government in the privatisation of TAP were "compatible with EU law", except for the "beyond necessary" obligation of a national hub. In the opposite view, the court said that "the requirement to maintain and develop the existing national hub goes beyond what is necessary to attain the intended objective of ties with the Portuguese-speaking third countries concerned." The leaders of the consortium, David Neeleman and Humberto Pedrosa, said that this decision will not change their position, with Atlantic Gateway reaffirming

that it remains essential for TAP to have its hub in Lisbon as the preferred platform between America and Europe. "Portugal is very well positioned to be a hub to welcome people in Europe. It is only 3,300 miles from New York. There is no other big city in the European continent that is closer than Lisbon," Neeleman said. In the same statement, Pedrosa pointed out that this is an "ambitious project," ensuring that there is maximum confidence in its success. Currently, TAP is 50 percent owned by the state and the remaining capital belongs to the Atlantic Gateway consortium (45 percent) and workers (5 percent).

TPN/Lusa



Martin's e-BIKE

E-Bike, Trekking, Mountain bikes, Road & Folding Bikes



SHIMANO BOSCH

"NEW MODELS"
2019 NOW IN STOCK



E-Bike RENTAL & SALES
www.martinsbike.com

 Avenida Duarte Pacheco 48
8135-104 Almancil

 info@martinsbike.com
www.martinsbike.com
+351 289 098603

Municipalities express concern with regional fund cuts

Spanish and Portuguese municipalities have expressed concern with the Cohesion fund that is facing a cut of 45 percent in the European Commission's financial framework for 2021 to 2027.

The Cohesion Fund is aimed at member states with a Gross National Income per inhabitant of less than 90 percent of the EU average and aims to

reduce economic and social disparities and promote sustainable development. Manuel Machado, the head of the National

Association of Portuguese Municipalities, said at the end of an Iberian summit of municipalities in the northern city of Aveiro that it was not "acceptable" for there to be a reduction of funding of 45 percent and that it was "indispensable" to boost the Cohesion Fund and cross-border cooperation programmes. The summit last Friday aimed to analyse cross-border cooperation between Spain and Portugal and the role of the local authorities in the next community support framework for 2021-2027.

TPN/Lusa

ENGLISH DENTAL SURGEON

Dr. Francis Haley

B.D.S.

(Guy's Hospital, University of London)

Av. 25 Abril, 184 - 1°C 2750 - 511 Cascais

Tel: 21 486 3012

http://clinic.cdhalley.pt

Verónica Pisco

LAW OFFICE



~ Offices in Eastern, Western and Central Algarve ~

We deal with: Real Estate & Property Law | Tax Law & Tax Representation & RRRH | Corporate & Commercial Law | Wills | Immigration Law - Golden Visa | Condominium Law | Contracts | Litigation | Social Security & Labour Law | Civil & Criminal Law | Family & Inheritance Law | Notarial & Registry Law

Tel./Fax: +351 289 358 382 | Mob.: +351 968 919 049, +351 914 219 745
office@veronicapisco-lawoffice.com | www.veronicapisco-lawoffice.com




Former BES chief accuses authorities of bank's failure

The former president of Espírito Santo Bank (BES) Ricardo Salgado has said "there was no political will" to save the bank, and the Portuguese central bank refused three chances to recapitalise it.

Almost five years after the bank's failure, Ricardo Salgado told TSF news radio he had been thinking of the clients who lost their money.

Ricardo Salgado guaranteed that until June 2014 failure was never a possibility.

"There were other solutions to save the bank, but there was no political will and the Bank of Portugal refused the bank's recapitalisation three times", he said. After people started withdrawing their money and after "a brutal lack of trust" there was only one solution: "Boost confidence", but "there was huge pressure to shut down the bank". Questioned about his responsibility, Ricardo Salgado only acknowledged "misjudgements".

"I did not reject responsibilities in the

Parliamentary Commission, because it is impossible to manage a bank for 22 years without any mistakes, but they were mostly misjudgements", he said. "There may have been wrong choices from the management team, particularly those related to Angola", he added. During the interview to TSF news radio, Ricardo Salgado also rejected responsibilities regarding the clients who lost their money.

"What I can say is this: it was not me who chose the failure. When I was in charge that scenario was not possible, so I was not the one to harm the clients", he argued.

"I think of the clients who were affected every single day. And it makes me suffer".

Ricardo Salgado announced he is writing his memoirs and he is preparing his defence. *TPN/Lusa*



Former BES bank chief Ricardo Salgado. (Photo: Lusa)

Public debt drops to 121.5 percent of GDP

Portugal had a debt-to-GDP ratio of 121.5 percent by the end of 2018, below the previous year's ratio of 124.8 percent, the country's central bank announced.

This is the value calculated under Maastricht rules, which are those that Brussels considers.

The value calculated by the Bank of Portugal (BdP) is slightly higher than the goal set by the government for 2018 (121.2 percent).

According to the BdP Statistical Bulletin, the public debt shrank, compared with the previous quarter, when the

country had a debt-to-GDP ratio of 125 percent.

The Portuguese central bank also mentioned that in January 2019 the overall public debt amount reached €248 billion - a €3 billion rise compared to

the end of 2018.

"This growth was chiefly due to an increase in debt securities".

General government deposits rose by €3.9 billion, with public debt net of deposits increasing by

€900 million from the previous month, to a total of €227.4 billion.

For 2019 the government forecasts a decrease in debt-to-GDP ratio to 118.5 percent.

TPN/Lusa

IRS 2018 - Expenses 1-6



Nº 5: Health Insurance and other expenses

15% of Health Insurance premiums are now eligible to be added to general medical expenses. The combined maximum limit for the tax credit for both medical expenses and health insurance is €1,000.

Question: I pay thousands of Euros in premiums for my health insurance yet my tax credit is still relatively small. Are there no alternatives?

euroFINESCO: Other than dependence on the National Health Service in Portugal, the alternatives for private medical insurance are relatively expensive.

Question: As part of my mortgage, I have to carry life insurance. Can I claim a credit?

euroFINESCO: No. Premiums for life insurance are no longer eligible for a tax credit.

Question: My Insurance Company used to send me annually a Declaration regarding my car insurance. Why haven't I received one this year?

euroFINESCO: There was a small part of your car insurance for Personal Accident coverage. This portion formerly benefited from a small tax credit. However, this tax break disappeared several years ago.

Other Deductible Expenditures

1) Alimony - If you pay court-ordered alimony or child support, there is a 20% tax credit for court ordered payments up to a maximum of €5 030.64 per annum. You will need to provide the Portuguese Fiscal Number of the recipient. In certain instances, this requirement can prove awkward if the "ex" never lived in Portugal and does not have a Portuguese tax identification number.

2) Nursing Homes and Home Care 25% of expenditure, limited to €403.75, on home care or nursing home fees for oneself, or for elderly relatives whose income is below the national minimum wage.

3) Approved Savings Schemes: Because of the 8 year lock up period, these schemes are rarely interesting to foreign retirees. Your subscribing bank should be able to give you full details for your personal situation if you choose to proceed with this type of investment plan.

The following is a broad outline of benefits:

Age	Maximum Tax Savings		Investment necessary to maximise tax savings	
	Single	Married	Single	Married
< 35	€400	€800	€2,000	€4,000
35-50	€350	€700	€1,750	€3,500
> 50	€300	€600	€1,500	€3,000

Capitalisation Public Regime

Tax credit of 20% of the amount invested in individual accounts managed under the capitalisation public regime up to €700 per couple and €350 per individual.

Next: Donations to Charity

Dennis Swing Greene is an International Tax Specialist and Chairman of euroFINESCO s.a.

www.eurofinesco.com



euroFINESCO s.a.

FISCAL & EXPATRIATE SERVICES

*Individual Income
Tax Return 2018
Don't be late!*

Late submissions incur fines
between €50-€5000

Contact us for an appointment:

euroFINESCO s.a.

Rua do Sol, 4 ~ 8200-448 Guia
Tel: 289 561 333 ~ Fax: 289 562 061
info@eurofinesco.com
www.eurofinesco.com



Ms Penelope Best, who will be Head of School

Major New International Primary School opening in the Algarve

The innovative Eupheus school will be a new state of the art, selective International Pre Prep and Preparatory school for 3 to 11 year olds on a purpose built site situated to the south of Loule located a short distance from junction 12 of the A22 motorway.

The school was conceived by a small team of experienced educationalists. One of the visionaries of the original Eupheus concept, Ms Penelope Best, will be Head of School. She is a highly experienced Primary Head, well known for her educational and philanthropic endeavours in the Algarve over the past 18 years.

At the Eupheus School the International Primary curriculum will be delivered by fully qualified and experienced teaching staff, personally recruited by Ms Best. Class sizes will be small, allowing an individual approach to learning for each child.

Uniquely Eupheus will be an Apple school, enabling ICT to be incorporated within each area of the curriculum, ensuring

children have the ability to become 21st century learners.

Commenting on Eupheus Ms Best stated ;

"I believe that the happiness and wellbeing of children and teachers is the key to excellent achievement, with every individual feeling understood and valued. It was my aim to unite with a group of likeminded people to create a school that could truly achieve this. At Eupheus we have created a state of the art Primary school, where children can learn in a safe and supportive environment that will allow them to embrace diverse learning strategies and lead them to achieving their own specific educational goals. Eupheus is where friendships will be made and lessons learned that will last a life time.

Please do come and visit us to see for yourself, you will be given a very warm Eupheus family welcome."

For more details please contact Ms Best on 289 154 800, 910 323 080 or email: penelope.best@eupheus.pt

Bowls Algarve

Semi-Finals Week

Tuesday 26 February was the first day of the Inter-Club Semi-Finals. It dawned bright and sunny, with everyone expecting a warm day's bowling. How wrong we all were. The bowling was excellent, however, the weather deteriorated, the wind began in the morning and blew stronger in the afternoon. More and more layers of clothing arrived for both bowlers and spectators, who all became very cold during the day.

On the second day, Wednesday 27 February also dawned bright and both bowlers and spectators arrived with more clothing, however, the day was as different again, with warm sunshine and no wind. This time the layers of clothing were being discarded.

The bowling on both days was of the highest standard

with many games only being decided on the last bowl of the last end, keeping the many spectators on the edge of their seats. The carpet was in excellent condition and bowled well.

Thanks' go to the Umpires and Markers who gave their time, and to Floresta Bowling Club, who hosted the two-day event and provided excellent food and hospitality.

Thursday 28 February was the last game in the Super 10's Competition, though, due to a Crown Green Bowling Competition at Alvor, (their game is due to take place on Sunday), making the Table not available until after going to press. However, this cannot change the top of the Table, making Floresta the winning team. Congratulations to them for winning a third piece of silverware, League A, League B, and Super 10's. A proud George



Humphreys, owner of Floresta, said "After a week to remember Floresta Bowling Club formerly known as PDF, create Club record by winning three major trophies in one season. Floresta have joined Alvor and CPO in having won two major trophies in one year. In addition, Floresta are represented in all eight of the remaining finals of the Inter-Club championships, another first for one of the Founder Members of Bowls Algarve. A record season never achieved by any club."

The Finals of the Inter-Club Championship are to take place on Wednesday 13 and Thursday 14 March, and based on the bowling we have so far seen in this competition, it is something not to be missed. It will be a 'clash of the titans' on all rinks. They are being held at Valverde Bowls Club and both competitors and spectators are looking forward to two excellent days. Good Luck to all the competitors.

Miriam Hare
Bowls Algarve Press Officer

Santa Bárbara Animal Help

A big thank you to House2 House in Almancil for their donation of €160 raised by selling books and games.

The monies will go to Santa Barbara Animal Help to help pay the vets bills for Millie who was found with three stomach

tumours which have now been removed. She is making a speedy recovery and now at the age of 10 will be looking for her final forever home.

Please contact Susan for more details: 918435448



Let's Walk

Saturday 9 March - Let's Walk from Parragil

An inspiring walk in this little known part of the Algarve, walking on the Barrocal. Just over 2 hours of moderate walking.

1.30 pm start - meet in the centre of Parragil. From the EN125 at Boliqueime take the road for Loulé. Cross the A22 and after passing the quarry turn left direction Alte. After 500m at T-junction go left and 200m you come to the centre of Parragil, cafés to left and right Chris 913 011 537

Tuesday 12 March - Let's Walk to the Windmills

A moderately easy walk of just over 2 hours behind the village of Sta Bárbara de Nexa climbing up to the windmills where

you have stunning views to the coast.

10 am start - meet at the cafe opposite the church in Sta Bárbara de Nexa. From A22, J13, Loulé Sul exit to Loulé, 1km turn right to Santa Bárbara. From N125 get onto the Faro-Loulé road, proceed north under A22, after 1km turn right to Santa Baárbara. Chris 913 011 537

There is no need to book please just come along all are very welcome as long as you are wearing shoes suitable for country walking, are of reasonable fitness and have a good sense of humour! There is a nominal charge of 5 euro p.p. this includes a donation to charity (full details www.portugalwalks.com)

Bike Rides

Saturday 9 March - Bike Ride starting in Paderne. We meet in the car park at the bottom of the hill at 9.15am ready for a 9.30am start. This will be a challenging ride with a café stop somewhere along the way.

Sunday 10 March - Bike Ride starting in Loulé, we meet in the main Avenida opposite the market building at 9.15am,

ready for a 9.30am start. This is a typical Sunday ride of around 35 to 40km with a café break somewhere along the way.

Note :- We reserve the right to cancel any ride if less than 5 people are signed up for the ride ! So please sign up by 6pm on the evening prior to the ride if you intend to come paul.beesley@sapo.p

KISS
95.8 • 101.2 ALGARVE

THE ONLY **ENGLISH SPEAKING** RADIO IN PORTUGAL

KISSFM.PT
KISSFMPORTUGAL
#kissfmportugal

ALL Saints ANGLICAN CHURCH

Services of Holy Communion:

SUNDAYS
10.30am ASCA
Almancil (next to Comunidades Garden)

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

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

International Christian Fellowship

FAMILY WORSHIP IN PORTIMÃO
Sundays at 11am
Cedipraia 23,
Rua N.S. Amparo
Off Av 25 de Abril
(nr Swimming pool)
Tel.917 358 098
or 282 042 836

Madrugada Needs You: 16 March

We at Madrugada did not choose our motto lightly - "Because you care, we can". It is entirely due to you, the public, through your generosity, donations and support of Madrugada's charity shops and fundraising events, that our Clinical team are able to provide our end-of-life services free-of-charge. But it is the invaluable day-to-day contribution of our wonderful volunteers across the whole of our organisation that is our life blood. We desperately need new volunteers and to this end we are holding a "Recruitment Day" at our new Lagos Homestore from 10am-1pm on Saturday 16 March. Our aim is to show people the different ways they can volunteer, what commitment is necessary and to get people to sign up!

So why not come along -

enjoy some tea, coffee and biscuits - and find out more about us. No experience is required - just a big heart! Our Homestore address is Urbanização Pedra Alçada, Lote 7B Retail Unit - Tel. 282 798 067. (By Lagos Vet and opposite the Cepsa Service Station on the N125). We look forward to greeting you!

In case you do not know us, at Madrugada we provide specialised end-of-life care and support for patients and their loved ones in west Algarve. Although founded only ten years ago we feel we have made tremendous strides and, up to the end of 2018, 136 patients and their loved ones have benefited from Madrugada's 'hospice at home' service, support and counselling: a unique offering in Portugal.



Visit of District Governor

Estoi Palace International Rotary Club (RCEPI) was delighted to receive a visit from Ilda Braz of RC Ponta Delgada, Açores our Rotary International District Governor (DG). This is an opportunity for the Club to show the DG work that has been done in the local community and internationally. During the visit the DG gave the Club a Certificate of Merit for the funds donated to the *End Polio Now* campaign, following a successful sponsored bike ride last November.

President Bruno Sousa Costa, Past President Manuela Robinson and Chair of RCEPI Service Committee, Maria Jose Pires met DG Ilda Braz and her husband José Braz at the São Brás Bombeiros where they were greeted by the Bombeiros President Custódia Reis and Sub Commandant Salvador. The group were given a guided tour of the fire station and the District Governor was shown the ambulance which RCEPI were instrumental in purchasing for them five years ago.

On arrival at Estoi Palace Pousada, the Governor was able to view "Wheely" - a van donated to the Algarve Oncology Association last year in a joint effort between RCEPI and Wolf Valley Charity. The Al-



RCEPI Past President Manuela Robinson, RCEPI President Bruno Sousa Costa, District Governor Ilda Braz, Assistant District Governor Isabel Lopes, RCEPI members, Maria Jose Pires, Jim Ditheridge and Sven Gustaf Lindroos.

garve Rotary Clubs will be funding equipment for the van which will be a mobile lung and skin testing unit. This will be operational by June.

Forty members and guests joined DG Ilda Braz for lunch. The DG's husband José Braz presented a project to the Club regarding literacy in Mozambique and asked if guests would help to purchase educational material at a cost of €30 per set. Contributions enabled six sets to be bought.

RCEPI is celebrating its 10th anniversary this year and played a video outlining ten of their main achievements during

that time, including purchasing a refrigerated truck for Faro Food Bank, helping to purchase two mobile units, the AOA for breast screening and lung/skin cancer testing, supplying 50,000 litres of milk to Estoi Casa do Povo to supplement Faro Food Bank food packs to families in need, supplying equipment and helping purchase a van for the Estoi Casa do Povo, amongst many other community projects.

In her speech to the Club Ilda Braz outlined the special area of focus for Rotary in February which is Peace and the Prevention and Resolution of Conflicts. Rotary International has peace centres world wide and trains peace scholars. Rotary also contributes to peace when Clubs carry out

projects that address the roots of conflicts, such as poverty, economic inequality, ethnic tensions, lack of education and scarce resources.

The District Governor presented President Bruno with a small statue featuring a whale tailfin, to represent the Azores, and RCEPI presented the Governor with a cork handbag together with a donation of €300 for Rotary causes.

Following lunch the DG Ilda Braz was taken to Olhão where she could see "Pinky" the mobile breast screening unit in action.

Shirley Dunne
For further information about Rotary Club Estoi Palace International contact moc@rotaryestoiapalace.org, or visit www.rotaryestoiapalace.org.

C.A.S.A. enjoys Saturday Lunch

The *Brasserie Rosal Restaurant* (between Carvoeiro and Lagoa) is definitely a cut above the average with great ambiance. Our 47 attendees on 23 February wandered in for lunch and were immediately greeted by the friendly staff. Everyone loved the food, served on warmed plates and meeting everyone's expectations. The Chef had obviously taken great care in selecting quality ingredients, which ensured that our food was fresh and very tasty. The conversation flowed, along with the excellent wine. Andi really looked after us and his waiting

staff could not have been more obliging and attentive. Tasteful decor, beautiful outlook and attention to detail ensure their recipe for continuing success. We can safely predict that we will be back!

The next club event will be the club's A.G.M. and dinner at the *Naval Club in Portimão* on Saturday 16 March. Full details of this and all our planned events, all of which are 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



Come let us go up to the mountain of the Lord and He will teach us His ways.

Lois invites you to a presentation, following her recent visit to Israel, entitled

THIS YEAR IN JERUSALEM!

at Oasis Christian Fellowship, R Dr Joaquim Tello, LAGOS on FRIDAY MARCH 15 at 7pm

Free admission ALL WELCOME Refreshments

For more information or directions, tel 914381598 or mail herringtonlois@gmail.com

PENGUIN PENGUINAIRCON.COM

I can't believe you're so low-energy...

And you're so high-efficiency!

For the very latest in energy-efficient

Air Conditioning **Solar Heating**
Underfloor Heating **Pool Heating**

info@penguinaircon.com www.penguinaircon.com

Tel. 289 092 595

SERVICE HOTLINE: 910 700 777

NWDF LTD TRANSPORT • SHIPPING REMOVAL SPECIALISTS
UK | PORTUGAL | IRELAND | EUROPE

NEW France-Portugal Service

- From £55 per m³
- Regular shipping service
- Cars and Motorbikes
- Sealed and secure containers
- Commercial & personal storage from €2 per m³

Please call us for a no obligation free quote

RHA Road Haulage Association www.nwdf.co.uk | peter@nwdf.co.uk | info@nwdf.co.uk

QUATRO ESTRADAS, LOULÉ DEPOT - PORTUGAL
Tel: 00351 910767634 0044 7951 028901

SALFORD DEPOT - UK
Tel: 0044 161 8737863 0044 1925 812563

afpop Events

15 March at 12:30pm Silves/Carvoeiro lunch at Foral

Lunch at Rest. O Foral at 12.30pm, €16 Members and €17 Non-members. This is a fully inclusive lunch, including Couvert and Chefs Surprise. Starters choice of Sautéed Mushrooms or Goats Cheese with Walnuts or Soup. Main course choice of Sea Bream or Turkey Steak with Mushroom Sauce or Chicken Curry or Soya Bolognese. Mixed Desserts, Coffee Wine Beer or soft drinks.

Bookings and more info with: Heather and Les, **afpop** Silves/Carvoeiro Area Event Organiser Mob: 966 677 295 or email silves@afpop.com

22 March at 12:30pm Lagos Luncheon in Alloro Praia da Luz

Lunch at Alloro Restaurant in Luz and the time will be 12.30pm for 1pm. The menu is as follows: Carrot and Coriander soup followed by your choice of Chicken Breast topped with tomato sauce and parmesan or grilled Fillet of Bass with tomato pesto and both are served with sauteed potatoes and mixed leaf salad or vegetable lasagne. Dessert



can be Fresh Fruit Platter or Sicilian Lemon Mousse. The usual half bottle of wine, water, coffee and a tip are included in the price of €18.50 for members, €21.50 for guests. Drinks before or after the meal are at your own expense. Pat Allen, **afpop** Lagos Area Event Organiser Email: lagos@afpop.com

23 March at 12.30pm Member2Member Fashion, lunch, wine & fun at Quinta Monte Vale D'Eguas, Almancil

All welcome, ladies, husbands, boyfriends, partners, friends, girlfriends, neighbours ... have fun and raise money for charity (Rotary -Faro Hospital Baby unit and Street Life - animal sterilisation programme)

Let's support these two worthy causes €25 including a 2 course lunch and a bottle of wine. Bookings with Linda Cree, **afpop** EA Area Event Organiser E-mail: eastalgarve@afpop.com

27 March at 10.30am Silves/Carvoeiro Coffee Morning

Coffee morning in Chapim Cafeteria Loungebar, Silves at 10.30am. Price is 4 euros for Members and 5 euros for non-Members for Tea/coffee and a pastry and water. Additional coffees can be purchased if you wish. Please join us at this lovely coffee shop in a beautiful riverside setting in Silves. Lots of free parking in the municipal car park right next door. This will be outside on their terrace so sun hats etc advisable.

Regards, Heather and Les, **afpop** Silves/Carvoeiro Area Event Organiser Email: silves@afpop.com Mob: 966 677 295

29 March at 12 Noon S. Alentejo luncheon

Lunch in Rest. O Bernardo, Boavista dos Pinheiros at 12noon. For more details and bookings, please contact: Marion Kahl, South Alentejo Area Event organiser tel: 920 495 216 or email: **marion2014@gmx.com**

CHARITIES

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

SUPPORT FOR FAMILIES in the Algarve receives items for families in need, Guia and surrounding areas. To donate or discuss concerns about a needy family contact Su Davis: 932307548, su.davis@sapo.pt Facebook:support for families in the Algarve.

A.A.G. CHARITY Shop Guia. Situated in the Main Street, opposite the Football Club Snack bar and close to Crédito Agricola Bank. Opening hours Mon - Fri, 10am to 5.45pm, Sat 10am to 2pm. Closed Sun. Animal charity feeding street animals. Patron Bonnie Tyler.

PIANIST WANTED on a volunteer basis for occasional Sunday services at the Anglican Church of St Vincent's Chaplaincy, Praia da Luz. Email pet.alex@sapo.pt

THE GOODWILL CHARITY.

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

We would like to thank you all for your donations and for shopping, that has enabled us to help the local community.

SECOND CHANCE charity shop at Largo Das Ferreiras (on roundabout), Ferreiras, Albufeira. Open Tues to Fri, 10am to 4pm. Sat 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.

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.

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.

ASMAA CHARITY & UP-Cycling Hub. Volunteers are now needed for our shop. Wed, Fri and Sat 11.30am to 5pm, other days by appointment only. Tel 969 320 231, email info@asmaa-algarve.org Rua J. Pereira Sampaio Bruno, N° 53. Portimão (Behind Bombeiros).

MADRUGADA ASSOCIAÇÃO provides home-based, end of life, palliative care to patients and

their loved ones free of charge. Your donations would be very welcome. Volunteers are also required. If you can help call us on 282 761 375 or visit our shops in Lagoa and Praia da Luz.

CADELA CARLOTA shop in Lagos open Mon to Fri, 10.00 to 13.00 /15.00 to 17.00hrs. Almadena: Mon to Fri, 10.00 to 16.00 hrs, Sat, 10.00 to 13.00hrs. We always need extra hands in our shops.

MUSIC

Aljezur International Choir. Thursdays 2.00 pm to 3.30 pm. wattys100@hotmail.com, 914 285 640.

Tavira Pop Choir. Santa Catarina, Sun 2.30pm - 4.30pm. Also, Fonte do Bispo, Sun. at 2pm-4pm. Call Gillian 966 006 436.

The East Algarve International choir. Thursdays, Luz de Tavira, Call Rineke Hofman 926 684 061. eastalgarvechoir@gmail.com

Coro dos Amigos do Museu. Thursdays from 6.30pm. Call call Liesbeth 281971909 liesbethnoordijk@gmail.com

Barbershop Chorus. Tuesdays 7.30pm. Moncarapacho. www.bellaacappella.net

SOCIAL

Chess Club. Eastern Algarve. chessalgarve@mail.com

Let's all Walk. Tavira, 27 Jan. 10am at Parque de Feiras e Exposições. 281 320 500

Drawing the Nude. Olhão Thursday mornings. jill.stott@gmail.com

Painting for Pleasure Classes, water colours, oils or acrylics. Wednesdays Mesquite near São Brás from 10.30am to 12.30pm, 2.30pm to 4.30pm. Terry Reed 289 845 561.

C.A.S.A. - the Algarve's leading Social Club for expats meets monthly for dinners / lunches and social events. info@casasocial.club, 282 495 475. www.casasocial.club

BRIDGE

Duplicate Bridge. Wednesday & Friday afternoons at Vale d'El Rei Hotel. Please contact 911 561 224 or 282 358 885.

Marina Club Suite Hotel Lagos. Tuesdays & Fridays 1.15pm. 963 977 642

Olhos de Agua. Tuesdays 1.45pm. Mary Moore 289 416 199.

Lagoa. Thursdays 1:45pm. 282 352 022 / 969 174 130.

Vale del Rei. Beginners 968 457 888.

Carvoeiro. Mondays & Thursdays 1.45pm for 2pm. 282 357 953 or 282 357 657.

Almancil Thursdays 3pm. Fridays 2pm Museu do Trajo in São Bras de Alportel. Frank Spelbos 937 802 110, spelbos@sapo.pt



SPORT

Walking Football Mondays, 50+, Tavira. Tuesdays 60+ ONLY, Olhão Thursdays, Olhão from 9.30 to 11.30am, €3.

www.walkingfootballalgarve.com, christopher.wright@hotmail.co.uk

Tavira County Lawn Bowling Club - Cerro do Leiria, Santa Catarina, Fonte Bispo, Tavira. Roll-ups Mon, Wed & Fri. Joe Scott 963 997 582, joe.scott121@btinternet.com

Crown Green at Alvor bowling Club 10am. Peter or Janette 966 169 747 or 965 700 536..

Balaia Bowls Club. Tuesdays and Fridays 9:45am, Olhos de Agua, Albufeira. Jill 935 701 155.

Touch Rugby. Lagoa, Mondays and Wednesdays 8pm - 10pm. Men and women, all ages welcome. Simon Wilkinson

wilks89@hotmail.com, 282 912 280 / 924 220 173.

afpop - Badminton in Silves. Thursdays, 8pm to 10pm. suesharman9@gmail.com, 910 108 730.

Alvor Bowls Club, Every Wednesday and Sunday, 10am. 282 490 280 www.alvorlawnbowls.com

Walking Football Wednesdays, 9:30am - 11:30am. Lagos. 50+. brian.efoster@yahoo.co.uk

Walking football Tuesdays & Thursdays 9:30am. Vilamoura. info@browns-club.com or 289 322 740.

Valverde Lawn Bowls Club - Every weekday from 10am, Almancil. Jen 282 332 628 or 937 264 287.

Algarve Hash House Harriers meet weekly. 289 413 854 or 918 806 044. www.algarvehhh.org

WORKSHOPS & COURSES

Latin American and Ballroom Dancing. Tues. 10am - 1pm Alvor. Wed 7pm - 8.30pm Carvoeiro. Caroline 961 916 821, strictlydancing carvoeiro@hotmail.com

Scottish Country Dancing - Mondays 7.30pm to 9.30pm, Lagoa. Mardie Cunningham 282 356 029, rosevale45@gmail.com

Art Classes: Botanical Art in Watercolours for beginners. Weekly from 12th March. Vale D'el Rei every Tuesday 13:45-16:15 €15 per class.Tel: 933669503 email: tonidade@yahoo.co.uk



A combination of local charities has seen one of their projects come to fruition

At the end of August 2018, three local charities joined forces to kickstart an important project for the Bombeiros in São Brás de Alportel. The three charities are Santa Barbara Smile, The Angels Theatre Group and Helping Hands in The Algarve. They combined resources to help the Bombeiros in São Brás de Alportel create a new building extension to wash rescue vehicles under better and safer conditions and to reduce the risk of cross infection after use.

Last August, Lynda Fury, representing Santa Barbara Smile, handed over €1,000 and The Angels Theatre Group represented by Marion Griffiths donated €1,500. The Helping Hands in The Algarve charity, represented by Christine and Richard Brice and Marj and Roger Marshall, contributed €2,000. The funds were gratefully received by Vitor Martins (Comandante), Custodia Reis (Presidente) and Alex Barcia (Vice Presidente, who acts as liaison between the charities and the Bombeiros).

The extension is now complete and is in use to wash rescue vehicles and ambulances in much improved and healthier conditions.

Lagoa 20 years **Lagoa 2019 cidade inovadora**

DIA INTERNACIONAL DA MULHER 2019 LAGOA

21H00

Audifório Carlos do Carmo

Entrega do Prémio Maria Barroso

Espetáculo Musical por Susana Travassos

What you need to know about Kevin Curry and his food... His mantra is: 'Plan, prep, repeat'.

Flagging on the healthy eating resolution front? Or just need a kick start when it comes to thinking of new things to make for dinner? Kevin Curry might just be your man.

The fitness expert and foodie, who has 1.3m followers on Instagram, and almost 500,000 YouTube subscribers, is also the Harvard-educated brain behind the wildly successful FitMenCook food and drink app.

He's a verifiable social media sensation. But apart from the fact it's not just for men, what can you actually expect to take from his new recipe collection, Fit Men Cook?

He's very frank

Fit Men Cook only exists because when Curry was in his late twenties, he was out of work, had gone through a break-up and was living back home in Dallas, Texas, with his parents, applying for food stamps. He talks openly in the book about his own struggles - with chronic depression, and problems with over-eating and over-drinking - and how he used lifestyle changes, like meal prepping, to help find a way through them. He's clear that you shouldn't look at his food videos and just assume he hasn't faced difficulties.

Preparation is key

Talking of meal prepping, Curry is a true believer in the power of making your meals

in advance. Why? Because it's handy if your schedule is tricky, helps you budget, and keeps you on track eating the right stuff, at the right times. Prep offers you consistency - it's just a case of making sure you have enough Tupperware on hand...

You need variety in what you're eating

Dieting, or just trying to eat more green stuff and whole grains in general, can often sound too boring to even contemplate. And the idea of meal prep tends to conjure images of two weeks' worth of bland chicken salad that you'll be forced to eat day-in, day-out. Curry is all about eating "an assortment of nourishing foods" so you don't get "cranky" or demotivated by dinner boredom.

He understands the pitfalls of changing your diet

And he's got solutions, too. Whether it's never giving yourself a break, not listening to your body, trying to do too much and rushing into new eating habits too quickly, or focusing too much on one thing (e.g. what the scales say, rather than how much better you're feeling), he's all for easing into new eating habits and

treating yourself occasionally. "You're not cheating by enjoying your favourite food every once in a while," he says.

His hashtag - #HealthyAF - is actually quite inspiring

Sure, it's a swearsy hashtag, but Curry is adamant that it goes further than that. The 'F' also stands for feeling: fit (he surfs, hikes, boxes); fresh (his food is all about pumping you full of energy); faithful (in terms of committing to your diet goals); fly (feel good about what you're eating, and you're likely to feel better about yourself), and free (to be confident, to tackle challenges, to be yourself). They're not bad ideas to aim for - and are certainly more fun and inspiring than setting yourself targets like: 'Cut out all bread,' or 'Never touch a biscuit ever again'.

Here's how to make Curry's Alfredo Meatballs with Zasta:

(Serves 4)

- 450g 99% lean ground beef or ground chicken breast or 93% lean ground turkey
- 1tsp dried oregano
- 1tsp dried sage
- 1tsp dried thyme
- 1/2tsp garlic powder
- Pinch of black pepper
- Olive oil spray (optional)
- For the alfredo sauce:**
- 1tbsp olive oil
- 1tbsp minced garlic
- 3tbsp plain whole wheat flour or oat flour
- 160ml skimmed milk or

- coconut milk
- 80ml no-salt-added chicken broth
- 60g grated Parmesan cheese
- 60g grated Parmigiano-Reggiano
- 3 medium courgettes, spiralized into noodles
- Sea salt and black pepper
- To serve:**
- Chopped fresh parsley, dried chives, cracked black pepper

1. Preheat the oven to 420°F/215C/Gas Mark 6.
2. Combine your meat of choice with the oregano, sage, thyme, garlic powder, and pepper in a large bowl. Use about two tablespoons of the mixture to form a meatball about the size of a ping-pong ball. Repeat with the remaining mixture; you should end up with 12 meatballs.
3. Place each individual meatball into a mini muffin tin coated with olive oil spray or onto a baking sheet lined with parchment paper. Bake in the oven for 12 to 15 minutes, or until the meat is cooked to the desired doneness.
4. While the meatballs are baking, set a large nonstick skillet over medium heat. Add the olive oil and garlic and cook for about one to two minutes, then add the flour.
5. Stir the oil, garlic, and flour together in the skillet and cook for about one minute, making sure to combine well and expose the flour to the hot surface of the pan.



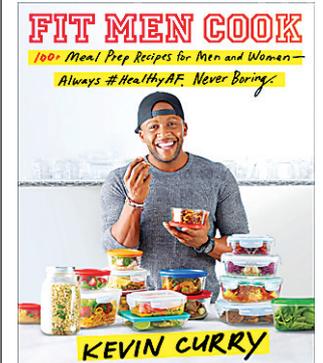
Alfredo Meatballs with Zasta. (Photos: Kevin Marple/PA)

Pour in the milk and broth, making sure that the mixture is well stirred together and smooth, and bring to a light simmer. You'll need to use a whisk to ensure that there are no lumps, as the sauce will get very thick very quickly.

6. Gradually add the Parmesan and Parmigiano-Reggiano, whisking to prevent the cheese from clumping, and continue to cook to thicken the sauce.
7. Reduce the heat or remove the skillet from the heat, then add the baked meatballs and courgette noodles.
8. Gently toss the noodles in the skillet until they are lightly wilted and start to

absorb the sauce.

9. Season with salt and pepper, garnish with the parsley and chives, and enjoy!



Fit Men Cook by Kevin Curry is published by Simon and Schuster. Available now PA/TPN

SPINNAKERS
Call: (+351) 282 789 701
Open until midnight every day
Join us on St Patricks Day
Marina de Lagos Lote 30, 8600-780 Lagos

TASTE restaurant
Thursdays Live Music
Saturday Steak Night
Closed Tuesdays
We've moved!
Rua do Barranco, Carvoeiro
Mob. 969 577 644
www.tastecarvoeiro.com

Gurkha Kitchen
Nepalese & Indian Cuisine
Restaurant & TakeAway
OPEN ALL WINTER
Tel: +351 282 185 776
Tel: +351 920 169 028
RUA DAS AMOREIRAS N°14,
8400-503, CARVOEIRO

Gurkha Kitchen
Nepalese & Indian Cuisine
Restaurant & TakeAway
Quality food prepared by
Nepali chef Shree Ram Maharjan
Friendly and attentive staff
Excellent value for money
OPEN ALL WINTER
Tel: +351 282 185 776 Tel: +351 920 169 028
RUA DAS AMOREIRAS N°14,
8400-503, CARVOEIRO

SPINNAKERS
Marina de Lagos
All live sports shown on big screens
Join us on St Patricks Day for the best of Irish
music and Craic! (Rumour has it that St Patrick
himself may show up!)
Happy Hour 4pm - 7pm
FOLLOW US ON FACEBOOK
SPINNAKERS BAR LAGOS

Making gardening child's play

As the weather warms up, it's time to get out of the house and into the garden, and who better to help than the kids!



“A study by the National Trust has found that our children nowadays are spending half the amount of time outdoors as we used to when we were younger,” says Lee Connelly, known as the Skinny Jean gardener. “Getting outside is all about creating memories as a family. Just getting out there, playing games and stimulating the imagination is what it's all about.”

Fancy getting your youngsters outside for some green-fingered fun? Here, with help from his four-year-old daughter, Olive, Connelly offers five tips on how to encourage kids to get off their screens and into the great outdoors...

Give them their own space
Let them have their own patch in your vegetable bed or allotment. If you have limited space, use an old washing-up bowl, putting holes in the base for drainage and then creating a mini-allotment for them. Good crops to plant include salad leaves and other fast-growing vegetables, so they can see the results quickly. “If you have an allotment, give them their own space to do what they want,” says Connelly. “It gives them a sense of responsibility. Just be there for guidance.”

Encourage them to grow their own
“My daughter didn't used to like eating vegetables much, until

she started growing them,” says Connelly. “But start them off growing something they like eating, or they won't care about it as much.”

“Tomatoes, lettuce and peppers are a good bet. My daughter loves going to our allotment and picking the tomatoes and the strawberries and eating them while we're down there. Pumpkins and runner beans are also good to sow.”

Encourage wildlife
Children will be engaged when they see butterflies, beetles and other bugs. “We have a hedgehog home in our garden and we often see them in the evenings,” says Connelly. “Make your own hedgehog home - it's

cheap and easy and you can use things you have around the house. Use a plastic box that you can cut holes out of and put up against a fence line. Cover the box with natural materials such as wood. Everything needs to be accessible and easy.”

Make wildflower seedballs
“If your kids like getting messy, this is a lot of fun,” he says. “You get clay, compost, water and wildflower seeds, mix them all together and you make these small wildflower seedballs. “Dry them on the windowsill and then find a spare area of the garden, throw the seedballs on there and lots of wildflowers will pop up in the summer, attracting bees and butterflies.”

You can also make butterfly fizzy pop by mixing a sugary drink for them. Get a plastic bottle, put a water and sugar mix in the bottle and give it a shake to dilute it, then stuff a sponge into the neck of the bottle and hang it upside down in the garden with string. The sugary mixture will seep through the sponge, creating a magnet for butterflies.

Make a runner bean teepee
Children love to make dens in the garden, but this one could have added interest. Create a wigwam out of bamboo, leaving a space for the entrance. You can then dig a trench around where it needs to be placed, ready to plant runner beans at the end of May or in June. The beans will grow around the wigwam and provide shelter for the children, as well as some delicious beans. You can move it each year around the garden. Line the floor of the den with bark, gravel or matting for the kids to sit on. **PA/TPN**

Revamp y

So what's on the menu for kitchen trends in 2019? “Industrial style is very much in vogue and still will be next year,” predicts Rachael Burgess, creative director at Contour Kitchens, based in Cheltenham. “One of our most popular finishes is concrete, as it offers a cool, grey colour palette along with a textured finish. We're going to pair this with steel doors in our new collection next year. “The contrast of light and dark is still a classic combination in interior design,” Burgess adds. “A new colour for 2019 is olive grey, a mixed green and grey hue, which combines well with North American hardwood, Robinia. Veined worktops - quartz, composite and Corian, which is non-porous and stain-resistant - are leading the field in popularity. “There's also a real trend for concealment, where a run of fitted cupboards can mask machines and utility areas and allow the area to be an uncluttered zone, perfect for entertaining.” Here are three more winning recipes for gourmet kitchen style...

Make it bold, open and interesting...
“Greys and darker blue shades are still a very popular choice when planning the colour scheme for a more modern-looking kitchen and work brilliantly, especially when combined with a clean, contemporary work surface,” says Melissa Klink, head of design at Harvey Jones. “That being said, we've also seen a rise in home owners who want a bolder focal point in their design. Choosing to apply a more vibrant colour to their kitchen, whether a brightly coloured

ROYALGRASS®

Get your **ReaDY** artificial Grass now for just **€27,50**/sqm Incl. IVA

ReaDY technology gives the artificial grass a beautiful natural appearance.

made in Holland

enjoy perfection
912 649 654 | www.royalgrass.pt

A Landscaper for All Your Gardening Needs...

Arquiscape EST. 1994

GARDEN DESIGN, CONSTRUCTION & LANDSCAPING
LIGHTING & IRRIGATION SYSTEMS | GARDEN & POOL MAINTENANCE | ONE-OFF & SEASONAL PROJECTS

samuel.padfield@arquiscape.com | 962 409 549 | 289 360 673 | www.arquiscape.com

ALGARVE TREE SERVICES

PRUNING
DISMANTLING
FELLING
STUMP GRINDING
BRUSHWOOD CHIPPER SERVICE

917 479 921
www.algarvetreeservices.com

QUALITY TREE CARE ACROSS THE ALGARVE

Artificial Grass from Belgium

SPECIAL Spring CAMPAIGN

From €18/m2 + VAT

MãosVerdes +351 935 816 122
info@maosverdes.pt | www.maosverdes.pt

our kitchen

It's the heart of any home - especially now that it's where many of us congregate not only to eat but also to catch up and socialise - which is why choosing the right kitchen style is so important.

island, accessories such as stools or appliances, or painted cabinetry, is a fantastic way to make a statement.

"Interesting textures are a growing trend and this can be achieved with work surfaces in sandblasted timber, polished concrete, or even with an unpolished natural stone slab," she adds. "Open-plan is still by far the most popular choice for lay-out, as people want to blend or extend the kitchen into the main living space, so it's a social area during everyday family use and an entertaining zone when needed." **DECOR TIP:** Kitchens are the perfect area for experimenting with colour. When deciding on a shade for cabinetry, consider your space first. Bolder, darker colours work particularly well in large, well-lit areas, while vibrant shades for accessories, such as lighting and kitchen gadgets, can be sufficient to lift a more enclosed space.

Max out on materials

"Maximalism no longer excludes the kitchen when redecorating the home, and increasingly people are looking for a kitchen that has impact," says Nick Bell,

sales and design director at Mark Wilkinson Furniture .

"Contrasting materials and bold shades have a strong presence in contemporary kitchen design. A kitchen island is the perfect place to be brave with a colour or finish and to embellish with luxury materials.

"We'll see a trend in kitchens gravitating towards more natural colours, textures and materials, such as bronze, burnt brass and timber. Next year, colours will begin to warm and soften," he adds, "and contrasting patterns and textures will be more prevalent, reflecting a contemporary twist on classic design."

DECOR TIP: Shimmer and sheen are all that's needed for a luxe look. Metal finishes, such as bronze, steel and copper, are making their mark on everything from furniture and tiles to accessories, and can also soften the look of an edgier industrial style space.

Shine a light

"A lighter colour palette works well in most kitchens, because a variety of surfaces and textures reflect light and brighten it, giving the illusion of more space," says

Fred Horlock, design manager at Neptune.

"A blend of two, three at most, complementary light shades creates a calm and sophisticated space. Our colours, pale green Sage, subtle Old Rose and taupe Driftwood, work well individually or combined.

"Generally, islands are an essential ingredient in a kitchen because they act as a sociable hub and provide a perfect place for preparation," Horlock adds. "We can configure ours in a variety of ways, so they can include a sink, hob, an integrated fridge or chopping board cabinet, or be used purely for storage.

"Seating's always desirable and, where possible, we'll also include a wine rack, so it's the ideal spot to unwind and relax with friends." **DECOR TIP:** While whitewashed woods are in tune with the enduringly fashionable Scandi style, there's a growing trend for showcasing the grain of different woods, which brings drama and character to a scheme. Exposed timber can add warmth to a pale scheme, contrast well with smooth surfaces, and is a natural balance for painted cabinetry.

PA/TPN



Make It Bold, Open and Interesting. (Photo: Harvey Jones/PA Photo)

PVC Directo Open Mon to Fri 9 - 1pm & 2.30 - 6pm

WE HAVE MOVED!

GPS: 37.124247, -8.337148

EN 125, Areias de Pêra
Rch Esq Sul Loja 1 Fracção A 8365-201 Pêra
Tel: 282 317 472 • info@pvcdirecto.com
www.pvcdirecto.com
www.facebook.com/pvc.directo

PVC & Aluminium Doors • Windows • Shutters • FlyScreens

Algarve Leather Restoration.com

Looking Great & Lasting Longer

CLEANING RE-COLOURING REPAIRS

CARS FURNITURE BOATS - WE COME TO YOU

915 432 027

English speaking Whole Algarve covered

pgorton@me.com
www.algarveleatherrestoration.com

Paula & Renata CURTAINS

Hand made, curtains, blinds, covers, alterations & anything made from fabrics

Make your home cosy with us

Estrada da Barragem, Nº13 R/C Esq
8600-250, Odiáxere

Email: renyreny93@yahoo.com | Tel: 910 681 242
www.paulaandrenatacurtains.com

BBQ'S SALES & SERVICE

LUXURY OUTDOOR KITCHENS

AWNINGS

SHADE SAILS

PATIO HEATING

BBQ's ALGARVE

+351 289 356 233
+351 917 866 779

lee@bbqs-algarve.com
www.bbqs-algarve.com

Broil King®
Great Barbecues Every Time

Visit us at
Rua do Comércio, 272A, 8135 Almancil

Eau de Pooch!

You may feel your dog is just another member of the family - but chances are his distinct odour sets him apart from his human 'relatives'.



Make sure the dog's bed is odour-resistant, or at least washable. (Photo: Helen Yates/Blue Cross/PA)

That poochy pong often permeates the whole house, although many owners aren't aware of it because they get so used to it. Visitors, however, will usually be able to quickly sniff out the fact they're

entering a house where a dog lives. There are steps you can take to help minimise the stink factor. Mandy Jones, director of rehoming services at the pet charity, Blue Cross says: "Dogs like to be able

to smell themselves in their home, so homes should always smell of them at least a bit. Over-cleaning and removing the smell completely could lead to a dog marking and urinating, which is obviously not desirable."

Jones suggests potential dog owners should research different breeds before getting a dog, as different coat types can determine how a dog smells.

Already have a beloved pooch, but keen to find out how to stop the whole house smelling like a kennel? These 12 tips could help...

Wash the dog's bed
Make sure the dog's bed is

odour-resistant, or at least washable. Usually, beds have a washable cover that you can slip off and put in the washing machine. The inside of the bed may not smell, but if it does you may be able to wash that too - if the washing instructions say you can, and if it's not too big for the machine.

Wash everything else regularly

If you let the dog on the furniture, Jones suggests using throws that can be easily removed and washed. In addition, regularly wash the dog's toys, blankets, etc. Also regularly wash your dog's collar and lead - put them in a pillowcase first to stop the metal bits banging against the side of the washer drum. When washing doggy items, it can help to add a little apple cider vinegar or distilled white vinegar to the washing detergent - vinegar helps neutralise dog smells.

Brush smells away
Groom your dog regularly, rather than bathing it, to keep its coat clean without washing out essential oils.

Check ears and teeth
Smells don't just come from a dog's coat, they may also emanate from its ears or teeth, so check these areas regularly, and take your dog to the vet if you smell or spot something that could be a problem.

Use an air purifier
Air purifiers can cut down on airborne odours, and good ones will not only filter particulate matter, but will also kill bacteria and fungi in the air.

Introduce nice smells

Although they won't get rid of a doggy smell, (pet-friendly) air fresheners and scented candles will at least disguise it, as will simply opening windows and letting some fresh air in. "Keep rooms aired by opening windows often, and consider using incense, scented candles or pet-friendly air fresheners to keep rooms smelling pleasant," suggests Jones. "But don't spray the dog!"

Clean the floors, carpets and upholstery

Mop hard floors with a pleasant-smelling cleaner, vacuum carpets well, and buy or hire a carpet cleaner and use it regularly to help get rid of deeply embedded dog dander, dirt and hair in both carpets and upholstery on sofas, etc. Always make sure the carpets are completely dry before allowing your dog back onto them.

Tackle super-smelly spots

If you've washed everything and there's still a lingering smell, it could be where your dog's soiled the floor in the past. You may have to identify the source through sniffing the floor close-up, but once you know exactly where the remaining smell is coming from, either buy an odour-repellent product, or make your own odour neutraliser by mixing two cups of white vinegar, four tablespoons of bicarbonate of soda and enough water to fill a spray bottle.

Test the solution on a hidden bit of carpet to make sure it doesn't discolour it, and if it doesn't, spray the mixture on the smelly area(s), let it soak in, and then blot it dry with a clean cloth.

Banish with bicarb

Bicarbonate of soda can help to neutralise smells, so put an open container of it near the dog's toys and/or bed. It can also help to sprinkle bicarb on carpets,

leave it overnight and vacuum it up the next day.

Buy a new collar
Your dog's collar may smell terrible, and while most collars can be washed, if it's old, it might be best to just buy a new one.

Wipe paws
Keep an absorbent door mat and towel by the door and always wipe your dog's paws when he or she comes in the house from outside, thus preventing him/her bringing in anything smelly.

Dry wet dogs completely

If your dog's been swimming or got wet, make sure you dry him completely to avoid that 'wet dog smell' from tainting your carpets and furniture. That means drying thoroughly with a towel, or even using a hair dryer on a cool setting if the dog lets you. PA/TPN

PETS FOR ADOPTION



NOIR is a female black Podengo, sterilised and vaccinated, she has been at our shelter for more than a year waiting patiently to be chosen. Please make her dreams come true. Contact Kerry on 916731831 or via email kerry@aeza.org



BRUTUS is Socialised, Sterilised, microchipped and vaccinated and he loves his daily walks. He will be best homed with a female. Born 2017. 23kg. Please email: cadelacarlota.comp@gmail.com

HOSPITAL VETERINÁRIO DO ALGARVE

For more information visit our website:
hospitalveterinariodoalgarve.pt

Or call us on: 912 390 164 or 289 806 057

Find us on facebook and Instagram:
[@HospitalVeterinarioAlgarve](https://www.facebook.com/HospitalVeterinarioAlgarve)

Hospital Veterinário de Portimão

Portimão Veterinary Hospital

- CT Scan, Endoscopy, Echography, X-Ray, Echocardiography
- Soft Tissue Surgery •Orthopedic Surgery
- General Consultation •Vaccination
- Hospitalisation •ICU
- In-house Laboratory •Veterinary Emergency Team

EMERGENCY SERVICE 24/7

Tel. 282 418 260 - 968 759 065
hospvetportimao@gmail.com | hospitalveterinarioportimao.com
Av. Afonso Henriques nº28, 8500-502 Portimão, Portugal

Paws 4 Pets

The Best a Pet Can Get

Burns Pet Nutrition

Sensitive+ Duck & Rice
Developed for sensitive dogs
Hypo-allergenic & Complete

Highly Digestible, Low Fat (8%)
Low feeding guide (10g/Kg/day)
Economical, Less In = Less Out
Brown Rice (63%), Duck Meal (22%),
Oats, Peas, Duck Fat, Sunflower Oil,
Seaweed, Vitamins & Minerals

Top Quality Cat & Dog Foods
Hypo-allergenic, Low Fat, Real Meat
NO Wheat, Soya, Maize or By-Products

Albufeira: on the Montechoro Road from Ferreiras just past the Galp garage
Tels: 300 509 027 / 289 588 882 / 917 152 209
HOME DELIVERY SERVICE THROUGHOUT PORTUGAL
www.paws4pets.pt

Safe and comfortable pet transport covering Western Europe and the UK

EURO PET TRANSPORT

- *Regular trips to UK and return
- Covering the majority of the UK
- *Fully Licenced and D.E.F.R.A inspected
- *Climate Controlled Transporters with Full Pet Insurance Cover

www.europettransport.com
europetrans@yahoo.com
Tel: +44 7852665320 +351 913179390

Make time for lunch

We know having a sandwich at a computer Monday to Friday isn't ideal but eating lunch 'al desko' has become a sadly common reality of modern life.



Eating lunch 'al desko' has become a sadly common reality of modern life. (Photo: PA)

Many of us see it as a necessity - you feel like you've got so much work to do that you can't step away for even a second. Even though it might seem like a small portion of your day, what you decide to do with your lunch break can have a huge impact. Here are some of the potential mental and physical results of eating at your desk throughout the week.

You could be eating more calories

"Desk dining generally means

you're not dedicating time to eat, which suggests you're eating under undue stress and not eating in a mindful way," says Rob Hobson, head of nutrition at Healthspan. 'Mindful eating' might sound like a made up wellness trend, but trust us - it's a very real and positive thing. "Distractions at your work desk divert your attention so the brain is unable to accurately register the amount of food that you've consumed," explains psychologist Dr Aria Campbell-Danesh. "If you're not paying attention to the food that you're eating, this

information is less likely to be stored in your memory bank. Research shows that eating when distracted makes it more difficult for people to remember how much they've eaten. With fewer memories of what they've had that day, later when they sit down for their next meal, they're likely to eat significantly more." If you pay a bit more attention to what you're eating, it seems to also be more likely you won't snack as much later in the day. A study by the University of Birmingham in 2014 found that eating "attentively" decreased later snack intake by 30% for the overweight women participating. Furthermore, you're far more likely to finish everything on your plate if you're not concentrating on what you're eating. We're not encouraging food waste but it's definitely better to stop when you're full and save the leftovers for later - rather than the overfamiliar feeling of realising far too late that you're stuffed.

Stressed eating can harm your digestion

Mindful eating is also good for your digestion. When you're not thinking about the food in front of you, you're far more likely to Hoover it up in the blink of an eye. Needless to say, this isn't good news for your body. "Eating in a

rushed way or in the presence of stress is also more likely to encourage the symptoms of indigestion such as heartburn, bloating and excess wind," Hobson explains. Rushing your food can lead to painful indigestion, which could potentially make it harder for you to successfully do all your work - even though you worked through lunch. Chewing your food properly will encourage the enzymes that help digestion to switch on, and the slower you eat the less air will enter your stomach, reducing the risk of bloating.

You don't switch off

It's called a lunch 'break' for a reason - it's meant to be a time where you can take a pause from work to recharge your batteries, making you ready to attack the afternoon's tasks. However, if you're sat at your desk bashing away at emails all through lunch, you could very likely burn out before you even make it to 3pm. "Don't underestimate the effects of stress on the body. Stress has become a common side-effect of our modern way of living and the ripple effect on health has been shown to reach many areas of health," Hobson says. "Stress not only impacts on mental health but encourages inflammation in the body, which is now

understood to be a key risk factor for many diseases. "Stress can also impact on digestion and is a key factor in irritable bowel syndrome (IBS). Try to take time to manage your stress if this is an issue. Breathing and other relaxation techniques are simple to do during the day and can help to sooth a busy mind."

Impact on your posture

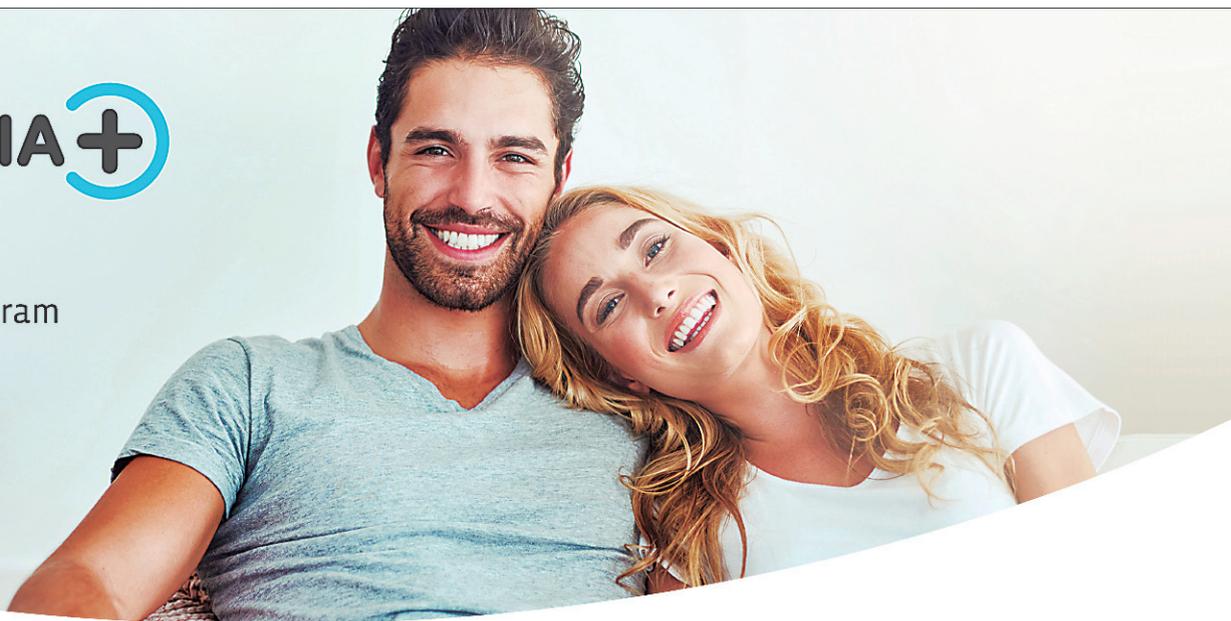
Eating at your desk suggests you're not really taking a break from sitting down all day. This can have a huge impact on your posture - just think about the position of your spine as the day progresses. Are you sitting up straight until it's time to go home, or are you slowly hunching further over? For most of us it's the latter. "A major concern is musculoskeletal issues, often developed as a result of prolonged sitting and desk work," Andy Romero-Birkbeck, of digital wellbeing organisation Hero, says. "In simple terms, the muscles of the body work in pairs, if one muscle becomes shorter and tighter as a result of sitting, the opposing muscle can become weaker and longer. Over time this will create muscular imbalances and promote poor posture and potential spinal issues like disk bulges and sciatica."

PA/TPN

PROGRAMA SORRIA+ DENTAL SURGERY

A SMILE IS FOREVER

Your health and oral rehabilitation program that will make you smile even more.



PACKS

FIRST CONSULTATION

Dental Check-Up, Orthopantomography and Treatment Plan.

25€

UPPER AND LOWER DENTAL SCALING

Oral disease prevention.

50€

ORTHODONTICS

Consultation/Dental Braces, Maintenance and Treatment Plan.

From 95€ month x36 months

IMPLANTS + CERAMIC CROWNS

Dental implants to replace missing teeth.

From 54€ month x24 months

SAME DAY DENTURE REPAIR (Week days)

PAYMENT & CREDIT FACILITES (Up to 48 months after approval)

DIRECT BILLING AGREEMENT W/ HEALTH INSURANCE COMPANIES



☎ 707 28 28 28

info@grupohpa.com · www.grupohpa.com

Could you be suffering from

EYE CENTRE
 Dr. med. **ALEN SULZBACHER, PhD**
OPHTHALMOLOGIST

EXCELLENCE IN MEDICAL EYE CARE

Vale do Lobo Medical Centre Tel. 289 353 433 | Albufeira Clínica Pacífico Tel. 289 543 545 | Cascais Clínica Sabeanas Tel. 218 025 501

CLÍNICA PACÍFICO

BRITISH & PORTUGUESE DENTAL PRACTITIONER

Dr. John McKean, BDS
Dr^a. Joana Cesário, DDS

SPECIALISING IN THE CARE OF NERVOUS AND FRIGHTENED PATIENTS

All costs agreed prior to treatment using the most cost effective solutions.

PAIN FREE DENTISTRY IS A REALITY!

Rua Alexandre Herculano, Conjunto Ria Formosa, n.º Q, R/C 8200-271 ALBUFEIRA
 Tel: 289 543 545 (24h) www.clinicapacifico.com
 (Behind the yellow shop VESPARENT) clinica.pacifico.albufeira@gmail.com



Dyspraxia is thought to be around three or four times more likely in boys than girls, and sometimes runs in families. (Photos: PA Photo)

The motor-skills disorder affects coordination and can make it difficult for people to plan and process motor tasks. Despite the fact it's quite common however, dyspraxia is often poorly understood and sometimes confused for a sign of low intelligence or clumsiness - but there's actually no connection between DCD and low IQ. In fact, it's widely thought that Albert Einstein had it. Dyspraxia is believed to affect around 10% of the population, meaning it's likely that one child in every classroom will have it - although it's often not officially recognised until

adulthood. It's also thought to be around three or four times more likely in boys than girls, and sometimes runs in families.

What is dyspraxia?
 Although the causes aren't fully understood, dyspraxia affects the planning and processing of movements and coordination as a result of brain messages not being accurately transmitted to the body. The NHS describes dyspraxia as a 'condition affecting physical coordination that causes a child to perform less well than expected in daily activities for his or her age, and appear to move clumsily'. Carrying out coordinated movements, however simple they may seem, is actually a complex process in the brain, involving many different nerves and parts of the cerebrum - and even the slightest glitch in the process can make something as simple as pouring a glass of juice, or tying a knot, more difficult. Experts are not clear as to why motor coordination doesn't develop as well as other abilities in children with dyspraxia, although there are a few risk factors that may be associated with it. These include being born prematurely or with a low birth weight, having a family history of dyspraxia, and alcohol or substance abuse during pregnancy.

What are the signs and symptoms?
 Some of the early signs of

Shoulder Problem? PAIN-FREE treatment!

92.3% of patients get moving and out of pain fast

Pain-Free Revolutionary Shoulder Treatment

FREE Orthopedic Shoulder EXAM

Dr. Bock - Olympic Doctor
 Frozen Shoulder Specialist

Call NOW
966 706 606

Pain-Free Shoulder Clinic



Winner - "Best Overseas Retirement Development" Award



Monte da Palhagueira Village The Perfect Choice for the Over 55's

Monte da Palhagueira offers 33 houses and apartments, exclusively designed for the over 55's. Set in a village development of 22 acres, 20 minutes drive from Faro International Airport, the village nestles in the picturesque hillside close to the charming market towns of Loulé and São Brás de Alportel.

The village offers many unique features and provides a unique lifestyle for mature residents wishing to enjoy the unique, hillside climate, set within tranquil surroundings.

Village properties all have access to British trained medical staff, on duty at all times, via an aid call system linked to the village nursing home.

- ◆ Le Marquis Restaurant
- ◆ Village Hall
- ◆ Anglican Church of St Luke
- ◆ Ornamental Lake
- ◆ Tennis Court
- ◆ Two Swimming Pools

A selection of Villas, Town Houses & Apartments from: £169,000 - £345,000

Monte da Palhagueira Village, Gorjões, 8005-488 Sta. Barbara de Nexe, Algarve
 GPS: Lat: 37°07'36.84"N - Long: 7°57'07.18"W

To make an Enquiry - Tel: Alexandre Neves on ++351 289 990900 | E-mail: montedapalhagueira@gmail.com | or visit: www.retirementvillageportugal.co.uk

dyspraxia?

Writing, typing, riding a bike, driving a car, doing DIY around the home - these are just a few of the everyday activities that can be more tricky for people with dyspraxia, or developmental coordination disorder (DCD), as it's now more commonly known.

dyspraxia in children include a tendency to bump into objects, difficulty with tasks such as learning to ride a bike and actions like throwing, catching and kicking balls. Young children might hit the milestones of crawling, walking and self-feeding later than their peers, while using pencils or cutlery can also appear difficult. You may also notice some speech and language difficulties in children with dyspraxia. Although signs of the condition are present from an early age, children vary widely in their rate of development, and DCD isn't usually diagnosed until a child is around five years old or older. It might just be brushed off as poor coordination until much later in life, however. In adulthood, dyspraxia can affect hand-eye coordination, cause problems with things like with rhythm while dancing or exercise, and may also make you more prone to

falling and tripping over than others. People with dyspraxia may also have difficulty with everyday things like dressing and grooming and grasping small objects, and experience difficulties planning and organising thoughts and memory.

How is it diagnosed?
The diagnosis of DCD is usually made by a paediatrician, often alongside an occupational therapist. An assessment is carried out to check gross motor skills (the ability to use large muscles that coordinate significant body movement, such as running and jumping) and fine motor skills (the ability to use small muscles for accurate coordinated movements, such as drawing and using scissors). A child's assessment score is then compared with the normal range of scores for children of their age, while taking into account

evidence that there are no issues with mental ability. If you think you may have undiagnosed dyspraxia or problems with your coordination as an adult, it's a good idea to keep a diary of your symptoms and take them to your family doctor to chat through. If they feel it's necessary, they may refer you to a physiotherapist or an occupational therapist for tests, which will assess your movements and how your symptoms are affecting you, before confirming a diagnosis.

How can dyspraxia be managed?
While dyspraxia is a lifelong condition, there are things that can help to manage it. These include occupational therapy, which can help you to manage everyday tasks, and cognitive behavioural therapy (CBT), a type of talking therapy that helps people manage difficulties by changing thought and behaviour patterns. Steps taken to help manage dyspraxia in



Dyspraxia is often poorly understood and sometimes confused for a sign of low intelligence or clumsiness.

children can vary depending on how the condition is affecting them, and will usually be tailored to their needs. For instance, there might be techniques to help them break difficult movements down into much smaller parts, so they can learn and

practise them regularly. They may also be given aids, such as special grips on pens and pencils if required, so they are easier to hold. Regular exercise can help to improve coordination, while switching to a computer can ease the

difficulties of hand writing. Often, a big part of managing dyspraxia can also involve taking steps to support your own, or your child's confidence and self-esteem, and helping improve understanding in others. *PA/TPN*

Would you like newer SKIN?

Salão Elysium
Rua do Brasil, Vilamoura 289 301 768

Natural Joki Flow

Mobilisation Therapy
A full body treatment that is painless and very effective for conditions such as scoliosis, sciatica, frozen shoulder and tennis elbow.

Holistic Massage
For deep relaxation and easing muscle tension.
We also offer Reiki, Indian Head Massage and Counselling

New Treatment Studio NOW OPEN

Edifício Pluma Rua Doutor Teófilo Braga, nº17 - 1º Andar - Loja 5, 8500-668, Portimão (entrance beside Cafe Tunet).

Please contact us on 910 636 518 or 910 665 601
www.naturaljokiflow.com

FLEXIDENT Algarve

Nº1 FOR FLEXIDENTURES...

Algarve's premier denture provider
Are you considering replacing your existing dentures?
We are THE denture specialists.

FLEXIDENTURES Partial dentures no metal clasps or palates. Minimum thickness. Maximum snap-fit.	ENIGMA SYSTEM DENTURES Full dentures, using award winning enigma teeth. Amazing, natural looking. restore sunken features. Look years younger.
All dentures are injection moulded, designed and constructed, in-house. Personal, friendly service Fully guaranteed.	2 HOURS GUARANTEED DENTURE REPAIRS In house acrylic repairs, guaranteed within 2 hours.

Alan Gale - Tel: 282 442 302 Mob: 916 717 113
Email: flexidentalgarve@gmail.com | www.flexidentalgarve.com

PRIVÉ
estética avançada

www.clinicaprive.com



Preventive and Cosmetic Dentistry
Non-invasive Facial Rejuvenation
Non-invasive Body Contouring
Laser Therapies

Call our PORTIMÃO office at:
282 457 018

This Week's profiles:



Sophie's Golf Shop

For more information, Tel: (+351) 282 799 711 or email: info@sophiesgolfshop.com



Dr. Haley, Cascais

For more information, Tel: 214863012 or visit: http://clinic.cdhalley.pt



PPS Wall Coatings

For more information, Tel: 282101532 or 939630057, email: contact@property-protection.co.uk or visit: www.ppshomeimprovements.co.uk



Projection Dreams

For more information visit: www.projectiondreams.com, call 282 039 391 or email: sales@thepedigreegroup.com

DISCLAIMER:

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

Sophie's Golf Shop



This year Sophie's Golf Shop in Odiáxere will celebrate 22 years of business. It's the oldest off course Golf shop in the Algarve, not to mention one of the best.

Its success is due to Sophie's friendly personality and sense of style. Golfer or not, if you are looking for something a little different on or off the golf course, this is the place to visit. There is a huge selection of casual wear in a multitude of colours, styles and sizes to suit everyone. And Sophie is always on the look out for new brands. Men are not left out and can find everything necessary for a great game of golf. In the shop you can also find a wide variety of accessories, shoes, balls etc.

Every March, Sophie organises a fun charity fashion show in aid of Riding for the Disabled. So if you fancy being a "supermodel" for the day, please get in

touch! Also in September, The Algarve Mixed Pairs Championship held at Palmares is always a great success with fantastic prizes - places are fought hard! If you would like to participate in any of these two events, contact Sophie directly.

New collections are coming in now with vibrant colours for the new season. For Ladies, this year Colmar is making a big entrance! For men, Island Green and Donald Ross will be added. There is still a little corner where you can find some great bargains, so don't wait, come and visit this super little shop. You certainly won't be disappointed.

Aldas - Nike - Bunker Mentality - Alberto - Calvin Klein - Green Lamb - Girls Golf - Puma - Chiberta - Colmar - Daily Sports - Röhnisch - Abacus - EP Pro - Ecco - Sunice - Under Armour.

For a better way of living



Enjoy a better way of living in your home with wall coatings, roof coatings, patio and terrace coatings, and internal damp products from PPS Wall Coatings.

There is nothing worse than living in an uncomfortable property but with PPS Wall Coatings damp and cold internal and external walls are eliminated, leaving you free to enjoy an improved home experience.

Products for PPS Wall Coatings insulate and protect your property in the Algarve leaving home owners able to save up to 35% on their energy bills in the winter months, while also adding value to a property.

All PPS Wall Coatings systems are completely weatherproof, ideal for the

Algarve weather, and the products mean that you do not need to constantly repaint your property to keep it looking fantastic, damp free and cheaper to run.

Coatings are available in a range of modern colours to suit your personal tastes and have also been designed to be flexible, to combat problems which may occur during minor tremors.

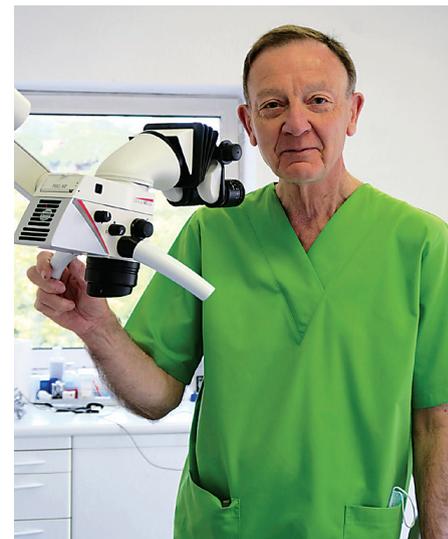
The internal and external products and services from PPS Wall Coatings allow all property owners to get on with their lives, the way they want to live it, with all products designed to combat the challenging climate we now live in - enabling owners to have year round peace of mind.

A Few Words About Preventive Dentistry

Dr Haley's dental practice, based in Cascais, is primarily concerned with prevention and minimally invasive treatments - promoting the importance of routine check-ups, oral hygiene instruction and measures such as fissure sealants and fluoride gel application for children (at the same time giving youngsters a relaxed attitude to a visit to the dentist!). It is fortunately becoming more common in dental offices to see young adults with no fillings and, as a result of orthodontic treatment, nicely aligned teeth. For those older patients who have already received restorative treatment follow-ups and maintenance are another occasion to reinforce preventive attitudes.

These prophylactic measures, as well as recent technological innovations, have resulted in a growing number of 'elderly' patients who retain most, if not all of their teeth and who, when dental problems arise, prefer to treat and maintain their natural dentition whereas previously losing teeth was considered an inevitable part of aging.

The two main disease processes concerning teeth and the mouth are decay and its consequences and periodontal (gum) disease however there is also the fact that with time, teeth become more susceptible to fracture, especially heavily filled teeth and in patients with bruxism (excessive grinding habits). As always prevention is the ideal course of action; good oral hygiene habits combined with routine dental check-ups will minimise problems and permit early, less extensive treatment. Simple and easily learned techniques for cleaning between teeth



such as interdental brushing or flossing can dramatically reduce decay and maintain healthy gingiva in these particularly vulnerable areas. For patients who clench or grind their teeth, especially unconsciously while sleeping, a protective night-guard is recommended.

When treatment is necessary composite (tooth coloured) filling material 'sticks' to enamel and dentine providing a more resistant result and often with less drilling. Implants, initially made of titanium but more recently in ceramic, to replace a missing tooth are a preferential alternative to conventional bridgework (several crowns linked together) or a denture.

Treatments are now frequently performed using a loupe or microscope which adds a new dimension of accuracy with a subsequently better prognosis.

Projection Dreams – Expanding Again!



Not a company to sit still, Projection Dreams are proud, following popular demand, to announce their expansion into the Carvoeiro area.

Opening on 11 March, the showroom will initially have the latest in IPTV, televisions, security cameras and an amazing cine-lounge with big screen TV and surround sound system complimented by a big sofa.

Later in the month, Projection Dreams third THX certified, Dolby Atmos home cinema demonstration suite will be added to the showroom with the first in Almancil and the second in Praia da Luz.

With opening times 9am to 6pm Monday to Friday and 9am to 1pm on Saturdays and bank holidays, Projection Dreams will welcome and assist customers to make the correct decision on their audio / video purchases.

Situated on the Rua do Barranco next to Casa Texteis, we look forward to seeing you.



Modern gallery and loft in historic building in authentic Ferragudo

Tradition meets modern design in new excellent lifestyle property. Exclusively for sale with Bright Homes Algarve in Ferragudo.

This special property, completely renovated in 2018, stands on a prominent location in the old village of Ferragudo. Between the quay and Rua Vasco da Gama only 50m from the lively central square. It has a long history as a workshop for boats on the ground floor and as a school on the first floor. While preserving the historic exterior walls, the award-winning architect Marlene Uldschmidt created a masterpiece, both in terms of design and quality. On the ground floor a gallery with both an access from the quay, and an entrance from the cosy pedestrian street. On the first floor a beautiful loft apartment with an outdoor terrace on the side of the quay with a view over the river. The gallery is a multifunctional space that can be arranged and used at it's own discretion: as an exhibition space, studio,

workshop, shop or as an extension of the living space. The building, named "Galeria Vasco da Gama" by the architect, stands between the quay and the lovely authentic pedestrian street with shop's and restaurant's. There is a front door from the street to the apartment, and next to it the inviting glass entrance to the attractive open space with characteristic arches that extend as a corridor to the quay. At the quay is a gate that opens onto a patio with glazed doors to the corridor. The multifunctional space on the ground floor and the apartment are connected to each other with an interior door. The property can be reached by car at the quay.

This unique property is a jewel in the beautiful authentic fishing village Ferragudo.



For more information, photos and description of this modern historic building (reference 1552) visit our website www.brighthousealgarve.com. You can find our office in Ferragudo opposite the Praia Grande and the Castle. Call us on (+351) 938 691 703.



MODERNBUILD

Renovating, extending or building a home in the Algarve?

We offer expertise & experience in -

- General building & renovation work
- Fast-build steel frame construction
- Bespoke quality timber buildings
- Thermal & acoustic insulation

Tel: (+351) 289 149 476 info@modernbuild.eu
www.modernbuild.eu

Constructive Solutions....



Modernbuild offers experience and expertise across a range of construction services. We undertake all manner of general building and renovation works, reconfigurations and extensions, as well as home insulation upgrades. Indoors and outdoors, our work also embraces kitchens & bathrooms, pools & terraces. The Modernbuild team includes specialist divisions in light steel frame (LSF) and timber houses, with over 15 years' experience in building numerous homes across the Algarve. And our quality carpentry wing, Decking Dave, is a leading builder of decks, pergolas and car ports. We also project-manage all associated works, via tried-and-trusted suppliers, to offer a complete turnkey package, including all fixtures & finishings, plumbing & electrical, as well as the latest energy-efficient heating & cooling systems. So for any constructive solution – call Modernbuild!

AbacoZ

algarve

AMI: 10429

WHATEVER YOUR BUDGET, AND WHATEVER YOUR REQUIREMENTS OUR TEAM IS DEVOTED TO FIND THE BEST PROPERTIES FOR YOU!
Our mission is to help you, to make sure everything goes as planned and to avoid nasty surprises! In addition we are always there for you, even after 5 O'clock!

www.abacoZ-properties.com
Email: info@abacoZ-properties.com
Tel: +351 282 044 886
Office: Marina de Lagos, Nucleo Gil Eanes, Loja 18/19, Lagos





REF: AV-619SL - SÃO TEOTÓNIO
ONLY 13 KM. FROM THE VILLAGE AND ONLY 25 MIN. BY CAR TO THE VILLAGE AND BEACH OF ZAMBUJEIRA IS LOCATED THIS 3 BED QUINTA WITH ENDLESS COUNTRY VIEWS AND A LOVELY KIDNEY SHAPED POOL. A MUST SEE PROPERTY!
ASKING PRICE €365.000



REF: AA-615SJ - LAGOS
LOVELY BRIGHT & MODERN 1 BED APARTMENT WITH SPACIOUS MEZZANINE, IDEAL FOR EXTRA SLEEPING AREA/TV AREA ETC, IN WALKING DISTANCE OF THE MARINA, BEACH & ALL AMENITIES, READY TO MOVE IN AND SOLD FURNISHED!
ASKING PRICE €298.000



REF: AA-611SJ - LAGOS
THIS 2 BED APARTMENT IS VERY WELL LOCATED, WITHIN WALKING DISTANCE TO THE MARINA, THE BEACH & THE HISTORICAL CENTRE IT'S IN AN EXCELLENT CONDITION AND READY TO MOVE IN OR RENT OUT BECAUSE IT WILL BE SOLD FURNISHED!
ASKING PRICE: €200.000

vendavilla.com

IMOBILIÁRIA | ESTATE AGENT
Desde 1982 Since 1982

MAIN OFFICE:

VILAMOURA, Av. Da Marina, Marina Plaza, Shop 69, (in front of Hotel Vila Galé Marina) EST. 1982
AMI 489
Mobile: 91 8788375
Tel: 289 315 333
sales@vendavilla.com

 <p>VILAMOURA - NEAR BEACH AND MARINA This excellent 2 bedroom duplex apartment located 2 min from Marina and Falésia beach, 2 bathrooms, lounge, equipped kitchen, storage area, hallway and terraces. Parking and storage area in the basement. Communal swimming pool and garden. Const area -121,64 sq.m. ENERGY CLASS - B- REF. A01670 PRICE : €380.000</p>	 <p>VILAMOURA - EXCELLENT INVESTMENT Within walking distance from the Marina and the beach. Newly refurbished one bedroom apartment, composed of bathroom, lounge, kitchen and terraces. Furnished and equipped. ENERGY CLASS - B REF. A01666 PRICE : €160.000</p>	 <p>VILAMOURA - GOOD VALUE Apartment situated close to all amenities composed of 2 bedrooms, 1 bathroom, lounge/dining room, fitted kitchen, utility room and terrace. Communal swimming pool and garden. ENERGY CLASS - D REF. A01669 PRICE : €195.000</p>	 <p>VILAMOURA - RENTAL POTENTIAL Villa in a private condominium, composed of 2 bedrooms, 2 bathrooms, living room, dining room, equipped kitchen and roof terrace with solarium. Air cond, solar panel and fireplace with wood burning stove. Communal swimming pool and garden area. Const. area - 93 sq.m. ENERGY CLASS - B - REF. V12898 PRICE : €295.000</p>
---	--	--	---



LAND & HOUSES ALGARVE
Yellow Homes

Sociedade de Mediação Imobiliária Lda. AMI 6232

For detailed information please visit our website:
www.landandhousesalgarve.com
www.landandhousesalgarve.de

Tavira: 281 320 281
Vilamoura: 289 301 294

 <p>Tavira Lovely 4 bedroom / 3 bathroom villa (206 m2) with large garage, garden and pool permission in Tavira. Fully fenced plot of 401 m2. Ready to move in. EC class: E Ref: LHV-1442 Price: €420,000</p>	 <p>Tavira Exclusive 3 bedroom / 2 bathroom apartment (130 m2) with south facing patio, sea view, roof terrace & communal pool. Tavira center. Sold furnished. EC class: C Ref: LHA-1339 Price: €285,000</p>	 <p>Tavira Good standard 2 bedroom / 2 bathroom townhouse (107 m2) located in green holiday resort with pools & all amenities. Walking distance to the center. EC class: C Ref: LHT-1041 Price: €269,000</p>	 <p>Tavira Modern 2 bedroom / 2 bathroom apartment (97 m2) with garage located in the center. A/C, electric shutters, solar panels. Elevator. Distant sea view. EC class: A Ref: LHA-1458 Price: €237,000</p>	 <p>Tavira Nice 2 bedroom / 1 bathroom apartment (94 m2) with private roof terrace & underground parking space in nice area. Elevator. Easy walk to town. EC class: in progress Ref: LHA-1457 Price: €165,000</p>
--	--	---	--	--

Lovely 4 Bedroom Villa with Sea Views in São Brás

Set on a south facing hillside, in a quiet small residential area. Just 2km from the town and 25 minutes to the airport. On the entrance level, the villa has a living / dining room and an open plan kitchen. Patio doors open to a terrace that extends over the entire length of the house and enjoys marvelous views – a perfect place for dining 'al fresco' and relaxation. There is a separate bathroom and a further two bedrooms en-suite on this level, of which the master suite has direct access to the terrace. The lower level consists of two bedrooms with a separate bathroom. A hallway leads to the sun terrace and seating area around the swimming pool. An orchard with a variety of local fruit trees is located below the swimming pool. This property makes a fabulous residential or holiday home.



449.000 €

Plot size: 1.033 m2 Ref: M-062

2 plus 3 Bed property close to Loulé

This semi-detached house is situated between Loulé and Almancil. Faro airport and beaches are about 15 minutes away. The property consists of five bedrooms, a fully equipped kitchen, a living and dining room with fireplace and 2 separate bathrooms. There is the possibility to build a swimming pool. There are two terraces and BBQ areas where you can enjoy the outdoor space.



265.000 €

Ref: A14-167

For more details or to schedule a visit to the properties please contact:
+351 289 462 438 | AMI. 8999

CCHomes - Algarve Real Estate www.cchomes.pt



silver HOLIDAYS
REAL ESTATE & VILLA RENTALS

AMI 7557

Tel: 00351 289 314 312
Fax: 00351 289 314 260
info@silverholidays.com
www.silverholidays.com

Rua do Brasil,
Casa Italiana, Loja 5,
8125-479 Vilamoura

 <p>Vilamoura €895.000 *** New property *** 4+1 bedroom villa, in a residential area just behind Browns Sports Club. Large south facing private pool and generous sized area of lawn gardens with outside custom made bar / entertaining area. Large 1100m² plot, very private you are not over looked.</p>	 <p>Vilamoura €340.000 *** New property *** Refurbished 3 bedroom townhouse, situated in a friendly residential area. Ideal to enjoy your holidays or as permanent residence in central Algarve. Laid out over two floors with a beautiful secluded back garden with a private pool. Well maintained with modern fittings.</p>	 <p>Vilamoura €2.500.000 *** New Property *** Palatial 3 storey property showcases a modern and colourful ambience. 6 bedroom golf property with direct access to the golf course. South – west facing, the house enjoys sun all day long. Own private heated pool, Jacuzzi located on the 1st level balcony.</p>	 <p>Vila Sol €1.175,000 *** Price Reduced *** Beautiful 4 bedroom detached villa located on the golf resort of Vila Sol not far from the clubhouse. The Villa comprises of an impressive entrance hall, with lots of natural light through the double glazed windows. Built to a very high standard over two floors.</p>	 <p>Vilamoura €700.000 *** New Property *** 4 bedroom / 4 bathroom detached villa, within a minute's walk of the Hilton Hotel. The Old Village is a 15-minute walk. The interior is to a high standard. Spacious outside terrace with built-in BBQ and gardens, private gated swimming pool.</p>
---	---	---	--	--

DIVINE HOME®

IMOBILIÁRIA • REAL ESTATE



4 Bedroom Villa with Pool in Portimão! € 499,000



Property Ref: SVP714
Wonderful villa on plot of 3242 m² with pool, air-conditioning, garage, basement, just a short drive to the city centre... Call us **NOW** to arrange a viewing!

f t i y ALBUFEIRA • MONCARAPACHO • SÃO BRÁS

Tel: (+351) 289 501 664 | www.divine-home.eu | AMI: 11606

AbacoZ

algarve



OPEN HOUSE!!!

LAGOS - REF: AV-581SJ

YOU CAN HAVE A LOOK YOURSELF AT THIS LOVELY RECENTLY RENOVATED 3 BED VILLA WITH COMFORTABLE LIVING SPACES AND MODERN FINISHINGS ON SATURDAY 9TH OF MARCH FROM 11 AM TO 2 PM AT MATOS MORENOS, LOTE N° 3 600-115 LAGOS OR CONTACT US FOR MORE INFORMATION

ASKING PRICE: €639.000



IF YOU WANT US TO SELL YOUR PROPERTY, PLEASE CONTACT US ASAP!
OFFICE: MARINA DE LAGOS, NÚCLEO GIL EANES, LOJA 18/19, LAGOS
EMAIL: info@abacoZ-properties.com TEL: +351 282 044 886



SCAN THE QR CODE TO GO TO OUR WEBSITE

NEW FANTASTIC CONSTRUCTION IN TAVIRA



TWO BEDROOM FROM
€250.000 - €295.000

- SHARED POOL WITH 18 APARTMENTS
- LIFT/ CLOSED GARAGE
- SOLAR PANELS FOR HOT WATER
- ELECTRIC SHUTTERS

THREE BEDROOM FROM
€265.000 - €398.000

- AIR CONDITIONING
- EQUIPPED KITCHEN
- CENTRE OF TAVIRA 10 MINS ON FOOT
- PRIVATE ROOF TERRACE PER APT.

CONTACT US FOR PLANS AND MORE INFO.

algarve manta
properties
AMI: 7673

Office phone: 00351 281 952 820
Mobile: 00351 911 041 862
www.algarvemantaproperties.com
Rentals: www.algarvemanta.pt
Email: sarah@algarvemanta.pt



MARCELA
propriedades



WE NEED MORE PROPERTIES



A1666

260,000 EUR | 2 Bedroom(s)



C3405

570,000 EUR | 3 Bedroom(s)

SPEAK TO US FOR FREE ADVICE!

(00 351) 282 788 977 | WWW.MARCELAPROPERTIES.COM

SUNFLEX



- Insect protection
- Any kind of shutters
- Repair service

- Windows and doors
- Manufacturer of glass systems



Extend your summer

GIANTS WINDOWS

Av. Engº Duarte Pacheco nº1 8005-481 Sta. Bárbara de Nexe, Algarve, Portugal
Tel: 289 998 050 | Fax: 289 998 279 | Mob: 911 199 888
Email: info@giantswindows.com | www.giantswindows.com



Kit&Caboodle



HIGH
QUALITY
PRE-LOVED
FURNITURE

www.kitandcaboodle.pt | Tel: 289394257 | sales@kitandcaboodle.pt

RUSSELL & DECOZ
REAL ESTATE, MEDIAÇÃO IMOBILIÁRIA LDA.

Contact Kaja Decoz

Phone: +351 289 792 785

Mobile: +351 963 085 580

Email: kaja@russell-decoz.com

Website: www.russell-decoz.com



AMI: 870

APEMIP: 1178



Fuseta – Moncarapacho

FABULOUS LARGE QUINTA with RESTORED BARNs & circular tank. APPROVED PROJECT to convert existing restored barns into 6 apartments for RURAL tourism. 52,000m2 of flat arable land, ideally suitable for agricultural purposes or to keep horses. Currently a part used as storage facility for caravans & motorhomes, providing a steady income. MAIN house consists of 2 apartments each with open-plan lounge & kitchen, woodburning stove, 2 bedrooms & bathroom. OLD ROMAN Well with historic 95 mtr AQUADUCT leading to 17 mtr diameter irrigation tank, perfect for gorgeous POOL or meditation area. SUPER central location, walking distance to Fuseta, shops, train station, bus stop & Ria Formosa Natural Park, lagoon beach & ferries to the islands. Faro Airport 30 min drive. Mature gardens with large trees offering shade in summer. Feature pole with a stork's nest and much much more.

Construction area: 598 m2 Area total: 52,000 m2

REF: MON1713Q

Price: € 695.000

Traditional Algarvian Style Villa in Tunes

This typically Portuguese villa V3 is located in the great area of Tunes, Silves. The house and gardens plot is approximately 400m2. This lovely villa is composed of a pool, barbecue station, garage, fully equipped and furnished kitchen and a

60m2 living room with a wonderful fireplace. The villa comes semi-furnished. The asking price for the property is €295.000. For more information about this property please contact : (+351) 969 293 253



Property Highlight

Go to www.theportugalnews.com, click on PROPERTIES at the top of the page and then click on the SUBSCRIBE banner or go to <http://properties.theportugalnews.com/subscribers/add>

The Portugal News is at the hub of EVERYTHING including the latest property deals! YOU can be the first to see PROPERTY OF THE WEEK and the latest featured properties by subscribing to our weekly property newsletter.

ALGARVE REMOVALS

“Relax, your move is in safe hands.”



REMOVALS

- Weekly full or part load removal service to and from UK, Portugal, Spain & Ireland
- Full or part packing service
- One box to full load removals
- Villa to villa moves within the Algarve

STORAGE

- Storage warehouse in both the UK & the Algarve
- Storage available for long or short periods
- Fully insured, secure and alarmed

ONLINE SHOPPING

- Shop online at main high street stores and have your items delivered the following week
- Anything from one to multiple items

Call us now for a FREE quote

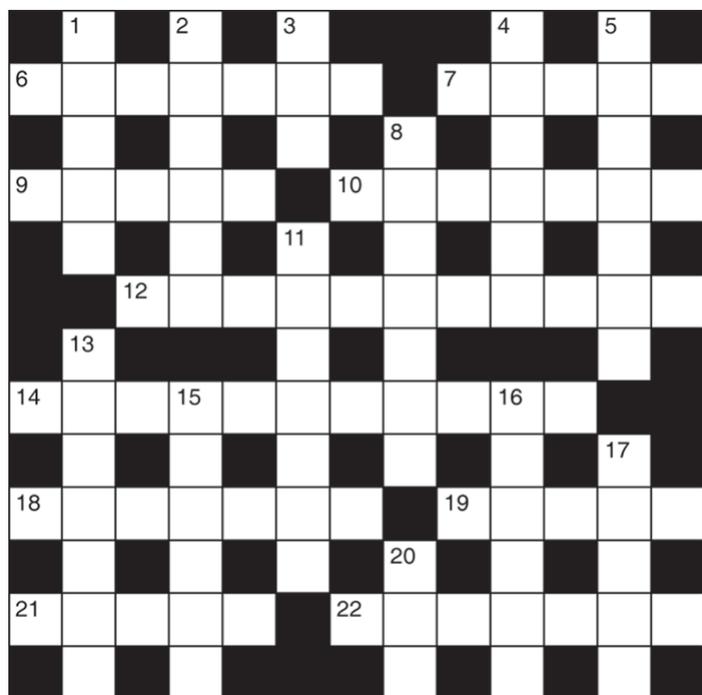
UK Tel: 0044 (0) 1621 850070
Mob: 0044 (0) 7711 179842

Algarve Tel: 00351 289513851
Mob: 00351 968019226

Email: sales@algarveremovals.com

www.algarveremovals.com

Local Depots at: Alcantarilha - Almancil - Tavira - Lagos



Last week's cryptic crossword solutions

Across: 1 Incautious; 7 Liver; 8 Distaff; 10 Portions; 11 Trio; 13 Pipped; 15 Bridle; 17 Eels; 18 Sandpiper; 21 Lamppost; 22 Rondo; 23 Ocean liner.
Down: 1 Invar; 2 Cornices; 3 Undone; 4 Inst; 5 Unaired; 6 Slap-up meal; 9 Flower show; 12 Gridiron; 14 Polemic; 16 Carnal; 19 Inner; 20 Zola.

CRYPTIC CROSSWORD

ACROSS

- 6. See 10 Across
- 7. They are inclined to be the right current measures (5)
- 9. One who escorts you and me and the girl (5)
- 10 & 6Ac. Business enterprise put restrictions on fellowship (7,7)
- 12. Foremen accuse labourers (11)
- 14. They sound like convenient artifices manually performed (11)
- 18. Unerring summary not quite enough (7)
- 19. Among the first three fish, we hear (5)
- 21. Turning-point for four in a vessel (5)
- 22. What will smell lively is a bunch of flowers (7)

DOWN

- 1. & 15Dn. Medical man with a beastly job! (5-6)
- 2. One who lectures on computers won't necessarily use figures of this kind (6)
- 3. See 17 Down
- 4. Wild animal in Luzon (6)
- 5. Allows more space for banquets (7)
- 8. Discharge a fellow brigade member (7)
- 11. A method of manufacturing company raised in the newspapers (7)
- 13. This will fasten the lock (7)
- 15. See 1 Down
- 16. He provides information for the bank clerk (6)
- 17 & 3Dn. Send round a piece of rock - certainly not the best cut (5-3)
- 20. Fight for a place in the theatre (3)

QUICK CROSSWORD

ACROSS

- 6. Tableland (7)
- 7. Candid (5)
- 9. Pleased (5)
- 10. Analogous (7)
- 12. Dishonesty (11)
- 14. Chance (11)
- 18. Sundry (7)
- 19. Criminal (5)
- 21. Arrears (5)
- 22. Fate (7)

DOWN

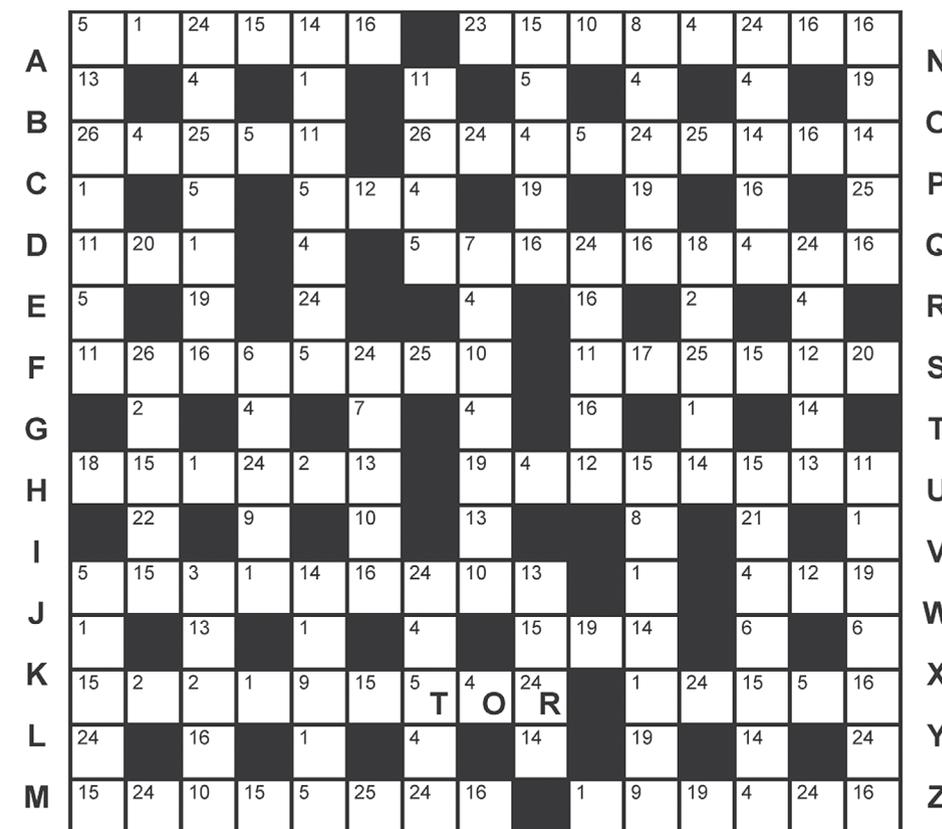
- 1. Chilly (5)
- 2. Numbness (6)
- 3. Route (3)
- 4. Commend (6)
- 5. Babyhood (7)
- 8. Sharp (7)
- 11. Detrimental (7)
- 13. Vesture (7)
- 15. Source (6)
- 16. Compact (6)
- 17. Scale (5)
- 20. Annoy (3)

Last week's quick crossword solution

Across: 7 Tabernacle; 7 Avert; 8 Stilted; 10 Estrange; 11 Arms; 13 Outlaw; 15 Prayer; 17 Earn; 18 Numbness; 21 Tourist; 22 Brace; 23 Betterment.
Down: 1 Treat; 2 Betrayal; 3 Resign; 4 Avid; 5 Liturgy; 6 Malevolent; 9 Distressed; 12 Probable; 14 Torture; 16 Mutter; 19 Exact; 20 Hint.

CODEWORD

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



SUDOKU

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

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

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

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

Medium

Last week's solutions

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



NOW OPEN IN BUDENS & LAGOA



Budens Shop, En 125
Rua Areias de Cima 2,
8650-070, Budens

+351 282 697 791
info@linen-etc.com

Lagoa Shop, En 125,
Parque Empresarial,
Lote 3, 8400-431
Lagoa

+351 282 071 674
lagoa@linen-etc.com

SATURDAY 09/03/19

BBC One	Go!
06.00 Breakfast.	09.25 ITV News.
10.00 Saturday Kitchen Live.	09.30 James Martin's Saturday Morning.
11.30 Nigellissima.	11.40 Ainsley's Caribbean Kitchen.
12.00 Football Focus.	12.40 ITV News and Weather; Weather.
13.00 BBC News; Weather.	12.45 Dancing on Ice.
13.15 Rugby Union: Six Nations Build-Up.	14.45 Catchphrase.
14.00 Live Six Nations Rugby Union.	15.30 ITV News and Weather.
16.30 Final Score.	15.45 ITV News London; Weather.
17.10 Celebrity Mastermind.	16.00 Six Nations Live.
17.40 Impossible Celebrities.	19.00 Small Fortune.
18.30 BBC News.	20.00 The Voice UK.
18.40 BBC Regional News; Weather.	21.20 The Jonathan Ross Show.
18.45 Pointless Celebrities.	22.25 ITV News and Weather; Weather.
19.35 All Together Now.	22.40 FILM: The Departed (2006).
20.40 Casualty.	01.20 Jackpot247.
21.30 Mrs Brown's Boys.	03.00 WOS Wrestling.
22.00 BBC News; Weather; National Lottery Update.	03.50 ITV Nightscreen.
22.20 Match of the Day.	
23.45 Sam Warburton: Full Contact.	
00.45 FILM: Mister John (2013).	
02.20 Weather for the Week Ahead.	
02.25 BBC News.	
BBC Two England	Channel 4
06.45 All Over the Place: Asia.	06.00 The King of Queens.
07.15 Wild & Weird.	06.25 The King of Queens.
07.30 Absolute Genius with Dick & Dom.	06.50 Everybody Loves Raymond.
08.00 Top Class.	07.15 Everybody Loves Raymond.
08.30 The Dog Ate My Homework.	07.40 Frasier.
09.00 Deadly on a Mission: Pole to Pole.	08.30 Frasier.
09.30 Nature's Microworlds.	09.05 The Big Bang Theory.
10.00 Animal House: Natural World.	09.30 The Big Bang Theory.
11.00 Homes Under the Hammer.	09.55 The Big Bang Theory.
12.00 Rick Stein's Long Weekends.	10.25 The Simpsons.
13.00 Talking Pictures: Musicals.	10.55 The Simpsons.
13.45 FILM: Daddy Long Legs (1955).	11.25 Four in a Bed.
15.50 Coast.	11.55 Four in a Bed.
16.45 Kangaroo Dundee & Other Animals - Part One: Natural World.	12.25 Four in a Bed.
17.30 Mountain: Life at the Extreme.	13.25 Four in a Bed.
18.30 The Great British Sewing Bee.	13.55 A Place in the Sun: Winter Sun.
19.30 Race Across the World.	14.55 Sun, Sea and Brides to Be.
20.30 Dad's Army.	16.00 Crufts: The Daily Show.
21.00 FILM: The Lost City of Z (2017).	17.00 A Place in the Sun: Summer Sun.
23.10 FILM: Noah (2014).	17.30 The Secret Life of the Zoo.
01.20 FILM: Under the Rainbow (2013).	18.30 Channel 4 News.
03.15 This Is BBC Two.	19.00 Crufts 2019.
ITV London	21.00 FILM: The Martian (2015).
06.00 CITV.	23.45 FILM: Southpaw (2015).
07.30 Scrambled!: Scrambled!	02.00 The Last Leg.
07.35 Scrambled!: The Tom and Jerry Show.	02.50 Hollyoaks.
07.50 Scrambled!: The Powerpuff Girls.	04.55 Come Dine with Me.
08.10 Scrambled!: ToonMarty.	05.50 Liam Bakes.
08.30 Scrambled!: Robozuna.	
09.05 Scrambled!: Teen Titans	BBC Four
	19.00 Yellowstone: The Blazing Summer.
	20.00 Hunters of the South Seas.
	21.00 Trapped.
	21.45 Trapped.
	22.40 Top of the Pops: 1987.
	23.10 Top of the Pops: 1987.
	23.40 Boy George and Culture Club: Karma to Calamity.
	00.40 Duets at the BBC.
	01.40 The Joy of the Single.
	02.40 James May's Big Trouble in Model Britain.
	03.40 Close.

SUNDAY 10/03/19

BBC One	Go!
06.00 Breakfast.	09.25 ITV News.
08.35 Match of the Day.	09.30 Parveen's Indian Kitchen.
10.00 The Andrew Marr Show.	10.30 This Morning - On Sunday.
11.00 Sunday Politics.	11.30 Ainsley's Caribbean Kitchen.
11.30 The Big Questions.	12.35 ITV News and Weather; Weather.
12.30 Homes Under the Hammer.	12.50 The Voice UK.
13.00 BBC News; Weather.	14.15 Six Nations Live.
13.15 Songs of Praise.	17.30 ITV News and Weather.
13.50 Bargain Hunt.	17.50 ITV News London; Weather.
14.50 Garden Rescue.	18.00 Dancing on Ice: The Final.
15.35 Money for Nothing.	20.00 Midsomer Murders.
16.20 Escape to the Country.	22.00 ITV News and Weather; Weather.
17.20 Pointless Celebrities.	22.15 Joanna Lumley's India.
18.05 BBC News.	23.15 Tenable.
18.20 BBC Regional News; Weather.	00.15 Jackpot247.
18.30 Countryfile.	03.00 ITV Nightscreen.
19.30 MasterChef.	05.05 The Jeremy Kyle Show.
20.00 Antiques Roadshow.	
21.00 Baptiste.	Channel 4
22.00 BBC News.	06.20 The Big Bang Theory.
22.20 BBC Regional News; Weather.	06.45 The Big Bang Theory.
22.30 Match of the Day 2.	07.10 The Big Bang Theory.
23.35 Rugby Union: Women's Six Nations Highlights.	07.35 Frasier.
00.05 The Celebrity Apprentice USA.	08.00 Frasier.
00.50 The Celebrity Apprentice USA.	08.25 Everybody Loves Raymond.
01.35 Weather for the Week Ahead.	09.00 Everybody Loves Raymond.
01.40 BBC News.	09.30 Sunday Brunch.
BBC Two England	12.35 Jamie's Quick & Easy Food.
06.35 Countryfile.	13.10 Jamie's Quick & Easy Food.
07.30 Live Formula E.	13.45 The Simpsons.
09.15 My Life on a Plate.	14.15 The Simpsons.
10.00 Saturday Kitchen Best Bites.	14.45 The Simpsons.
11.30 The Hairy Bikers' Chicken and Egg.	15.20 FILM: Cloudy with a Chance of Meatballs 2 (2013).
12.30 Best Bakes Ever.	17.10 The Great Celebrity Bake Off for Stand Up to Cancer.
13.00 Triathlon: World Series: Abu Dhabi.	18.30 Channel 4 News.
14.30 FILM: Kon-Tiki (2012).	19.00 Crufts 2019: Best in Show.
16.15 Kangaroo Dundee & Other Animals - Part Two: Natural World.	21.00 Traitors.
17.00 Inside the Factory.	22.00 8 Out of 10 Cats Does Countdown.
18.00 Six Nations Rugby Special.	22.55 Ramsay's 24 Hours to Hell and Back.
19.00 Travelling Blind.	23.55 Ride Upon the Storm.
20.00 Top Gear.	01.05 FILM: Man on a Ledge (2012).
21.00 Race Across the World.	02.45 The Big Narstie Show.
22.00 Louis Theroux: The Night in Question.	03.40 Come Dine with Me.
23.00 White Gold.	04.30 Liam Bakes.
23.30 Top Gear: Extra Gear.	04.55 Selling Houses with Amanda Lamb.
23.55 FILM: The German Doctor (2013).	05.50 Countdown.
01.25 Sign Zone: Question Time.	BBC Four
02.25 Sign Zone: Holby City.	19.00 Sold! Inside the World's Biggest Auction House.
ITV London	20.00 James May's Big Trouble in Model Britain.
06.00 CITV.	21.00 Arcadia.
07.30 Scrambled!: Scrambled!	22.20 FILM: The New Girlfriend (2014).
07.35 Scrambled!: The Tom and Jerry Show.	00.05 Tom Jones at the BBC.
07.50 Scrambled!: The Bagel and Becky Show.	01.00 The Real Tom Thumb: History's Smallest Superstar.
08.10 Scrambled!: Mr Bean: The Animated Series.	
08.30 Scrambled!: Project Z.	
09.05 Scrambled!: Teen Titans	

MONDAY 11/03/19

BBC One	10.30 This Morning.
06.00 Breakfast.	12.30 Loose Women.
09.15 Crimewatch Roadshow Live.	13.30 ITV Lunchtime News; Weather.
10.00 Homes Under the Hammer.	13.55 ITV News London; Weather.
11.00 Good Morning Dagenham.	14.00 Judge Rinder.
11.45 A1: Britain's Longest Road.	15.00 Tenable.
12.15 Bargain Hunt.	15.59 ITV London Weather.
13.00 BBC News at One; Weather.	16.00 Tipping Point.
13.30 BBC Regional News and Weather.	17.00 The Chase Celebrity Special.
13.45 Doctors.	18.00 ITV News London; Weather.
14.15 A Service of Celebration for Commonwealth Day.	18.30 ITV Evening News; Weather.
16.00 Money for Nothing.	19.00 Emmerdale.
16.45 Flog It!	19.30 Coronation Street.
17.15 Pointless.	20.00 The Kyle Files.
18.00 BBC News at Six; Weather.	20.30 Coronation Street.
18.30 BBC Regional News and Weather.	21.00 Cheat.
19.00 The One Show.	22.00 ITV News at Ten; Weather.
19.30 MasterChef.	22.30 ITV News London; Weather.
20.00 EastEnders.	22.45 Ross Kemp and the Armed Police.
20.30 Inside Out.	23.45 Tenable.
21.00 Warren.	00.35 Jackpot247.
21.30 This Time with Alan Partridge.	03.00 The Jeremy Kyle Show.
22.00 BBC News at Ten.	03.55 ITV Nightscreen.
22.25 BBC Regional News and Weather.	05.05 The Jeremy Kyle Show.
22.35 Fleabag.	Channel 4
23.00 Jerk.	06.25 Cheers.
23.20 Have I Got a Bit More Old News for You.	06.55 Cheers.
00.05 Weather for the Week Ahead.	07.20 Cheers.
00.10 BBC News.	07.45 Frasier.
BBC Two England	08.10 Frasier.
06.15 The World's Most Photographed: Elvis Presley.	08.40 Frasier.
06.45 Best House in Town.	09.10 Everybody Loves Raymond.
07.30 Sign Zone: River Walks: The Nidd.	09.40 Everybody Loves Raymond.
08.00 Sign Zone: Great Canadian Railway Journeys.	10.10 Ramsay's Hotel Hell.
08.30 The Week in Parliament.	11.05 Undercover Boss USA.
09.00 BBC News at 9.	12.00 Channel 4 News Summary.
10.00 Victoria Derbyshire.	12.05 Come Dine with Me.
11.00 BBC Newsroom Live.	13.05 Find It, Fix It, Flog It.
12.15 Politics Live.	14.10 Countdown.
13.00 Rugby Union: Women's Six Nations Highlights.	15.00 A Place in the Sun: Summer Sun.
13.30 Coast.	16.00 Escape to the Chateau: DIY.
13.45 Sacred Wonders of Britain.	17.00 Four in a Bed.
14.45 Who Do You Think You Are?	17.30 Come Dine with Me.
15.45 The Hairy Bikers' Pubs That Built Britain.	18.00 The Simpsons.
16.15 Patagonia: Earth's Secret Paradise.	18.30 Hollyoaks.
17.15 Put Your Money Where Your Mouth Is.	19.00 Channel 4 News.
18.00 Eggheads.	20.00 The Brexit Millionaires: Channel 4 Dispatches.
18.30 Great Continental Railway Journeys.	20.30 The Secret Lives of Slim People.
19.00 David Attenborough's Natural Curiosities.	21.00 24 Hours in Police Custody.
19.30 Only Connect.	22.35 Trains from Hell: Caught on Camera.
20.00 University Challenge.	23.35 999: What's Your Emergency?
20.30 Mary Berry's Quick Cooking.	00.35 The Great British Skinny Dip.
21.00 The Choir: Our School by the Tower.	01.30 The Crystal Maze.
22.00 Cunk on Britain.	02.25 George Clarke's Amazing Spaces.
22.30 Newsnight.	03.20 Come Dine with Me.
23.10 Weather.	04.15 Liam Bakes.
23.15 The Parkinson's Drug Trial: A Miracle Cure?	04.45 Selling Houses with Amanda Lamb.
00.15 The Parkinson's Drug Trial: A Miracle Cure?	BBC Four
ITV London	19.00 Beyond 100 Days; Weather.
06.00 Good Morning Britain.	19.30 A Stitch in Time.
08.30 Lorraine.	20.00 Coast Great Guides: Scotland's Western Isles.
09.25 The Jeremy Kyle Show.	21.00 Oak Tree: Nature's Greatest Survivor.
	22.30 James May: The Reassembler.
	23.00 Treasures of Ancient Egypt.
	00.00 FILM: Letters from Baghdad (2016).

TUESDAY

BBC One	06.00 Breakfast.
09.15 Crimewatch Roadshow Live.	09.15 Crimewatch Roadshow Live.
10.00 Homes Under the Hammer.	10.00 Homes Under the Hammer.
11.00 Good Morning Dagenham.	11.00 Good Morning Dagenham.
11.45 A1: Britain's Longest Road.	11.45 A1: Britain's Longest Road.
12.15 Bargain Hunt.	12.15 Bargain Hunt.
13.00 BBC News at One; Weather.	13.00 BBC News at One; Weather.
13.30 BBC Regional News and Weather.	13.30 BBC Regional News and Weather.
13.45 Doctors.	13.45 Doctors.
14.15 Shakespeare & Hathaway - Private Investigators.	14.15 Shakespeare & Hathaway - Private Investigators.
15.00 Escape to the Country.	15.00 Escape to the Country.
15.45 Money for Nothing.	15.45 Money for Nothing.
16.30 Flog It!	16.30 Flog It!
17.15 Pointless.	17.15 Pointless.
18.00 BBC News at Six; Weather.	18.00 BBC News at Six; Weather.
18.30 BBC Regional News and Weather.	18.30 BBC Regional News and Weather.
19.00 The One Show.	19.00 The One Show.
19.30 EastEnders.	19.30 EastEnders.
20.00 Holby City.	20.00 Holby City.
21.00 Shetland.	21.00 Shetland.
22.00 BBC News at Ten.	22.00 BBC News at Ten.
22.25 BBC Regional News and Weather; National Lottery Update.	22.25 BBC Regional News and Weather; National Lottery Update.
22.35 Eating with My Ex.	22.35 Eating with My Ex.
23.05 Plastic Surgery Capital of the World.	23.05 Plastic Surgery Capital of the World.
00.05 Weather for the Week Ahead.	00.05 Weather for the Week Ahead.
00.10 BBC News.	00.10 BBC News.
BBC Two England	BBC Two England
06.00 The World's Most Photographed: Audrey Hepburn.	06.00 The World's Most Photographed: Audrey Hepburn.
06.30 Good Morning Dagenham.	06.30 Good Morning Dagenham.
07.15 Money for Nothing.	07.15 Money for Nothing.
08.00 Sign Zone: Great British Menu.	08.00 Sign Zone: Great British Menu.
08.30 Sign Zone: Grand Tours of Scotland's Lochs.	08.30 Sign Zone: Grand Tours of Scotland's Lochs.
09.00 BBC News at 9.	09.00 BBC News at 9.
10.00 Victoria Derbyshire.	10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.	11.00 BBC Newsroom Live.
12.15 Politics Live.	12.15 Politics Live.
13.00 The Super League Show.	13.00 The Super League Show.
13.45 Sacred Wonders of Britain.	13.45 Sacred Wonders of Britain.
14.45 Who Do You Think You Are?	14.45 Who Do You Think You Are?
15.45 The Hairy Bikers' Pubs That Built Britain.	15.45 The Hairy Bikers' Pubs That Built Britain.
16.15 Patagonia: Earth's Secret Paradise.	16.15 Patagonia: Earth's Secret Paradise.
17.15 Put Your Money Where Your Mouth Is.	17.15 Put Your Money Where Your Mouth Is.
18.00 Eggheads.	18.00 Eggheads.
18.30 Great Continental Railway Journeys.	18.30 Great Continental Railway Journeys.
19.00 Top Gear.	19.00 Top Gear.
20.00 Inside the Factory.	20.00 Inside the Factory.
21.00 The Great British Sewing Bee.	21.00 The Great British Sewing Bee.
22.00 The Mash Report.	22.00 The Mash Report.
22.30 Newsnight.	22.30 Newsnight.
23.10 Weather.	23.10 Weather.
23.15 The Kennedy Who Changed the World.	23.15 The Kennedy Who Changed the World.
00.15 The Choir: Our School by the Tower.	00.15 The Choir: Our School by the Tower.
02.15 Sign Zone: MasterChef.	02.15 Sign Zone: MasterChef.
02.15 Sign Zone: Growing Up Gifted.	02.15 Sign Zone: Growing Up Gifted.
ITV London	ITV London
06.00 Good Morning Britain.	06.00 Good Morning Britain.
08.30 Lorraine.	08.30 Lorraine.
09.25 The Jeremy Kyle Show.	09.25 The Jeremy Kyle Show.
10.30 This Morning.	10.30 This Morning.
12.30 ITV Lunchtime News; Weather.	12.30 ITV Lunchtime News; Weather.
12.55 ITV News London;	12.55 ITV News London;

Must See TV

Mary Berry's Quick Cooking (Monday 8.30pm, BBC2)

New series. The food writer demonstrates recipes that deliver on flavour but save on time, inspired by the cuisine and cooking culture of places she visits. Mary begins by making her first-ever visit to Rome to explore a cuisine that she has always adored, trying a new take on traditional pizza, uncovering a hidden gem in the Jewish quarter and cooking a speedy Roman classic with Michelin-starred chef Cristina Bowerman. Mary also whips up bruschetta, speedy pasta dishes and an irresistible tiramisu.

12/03/19

Weather.
13.00 ITV Racing: Cheltenham Festival.
16.30 Tipping Point: Best Ever Finals.
17.00 The Chase Celebrity Special.
18.00 ITV News London; Weather.
18.30 ITV Evening News; Weather.
19.00 Emmerdale.
19.30 Call the Cleaners.
20.00 This Time Next Year.
21.00 Cheat.
22.00 ITV News at Ten; Weather.
22.30 ITV News London; Weather.
22.45 Flights from Hell: Caught on Camera.
23.45 Tenable.
00.40 Jackpot247.
03.00 All Star Family Fortunes.
03.45 ITV Nightscreen.
05.05 The Jeremy Kyle Show.

Channel 4

06.25 Cheers.
06.55 Cheers.
07.20 Cheers.
07.45 Frasier.
08.10 Frasier.
08.40 Frasier.
09.10 Everybody Loves Raymond.
09.40 Everybody Loves Raymond.
10.10 Ramsay's Hotel Hell.
11.05 Undercover Boss USA.
12.00 Channel 4 News Summary.
12.05 Come Dine with Me.
13.05 Find It, Fix It, Flog It.
14.10 Countdown.
15.00 A Place in the Sun: Winter Sun.
16.00 Escape to the Chateau: DIY.
17.00 Four in a Bed.
17.30 Come Dine with Me.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 The Great Celebrity Bake Off for Stand Up to Cancer.
21.15 Derry Girls.
21.45 Home.
22.15 Gogglebox.
23.20 First Dates.
00.20 Ramsay's Kitchen Nightmares USA.
01.10 The Crystal Maze: Celebrity Special.
02.05 George Clarke's Amazing Spaces.
03.00 Walks with My Dog.
03.55 Come Dine with Me.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 A Stitch in Time.
20.00 The Art of Japanese Life.
21.00 Burma with Simon Reeve.
22.00 World War Two: A Timewatch Guide.
23.00 Treasures of Ancient Egypt.
00.00 How Quizzing Got Cool: TV's Brains of Britain.
01.00 Mark Gatiss on John Minton: The Lost Man of British Art.

WEDNESDAY 13/03/19

BBC One

06.00 Breakfast.
09.15 Crimewatch Roadshow Live.
10.00 Homes Under the Hammer.
11.00 Good Morning Dagenham.
11.45 A1: Britain's Longest Road.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.30 BBC Regional News and Weather.
13.45 Doctors.
14.15 Shakespeare & Hathaway - Private Investigators.
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 MasterChef.
21.00 Kilimanjaro: The Bigger Red Nose Climb.
22.00 BBC News at Ten.
22.25 BBC Regional News and Weather; National Lottery Update.
22.35 Glow Up: Britain's Next Make-Up Star.
23.35 A Question of Sport.
00.05 Weather for the Week Ahead.
00.10 BBC News.

BBC Two England

06.00 The World's Most Photographed: Adolf Hitler.
06.30 Good Morning Dagenham.
07.15 Money for Nothing.
08.00 Sign Zone: Great British Menu.
08.30 Sign Zone: Great Canadian Railway Journeys.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
11.15 Politics Live.
13.00 Think Tank.
13.45 Sacred Wonders of Britain.
14.45 Who Do You Think You Are?
15.45 The Hairy Bikers' Pubs That Built Britain.
16.15 Lost Land of the Tiger.
17.15 Put Your Money Where Your Mouth Is.
18.00 Eggheads.
18.30 Great Continental Railway Journeys.
19.00 Antiques Road Trip.
20.00 This Farming Life.
21.00 MotherFatherSon.
22.00 White Gold.
22.30 Newsnight.
23.10 Weather.
23.15 Love in the Countryside.
00.15 Love in the Countryside.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 The Jeremy Kyle Show.
10.30 This Morning.

12.30 ITV Lunchtime News; Weather.
12.55 ITV News London; Weather.
13.00 ITV Racing: Cheltenham Festival.
16.30 Tipping Point: Best Ever Finals.
17.00 The Chase Celebrity Special.
18.00 ITV News London; Weather.
18.30 ITV Evening News; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Britain's Brightest Family.
20.30 Coronation Street.
21.00 Cheat.
22.00 ITV News at Ten; Weather.
22.30 ITV News London; Weather.
22.45 Peston.
23.40 Tenable.
00.40 Jackpot247.

Channel 4

06.25 Cheers.
06.55 Cheers.
07.20 Cheers.
07.45 Frasier.
08.10 Frasier.
08.40 Frasier.
09.10 Everybody Loves Raymond.
09.40 Everybody Loves Raymond.
10.10 Ramsay's Hotel Hell.
11.05 Undercover Boss USA.
12.00 Channel 4 News Summary.
12.05 Come Dine with Me.
13.05 Find It, Fix It, Flog It.
14.10 Countdown.
15.00 A Place in the Sun: Summer Sun.
16.00 Escape to the Chateau: DIY.
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 Supertv: Noel Fitzpatrick.
21.00 The Undateables.
22.00 21 Kids and Counting.
23.05 Derry Girls.
23.35 999: On the Frontline.
00.35 Ramsay's Kitchen Nightmares USA.
01.25 The Simpsons.
01.50 FILM: Warm Bodies (2013).

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 A Stitch in Time.
20.00 The Mekong River with Sue Perkins.
21.00 James May's Big Trouble in Model Britain.
22.00 Secrets of British Animation.
23.00 Treasures of Ancient Egypt.
00.00 Two Types: The Faces of Britain.
01.00 Make! Craft Britain.
02.00 Britain in Focus: A Photographic History.

THURSDAY 14/03/19

BBC One

06.00 Breakfast.
09.15 Crimewatch Roadshow Live.
10.00 Homes Under the Hammer.
11.00 Good Morning Dagenham.
11.45 A1: Britain's Longest Road.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.30 BBC Regional News and Weather.
13.45 Doctors.
14.15 Shakespeare & Hathaway - Private Investigators.
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 MasterChef.
21.00 EastEnders.
21.30 MasterChef.
22.00 BBC News at Ten.
22.25 BBC Regional News and Weather.
22.35 Question Time.
23.35 This Week.
00.20 Weather for the Week Ahead.
00.25 BBC News.

BBC Two England

06.00 The World's Most Photographed: Marilyn Monroe.
06.30 Good Morning Dagenham.
07.15 Money for Nothing.
08.00 Sign Zone: The Great British Sewing Bee.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.15 Politics Live.
13.00 Think Tank.
13.45 The Queen's Palaces.
14.45 Who Do You Think You Are?
15.45 The Hairy Bikers' Pubs That Built Britain.
16.15 Lost Land of the Tiger.
17.15 Put Your Money Where Your Mouth Is.
18.00 Eggheads.
18.30 Great Continental Railway Journeys.
19.00 MOTD: The Premier League Show.
19.30 Mortimer & Whitehouse: Gone Fishing.
20.00 This Farming Life.
21.00 Shadow Commander: Iran's Military Mastermind.
22.00 Better Things.
22.25 Romesh: Talking to Comedians.
22.30 Newsnight.
23.10 Weather.
23.15 Race Across the World.
00.15 Sacred Rivers with Simon Reeve.
01.15 Sign Zone: MasterChef.

ITV London

06.00 Good Morning Britain.

08.30 Lorraine.
09.25 The Jeremy Kyle Show.
10.30 This Morning.
12.30 ITV Lunchtime News; Weather.
12.55 ITV News London; Weather.
13.00 ITV Racing: Cheltenham Festival.
16.30 Tipping Point: Best Ever Finals.
17.00 The Chase: Celebrity Special.
18.00 ITV News London; Weather.
18.30 ITV Evening News; Weather.
19.00 Emmerdale.
19.30 Priced Out? Old and Offline - Tonight.
20.00 Emmerdale.
20.30 Australia with Julia Bradbury.
21.00 Cheat.
22.00 ITV News at Ten; Weather.
22.30 ITV News London; Weather.
22.45 The Late Debate.
23.15 Britain's Busiest Motorway.
23.45 Tenable.
00.40 Jackpot247.
03.00 Priced Out? Old and Offline - Tonight.

Channel 4

06.25 Cheers.
06.55 Cheers.
07.20 Cheers.
07.45 Frasier.
08.10 Frasier.
08.40 Frasier.
09.10 Everybody Loves Raymond.
09.40 Everybody Loves Raymond.
10.10 Ramsay's Hotel Hell.
11.05 Undercover Boss USA.
12.00 Channel 4 News Summary.
12.05 Come Dine with Me.
13.05 Find It, Fix It, Flog It.
14.10 Countdown.
15.00 A Place in the Sun: Summer Sun.
16.00 Escape to the Chateau: DIY.
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 Ugly House to Lovely House with George Clarke.
21.00 60 Days on the Streets.
22.00 24 Hours in Police Custody.
23.35 Gogglebox.
00.35 The Undateables.
01.30 The Secret Life of 4 Year Olds.
02.25 Walks with My Dog.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 Top of the Pops: 1987.
20.00 The Crusades.
21.00 Britain's Tudor Treasure: A Night at Hampton Court.
22.00 Blackadder II.
22.30 Blackadder II.
23.00 Blackadder II.
23.30 Top of the Pops: 1987.
00.00 Classic Albums.
01.00 Sing's Motown.

FRIDAY 15/03/19

BBC One

06.00 Breakfast.
09.15 Crimewatch Roadshow Live.
10.00 Homes Under the Hammer.
11.00 Good Morning Dagenham.
11.45 A1: Britain's Longest Road.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.30 BBC Regional News and Weather.
13.45 Doctors.
14.15 Shakespeare & Hathaway - Private Investigators.
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 Comic Relief 2019.
22.00 BBC News at Ten.
22.25 BBC Regional News and Weather; National Lottery Update.
22.35 Comic Relief 2019.
00.30 Celebrity Apprentice for Comic Relief.
01.30 Celebrity Apprentice for Comic Relief.
02.00 Kilimanjaro: The Bigger Red Nose Climb.
03.00 Weather for the Week Ahead.
03.05 BBC News.

BBC Two England

06.00 The World's Most Photographed: John F Kennedy.
06.30 Good Morning Dagenham.
07.15 Money for Nothing.
08.00 Sign Zone: Antiques Roadshow.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.15 Politics Live.
13.00 Think Tank.
13.45 The Queen's Palaces.
14.45 The Queen's Palaces.
15.45 The Hairy Bikers' Pubs That Built Britain.
16.15 Lost Land of the Tiger.
17.15 Put Your Money Where Your Mouth Is.
18.00 Eggheads.
18.30 Great Continental Railway Journeys.
19.00 Antiques Road Trip.
20.00 Mastermind.
20.30 Gardeners' World.
21.00 Australia: Earth's Magical Kingdom.
22.00 Comic Relief Does University Challenge.
22.35 Newsnight.
23.05 Weather.
23.10 FILM: Birdman: Or (The Unexpected Virtue of Ignorance) (2014).
01.00 Better Things.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 The Jeremy Kyle Show.

10.30 This Morning.
12.30 ITV Lunchtime News; Weather.
12.55 ITV News London; Weather.
13.00 ITV Racing: Cheltenham Festival.
16.30 Tipping Point: Best Ever Finals.
17.00 The Chase Celebrity Special.
18.00 ITV News London; Weather.
18.30 ITV Evening News; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.30 Vera.
22.30 ITV News at Ten; Weather.
23.00 ITV News London; Weather.
23.15 The Jonathan Ross Show.
00.20 Tenable.
01.15 Jackpot247.
03.00 All Star Mr & Mrs.
03.50 ITV Nightscreen.

Channel 4

06.25 Cheers.
06.55 Cheers.
07.20 Cheers.
07.45 Frasier.
08.10 Frasier.
08.40 Frasier.
09.10 Everybody Loves Raymond.
09.40 Everybody Loves Raymond.
10.10 Ramsay's Hotel Hell.
11.05 Undercover Boss USA.
12.00 Channel 4 News Summary.
12.05 Come Dine with Me.
13.05 Find It, Fix It, Flog It.
14.10 Countdown.
15.00 A Place in the Sun: Winter Sun.
16.00 Escape to the Chateau: DIY.
17.00 Four in a Bed.
17.30 Come Dine with Me.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Food Unwrapped: Chaos at the Checkout.
21.00 Gogglebox.
22.00 The Last Leg.
23.05 The Big Narstie Show.
00.05 The Real Football Fan Show.
00.40 FILM: Lockout (2012).
02.15 Traitors.
03.10 Home.
03.40 Come Dine with Me.

BBC Four

19.00 World News Today; Weather.
19.30 Top of the Pops: 1987.
20.00 Irish Rock at the BBC.
21.00 Showbands: How Ireland Learnt to Party.
22.00 Christy Moore Live: Come All You Dreamers.
23.00 Here Comes the Summer - The Undertones Story.
00.00 Stiff Little Fingers and U2 in Concert.
00.35 The Irish Rock Story: A Tale of Two Cities.
01.35 Top of the Pops: 1987.
02.05 Van Morrison at the BBC.

BOOKS

ALGARVE BOOK CELLAR



Edifício "O Galeão" Loja 1 & 2
Rua dos Pescadores
8400-512 CARVOEIRO LAGOA

English Language Book Exchange
Refunds on return
New books to order
Audio Books
C.D.'s Cards
DVD's

282 354 310
Tue - Fri 9.30 - 5.00
Sat: 9.30am - 2.00pm
raymond.compton@gmail.com

BUREAUCRATIC SERVICES

ALGARVE ASSISTANTS



Are you moving to Portugal? We can help you!

- Non Habitual Residency Tax Status
- Rental licenses
- Vehicle Matriculation
- Fiscal representation
- Exchange or Register Driving Licences
- Accountancy and Tax advise

Rua Mar e Guerra Nº 75 A Bracials
8005-424 Bracials - Faro
Faro office 00351 289 816 390
Mobile 00351 967 486 011
info@algarveassistants.com
www.algarveassistants.com

DRAINS

Blocked Drains? Call: ANDY

Tel/Fax 282 471 335
Mobile 918 647 305

Power Jetting | Camera Inspection
Drain Repair | Root Removal
Drain Reconstruction

DRAIN KING

New equipment for Improved Service:
Mini Digger with Operator
New Sewer Drains
Septic Tank & Soak-aways




HEATING & COOLING

Fires Of Portugal WOOD BURNERS

Making Life Warmer
Selected ranges of LOG, PELLET and GAS burners professionally installed by experienced team.
Advice and quotation given on site.
Services and Repairs

TEL: 289 489 958 MOBILE: 967 721 209
sales@firesofportugal.com
www.firesofportugal.com



Chimney Sweeping across the Algarve €50 + IVA

INTERIORS & FURNISHINGS

Furniture World

Tables, Chairs, Beds, Chests, Wardrobes, Coffee Tables, Bookcases



Turn your house into a home

Lagos Portimao
EN125
2km from Lagos next to Solmate

www.furnitureworld.pt
Tel: 282 798 263

Urb. da Marateca
Lote 5, Chinicato, Lagos

THE BED WAREHOUSE

Top Quality British Beds, Sofas and Solid Oak Furniture DIRECT From the Warehouse



- ✓ Top BRITISH Brand Name Bankrupt Stock
- ✓ Bespoke 'Design Your Own' Service
- ✓ All sizes *Specialising in SUPERKING
- ✓ Superior Solid Oak Household Furniture
- ✓ Luxury British Sofas
- ✓ Bedding, Pillows and Mattress Toppers
- ✓ Next Day Delivery
- ✓ Unbeatable Prices

SAVE UP TO 50% ON BRAND NAME BEDS AND SOFAS
Tel.: 918 780 783
www.bedwarehousepain.com



BEDROOMS EXTRA

LAGOS: Tel: 282 762 383 ALMANCIL Tel: 289 050 919
Fax: 282 792 113 Fax: 289 051 040
The Biggest British Bed Retailer in the Algarve

NEW PRODUCTS

-15% DISCOUNT AVAILABLE

Victoria Divan Set - 5ft only €899
6ft only €1099

Premier Pocket 2000 Divan Set
5ft only - €1199 | 6ft only - €1499

MLILY The Legend of Comfort



GLOBAL PARTNER OF MANCHESTER UNITED

Algarve residents can now sleep easy just like the elite athletes of Manchester United Football Club. Bedrooms Extra are proud to be sole representatives for MLily in the Algarve and are excited to be bringing this fantastic product to our customers.

Their Sleep Scientists have worked tirelessly to ensure that their mattresses surpass the highest standards of performance for all health issues, this reflect in their partnership with M.U.F.C.

MLilys gel cooling layers are ideal for the hot Portuguese summers. The careful combinations of the best Cooling Gel, Comfort Memory Foam and an Advanced Pocket Spring Systems provide a layer system that is cool, breathable and adaptable to all body shapes and sizes. The advanced technology is also recommended for anyone with severe back pain or back related issues.

ALL MATTRESSES MADE TO BRITISH STANDARD WITH OVER 80 BED SETTINGS ON 2 FLOORS. LARGE SELECTION OF BEDS IN STOCK AT ALL TIMES.

ALL ENGLISH BED LINEN AND PILLOWS 20% DISCOUNT AVAILABLE NOW

ON THE N125 JUST OUTSIDE OF ALMANCIL GOING TOWARDS FARO

PARKING AVAILABLE



COME AND VISIT OUR FABULOUS 2 FLOOR BED STORE.

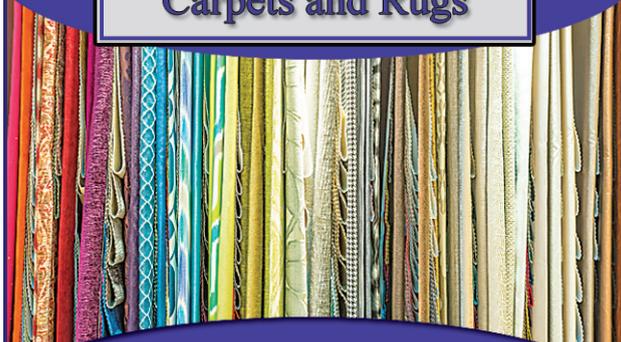
MON TO FRI 9-5PM, SAT 9:30-1PM
Lagos - Parque Industrial do Infante, Loja 9/10, Torre 8600-256 Odiaxere
Email: bedrooms@bedroomsextra.com

We are off the EN125 towards Odiaxere 500m before the A22 R/B

MON TO SAT 9:30-5:30PM
Almancil - Sitio da Igreja, 8135-011 Almancil
GPS: 37.0817519, -8.0111504
Email: bedroomsextra@gmail.com
On the left just after the beautiful São Lourenço Church.
Website: www.bedroomsextraalgarve.com

BEDS AVAILABLE FOR NEXT DAY DELIVERY FROM STOCK

The Curtain Centre Carpets and Rugs



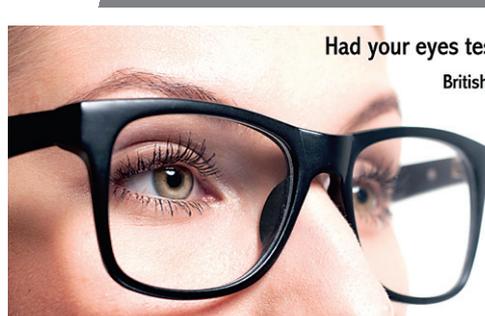
Made to Measure:

- Curtains • Blinds • Carpets • Rugs
- Tracks / Poles • Upholstery - All supplied and fitted



Open Monday - Friday 10am - 5pm
Estrada das Escanxinas • Loja B. Edif. Mendonça
Pereiras 8135-127 Almancil
Tel 289 355 442 • email: thecurtaincentre@gmail.com

OPTICIANS



Had your eyes tested this year?
British qualified optician.

Eye exams Glasses Contact lenses Sunglasses

Avenida Cabo Bojador, Lote 6D 8600-774 Lagos | T. (+351) 282 761 506

essilor
SN&N OPTICO

PAINTING & DECORATING

TOFTS

Paul Tofts

Decorating & Painting

tofts@hotmail.co.uk After 6pm
Mob: 918 938 004 Tel: 289 399 370



QUALITY PAINTS - Lagos

Still going strong after 24 years!

- Exterior Dulux & Sandtex, 15 year life - the paint film DOES last 15 years!
- Interior Dulux Matt & Macpherson Durable Matt - 20 times more scrub-able than normal Matt.
- Ronseal 5 year Woodstain - & more!

Always 10 tons of paint in stock in 100% of their full colour ranges (9,000+)
Free delivery within Algarve Fridays for orders placed by 12.00 Thursday

Quality Paints Lagos 282 760 761 Office tel. (24/7): 919 867 917
For more details/Shop Map please email qualitypaints007@gmail.com

POOLS & SPAS



ARTESIAN SPAS
PLATINUM ELITE CLASS

Probably The Best

Hot Tubs

Saunas & Swim Spas

in the World

Quality - Design - Reliability - Service

good life spas www.glspas.com
telf: 289 358 415

LEAK DETECTION IS OUR SPECIALITY

SPECIAL OFFER



Pools4U.eu
Pools & Spa Management



FREE + GET 2 MONTHS FOR FREE

PAY FOR 10 MONTHS UPFRONT AND
7 POINT DIGITAL POOL HEALTH CHECK

Pools4U specialists in
LEAK DETECTION, MAINTENANCE & REFURBS

'Keeping your swimming pool sparkling & safe all year round!'

CALL NOW FOR A **FREE** QUOTE OR TO BOOK AN APPOINTMENT

TEL: 282 098 698 **ISPE**
EMAIL: Sales@pools4u.eu THE INSTITUTE OF SWIMMING POOL ENGINEERS

40 years



NORBERTO POOLS



All you need for your swimming pool

New Construction • Repairs • Remodelling
Maintenance • Heating • Covers

www.norbertopools.com.pt
info@norberto-marum.com Tel: 916 982 085



PURE POOLS

Covering the Algarve Showroom in Lagos Est. 1992

Pool Heating & Covers
Child Safety Fencing
Hot Tubs/Spas
Salt Chlorinators
Pool Repairs & Maintenance

Tel: 282 760 033 • Mobile: 919 851 016
www.purepools.com info@purepools.com

LEGAL

Cédula Profissional: 5274



Power of Attorney
Legal Advice - Contracts
Taxes - Wills
Document Authentication
Rental Licenses

Vanessa Vieira
SOLICITOR
Real Estate Attorney
Property Specialist

(+351) 918 971 720 or (+351) 928 026 923
vv.processos@gmail.com



EDWINA SHRIMPTON
LAWYER

LLB CP 56552F BPTC

Mobile: (00351) 918 464 235
E-mail: edwina.shrimpton@gmail.com
Address: Rua Doutor José Reis Júnior, Lote 2, Loja A,
8600-324 Lagos
Website: edwinashrimptonlawyer.com



Advertise here to boost your sales.
Telephone: 282 341 100, Sales@theportugalnews.com

No.1 in Hot Tubs in the Algarve



WELLNESS DREAMS
ALGARVE

HOT TUBS
•
SAUNAS
•
STEAMROOMS
•
SWIM SPA'S

SERVICE MAINTENANCE REPAIRS FOR ALL HOT TUBS

Tel. +351 912 356 287
E: info@algarvehottubs.com
W: www.algarvehottubs.com

Pool Cover Specialists

30 YEARS **FACTORY DIRECT**



AQUA PURA LDA

Lagos: 967 025 157 • Almancil: 91 814 3491
info@aquapura.com.pt • www.aquapura.com.pt

PROPERTY SERVICES

SOLARTEC
Renewable energies & all things water

A New Generation of Heating, Hot Water & Water Treatment

Underfloor - Central Heating
Solar Panels / Heat Pumps
Swimming pool heating & Products
Wood / Pellet burners
Water treatment and filtration
Drinking water systems
Maintenance & Servicing

Tlm: 962 076 003
rvsolartec@gmail.com
www.solartecalgarve.com

SALAGUA
Sociedade de Piscinas Ecologicas

Pool Covers



www.salagua.com
N125, Sítio do Troto, Almancil
1,5km Direction to Faro

Tel: 289 992 281
salagua@salagua.com

Call Us For Free Advice

...check our great Internet Specials!

AIM
Removals & Storage

Local, National & European Removals
Worldwide Shipping & Air Freight
FREE pre-move survey
Professional Packing service
On-site **SECURE** storage

Visit our office 9 - 5 weekdays Or call: **282 799 141**
Email: info@aim.com.pt WEB: www.aim.com.pt

Office/warehouse: Parque Industrial do Infante,
Unit 8, Torre, EN125, Odiáxere, Lagos

REMOVALS & STORAGE

ALGARVE REMOVALS
"Relax, your move is in safe hands."

REMOVALS

- Weekly full or part load removal service to and from UK, Portugal, Spain & Ireland
- Full or part packing service
- One box to full load removals
- Villa to villa moves withing the Algarve

STORAGE

- Storage warehouse in both the UK & the Algarve
- Storage available for long or short periods
- Fully insured, secure and alarmed

ONLINE SHOPPING

- Shop online at main high street stores and have your items delivered the following week
- Anything from one to multiple items

Local Depots at: Alcantarilha - Almancil - Tavira - Lagos

Call us now for **UK Tel: 0044 (0) 1621 850070** Algarve Tel: 00351 289513851
a **FREE quote** Mob: 0044 (0) 7711 179842 Mob: 00351 968019226

Email: sales@algarveremovals.com www.algarveremovals.com

NWDF LTD

**TRANSPORT • SHIPPING
REMOVAL SPECIALISTS**
UK | PORTUGAL |
IRELAND | EUROPE

NEW France-Portugal Service

- From £55 per m³
- Regular shipping service
- Cars and Motorbikes
- Sealed and secure containers
- Commercial & personal storage from €2 per m³

Please call us for a **no obligation free quote**

RHA Road Haulage Association
www.nwdf.co.uk | peter@nwdf.co.uk
info@nwdf.co.uk

QUATRO ESTRADAS, SALFORD DEPOT - UK
LOULÉ DEPOT - PORTUGAL
Tel: 00351 910767634 Tel: 0044 161 8737863
0044 7951 028901 0044 1925 812563

Algarve Express
your next move

TRANSPORT & REMOVALS

UK-ALGARVE-UK
LOCAL - NATIONAL - INTERNATIONAL - WORLDWIDE

ALGARVE SECURE STORAGE SERVICE

ALGARVE
Algarve Express Transport & Removals
Armazem 1-3, Caminho Do Cerro Do Galo,
Almancil 8135-028, Portugal
Mob (+351) 968807244

Tel (+351) 289 393707
sales@algarveexpress.com
Open for collections Mon-Fri 8am-7pm
& Sat 9am-12.00

UK DEPOT BASILDON ESSEX
Mobile 0044 (0)7989417625
Tel 0044 (0)1268 723601
www.algarveexpress.com

**ONLINE SHOPPING
UK TO PORTUGAL
FROM JUST
€4.99**

DLS **REMOVALS & STORAGE**
OVER 25 YEARS' PROFESSIONAL AND RELIABLE SERVICE

- Local removals, packing and storage in Almancil
- Weekly service to and from the UK
- Worldwide export packing and shipping service
- Regular service to and from Lisbon, Porto, Braga
- Dedicate loads, Personally tailored for clients

FOR A FREE QUOTATION CONTACT:
David Stebbeds on (+351) 289 399 946 (+351) 919 873 075
Email: david@dlsremovals.com Visit: www.dlsremovals.com

U-STORE **SELF STORAGE**



- * Individual locked units
- * Daily access
- * Fully insulated premises
- * Dry, clean & secure

* For Home & Business

Urb. Industrial Marateca, lote 26 - Chincato - 8600 LAGOS
Tel / Fax: 282 798 490 - Telem: 917 010 365
www.u-store-portugal.com • info@u-store-portugal.com

The Portugal News
In Print - On Line - On Air



STORAGE: SHORT OR LONG TERM
in our modern, dry, secure warehouse



- Refurbishment
- Decorating
- In between houses
- Visitors arriving?

Wrapping & packing and transport service available
Boxes & packing materials for sale
Free quotations
Warehouse visits welcome

Tel: 968 031 955 • email: algarvestorage@gmail.com • www.algarvestorage.com
David Wright Lda, Armazém 2, sítio do Além, 8135-011 Almancil



TELECOMMUNICATIONS & AUDIO
" The Latest Equipment at the Best Prices "

All satellites TV & Via Internet IPTV (English, German, Spanish, Dutch, French, Italian, etc)
Digiboxes (SD Sky +, Sky HD, MultiCAM, PCMCIA, Freeview, Freesat HD)
Multicards

All **BBC & ITV** + Ch 4 & 5 + News + Movies + Kids + Music + Sports + Many others + Radio
Get 350 TV channels & 200 Radio stations **FREE**
Digital Terrestrial (Portuguese channels) **FREE**
Cable TV (Movies + Sports + Knowledge + Kids + News + Series + IPTV + Video on Demand)
Internet (Broadband, WiFi Networks)
Audio (Hi-Fi, Background Sound, Home Cinema)
CCTV, Intercoms, Domotics

High-quality systems installed by qualified engineers
Instalations and technical support within 24 hrs
(a 3-Year Guarantee)

Tel: 964890260 Email: skynet@live.com.pt

WEDDINGS



ALGARVE WEDDINGS & BLESSINGS



NATASHA LUCKMAN
WEDDING PLANNER

T. 934 809 144
E. natasha@algarveweddingsandblessings.com
W. www.algarveweddingsandblessings.com

TV & SATELLITE

Satellite TV
Sound systems
Wi-fi
Installation services
Repairs



Official dealer

BOSE **SONOS** **UNIFI** **CANAL DIGITAAL** **JOYNE**

MARC ELECTRONICA
TV & Audio via satellite and internet
282 410 400
Casa Moderna, Sítio das Vendas, 8500-841 Portimão
www.marcelectronica.com info@marcelectronica.com

TYRES

NEW TYRES FROM 35€



All prices include:
fitting, new valve fitted & IVA

Text your requirements to:
0034 603 877 692

All popular sizes in stock!
Sport, 4x4, van, classic & top brands within 24 hours of ordering.

Neumaticos Santa Gadea S.L - Calle Gibrleon 52 - Poligono Ind de Santa Gadea (by the Policia Local) AYAMONTE

ICE-CREAM BIKE HIRE



SCOOP algarve

- Weddings
- Corporate events
- Private functions

www.scoopalgarve.com
932 442 897



DO ALGARVE PARA A EUROPA
FROM ALGARVE TO EUROPE

+ DE 70 DESTINOS PARA A EUROPA
+ THAN 70 DESTINATIONS TO EUROPE



DESCUBRA+/FIND OUT+ aerportofaro.pt/maisaeroporto

ANZ Aeroportos de Portugal **VINCI AIRPORTS**

Cinema

NEW THIS WEEK

Drunk Parents - Stars: Joe Manganiello, Salma Hayek, Alec Baldwin. *Genre:* Comedy. *Director:* Fred Wolf. *Rating:* R. *Plot:* Two drunk parents attempt to hide their ever increasing financial difficulties from their daughter and social circle through elaborate neighborhood schemes.



Captain Marvel - Stars: Brie Larson, Gemma Chan, Samuel L. Jackson. *Genre:* Action, Adventure, Sci-Fi. *Directors:* Anna Boden, Ryan Fleck. *Rating:* PG13. *Plot:* Carol

Danvers becomes one of the universe's most powerful heroes when Earth is caught in the middle of a galactic war between two alien races.



Cinema Listings

NOS Forum Algarve - Faro
Snu; Stan & Ollie; Vice; Captain Marvel; Alita: Battle Angel; How to Train Your Dragon: The Hidden World (PV); Lego Movie 2 (PV).

NOS Mar Shopping - Loulé
Captain Marvel; The Prodigy; Green Book; Drunk Parents; Portugal não está à Venda; Alita: Battle Angel; How to Train Your Dragon: The Hidden World (PV); Lego Movie 2 (PV).

Gran-Plaza NOS - Tavira
Lego Movie 2 (PV); Cold Pursuit; How to Train Your Dragon: The Hidden World (PV); The Upside; The Mule; Alita: Battle Angel; Happy Death Day 2u.

Algarcine - Portimão
Captain Marvel; The Prodigy; How to Train Your Dragon: The Hidden World (PV); Snu; Lego Movie 2 (PV).

Algarcine Ria Shopping - Oihão
Captain Marvel; Portugal não está à Venda; Roma; Snu; How to Train Your Dragon: The Hidden World (PV); Lego Movie 2 (PV); Green Book.

Algarcine - Lagos
Captain Marvel; How to Train Your Dragon: The Hidden World (PV); Snu; Stan & Ollie; Lego Movie 2 (PV); The Prodigy.

Cineplace Algarve Shopping - Guia
Captain Marvel; How to Train Your Dragon: The Hidden World (OV & PV); The Favourite; The Prodigy; Snu; Alita: Battle Angel; Spider-Man: Into the Spider-Verse (PV); Vice; Lego Movie 2 (PV); Bohemian Rhapsody; Black Panther; Mia and The white Lion (PV); Backtrace; Keepers; Drunk Parents; Stan & Ollie; If Beale Street Could Talk; A Star Is Born; Green Book.

Cineplace - Portimão
Captain Marvel; How to Train Your Dragon: The Hidden World (OV & PV); A Star Is Born; The Favourite; Alita: Battle Angel; Spider-Man: Into the Spider-Verse (PV); Vice; Drunk Parents; Backtrace; The Prodigy; Lego Movie 2 (PV); Snu; Stan & Ollie; Bohemian Rhapsody; Green Book.

Cineplace Loures Shopping
Captain Marvel; How to Train Your Dragon: The Hidden World (PV); A Star Is Born; The Favourite; Alita: Battle Angel; Black Panther; Spider-Man: Into the Spider-Verse (PV); Vice; Drunk Parents; Astérix: The Secret of the Magic Potion (PV); Backtrace; The Prodigy; Lego Movie 2 (PV); Snu; Stan & Ollie; Green Book.

Cineplace Leiria Shopping
Captain Marvel; How to Train Your Dragon: The Hidden World (PV); A Star Is Born; The Favourite; Alita: Battle Angel; Black Panther; Snu; Happy Death Day 2u; Spider-Man: Into the Spider-Verse (PV); Vice; Drunk Parents; Astérix: The Secret of the Magic Potion (PV); Backtrace; The Prodigy; Lego Movie 2 (PV); Green Book.

Cineplace Riosul - Seixal
Captain Marvel; How to Train Your Dragon: The Hidden World (PV); The Favourite; The Prodigy; Snu; Imagens Proibidas; Alita: Battle Angel; Spider-Man: Into the Spider-Verse (PV); Vice; Lego Movie 2 (PV); Bohemian Rhapsody; Black Panther; Mia and The white Lion (PV); Astérix: The Secret of the Magic Potion (PV); A Star Is Born; Green Book.

Estação Viana Shopping - Viana do Castelo
How to Train Your Dragon: The Hidden World (PV); The Favourite; Dead Trigger; Green Book; Spider-Man: Into the Spider-Verse (PV); Alita: Battle Angel; Lego Movie 2 (PV); Vice; Stan & Ollie.

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



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

North & Centre

EXHIBITIONS

10am - 6pm, weekends from 11am - 7pm. Pavilhão de



Memories of Futures Past - Until 24 March. Cascais.

Courage is Fragil, Collective art exhibition. Until 10 March, Mon - Fri 5pm - 11pm, Teatro Taborda, Lisbon. Free entry. 218 854 190

Memories of Futures Past by New York painter Andrew Hart Adler until 24 Mar, at Centro Cultural de Cascais, Fundação de Dom Luís, Cascais.

A Striking story. Portugal-Japan Centuries XVI-XX Exhibition. Until 26 March, Palácio Nacional da Ajuda, Lisbon. From €5. www.palacioajuda.gov.pt

Art Exhibition to celebrate 55 years of Galeria 111, "Apart from this lonely roundabout" curated by Hugo Denis. Until 30 March, Tues-Sat 10am to 7pm.

Arte Portuguesa. Reasons and Emotions. Until 31 March, Tuesday to Sunday 10am to 6pm, Museu Nacional de Arte Contemporânea do Chiado, Lisbon. Tickets €4.50

Tadashi Kawamata. Over Flow. Until 1st April, Wednesday to Monday 11am to 7pm. MAAT, Lisbon. www.maat.pt

Hello, Robot. Between Human and Machine. Until 22 April, 11am - 7pm, MAAT, Lisbon. Tickets from €2.50. www.maat.pt

Magic of Aardman Studios. Until 21 April, Tuesday - Sunday 10am - 6pm. Museu da Marioneta, Lisbon. Free entry. www.museudamarioneta.pt/en/

Vincente. The Myth in Lisboa. Until 28 April. Tuesday - Sunday, 10am - 6pm. Museu e Lisboa. Tickets from €3 www.museudelisboa.pt

I'm Your Mirror, exhibition by Joana Vasconcelos. Until 24 June, Serralves, Porto. www.serralves.pt

Cats & Dogs, Interactive exhibition. Until 8 September, Tuesdays from

Conhecimento - Ciência Viva, Lisbon. Tickets from €6 www.pavconhecimento.pt

FAIRS & FESTIVALS

IMOBINVEST Real Estate Salon. 8 - 10 March, 10am until 5pm, Alfandega do Porto.

BTL - Lisbon Travel Market. Feira Internacional de Lisboa, 13 - 17 March. www.btl.fil.pt

16th National Canine Exposition. 16 - 17 March. 10am - 7pm. Expoeste, Caldas da Rainha. Free entry. 262 832 321, expoestre.adio@gmail.com

Urban Garden Expo. 22 - 24 March, 10am - 8pm. FIL, Parque das Nações, Lisbon www.exposalao.pt

Lisbon Coffee Fest 2019. 24 - 26 March, The Trend Hunter's Café, LXFactory, Alcântara, Lisbon.

15th Antiques Market. 29 - 31 March. Expoeste, Caldas da Rainha. Free entry. 262 832 321, expoestre.adio@gmail.com

Lisbon Fish and Flavour Festival. 4 - 14 April. Pavilhão Carlos Lopes, Lisbon www.peixemlisboa.com

Classic Car Expo. 5 - 7 April, FIL Lisbon. www.motorclassico.com

The International Festival of the Iberian Mask (FIMI) 17 - 20 May, Belém, Lisbon. Free Entry. www.fimi.pt

MARKETS

Feira na Avenida. 2nd weekend of the month. Avenida da Liberdade, Lisbon. Free entry

Botanic Market - Saturdays, 9am to 1pm, at the Botanic garden University of Coimbra. www.facebook.com/mercadinhodobotanicocoimbra

CCB Market - 1st Sunday of every month. Caminho Pedonal e Praça CCB - Belém

Cultural Centre, Lisbon. Free entry.

Antiques Market every 4th Saturday, 9am to 7pm. Terreiro da Erva, Coimbra. 239 857 500, www.cm-coimbra.pt.

LxMarket - Sundays, 10am - 7pm. Lx Factory, Lisbon. lxmarket.com.pt

Mercado D'Aqui - 1st Sunday of every month. Parque de Jogos.1º de Maio sports field. www.mercadodaqui.pt

Benfica Handicrafts Market. 1st Saturday of the month, 10am until 6pm. Estrada de Benfica, Lisbon

Flea Market. Every Tuesday and Saturday, 9am until 6pm. Campo de Santa Clara Lisbon

Handicraft and Antiques Market. Saturdays 10am until 7pm. Mercado de Ribeira, Lisbon

Antique Book Fair. Every Saturday 10am until 5pm. Rua Anchieta, Chiado, Lisbon

Handicrafts Market. Saturdays, Praça da Galiza, Vila Nova de Cerveira

Mercado de Santana. The largest Open Air Market in Portugal. Sundays, 8am until 1pm. Caldas da Rainha

MUSIC

The History of Portuguese Hip Hop. 8 March, 10pm. Altice Arena, Lisbon. www.arena.altice.pt

Twenty One Pilots. 17 March, 8.30pm, Altice Arena, Lisbon. Tickets from €34.71. www.arena.altice.pt

Shawn Mendes Live. 28 March Altice Arena Lisbon. Tickets from €36. www.arena.altice.pt

The EMOTION of the 80's. 2 & 3 April, 9.30pm. Salão Preto & Prata, Casino Estoril. Tickets from €12. http://www.casino-estoril.pt/geral@everythingisnew.pt

The World of Hans Zimmer. 3 April, 9pm, Altice Arena Lisbon. Tickets from €39. www.arena.altice.pt

Dave Matthews Band. 6 April Altice Arena Lisbon. Tickets from €42. www.everythingisnews.pt

Mumford & Sons, 25 April, 8pm. Lisbon Altice Arena. Tickets from €40.

Bob Dylan - Coliseu Agea, Porto, 1 May, www.coliseu.pt

Mark Knopfler. 30 April, 9pm, Altice Arena Lisbon. Tickets from €32. 213 933 770 geral@everythingisnew.pt

Metallica World Wired Tour 2019. 1 May, Estádio do Restelo Lisbon. Tickets €65. www.metallica.com/tour

Backstreet Boys. 11 May, 8pm, Altice Arena Lisbon. Tickets from €32.84 www.everythingisnew.pt

Ed Sheeran - Everything is New Tour 2019 on 1 June at



Crystal Fighters - 10 March. Porto.

Crystal Fighters. 10 March, 9pm. Hard Club, Porto. Tickets from €26. www.hardclubporto.com

André Rieu - Johann Strauss Orchestra, 13 to 16, and 29 & 30 March, 8.30pm, Altice Arena, Lisbon. www.arena.altice.pt

Slash ft. Myles Kennedy & The Conspirators. 15 March Campo Pequeno, Lisbon. Ticket from €30. www.campo Pequeno.com

Branford Marsalis Quartet. 15 March, from 9pm. Centro Cultural de Belém. Tickets from €7.50 www.ccb.pt

the Estádio da Luz, Lisbon. www.everythingisnew.pt/ed-sheeran/

Scorpions Live. 26 June, Altice Arena, 9pm. Tickets from €32. www.everythingisnew.pt

Rod Stewart Live in Concert on 1 July at Altice Arena. Tickets on sale. www.arena.altice.pt

Tool. 2 July, Altice Arena, Lisbon. Tickets from €42. www.arena.altice.pt

Muse Theory World Tour. 24 July Passeio Marítimo de Algés Lisbon. Tickets from €60. www.everythingisnew.pt

NOTE For ongoing activities please look at our Club and Community pages

Please be aware that for legal reasons access to events at Estoril and Lisbon Casinos is reserved to those age 18+. (Entrance for Children via Foyer Panorâmico)

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. Please send your events to events@theportugalnews.com by midday on Monday before publication.

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

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

Billie Eilish. 4 September, from 7pm. Coliseu de Lisboa, Lisbon. Tickets from €26 www.everythingisnew.pt

THEATRE & DANCE

Bluebeard's Castle - The Human Voice. 6 - 10 March. Centro Cultural de Belém. Tickets from €24. www.ccb.pt

Tango Pasión - Dance Show. 7 - 10 March, 10pm, Salão Preto e Prata, Casino Estoril. Tickets from €18.76. www.ticketline.sapo.pt

Jimmy Carr Live - The Best of Ultimate Gold Greatest Hits. 15 & 16 March, 10pm, Cinema São Jorge - Sala Manoel de Oliveira. Tickets €37.55 www.ticketline.sapo.pt

Romeo and Juliet - Gulbenkian Orchestra and Choir. 15 - 17 March. Various times. Fundação Calouste Gulbenkian. Tickets from €23.45. www.gulbenkian.pt

Disney on Ice "Dare to Dream", Altice Arena 21 to 24 March. Tickets from €20. www.arena.altice.pt

Piafl! The Show. 6 April, Salão Preto e Prata, Casino Estoril. Tickets from €23.45 www.ticketline.sapo.pt

Tap Factory. 10 - 12 May, 4.30pm & 9.30pm. Tickets from €10. 213 572 025, bilheteira.tivolibbva@uau.pt

WORKSHOPS & COURSES

Spices Workshop. 9 March, 2pm - 6pm, Museu do Oriente, Lisbon. Price €35. www.museudooriente.pt

Natural Soap Workshop - 16 March, 2.30pm - 6.30pm. Espaço Atma, Braga. mimosdamaeterra@gmail.com 968 635 193

Ceramic Workshop. 16 March, 3.30pm - 6.30pm. LX Factory, Lisbon. €35 per person. Registration <https://goo.gl/forms/ijtVJYkSLcl1Hibh2>

Natural Cosmetics Workshop. 17 March, 10.30am - 12.30pm. WorkshopsCompany Lisbon.

Feng Shui Workshop - 20 March, 3pm - 6pm. Museu do Oriente, Lisbon. Price €27. www.museudooriente.pt

Theatre Workshop. 23 March, 4pm - 7pm. Meet at Torre Vasco da Gama. Free entry.

Origami Workshop. 27 March, 3pm - 5pm.

Museu do Oriente, Lisbon. www.museudooriente.pt

Travel Photography Workshop with Nuno Lobito. 30 March, 10am - 6pm. Museu do Oriente, Lisbon, Cost €60. www.museudooriente.pt

Sustainable and social architecture summer school 2019. 5 until 25 August, Porto Centre. www.criticalconcrete.com

SPORTS

Lisbon Half Marathon, 17 March. Finishing line at Monsteiro dos Jerónimos in Belém. www.meiamaratonade Lisboa.com

Grande Rota da Liberdade/ 25 de Abril- 25kms walk. 25 April, 9.30am - 7pm. Starting in Cascais, Avenida Rei Humberto II de Itália. Price €8. Registration info@trilhosnocturnos.com

2nd Hardcourt Bike Polo Open tournament. 18 - 19 May. São Romão do Coronado, Trofa. Price €10. Registration portobikepolo@gmail.com

Douro Valley Half Marathon. 26 May, Barragem de Bagaúste, Armamar. www.meiamaratonade Douro.com

International Show Jumping. 30 May - 2 June, Hipódromo do Campo Grande, Lisbon. www.sociedadehipica.pt

South

AUCTIONS

Auction House Algarve. Live auction 6 April. All items can be viewed at the auction house and through our online catalogue: www.ahalgarve.com, 289 832 380, info@ahalgarve.com

EXHIBITIONS

Local Arts & Crafts Expo. Open daily 10am - 5pm. Artes@Spa, Caldas de Monchique.

Arte Natura - by Monika & Bernhard. Craftwork with natural materials. Caldas de Monchique. Daily 10am to 6pm. 962 815 386.

Local Arts & Crafts Expo. Artes@Spa. March - November daily 10am - 6pm. Caldas de Monchique, in main square opp. Restaurant 1692.

Fusion in Art - a Journey by Swiss artist Jutta Mertens-Kammler, Faro Museum until 10 March.

FAIRS & FESTIVALS

Travian - 1st Gastronomy Congress of the Algarve. 15 - 17 March, from 7pm. Escola de Hotelaria e Turismo do Algarve, Faro. www.congressogastronomiadoalgarve.com

Spring Mediterranean Gardening Fair. 16 March, 11am - 5pm. FISSUL Centre, Silves. mgapfairs@gmail.com or visit www.mediterraneangardeningportugal.org

Feira do Porco Alentejano. 22 - 24 March, 10am - 9pm. Ourique. Free Entry. www.cm-ourique.pt

Festival do Contrabando - Smugglers Festival. 29 - 31 March, Alcoutim & Sanlúcar de Guadiana. Free entry for festival, €1 to cross floating

Food and Wine Fair. 5- 13 May, Vila Vita Parc. reservas@vilavitaparc.com, 292 310 100, www.vilavitaparc.com

Carvoeiro Black & White Night. 15 June, 8pm - 3am, Praia do Carvoeiro. www.cm-lagoa.pt

2nd Lagos World Beer Fest. 27 -30 June, from 12pm, Praça do Infante, Lagos.

Candle Light and Cultural Market. 4 - 8 July, from 7pm, Lagoa. Free Entry. www.cm-lagoa.pt

MARKETS

Alcantarilha - 1st Friday of the month

Sagres - 1st Friday of the month

Almancil - 1st and 4th Sunday of the month

Ameixial - 1st Thursday of the month

Farmers' Market - Quinta Shopping, Almancil. 1st Sunday of each month, between 10am and 1pm

Algoz Flea Market - 1st Saturday of the month

Quarteira Flea Market - 1st Saturday of the month

Lagos Market, Next to the Stadium - 1st Saturday of the month

Padere - 1st Saturday of the month

Calicoes - 1st and 3rd Tuesday of the month

Olhos de Água Flea Market - 1st Sunday of the month

Moncarapacho - 1st Sunday of the month

Fuseta - 1st Thursday of the month

Vila Real de Santo António Flea Market - 1st Sunday of the month

Portimão Flea Market - 1st and 3rd Sunday of the month



Piano Festival Algarve - 30 March. Portimão.

MUSIC

Glenn Miller Orchestra. 10 March, 5pm, Teatro das Figuras, Faro. geral@teatromunicipaldefaro.pt 289 888 100. Tickets €30

Portuguese Philharmonic Orchestra. 24 March, 5pm. Cine-Teatro Louletano, Loulé. Tickets from €18. 289 414 604

International Piano Festival of the Algarve 2019. 30 March, 9.30pm until 11pm, TEMPO, Portimão. Tickets from €15. www.tempo.bol.pt

Lyra World Music Concert. 30 March, 8pm, Vale do Lobo Auditorium. Tickets from €12. 289 353 322 events@vdl.pt

The New Orleans Jazz band - Every Sunday, from 8pm at O'Navegador Restaurant, Alvor (overlooking the river in the pedestrianised area) www.neworleansjazzalgarve.com

SPORT

Algarve Bike Challenge, 8 to 10 March. Registration www.algarvebikechallenge.com

Loulé Rally. 9 & 10 March, Loulé. www.clubeautomoveldosul.pt

Bennetts British Superbike Championship. 17 March, Autódromo do Algarve, Portimão, 5pm. info@autodromodoalgarve.com 292 405 600.

3rd Half Marathon H2O. 30 March, from 5pm, Faro. 289 824 946, aaalgarve@mail.telepac.pt

Vila do Bispo Rally. 30 & 31 March, Vila do Bispo. www.clubeautomoveldosul.pt

Let's Go Run Zoomarine - 2 April from 7pm, Zoomarine, Guia. 7km, 11km or 13km routes. Free Entry. 289 415 901 geral@letsgoalgarve.pt

16th Terras do Infante Int. Speedskating Tournament. 5 - 7 April. Lagos. Visit: www.terrasdoinfante.rollerlagos.pt

2019 ELMS Final. 25 - 27 October, from 3pm, Autódromo Internacional do Algarve, Portimão. goo.gl/cBKRBh

Smile - Experimental street theatre. 23 March, from 4pm, Jardim 1º de Dezembro, Portimão. Free entry. 962 512 133, associacaotel@gmail.com

DeVIR | Shobana Jeyasingh Dance Show. 23 March, 9.30pm - 10.30pm. Cine Teatro Louletano, Loulé. Tickets from €5. www.facebook.com/cineteatrolouletano/

Madagascar - A Musical Adventure. 13 April, 5pm, Centro Congressos do Arade, Parchal. 282 498 577 / 933 379 450.

WORKSHOPS & COURSES

Meditation Workshops. Every Saturday, 9am - 10am, Parrot Castle Lagoa. 911 510 641, andrea.schooheim@gmail.com

Palmistry Workshop. Every Sunday until 9 June, 10am - 1pm, Parrot Castle, Lagoa. 911 058 633, annewalkyourway@gmail.com

Chess and Living Science. 10 March, 10.30am - 6pm, Centro Ciência Viva de Lagos, Lagos. <http://lagos.cienciaviva.pt>

Dance Warrior Workshop with Mónica Pereira. 10 March, 2pm until 5pm, U-Dance, Albufeira. From €27. U.Dance.Pt@gmail.com, 916 270 767

Self Defence for Women 12, 19 & 26 March, Parrot Castle, Ferragudo. tonpolman@hotmail.com 911 162 454



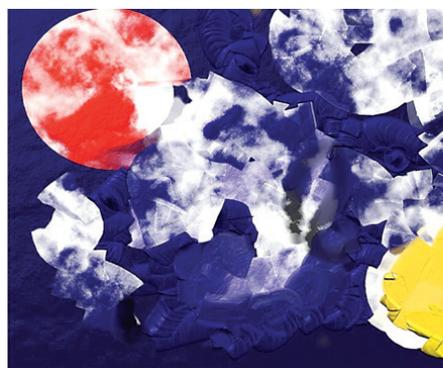
Bennetts Bike - 17 March. Portimão.

www.facebook.com/cineteatrolouletano/

Ladies Day by The Algarveans. 21, 22, 23 March, from 7.45pm. Carlos do Carmo Auditorium, Lagoa. www.thealgarveans.com/box-office/

Made in China by the Quorum ballet and the Orchestra of the South. 22 & 23 March, 9.30pm. Teatro das Figuras, Faro. Tickets from €20 www.teatrodasfiguras.bol.pt

One Drop of Water in the Whole Wide World Dance Show. 23 March, from 5pm. TEMP - Teatro Municipal de Portimão. Cost €5. 962 512 133, associacaotel@gmail.com



FUSÃO NA ARTE - uma jornada
FUSION IN ART - a Journey

12 jan.:10 mar.:19
MUSEU MUNICIPAL DE FARO
MUNICIPAL MUSEUM
Faro

Fusion In Art - A Journey - Until 10 March. Faro.

Please be aware that for ALL afpop events, bookings MUST be made with the Area Event Organiser.

Classified Ads
DEADLINE
5PM
MONDAY
FOR following
EDITION

Announcements

CC PROBLEMS WITH ALCOHOL? There is a solution! Alcoholics Anonymous. Find the nearest meeting, ask for help or assistance call: 919 005590. www.aaportugal.org

NO SUNSHINE needed for your Hot Water. (Pool) Heating, www.shs-pt.com

CC SUPPORT GROUP. Help and Support Group providing information on depression and Bi-Polar Disorder. All welcome. Meetings in Casa Inglesa, Portimão on the first Monday of every month at 6.30pm. Tel. 914878927.

Auctions

AUCTION HOUSE ALGARVE
NEXT LIVE AUCTION
Saturday, 6 April 2019
10.00am onwards

Approx. 500 lots.
 • Antiques and Collectibles
 • Designer Handbags
 • Furniture and Art
 • Tools
 • Jewellery: Antique, Vintage & Modern
 • Sports Equipment

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

CLASSIFIEDS IN THE PORTUGAL NEWS

Simple, cheap & effective!

Call 282 380 315
 email: classads@theportugalnews.com
 web: theportugalnews.com/classifieds

THE PORTUGAL News

Bathrooms



ADRIAN STUART DIXON
 30 Years experience in the Algarve. Portuguese & English spoken. References on request
 282 033 852
 965 275 774
 borboleta_44@yahoo.co.uk

Place your advert online and receive 10% DISCOUNT
 www.theportugalnews.com

Business Connections

FINANCIAL MARKETS
 Trader seeks Portuguese Trader to help start Trading School in Lisbon. Visiting Lisbon from US April 23-27
 pinder321@gmail.com

Caravans & Motor Homes

WANTED CARAVAN to buy, call 966706140 or email: bisnagas2002@sapo.pt Thanks!

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 FRENCH LANGUAGE
 Following the French Government's initiative to expand the French language, we are looking for **VOLUNTEERS** to teach French in Albufeira or Olhos de Água to children and adults. No experience or qualifications necessary, just fluency in French and a passion to meet and help others learn this beautiful language. Please contact Angelica fash.co@gmail.com or 961636201.

CC THE NANDI CHARITY
 Shop. Winter clothing in store as from 22/10/2018. Furniture can be collected within 30 k Lagos. Tel 912741857

Chimney Sweep

Fires Of Portugal
 Woodburning
WOODBURNING FIRES SPECIALISTS
 Fogo Montanha and freestanding fires. On site expert quotation Supply, install, service & sweeps
 sales@firesofportugal.com
 www.firesofportugal.com
 Geoff Waller 289 489 958 or 967 721 209

CC

CC stands for Community Care. Our CC ads that are provided free of charge by **The Portugal News** to help the various charities involved are now located in our community section.

Education

LEARN PORTUGUESE
 Qualified language teacher, native Portuguese, 15 years teaching Portuguese, 7 at UK universities. PhD. 1-2-1 tuition online that fits around you and delivers results. Email learn.portuguese.home@gmail.com

PIANO LESSONS from professional musician. Beginners to advanced. jevans@oninet.pt 916206792

PORTUGUESE ENGLISH
 Bilingual Bible in Six Volumes. King James Version Almeida Recebida. Igreja Portuguesa.com

CONVERSATIONAL PORTUGUESE. Join our small, friendly groups. Tunes and Albufeira. Beginners, elementary, intermediate, advanced. 5.00euros per hour, 2 hour sessions. For more information call: 919880793

LEARN PORTUGUESE easily on our enjoyable, effective and accredited courses.
 Beginners: 25 March.
 Pre-intermediate: 30 April.
 Intermediate: 24 April.
 Centro de Línguas de Lagos. Call 282761070.
 Email info@centrodelinguas.com.

For Sale Private

2X SMALL, oval Roca vanity unit sinks. 50euros each. Tel: 912372352



PINBALL MACHINE.
 2250euros. Various models. Can deliver. Tel: 966006666



POOL TABLE includes all accessories and delivery. 1200 Euros. Call: 966006666.

Friendship

FEMALE SEEKING other outgoing English/American speaking friends (19-21) for genuine socialising. Tel: 964478196.

LISBON AREA. Blonde girl, blue eyes seeks fun and sporty man. Animal lover, to practice sports as a friend. 963034696

ACTIVE ENGLISH Gent (65) looking for lady of similar age for outings etc. Tel: 911198319

Furniture

Curiosa
 INDOOR & OUTDOOR

Icons for: Home, House, Chair, Table, Bed, TV, Phone, Speaker, Stairs.

Tel: +351 289 391 373
 Email: info@curiosaportugal.com
 www.curiosaportugal.com
 facebook.com/CuriosaShop/

Health & Beauty

SHOULDER PROBLEM?
 Pain-free Treatment! Guaranteed Improvement or your money back. Dr. Bock. 966 706 606.

Home Improvements

LEAVE IT TO ME.
 Kitchens, Bathrooms, Painting, Flooring, Tiling, Decks and more. Algarve. Call 920325142. Email: algarvebuilder73@gmail.com facebook: algarvebuilder gabriel

March Focus on ARTISANS

FREE

If you have a relevant service to offer our readers you can place a FREE CLASSIFIED advert in The Portugal News this March.

Email your advert to adproduction@theportugalnews.com

Adverts can only be placed by email and should not exceed 15 words. A picture can also be included. Only one free advert per advertiser may be submitted.

Jobs Offered

ENGLISH TEACHER wanted, native speaking, for a four and half year old girl with an English father, Portuguese mother. Teaching English as a first language in our home in Lisbon. Preferred times are around 4.30pm, Monday or Wednesday. Please contact Alistair at amrobson2014@gmail.com

Kitchen Renovation

HIGH QUALITY
KITCHEN RENOVATIONS
100s of Door Styles & Colours
Complete Qualified Professional Re-fit Service
Tel: +351 966 521 828
newkitchendoorsalgarve@yahoo.com
www.homestyledoors.co.uk
Facebook: Replacement Kitchen Doors Algarve

GEORGE & SON

Save thousands of Euros!
Lots of door designs if needed.

Don't buy a new kitchen until you've spoken to us! We can renovate your old kitchen at a very reasonable cost. Free, NO-obligation estimates. Call Jamie on 968 211 631 or 965 137 517 or email jamiekitchen83@gmail.com



Legal & Finance

CALDEIRA TRANSLATIONS
All kind of translations, official and certified by lawyer. Interpretation at Finances; Court; Hospitals...
Contact Inés: 924274396 or email: caldeiratranslations@gmail.com

Pets

BRAND NEW pet carrier for small breed 100euros. Portable dog car ramp 70euros. Tel: 912372352

Pools & Gardens

VIVENDA POOLS offer a full maintenance and cleaning service for your pool in the eastern Algarve. Contact vivendapools@gmail.com/918178940

Property For Sale

LAND & HOUSES ALGARVE YELLOW HOMES
Sociedade de Mediação Imobiliária Lda. AMI 6232
For detailed information, please visit our website:
www.landandhousesalgarve.com
www.algarve-property-search.com
Tavira: 281 320 281
Vilamoura: 289 301 294

CHARACTERFUL, LARGE, 300 year old converted farmhouse for family home or tourism on Spanish border of Alentejo.
pomarv@gmail.com

FOR SALE BEACHFRONT RESORT IN WESTERN ALGARVE 20 METRES FROM BEACH REDEVELOPMENT PROJECT OR ACTIVE BUSINESS INVESTMENT
Confidential sale - principals only
CONTACT THE SPECIALISTS AT info@propertyspecialistsalgarve.com

PROPERTY SPECIALISTS ALGARVE
www.propertiespecialistsalgarve.com AMI 12943

4BEDROOM TOWNHOUSE 300mts from Fisherman's Beach Albufeira. 1st Fl has 4bedrooms, 1bath, 3terraces. Grd FL has Farmhouse kitchen, big lounge dining room, 1bath, pantry, 2 patios, granny flatlet and carport. Tel: 965018388

Property Services & Building

LEAKING ROOFS & Terraces.
Problems solved
27 years experience in Algarve.
Call: 913223402.

PAINTING & DECORATING
Portuguese Painter
Free Quotations Call 914122898

Algarve Roof & Property Renovations
From leaks to roofs and balconies, to complete renewals. Guttering supplied and fitted. Flat roof specialists and complete property renovations inside and out. All maintenance work, painting, jetwash service.
Call Jason
Tel: 960136445, 281324602.
jasonash1970@gmail.com

ORANGE TREE Property Management.
All your property management needs catered for. Small company providing the personal touch. Call Debbie on 968682619

BUILDING WORKS

All types and sizes carried out to a very high standard.
27 years experience

Shoreland Properties Lda.
Tel. 913223402 or 282763000
shorelandproperties@mail.telepac.pt
www.shorelandproperties.com

Satellite

TV, HI-FI, Satellite repairs, Eastern Algarve.
Experienced engineer.
Tel: 964 721 714.
www.trevortronix.com

Services offered

SELL YOUR, Antiques, Collectables, Garden Ornaments, Architectural Salvage, Furniture, Full House Clearances.
Contact Mark 914774438.

March Focus on HOME IMPROVEMENT

If you have a relevant service to offer our readers you can place a **FREE CLASSIFIED** advert in The Portugal News this March.
Email your advert to **adproduction@theportugalnews.com**
Adverts can only be placed by email and should not exceed 15 words. A picture can also be included. Only one free advert per advertiser may be submitted.

ASK Kurt All your computer questions answered

What is 3D printing?
If you can print in 2D, can you print in 3D? Well, the technology is already here. You can print out 3-dimensional objects based on a working template, and they aren't just for show. They actually work! Manufacturers can provide you with a template where you can print a broken part of a machine, let's say, a screw, rather than order and wait for a replacement to come in.
3D printing has been used for many years by car manufacturers, aerospace companies, toymakers, and a wide variety of large companies, including Microsoft, to rapidly make prototypes. It enables manufacturers to model an object on a computer and print it using a variety of materials, from plastic to metal. And recently, the popularity of 3D printing has exploded among the Maker community, do-it-yourself hobbyists, inventors, and design enthusiasts, who are making everything from jewellery and purses to robotics components and games.
How does it work?
There are a variety of techniques for 3D printing. One of the most common techniques for consumer 3D printing devices uses a spool of plastic filament as the raw material. The filament is fed into a melting chamber, where it's heated and extruded as a thin strand of molten plastic filament. With this filament strand, the 3D printer draws shapes on a flat surface and fills them in, just like using crayons in a coloring book. The filament sticks to itself to create the first thin layer of an object, cooling down as it goes. Then the 3D printer raises the print head and repeats the process, drawing on top of the previous layer to create a new, taller layer. This process is repeated until an entire object is created, which can then be removed from the 3D printer.
Email your questions to Kurt: kurt@algarvecomputercentre.com

For all your computer needs:

- Computer Diagnostics
- PC Optimisation
- Virus Removal
- Desktop Repairs
- Data Backup / Recovery
- 2nd Hand Laptops / Desktops
- Broadband Services
- Network Installations
- Website Hosting
- Remote Desktop Support
- VPN Services / BBC & ITV

Algarve Computer Centre

www.algarvecomputercentre.com
934 807 027

Painting & decorating including Insulation of flat roofs and terraces



PORTUGUESE PAINTER with over 30 years experience

Free quotations
References available
914 122 898 • 914 245 464

HANDY MAN
Hourly/Price rate
No job too small.
Fire Safety Protection
Specialist(Domestic only)
Central Algarve
Call 933991967

Spring Clean House Keeping

{ 10 Years experience }

{ All Algarve }

Contact
925 656 482

Removals & Storage

NWDF LTD STORAGE

- €2 per m3 per week (no complicated contract)
- Personal/Commercial secure storage
- Individual lock ups/Pallet storage
- Daily access (at no cost)
- Fork Lift Truck available (at no cost)
- Flexible terms (no penalties for early removal)
- Collection/Delivery service at excellent rates

Email: peter@nwdf.co.uk
www.nwdf.co.uk

EN125, QUATRO ESTRADAS
0044 161 873 7863
00351 910 767 634

www.theportugalnews.com

TW STORAGE & TRANSPORT

- Storage
- Removals & Transport
- Lift & Handyman service
- Packing service & material
- International transport to Belgium & Holland

www.transwilly.net
info@transwilly.net
(+351) 919 753 710
(+351) 282 449 126

U-STORE Lagos Self-Storage

Individual locked units Fully insulated premises

Daily access, Dry, Clean & Secure For Home & Business

282 798 490 / 917 010 365
www.u-store-portugal.com
info@u-store-portugal.com

Transport

TRANSPORT PORTO, Lisbon, Algarve and any where in between, a fortnightly service one box to a full load, commercial goods, removals with packing service if required. Forwarding to England and Europe service from our depot in the Algarve, where storage is also available. Please phone David 919873075. david@dlsremovals.com

Vehicles

ASTRO MOUNTAIN bike, excellent condition, lock, helmet, air pump. Tom 910523703

VWT4 9 SEATER
Transporter 1.9TD good condition well maintained 217000km 05/2000 Portuguese vehicle. Lagos 0044 7378322536 €4500ONO



INDESPENSION TRAILER
8x4 ft very good condition location: Alvor - Andy Tel 0035387774089 andy.doogue@hotmail.com - 675 Euros

YET ANOTHER CLASSIFIED SUCCESS!

"I am very pleased with The Portugal News because I sold my old car with just one classified! Thank You." Miguel Isidoro

Call 282 380 35
email: classes@theportugalnews.com
web: theportugalnews.com/classifieds

WE BUY cars Algarve all types of vehicles considered. We buy PT, GB, Dutch, German, French. We buy damaged and non-runners. Call David PT 911 136377, UK +44 7984932876.

Wanted



SAVE YOUR STAMPS trim them to 1/2 cm all round and send to **The Portugal News**, Apt. 13, 8401-901 Lagoa. We will send them to the Helen Keller Centre (Biblelands) in Israel where they are used to fund education

View these pages free online

Places of Worship

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 celestboa@mail.telepac.pt
LISBON - SYNAGOGUE OHEL JACOB Shabbat 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
KINGDOM HALL OF JEHOVAH'S WITNESSES. All Welcome, no collections. **Lisbon** Fri 7.30pm Sun 5.30pm **Sintra** Tues 8.15pm Sat 5pm. **Cascais** Wed 8.00pm Sun 2pm. **Setúbal** Wed 7.30pm & Sat 5pm. **Obidos** Wed 8.15pm, Sat 5.30pm. **Setúbal** Wed 7.30pm, Sat 5pm. **Santarém** Sat 7.30pm. www.jw.org

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 Basilio Teles 32, Lagoa. Contact Peter Walden: 914 929 589 lagoachurch@gmail.com
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. tavirachristiancentre.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 D'el 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: 5.30pm (from 3 Nov), 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 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 Beço 25 de Abril, Ferreiras, **Albufeira** Wed 7.30pm Sun 10:15am **Faro** Wed 8.15pm, Sun 3pm **Tavira** Wed 7.30pm, Sun 1pm. **Odemira** Sun 6.15pm www.jw.org
HOUSE OF PRAYER CHAPEL Rua Municipio 31 Next to Hotel Paraíso, 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 Beço 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 info or social help, please contact us: 931721005 www.imwportimao.org
CATHOLIC ENGLISH SUNG MASS with English-language hymns and sermon. First Sunday of every month. São Brás de Alportel Parish Church 6pm. Priest available to hear confessions in English.

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 Ramalde), 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. Coimbra Wed 7.30pm, Sun 10.30am. Porto. Wed 7.30pm, Sat 7pm www.jw.org

The Algarve
JEWSH COMMUNITY OF SOUTH PORTUGAL Shabbat services. Call 922206333.
ALL SAINTS ANGLICAN CHURCH, ALGARVE Holy Communion every Sunday. **Almancil** 10.30am Almancil Community Centre (ASCA). **Lagoa** 11am at Lagoa. Convent Chapel. 282380311www.allsaintsalgarve.org
ST VINCENT'S ANGLICAN CHURCH C of E. Sun: 9.30am Igreja das Pereiras, EN125 between Quatro

Verse of the Week
"If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land."
Chronicles 7:14, New International Version

Insure your property in Portugal through *The Portugal News*

PROPERTY INSURANCE

As a homeowner in Portugal, make sure you get the right insurance cover, designed specifically for your needs.

GENEROUS DISCOUNTS ON PROPERTY INSURANCE

- Dedicated in-house UK Claims handlers and overseas Loss Adjustors
- Cover whether your property is occupied or not

Specialist providers of holiday home insurance and static caravans in Portugal

This Intasure policy, underwritten by LLOYDS OF LONDON, has been designed to meet the needs of homeowners in Portugal.

- Underwritten by one of the world's leading insurers – Lloyds of London
- Cover for your property whether occupied or unoccupied
- Cover for short and long term lets
- Up to £5 million public liability as standard
- UK based call centre and all documentation in English
- Dedicated in-house claim handlers and overseas loss adjusters
- Swimming pool cover
- Temporary accommodation following an insured loss
- Loss of rent included following an insured loss
- Optional Accidental Damage cover
- No hidden fees

- ✓ UK centres and English documentation
- ✓ Dedicated in-house claim handlers and overseas loss adjusters
- ✓ Up to £5 million public liability as standard
- ✓ Instant cover over the phone

Call our friendly team today to receive a free no obligation quote

For more information call 282 380 304

intasure Insurance that speaks your language

Intasure is a trading name of Arthur J. Gallagher Insurance Brokers Limited which is authorised and regulated by the Financial Conduct Authority. (Financial Services Register Number 311786) Registered Office: Spectrum Building, 7th Floor, 55 Blythswood Street, Glasgow, G2 7AT. Registered in Scotland. Company Number: SC108909. www.ajginternational.com

THE PORTUGAL NEWS

A look back at the Challenge Tour Grand Final

This year will mark the 25th anniversary of the Challenge Tour Grand Final — a tournament unlike any other, where the top 15 players on the Rankings secure the life changing step up the European Tour.

The Grand Final was established in 1995 and originally played, in fact, in Portugal, where Spain's Francis Valera claimed a one-stroke victory to secure his graduation, while defeating a strong field of future European Tour winners, including triumphant 2018 European Ryder Cup Captain, Thomas Bjørn. Bjørn's campaign that year on the Challenge Tour was surely a sign of things to come, as the eventual 15-time European Tour winner finished in a tie for eighth at Quinta do Peru to secure his place at the graduation ceremony. The Grand Final is truly unique in that it is not always about the winner,

but rather, about an elite field of potential stars able to realise their dream, if they can manage four solid rounds under the intense and jarring pressure. Last year, Scott Fernandez did just that. Starting the week outside the top 15, the Spaniard needed a strong showing to pass those ahead of him in the Rankings. He did not end up winning the Grand Final, but rounds of 69-69-68-70 were good enough for a share of third place, which earned him just enough points to secure one of the last European Tour cards. With less than 10,000 points separating 15th and 19th on this year's Road to Ras Al Khaimah, it is safe to say there will be intense

moments ahead. You might recognise the name of the Grand Final winner from 2000. Henrik Stenson finished on 18 under par at Varadero Golf Club in Cuba, to claim his third win in a Challenge Tour campaign that resembles a highlight reel. The Swede was red-hot when he arrived at the season-ending tournament, looking to polish off a campaign that featured two wins, two second place finishes, two tied thirds and two other top five showings. He also arrived in Varadero with unfinished business. A year earlier, the future Open Champion had carded rounds of 70-70-69-70 for an agonising tied second place finish —



The 15 graduates celebrate getting their European Tour cards (Getty Images)

failing to earn full playing privileges on the European Tour as a result. Stenson got his revenge, breaking 70 in every round on his way to the winners' circle - and has since blossomed into one of the world's leading players. Stenson beat his fellow future Major Champion Trevor Immelman at the 2000 Grand Final in Cuba, but they are not the only

Major winners to have come through the final event. Brooks Koepka played the tournament in 2012, his first season on Europe's top developmental tour, where he failed to graduate to the European Tour. The American wouldn't have to wait long though - he secured his card by winning three times the next year.

Former World Number One Martin Kaymer played the 2006 Grand Final in Italy. The German put together an impressive season that year, his eight starts were highlighted by two wins, a second, two third place finishes and a tied fourth, which went with his tied 13th place showing at the Grand Final to secure his spot on the European Tour for 2007.

A crowning moment at Morgado

The inaugural edition of the Open de Portugal @ Morgado Golf Resort saw the introduction of two young stars to the world stage.

On the final day of the European Tour and European Challenge Tour co-sanctioned event, Julian Suri was chasing down Matt Wallace as the pair, who are now well known on both sides of the Atlantic Ocean, went in search of their maiden victories.

Wallace had started the tournament with a stunning ten under par round of 63 to take the first round lead, and after further rounds of 66-73 the Englishman held a three shot lead with 18 holes to play.

Meanwhile, Suri had started with rounds of 67-68 before a one over par 74 saw him begin the final round seven strokes behind Wallace.

The American teed off five groups before the

leader but made quick work of closing the gap as he made four birdies in his opening five holes. The Englishman responded with gains of his own on the seventh and ninth, but Suri would not lie down.

With six holes to play, Suri closed the gap to two strokes, before he tied the lead with back-to-back birdies on the 14th and 15th holes. Having teed off 50 minutes ahead of Wallace, the pressure had been piled on by Suri and the Englishman could not afford to make any mistakes down the home stretch if he was to succeed.

As Wallace picked up his third gain of the day on the 13th, Suri made a costly error to drop a shot on the 17th hole - Wallace's lead stretched to two shots. With

Suri unable to find a birdie at the last, the west London-native picked up another stroke on the par five 16th hole to extend his lead.

Back-to-back pars on the closing holes were enough for Wallace to seal victory and continue his trajectory to European Tour stardom. For Suri it was a huge stepping stone on the way to his European Tour success.



Julian Suri and Matt Wallace. (Photo: Supplied)

BEST GOLF IN THE ALGARVE

O melhor golfe do ALGARVE

MEMBERSHIP

Available w/ Unlimited Golf from

€167,00* per month

GOLF & RESORTS PORTUGAL

Gramacho
PESTANA GOLF RESORT

Vale da Pinta
PESTANA GOLF RESORT

Silves Golf
PESTANA GOLF RESORT

Alto Golf
PESTANA GOLF RESORT

Vila Sol
PESTANA GOLF RESORT

BOOK NOW! Tel: +351 282 340 900 | www.pestanagolf.com

*Price mentioned considers an annual subscription.

DISCOUNT TEE TIMES

GolfinPortugal.com

BLAME YOUR GOLF CLUBS!

We can help you play better golf by fitting you into the latest, most powerful clubs on the market. Come and compare your clubs to ours. You have nothing to lose apart from your distance!

GI

GOLF INTEGRATED ACADEMY

Vila Sol

www.golfintegrated.com

Tel: +351 912 263 555



Eagles flying high

Benfica came from a goal down to win the much anticipated top-of-the-table clash against FC Porto at the Estádio do Dragão.

SC Braga won away at Rio Ave whilst fourth placed Sporting took the honours against SC Portimonense. At the bottom SC Feirense look doomed following their sixth straight defeat, 4-0 at Belenenses, and now find themselves nine points from safety. FC Porto were boosted by the return of Mali international Moussa Marega to the starting line-up whilst Benfica boss Bruno Lage was happy to name an unchanged side led by João Félix and Haris Seferovic in attack. FC Porto were quickly out of the traps and Alex Telles tested Benfica keeper Odisseas Vlachodimos within the first thirty seconds. Yacine Brahimi earned his side another prime opportunity to strike at goal after being brought down by Rúben Dias, earning his side

N CHRIS WRIGHT

a free-kick in the eighteenth minute. Adrián's effort cannoned off the defensive wall but he made amends on the rebound with a side-footed volley into the far corner to place Sérgio Conceição's side 1-0 up. Midway through the half Benfica responded through Pizzi but Porto keeper Casillas stood tall to deny the midfielder. Five minutes later the visitors finally level strike partner Seferovic before picking his spot. Ten minutes from time a rush of blood from Gabriel saw him pick up a red card for an altercation with Otávio to leave Benfica a player short. FC Porto pushed forward for the equaliser with Felipe's header grazing the top of the bar before Vlachodimos pulled off two big saves to safeguard Benfica's lead. The 2-1 victory saw Benfica leapfrog Porto and they are now two points clear of Porto

with ten league games to go. Braga went a goal down at Rio Ave when Carlos Junior gave the home side the lead four minutes after the break. Paulinho levelled matters for Os Arsenistas in the seventy-seventh minute with Wilson Eduardo snatching a late winner deep into stoppage time. Braga remain in third place, five points below Porto. Sporting put the disappointment of elimination from the Europa League with a 3-1 home victory over SC Portimonense. The game was virtually over after just twelve minutes thanks to goals by Diaby (11') and Raphinha (12'). Paulinho reduced the arrears after half-an-hour and the Algarve side were pressing for an equaliser when Sporting, on the counterattack, closed the game out when Fernandes added a third in the final minute of normal time. SC Portimonense are at home to National (Madeira) at the Portimão Municipal Stadium on Sunday at 3pm.

Benfica players Grimaldo (L) and Ferro (R) celebrate after victory at FC Porto (Photo: EPA/Jose Coelho)

Five Algarve footballers asked to leave the country

Portugal's Borders and Frontiers Services (SEF) detected five football players in an "irregular situation" in a football sports association in the Algarve earlier this week.

The players have been notified to voluntarily abandon the country. SEF also found eight foreign citizens, four of who were in an irregular situation, in a catering establishment, in an inspection

activity carried out in the city of Lagos in collaboration with the Authority for Working Conditions. Three of these people were notified to abandon the country voluntarily and another was

detained due to not having been admitted into the Schengen space, and has been sentenced by a judge to periodical presentations before the authorities.

TPN/Lusa

Sporting's former president expelled

The former president of Sporting football club Bruno de Carvalho has been expelled from membership by the Fiscal and Disciplinary Board.

Bruno de Carvalho, (47), ran the club from 2013 to 2018, when he was removed by Sporting General Meeting.

The club's press release explained Bruno de Carvalho had been found guilty of 12 disciplinary infractions.

According to Sporting, the former leader of "the lions" has already been notified of the decision and he can appeal to the General Meeting - the appeal suspends the effect.

The former vice-president

Alexandre Godinho was also expelled from membership due to 10 disciplinary infractions.

The other members of Bruno de Carvalho board were punished with suspension: nine months to Carlos Vieira (six infractions) and six months to Luís Gestas (four).

The former board member Rui Caeiro got only a registered reprimand, and two more processes were closed with no charges, regarding Luís Roque and José Quintela. TPN/Lusa



NEWLY RENOVATED
1 1 500m

Albufeira • €195,000

Ref. CNA8518

cerronovo.com
T. +351 289 510 790
sales@cerronovo.com
Soc. Med. Imobiliária, Lda. AMI 860

CERRO NOVO
PROPERTIES
ESTABLISHED 1981



toldolanda
sun
protection



info@toldolanda.com | www.toldolanda.com | 914 609 517 | Portimão

Farense in freefall

The Faro based team lost 1-0 at CD Piedade last weekend and dropped into the Segunda Liga relegation zone.

Without a win this year - four draws and five defeats - Farense are desperate for a win and Saturday's home game at the São Luís

Stadium (behind Faro Hospital) against Varzim will be vital. Their opponents are just a point above them. Kick-off 3pm