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Portugal is the top choice for immigrants



The number of people choosing to live in Portugal continues to rise, with almost 83,000 new residence permits issued between January and September 15. Full story, see page 2.



Hurricane Lorenzo batters Azores. P4



It's Si and Su time! P6



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Record breaking Vieira. P48

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Portugal the country of choice for immigrants

N
DAISY SAMPSON

Changes made to immigration laws in the country have helped to make Portugal an attractive choice for immigrants.

The number of people choosing to live in Portugal continues to rise, with almost 83,000 new residence permits issued between January and 15 September.

The Ministry of Internal Affairs (MAI) reported that by mid-September 82,928 new residence permits had been issued, 23,861 of which for family reunification, in addition to 59,102 renewals of residence permits.

"These figures are much higher than those recorded in the same period last year: 42 percent more new residence permits (58,562 from January to September 2018), with an increase of 36 percent in family reunification (17,598 were granted in the same period last year) and 8 percent more renewals (54,530 in the same period last year)," reads the statement.

The Organisation for Economic Cooperation and Development (OECD), in its annual report on migration, published last week and cited in the statement, also said that "Portugal is the second country where immigration is fastest growing".

According to the OECD report for 2017, Portugal received around 40,000 new long-term or permanent immigrants that year, 20.6 percent more than in 2016.

The report noted that Brazil, Italy and France were the top three nationalities of newcomers in 2017. Among the top 15 countries of origin, Brazil registered the strongest increase (4,500) and China the largest decrease (-200) in flows to Portugal compared to the previous year.

In 2018, the number of first asylum applicants increased by 22.2 percent to reach around 1,200. The majority of applicants come from Angola (200), Ukraine (100) and the Democratic Republic of the Congo (100).

The changes made to Portuguese immigration law in 2017 came into effect in October 2018 and could account for the changes in immigration levels to Portugal. The amendments to the law transposed the

EU directives on the conditions of entry and residence of third-country nationals for seasonal work, intra-company transfers, and for research, education, training, volunteering and au pair purposes.

The OECD report also highlights another important change to the immigration law concerning the regularisation process for undocumented migrants. This law sees that migrants in employment and who had made social security contributions for at least one year may apply to be regularised on humanitarian grounds even if they are unable to show proof of legal entry into the country, which was previously a requirement.

The implementation of these legal amendments has led to a simplified procedure for obtaining and renewing visas and residence permits, especially for highly-skilled migrants, entrepreneurs, researchers and international students.

Other schemes such as the Nationality Law in Portugal which has now been amended to broaden access to citizenship for children born in Portugal to non-Portuguese parents and to foreigners living in Portugal and the "Golden Visa" permit have also helped to encourage higher levels of immigration and residency in the country. Meanwhile Portugal is also working on attracting Portuguese emigrants home with a measure allowing emigrants who have lived abroad for at least three years and who return to Portugal between January 2019 and December 2020 to benefit from a 50 percent income tax cut until 2023.

MAI also stated that the Foreigners and Borders Service (SEF) has registered in recent weeks "a significant increase in appointment scheduling capacity, especially for the renewal of residence permits, family reunification and granting of residence permits" thanks to the opening of around 11,000 additional staff vacancies by the end of the year and more than 116,000 vacancies for the first quarter of 2020. It also says that SEF has implemented, in



The Organisation for Economic Cooperation and Development is fastest growing". (Photo: TPN)

recent weeks, a new more secure method of scheduling appointments - following complaints about appointments sold through online classified ad sites - and a public competition is under way to hire 116 technical assistants, specifically for public service. The improvements at SEF have been created to reduce processing times. OECD countries received about 5.3 million new permanent migrants in 2018, a 2 percent increase on 2017, according to preliminary data. Since 2015, European OECD countries have collectively received more permanent migrants than the United States. However, the United States remains the largest single destination country for migrants, followed by Germany.

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development (OECD), in its annual report on migration said that "Portugal is the second country where immigration

WEATHER

Summer weather continues in Portugal

There is still no sign of autumn weather beginning in Portugal as the country continues to experience high temperatures throughout the week.

Lisbon: It will be feeling a little cooler on Saturday with highs of 23 degrees in the capital however temperatures are on the up again on Sunday and will continue to rise to highs of 29 degrees by Tuesday. Hazy cloud is expected throughout the weekend but is set to clear by Monday.

The South: The warm weather continues in the south of Portugal with temperatures remaining steady at highs of 29 degrees with average lows of 17. Cloud cover over the weekend is to clear by Tuesday and there is no chance of rain all week.

The North: Hazy cloud over the weekend will change to intermittent cloud by Tuesday in the north where average highs for the week will remain at 23 degrees with lows of 13 degrees. There is a slight chance of rain on Sunday and Tuesday.

N News in Brief

Man dies after falling off cliff in Lagos

A man died on 30 September, after falling from a cliff about 30 metres in height on Canavial beach in the municipality of Lagos, Faro district, a civil protection source told Lusa. According to the Faro District Relief Operations Command (CDOS), the causes of the fall of the 48-year-old man of Czech nationality are unknown. According to the same source, the accident occurred early on Monday morning, with the man falling from the cliff to the beach.

House sales reach 11-year high

New figures have revealed that an average of 660 properties were sold in Portugal per day during the course of last year. With sales topping 240,000 in 2018, real estate transaction reached its highest figure since the pre-crisis year of 2007. Lisbon topped investment, with close to 12 billion euros in sales, with the national total climbing to beyond 26 billion euros.

No more waiting before remarriage

A new law has come into force on Tuesday 1 October that does away with the waiting time required of divorced men and women before they can remarry. The new law alters the original Civil Code established 1966 which required men to wait a period of 180 days and women 300 days to remarry. It repeals the different inter-nuptial periods for men and women, and does away with the waiting period completely.

Tender launched for Serra da Estrela tunnel

Portugal's infrastructure manager Infraestruturas de Portugal (IP) announced that it has launched a public tender for the structural reinforcement work in the Serra da Estrela road tunnel, with a base value of €400,000. According to IP, the contract aims to "repair the pathologies identified in the interior walls of the tunnel, in the entry and exit areas, as well as the road surface, in order to ensure the restoration of road traffic conditions". IP said in a statement sent to Lusa that the contract is currently being put out to tender and is in the process of receiving proposals.

Foreign fishermen found living in warehouse

The Viana do Castelo harbour master said that Indonesian fishermen have been living in warehouses built with community funds on the city's river front, intended for storing fishing gear. In statements to Lusa, the harbour master, Sameiro Matias, said that the "report prepared was sent to the authorities responsible for the matter and space. The question involves 20 warehouses, budgeted at €2.2 million that were inaugurated in 2016 and claimed for more than a decade by the local fishing community. Matias added that the case arose from "a complaint" made on 30 September during the night.



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Hurricane Lorenzo batters Azores



Hurricane Lorenzo provoked huge waves in Porto de São Mateus in Angra do Heroísmo, Terceira, Azores on 2 October. (Photo: Lusa/António Araújo)

More than 50 people were evacuated from their homes and over 170 incidents were reported in the Azores due to adverse weather conditions caused by hurricane Lorenzo.

The storm hit the archipelago during the early hours of 2 October, with maximum wind speeds reaching 163km/h at 8.25am in Corvo. "In terms of the 171 incidents, 66 were reported in Faial, 23 in Flores, 28 in Pico, 21 in São Jorge, eight in Graciosa, 20 in Terceira, two in São Miguel and three in Corvo," said Teresa Machado Luciano, the regional secretary of Health of the Azores, who oversees Civil Protection.

According to the official, it was necessary to relocate 53 people on three islands: "four in São Jorge, 42 in Faial and seven in Flores". All the people were relocated to family homes or solutions found by the Regional Housing Directorate and the Regional Secretariat for Social Solidarity. Among the incidents, the most common were "tree falls, floods and destroyed roads", but it is the damage in the Port of Lajes das Flores, the only

commercial port on the island, that is of the greatest concern to the Azorean executive. "The most serious occurrence, which is very complicated, is the question of the protective pier in the Port of Lajes das Flores, which was totally destroyed," said Teresa Machado Luciano. At the time of going to press the weather warning was down to a yellow alert however the authorities were remaining on "alert" for further incidents.

Renewables generate 43% of electricity in September

Renewable sources accounted for 43 percent of the energy consumed in Portugal in September, against 42 percent from non-renewables, and with the remaining 15 percent imported.

According to the Redes Energéticas Nacionais (REN), which is charged with the overall management of the national electricity and gas systems, for the first nine months of the year

as a whole, 45 percent was generated from renewable sources and 44 percent from non-renewables, while 11 percent was imported.

Breaking down the renewable

share by source, wind farms supplied 24 percent of consumption, hydroelectric dams 14 percent, biomass plants 5 percent, and photovoltaic panels 2.3 percent, while in non-renewable natural gas fuelled 32 percent of consumption and coal 12 percent.

According to REN, "this year

coal production has been falling, particularly in August, where coal plants had the lowest use ever in the national system."

For the first nine months of the year, the index of annual hydropower production stood at 0.62 (against a historical average of 1), a reflection of the dry weather in the period, REN said. Wind production was at

0.99, or "practically in line with the average".

For September, REN reported a 3.1 percent decrease in electricity consumption on the same month a year earlier, or a little less than a 2.9 percent decrease after correction of the effects of temperature and the number of working days.

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Wake up with Si and Su

N DAISY SAMPSON

For almost a decade the Algarve has been waking up with Si Frater on Kiss Fm, now a new voice has joined the breakfast show with Susana Monteiro bringing a fresh new perspective.



Susana Monteiro has joined Si Frater on the new look breakfast show from Kiss FM.

Love him or hate him, there is no doubt that everyone who listens to his breakfast show has an opinion about him, "I've never shied away from the truth," said Si in an interview with **The Portugal News**, "not everyone likes my opinions but I do have them". Now each morning listeners can tune in to hear Si with his usual rants, quizzes and unique style of presenting accompanied by Susana, known as Su on the show, Si explained: "We wanted to add to the show and bring a different perspective for listeners. At 51, I am the youngest DJ on the station and with Su being only 21 this brings a younger perspective to the studio downstairs". Su, who is Portuguese and from the Algarve, is no stranger to Kiss Fm: "I began listening to Kiss Fm when I was a teenager and I've been a fan for some time." She began to work at the station as an intern as part of

her degree in communication sciences, focusing on social media for the station and when the opportunity arose to join Si on the breakfast show she was keen to take the leap into live broadcasting. "It's a challenge in a different way," said Su, "You never know what Si is going to say next which makes it entertaining for the listeners and especially for me!" "I basically wake up happy and play music," said Si, "But now with Su in the studio there is a different banter between us and where there was no reaction there is now an instant reaction on the show." The new breakfast show has also seen Su bring in entertainment news each morning, while there are also new games in the pipeline for listeners to get involved in each day. Tune in to the new look breakfast show with Si and Su, weekdays from 8am until midday on Kiss FM Algarve.

New animal collection centre advances

N KIM SCHIFFMANN

The new municipal kennel and cattery in Olhão will be a national reference with conditions for both resident animals, staff and potential adopters.

After completing the architectural project, the contract for the preparation of the project for the future Animal Collection Centre of Olhão, a key facility for animal welfare in the county of

Olhão, was signed on Thursday, 26 September.

It is intended that this phase will be completed by the end of the year, so that, in the first quarter of 2020, a tender for

construction will be launched. The infrastructure will be set up on a municipal plot of land with an area of 7,986 m², located in Sítio da Alecrineira, in the parish of Quelfes, with a planned construction area of over 2,000m². The main building will be dedicated to services, and includes the administrative area,

veterinary office, ward, pharmacy, operating room and recovery room. As for the other two buildings, one is for storage, and the other for separate canine and feline adoption areas. The animals will be accommodated in three dog housing buildings with a capacity of 150 and one cat housing

building with a capacity of 32. In the near future, the transformation of a pet vehicle for operation in the municipal kennel will also be completed, as well as the allocation of feline shelters in strategic locations in the county where colonies exist and the care of stray injured animals, in partnership with a local veterinary hospital.

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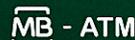
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Precautionary measure delays works at Faro campsite

The works planned for the campsite in Faro are expected to be “delayed” after receiving the court’s notification of a court order, the mayor told Lusa on 1 October.

Rogério Bacalhau (PSD) said he learned of the notification on Thursday (26 September) and “the answer is already being prepared” to be sent to the court. Despite having

a 10-day timeframe, the president hopes that “he will be able to continue next week.” The first consequence of this action, brought by the Praia de Faro Camping Users and Friends

Association, is that on 1 October, and “until the response to the injunction comes, the work will not start,” he said. In response to the notification, the Chamber will seek to explain that the

park is operating “without any security conditions”, there is already a “tender made and a contract signed” for the improvement works and that the existing contract with the user association has been denounced “a year in advance” so that Faro could “get back to having a public campsite as it should be,” says the president. Not wanting to comment on the arguments presented in the injunction, Rogério Bacalhau reveals that some are “contradictory” and do not seem to have “any support”, waiting for the decision of the court to take the measures it considers “necessary”. The suspension of the work, which should start next Tuesday (8 October), may

cause “delays and losses”, and “these losses” could be imputed “to the association,” said Rogério Bacalhau, adding that there are users who have “told the Câmara” that they removed their belongings from the park and “have detached themselves from the association”. The mayor hopes that the precautionary “providence situation” may already be over by the end of October, so that “by the beginning of next summer” the park improvement works will be “finished” and the park may be in operation “before the start of the bathing season,” he said. “If we are too late, we could risk that we are still in the works at the time, which would be manifestly negative” the mayor added.

On 16 September, the association of users of the former campsite of Faro beach delivered a precautionary measure to stop the exit of the space on 1 October, the date on which the municipality intended to start the requalification works. In September 2018, the Faro City Council terminated the lending agreement signed in 2010 with the users’ association, giving the space one year to be vacated, with a view to commencing the requalification works. The campsite in Faro closed to the public in 2003, continuing to be used by those who were already there and in 2010 to manage the users’ association, through a lending agreement with the municipality.



The mayor hopes that the precautionary “providence situation” may already be over by the end of October. (Photo: Lusa)

Lisbon storm drainage to be completed in 2024

Storm drainage tunnels between Lisbon’s Monsanto and Santa Apolónia districts and between Chelas and Beato districts should be concluded in 2024

Coordinator of the Lisbon General Drainage Plan (PGDL), Engineer José Silva Ferreira was speaking to journalists during a visit, which was attended by the mayor, Fernando Medina, to the microtunnel between Avenida de Berlim and Infante D. Henrique, which is almost ready.

This work will be fully completed at the end of October and fully reopened to traffic in November.

This is the first storm drainage tunnel built in Lisbon, being 310 metres long, 1.2 metres in diameter and about nine metres deep, representing an investment of about €3 million.

The tunnel “can prevent the entire area of Parque das Nações from being flooded, should abnormal rainfall events happen.

“This is a reinforcement of the drainage capacity when extreme rainfall events occur. What we have done here is nothing more than to put one more collector, in parallel with the existing one, thus increasing capacity,” he added.

According to Fernando Medina, this “is a plan of great importance for the city”, since “with the phenomenon of climate change”, “the most frequent occurrence of extreme phenomena, i.e., floods of great intensity” is predicted.

The local authority will be launching the tender for the construction of the two large drainage tunnels between Santa Apolónia and Monsanto and between Chelas and Beato, worth €140 million.

The start of work is scheduled for the beginning of 2021, Ferreira said.

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Ryanair asks Lisbon pilots to transfer or take unpaid leave



Ryanair said that it is encouraging pilots to apply for an unpaid leave during the winter. (Photo: EPA)

Ryanair has appealed to its pilots in Lisbon to request a transfer to other group bases or take unpaid leave to avoid dismissals this winter, as it has "a significant surplus of pilots" at this airport.

In the communication sent to "all Lisbon pilots", to which Lusa had access, the Ryanair operations director began by saying that he "regrets to inform that [the airport] Lisbon has a significant surplus of pilots that has to be reduced this winter". "We sincerely hope that the surplus in Lisbon can be resolved with transfers to other bases or with voluntary unpaid leave.

This way we could avoid losing jobs this winter," the document dated 24 September said along with two tables detailing availability of pilots at other airports and other airlines in the group. In this context, the Irish 'low cost' company said that it is encouraging pilots to apply for an unpaid leave during the winter, or up to one year, or to transfer to other bases or to the Buzz and

Laudamotion companies, both of which belong to the Ryanair group. Ryanair added that 'with the collapse of British operator Thomas Cook, 9,000 jobs will be lost in the UK and potentially some 13,000 jobs across Europe', expressing the hope that 'there will be sufficient applications for part-time leave, so that there will be no job losses in Lisbon this winter'. TPN/Lusa

British Consul in Santarém

The British Consul, Simona Demuro, and Consular Policy Officer, Marta Ceia, will be in Santarém on Tuesday 8 October, to meet members of the British community.

The aim of the meeting is to provide an update on the impact of the UK's exit from the European Union and answer questions from residents in the area.

This public session has been arranged with the kind co-operation of the Santarém Municipal Authority. To join Simona and Marta, it is essential to register by visiting <https://www.eventbrite.co.uk/e/british-consul-in-santarém-tickets-72911645695>.

Any questions for the British Consul may be

submitted in advance by email to: Portugal.outreachevents@fco.gov.uk

The British Embassy asks for people to "Please share with friends who may also be interested in attending".

For ongoing updates and information, check the Living in Portugal guide at GOV.UK and follow Brits in Portugal Facebook and Twitter channels.

41,017 hectares of land in Portugal

This year's rural fires have so far consumed 41,017 hectares of land and 10,362 occurrences have been recorded, according to provisional data from the Institute for Nature Conservation and Forests (ICNF).

The provisional data indicates that 50 percent of the burned area concerns forest stands, 38 percent in bush and 11 percent in agriculture.

Last year, as of 15 September, the ICNF had recorded 9,725 rural fires, resulting in 38,223 hectares of burned area.

On 30 September, the Government extended the critical period of fires until 10 October, under the Forest Fire Defence System, due to the forecast of dry and hot weather.

In an order of the Secretary of State for Forests and Rural Development, Miguel Freitas, published in Diário da República, it is stated that the critical period is extended until October 10 due to the forecast of "maintaining the risk of rural fire at high levels".

At stake are "probable weather conditions for the first 10 days of October, temperatures above the standard for the season, a low probability of precipitation

with a below-average rainfall level forecast, with a tendency to dry and hot weather throughout the national territory", is mentioned in the order.

Thus, according to the Government's note, during the critical period of fires, in forest or agricultural spaces, smoking, firing or burning fires, burning, launching rockets and fumigating or disinfecting apiaries is prohibited, unless the fumigators are equipped with spark arresters.

It is also prohibited to circulate, or use, tractors, machinery and heavy transport vehicles that do not have a fire extinguisher, a spark arrest system and flame arrestors in the exhaust pipes or chimneys.

After the most critical time, a level of operational commitment is called "reinforced level III", according to the National Operational Directive (DON), which establishes the Special Rural Fire Fighting Device (DECIR).

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The level of water stored in Portugal falls

The amount of water stored fell in September in all catchments in Portugal, according to data from the National Water Resources Information System (SNIRH).



The amount of water stored fell in September in all catchments in Portugal. (Photo: Lusa)

Of the 59 reservoirs monitored, 26 showed water availability of less than 40 percent of the total volume and four more than 80 percent.

The Sado basin (28.1 percent) was the one with the lowest water availability at the end of September, followed by the Barlavento (34.4 percent), Ave (40.5 percent), Arade (41.8 percent), Oeste (41.9 percent), Mira (47.9), Lima (52.5 percent) and Tejo (58.8 percent).

The Cávado (64.3), Douro (62.8 percent), Mondego (62.7 percent) and Guadiana (62.5 percent) basins had the highest levels of storage at the end of September.

The reservoirs with lower water availability were located in the Guadiana and Sado basins in September.

In the Guadiana basin, the Lucefit reservoir (Alandroal, Évora district) had 4.8 percent water availability in September and Abrilongo (Campo Maior municipality, Portalegre district) with 5.6 percent.

In Sado, the Campilhas reservoir (municipality of Santiago do Cacém, in Setúbal) was in September with 7.2 percent of water availability and Monte da Rocha (municipality of Ourique, in Beja) with 8.8 percent.

Storages in September 2019 by river basin were below the average for September (1990/91 to 2017/18), except for the Cávado, Ribeiras Costeiras, Douro, Mondego and Arade basins.

Each river basin may correspond to more than one reservoir.

Portugal continues to consume too much water

N KIM SCHIFFMANN

Portugal continues to consume more water than it should, endangering adaptation to climate change the environmental organisation ANP / WWF warned on 1 October.

The Portugal Nature Association (ANP), a Portuguese non-governmental organisation working in association with the international World Wide Fund for Nature (WWF), made the warning during the commemoration of National Water Day, also releasing a report on “Vulnerability from Portugal to Drought and Scarcity”.

In the document, the ANP / WWF points out that healthy aquatic ecosystems are the best allies to cope with rising temperatures and less rainfall, so preserving them should be “a priority”. The ANP / WWF draws attention to the growing “structural scarcity situations” of water, especially in the south of the country, and says the scenario may get worse. The country cannot manage water shortages with emergency responses to droughts but has to focus on reducing water consumption and increasing water efficiency, says the ANP / WWF, stressing that “conserving and rehabilitating healthy aquatic ecosystems is the first weapon of defence against the impacts of climate change”. In the report on Portugal’s



The country cannot manage water shortages with emergency responses to droughts but has to focus on reducing water consumption and increasing water efficiency, says the ANP / WWF. (Photo: Lusa)

vulnerability to drought, the association proposes that entrepreneurs integrate water management into the company’s value chain and diversify supplies, including wastewater reuse. Policy makers suggest that they also diversify sources of supply, foster irrigation efficiency and make agricultural subsidies conditional on good water use. And to citizens who reduce their consumption permanently and choose to consume low water footprint products. The ANP / WWF, together

with the WWF of Spain, also made a joint statement on 1 October in which they stress that the governments of the Iberian Peninsula should adopt “preventive drought management”, to the detriment of the current “reactive management based on urgent and exceptional exemptions”. Both organisations stress the need to support a culture of water saving and efficient use that extends to all users. Regarding drought, the ANP / WWF warns that in the Alentejo and the Algarve

there are already “significant impacts on the loss of yields in autumn / winter crops and pastures, and difficulty in feeding cattle”. Afonso do Ó, ANP’s water expert, also quoted in the statement, that “water authorities should stop funding new irrigation in scarcity zones, and globally whenever they do not guarantee efficient and frugal water use systems, as well as continue to improve water monitoring to enable better prevention of drought impacts based on informed decision making.”

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Algarve welcomes autumn with music, entertainment and activities

N KIM SCHIFFMANN

October is marked by the start of the 4th edition of 365 Algarve, the cultural programme that offers a wide variety of entertainment choices in the region.



The 10th Bird Watching & Nature Activities Festival, in Vila do Bispo, from October 10 to 13 is part of the Algarve 365 programme.

Every day counts in the Algarve and, as such, the 365 Algarve programme includes music, cinema, theatre and dance, gastronomy, literature and heritage, to showcase all that the region has to offer out of the

main peak tourist season. This month's 365 Algarve programme has a very different array of suggestions, from a jazz concert in Wineries, walks through the Algarve heritage and a show by Novo Circus, in Aljezur. It also has the ninth edition of the

Summer Blue Festival which includes exhibitions, concerts, theatre, dance and visual arts exhibitions, as well as the V International Poetry Meeting Poetry of the South. Alongside this wide programme, the Algarve will also be welcoming comedy performances with the debut stand-up comedy tour of blogger "A Pipoca Mais Doce, Agora Deu-me Para Isto", on 4 October at Teatro das Figuras. On the 16 October, José Pedro Gomes and Ana Bola are together in the show Casal da Treta, for a night at the Duval Pestana Auditorium Cultural Centre.

Throughout the month, various exhibitions of painting, photography and even works by art students will be available (until the 28). One of the highlighted exhibitions is The Other Algarve by Olhanense photographer, Hélio Ramos, at the Pintor Samora Barros Art Gallery in Albufeira. Nature and bird watching enthusiasts are suggested to go to the 10th Bird watching & Nature Activities

Festival, in Vila do Bispo, from 10 to 13 October.

When it comes to music, the concert of renowned Portuguese flutist Rão Kyao and Guests, on 12 October, at the Cineteatro Louletano, marks the musical programme. However, there is no shortage of good music throughout the month, from solo concerts, classical music, Fado, jazz and traditional music all over the Algarve. For mid-October, South American dance invades the cities of Loulé, Lagoa and Lagos on 13, 18 and 19 with the show Sentimientos Argentinos. While dance enchants the Algarvian stages, at the end of the month, the Portugal Masters arrives in Vilamoura from 24 to 27 October, a tournament featuring the best golfers in Europe, at the Dom Pedro Victoria Golf Course. For those looking for something more tranquil, the 10th edition of Algarve Spa Week, with the theme "Be Active & Be Well", invites everyone to experience the best spas in the Algarve, from 5 to 13 October.

Best summer ever for Alentejo and Ribatejo

The regions of Alentejo and Ribatejo this year had "the best summer ever", with more national tourists and a rise in consumption, according to the president of the Regional Tourism Entity (ERT).

"Once again and consecutively for several years, we have experienced the best summer ever. There is an increasingly qualified demand and the data indicates that, regardless of the rise in overnight stays, there is a significant increase in income, in the order of 16 percent," said António Ceia da Silva.

António Ceia da Silva stressed that the tourist visiting the Alentejo and Ribatejo present a "distinct profile", benefiting the entire sector with its purchasing power.

"This means that there is a tourist who consumes more, a tourist with a distinctive profile that turns out to be good for all the sector, not only for accommodation, but also for catering, tourist entertainment and wine tourism. Everyone ends up benefiting from this," said the president of ERT Alentejo and Ribatejo.

According to António Ceia da Silva, hotel units recorded a "high occupancy rate" during the summer.

"Occupancy rates in most of Alentejo and Ribatejo were very close to 100 percent. In fact, in many of the most sought-after areas they were even 'overbooked', there was indeed a very considerable demand not only in the Alentejo coast but also in areas where there are already river beaches," he said.



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CASA VERDE INTERNATIONAL

Run Quinta comes to the Algarve

The first premium running festival in the Algarve will be taking place between 8 and 10 November in the Quinta do Lago resort.



Wendy Sly MBE, 1983 10k World Road Race champion and Olympic silver medalist in 1984. Credit: The Campus, Quinta Do Lago, Portugal.

Competitors will be able to take part in three different races during the weekend with a half marathon on 9 November, followed by a five kilometre and 10 kilometre trail run along the Ria Formosa on 10 November. Run Quinta ambassador Wendy Sly MBE, who won the 10 kilometre World Road Race in 1983 and the 1984 Olympic Silver Medalist, said: 'I have been coming to Quinta with my family and friends for over 30 years, and have always loved the running environment. "The golf courses, the trails, the wide open roads and the weather create the perfect location for training. The addition of The Campus has taken it to a new level for people who love to train and play sport, and the weekend of

running events with Run Quinta will be perfect for club athletes and families alike. The secret is out on my favourite training base and I can't wait to share it!" Those participating in the festival with Run Quinta, have a choice of package options including the festival package and weekend and day passes. There are additional offers for groups and running clubs wishing to enter races over the weekend. The Race courses have been plotted by Run Quinta and The Campus team which consist of keen runners and champion Tri-athletes, making the most of the varied terrain available within Quinta do Lago. Saturday's half marathon winds in-between golf courses and lakes along wide roads and stunning scenery. Sunday's trail races make

the most of the Ria Formosa national park, where the salt marshes and sand dunes meet. A group pre-race warm-up and post-race stretches will be hosted by PTs from The Campus. Chief Executive, Sean Moriarty said: "It is fantastic to be hosting Run Quinta at The Campus this November. At Quinta do Lago, we are all about uniting health and fitness with exceptional luxury experiences, outstanding hospitality and a unique outdoor lifestyle - and this event captures everything that is possible here." "I hope all of the participants enjoy running along the banks of the Ria Formosa nature reserve just as much as they enjoy dining in our fantastic restaurants, training in our state-of-the-art gym and resting in our boutique accommodation."

Refood Almancil looking for volunteers

Hunter Halder, Refood's founder, will be at the EB 2.3 Dr. António de Sousa Agostinho School, for the second presentation meeting of this project in Almancil on 11 October, at 7pm.

The project has been gathering volunteers and creating groups in other parts of the country and it intended, with this action, to attract

new volunteers.

This meeting will be attended by the founder of the project, Hunter Halder, a Lisbon-based American who began collecting leftover meals in his neighbourhood restaurants and cafes and then distributing them to the needy.

It should be noted that the Municipality of Loulé has been a key partner of this project since the

very beginning. The winning proposal in the Parish of Almancil of Participatory Budget 2016 was the work to improve the facilities of Refood's operations centre, which included the creation of a modular house, equipped with kitchen and toilet, which allowed to improve the work developed by this association.

Since 2015, as part of the Zero

Waste Movement, during the MED Festival hundreds of kilos of cooked and uneaten food were collected, which were then distributed to the most vulnerable families in the county.

The operation of this action is carried out by a team of Refood volunteers, with the support of the Loulé Local Volunteering Bank, the São Clemente and São

Sebastião Parish Centre, as well as technicians from the Municipality's Social Intervention and Volunteering Division, which collect the surplus, ensuring all safety parameters required by ASAE.

Anyone interested in joining the movement as a volunteer is encouraged to attend the meeting on 11 October.

The Refood project is a 100% voluntary eco-community effort by and for citizens at micro-local level set up to end food waste and hunger while reinforcing local community ties.

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Thou shall not follow tips

Nik Rainer from BinckBank on the joys and pitfalls of investing in the stock market.



We all know someone that knows someone that says you'd be mad not to invest in this stock as its going to moon or this is a sure win get in while you still can. They usually turn out to have a finger in the pie of the stock you invest in, and it goes down like a soufflé taken out of the oven too soon and you

have just put your money into it! In my experience there are two types of investors; the investor who follows his/her own strategy and the investor who makes trades on the basis of tips passed to them. For latter group, they are overwhelmed with Nova Top 5's, 2020 Investment Tips, Top Shares for 2020 and other tipsters who all

seem to be full of wisdom. The tip-seeking investor thinks they can lie back and relax whilst golden tips flow towards them. I get continuous requests to compile top five and top ten tips, explain where the dollar will go in 2020, and whether or not you should be in this or that stock. I have only one tip for you: never follow an analyst, trade fair expert or guru blindly. Always keep a clear mind and research first. I've summarised this for you in this the first of well, 10 commandments. (I know, I know I said don't follow top ten lists!). One of the disadvantages of following tips is that they offer only a very temporary solution for your investments. When I advise you today and my tip is correct, what are you going to do next week when I'm on holiday? You are once

again facing the problem of wanting to invest money, but not knowing where or in to what to invest. Therefore, tips do not provide a basis for maintaining a consistent portfolio and strategy. There are also those who'll offer you a subscription. My advice is to not use these unless you are aware of the quality of the service. Always do your homework. You should never follow a tip without first doing some background research. Indeed, there are many people who are more knowledgeable about investing in stock markets than others, but do their forecasts always turn out the way they said they would? No, but if your tipster is right 63 percent of the time, you have a very valuable stock exchange companion. In addition, you'll need to determine whether his vision is

suitable to you. Check on what his choices are based on (technical, fundamental analysis etc.), and more importantly, whether you know and are familiar with the instruments he is suggesting you invest in. If these points are all positive and the tipster has a good and reliable track record, the ingredients for a potentially rewarding investment plan are all there. What's better is your own investment approach. Based on research and education. You don't rely on other people's tips, but you have identified which markets you want follow, when a share meets your criteria, how you take action, and when you move to make the trade. Although this is more time consuming, it is the most constructive and often rewarding way of investing.

Let's face it, laziness is part of human nature and we would generally rather receive tips in our laps, rather than rolling up our sleeves and doing the work ourselves. In addition, it is good to be able to blame the so-called "experts" for disappointing investment results. Ultimately, however, you are the one who determines whether or not you are successful in the stock markets. If you have any questions or you would like to get in touch let me know via nik.rainer@binckbank.com Trading in financial products always involves a risk. The value of your investment may go down as well as up. As a general rule, you should therefore only trade in financial products if you understand the products and the risks associated with them.

What to expect arranging a funeral in Portugal

If you're an expat living in Portugal, arranging a funeral can be complicated. Here are four things you need to know.

Arranging a funeral for someone close to you is never easy. But if you're an expat living in Portugal, it can be even more complicated, thanks to cultural differences, unfamiliar procedures and language barriers.

It's always a good idea to be prepared. If you're a British expat in Portugal, make sure you and your loved ones know these four facts about Portuguese funerals - it could make things less confusing at a difficult time.

Funerals can happen very quickly in Portugal

In the UK it usually takes anywhere from a week to a month to organise a funeral. But in Portugal it's traditional for funerals to take place very quickly, often within 48 hours of the death.

However, if you're an expat, it's likely that you'll want longer than this to arrange a funeral. For example, friends and family might want to fly out to Portugal to pay their respects. You should be aware that this will cost extra mortuary fees, charged by the day.

You might have to pay the Funeral Director upfront

Unlike in the UK, many Funeral Directors in Portugal will ask you to pay at least part of the funeral fees before the funeral takes place. That could be hundreds or thousands of Euros to pay before any arrangements can take place. If you passed away, would your loved ones be able to find that amount in a short space of time? Bear in mind as well that when someone dies in Portugal, their assets (including bank accounts) are

often frozen, so the next of kin can't easily access savings.

It's hard to shop around for a Funeral Director

If you've lost someone close to you, you'll know that making important decisions when you're grieving isn't easy. That's why bereaved families often find it hard to shop around and compare funeral services.

Arranging a funeral in Portugal can be even harder, because of the time limits, unfamiliar systems and the language barrier. All of these obstacles mean that when the time comes, your loved ones might not be able to thoroughly research and compare their options. That's why it pays to have plans in place before you need them.

It's normal to plan ahead

Because funerals happen so quickly, many Portuguese nationals have funeral insurance or similar types of cover to make things easier for their next of kin. It's a way to make things easier for their family when the time comes.

Many British expats living in Europe choose a prepaid funeral plan to protect loved ones from unexpected costs and complications. A prepaid plan lets you plan your funeral in advance, giving you peace of mind that your next of kin won't have to worry about making arrangements or how to pay for them.

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New Palmares – Ocean Living & Golf resort launched

Kronos Homes have launched the new resort between Alvor and Lagos with an investment of €250 million.

Kronos Homes, the residential real estate development brand from Kronos, has presented its latest project in Portugal - Palmares - Ocean Living & Golf - in Lagos, Algarve, where it plans to invest €250 million. Palmares - Ocean Living & Golf is a residential touristic resort, with a beach, 27-hole golf course, hotel, villas and apartments. The project foresees the construction of 460 units, of which 103 will be exclusive villas and 357 apartments, but with a construction density of only 5.7 percent of its 200 hectares. The Resort includes a new Clubhouse and two five-star hotels - one already in operation with 20 rooms and one under development with 152 rooms. There will also be an important set of sports and leisure facilities. The launch event, which took place at the Palmares golf course, was attended

by over 200 guests, including the Deputy-Mayor of Lagos City Council, Paulo Reis, international investors and several clients. Rui Meneses Ferreira, partner of Kronos Homes in Portugal, said: "It is with great enthusiasm that we launch this project of Kronos Homes in Portugal. Palmares is in a privileged place, located between Lagos Bay and the Alvor Estuary, where natural beauty and stunning landscapes are combined with elegant and unique architecture. We hope that those who visit us will find Palmares a quiet, exceptional and truly inspiring place." The importance of the project for the development of the residential tourism in the Algarve region and in the municipality of Lagos was evident by the strong support of the main official entities to this resort. Paulo Reis, Deputy Mayor of Lagos, said: "It is an

ambitious programme guided by excellence and high quality standards, but we are sure that - as it has been the case so far - the commitment of the developers, the qualification of the involved technical teams, the availability and openness of the municipality of Lagos and the assumption that we are all partners in finding the best solutions, will make it possible to achieve something unique that this place, the municipality and the Algarve deserve. Once this first stone is thrown, I would dare to say that the best is yet to come." The first Palmares Signature Apartments will be developed by RCR Arquitectes, distinguished in 2017 with the Pritzker award, the most prestigious architecture prize in the world. "This project has environmental sustainability as its principle and will feature a Breeam certification, one



The launch event for the resort took place at the Palmares Golf course.

of the main internationally recognised building sustainability certification systems. Likewise, its unique architecture favours integration within the landscape and preservation of Palmares' natural environment. All units will have sea views - over the Lagos Bay and the Alvor Estuary", explained Rafael Aranda, founder of RCR Arquitectes.

The construction of the new Clubhouse, also signed by RCR, has already begun and is expected to be completed in the third quarter of 2020. Kronos Homes arrived in Portugal in 2018, beginning its international expansion from Spain. In addition to the Palmares project, the company has four projects already under development in the

country, two in Lisbon and two in Algarve. Kronos Homes started its activity in the Spanish residential sector in 2015, since which time it has been increasing its business portfolio and the investment destined to its development. In Spain there are currently 16 ongoing projects and two projects already completed in Costa do Sol.



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Cascais becoming 5G Smart City

Cascais to be the first Portuguese city to launch a 5G 'Proof of Concept' network in collaboration with Dense Air Portugal, operating on their Licensed Spectrum

Dense Air Portugal has signed a Memorandum of Understanding (MoU) with the Municipal Council of Cascais which sets out an implementation plan to launch a 5G Smart City 'Proof of Concept' network. The Deputy Mayor of Cascais, Miguel Pinto Luz signed the agreement with Tony Boyle, General Manager of Dense Air Portugal at the Civic Offices in Cascais auctioning the delivery of 5G connectivity in the central Cascais area. Tony Boyle said: "The move positions Cascais at the forefront of the next generation 5G industry and will provide the opportunity for the Câmara and other interested parties to test a number of the latest technological advances for uses

such as autonomous vehicles, industrial IoT and immersive education." Pinto Luz highlighted the fact that "Cascais is the first county to have the installation" in collaboration with Dense Air Portugal. "We are really leading this process in the local authorities and we can be the first to offer our residents, those who visit us and those who like Cascais, this service that will greatly improve the lives of each of us." The transformation into a 'smart community' will involve the installation of a 5G Macro Cell at the centrally located Câmara building in Cascais and strategically placed Small Cells to enhance the end user quality of experience and demonstrate pervasive 5G coverage.

The transformation into a 'smart community' will involve the installation of a 5G Macro Cell at the centrally located Câmara building in Cascais.

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Monthly mortgage repayments fall from October onwards

Instalments paid to the bank by customers with mortgages indexed to the three- and six-month Euribor rates fell again in October.

According to consumer association, Deco/ Dinheiro&Direitos, for a loan of €150,000 over 30 years, indexed to the six-month Euribor, with a spread (margin of profit of the bank) of 1 percent, from this month of

October will pay €455.79, which is €10.99 less compared to the last revision of instalments in April.

For a loan on the same terms, but indexed to the three-month Euribor, customers will pay

€454.20, in this case €5.93 less than July.

The Euribor rates are the main indexing in Portugal in banking contracts that finance the purchase of homes. The six-month Euribor rate is the most used, followed by the

three-month rate.

Interest rates remain in negative ground. In September, the average Euribor six-month rate was -0.394 percent, a new historical low, and the average rate for three months of -0.418 percent.

Pork exports to China set to double

Initial estimates indicated that Portuguese exports to China were set at 15,000 pigs per week, with a total turnover of €100 million.

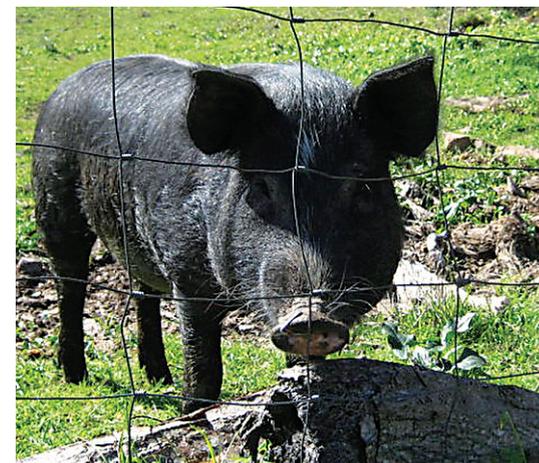
Since the end of last year, Chinese authorities have authorised the Portuguese slaughterhouses Maporal, ICM Pork and Montalva to export to the country.

Those responsible for the sector estimate that the value of sales will double to €200 million next year.

The event, seen by Portuguese producers as the

"most important" event for national pig farming "in the last 40 years", will, however, also have inflationary effects in Portugal.

The price of pork in China rose almost 50 percent last August, year on year, due to a devastating outbreak of African swine fever, which resulted in the slaughter of more than one million pigs, according to official data.



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Johnson's Cunning Plan


 GWYNNE DYER

The plotting reflex is strong in the populist politicians who currently run both of the big English-speaking countries. President Trump dreams up underhanded tricks even when he has no need of them.



Britain's prime minister Boris Johnson, has only been in office for ten weeks, and he is already in potentially terminal trouble. (Photo: EPA/Neil Hall)

Why would he bother to sabotage the campaign of Joe Biden, the candidate for the Democratic presidential nomination who would give him the least trouble in next year's election? He'll probably face impeachment over it, but he couldn't help

behaving that way. You might as well ask why even well-fed cats catch and kill mice. They are acting on instinct, and so was Donald Trump. 'Boris' Johnson is a habitual plotter too, but this time he actually needs a cunning plan.

Britain's prime minister has only been in office for ten weeks, and he is already in potentially terminal trouble. Boris Johnson was never an ardent Brexiter: he even voted for the relatively sane version of Brexit that his predecessor Theresa May

failed three times to get through Parliament. But he is consumed by ambition, and he saw in her fall an opportunity to seize the top job at last. He won it in July, in an internal poll of Conservative Party members, by promising to 'deliver' Brexit quickly no matter what the cost. (The 60,000 Party members who chose him are far more extreme than most Conservative members of Parliament and certainly than the average Conservative voter.) Unfortunately, Johnson can only deliver by crashing out of the European Union without a deal. The deal Theresa May negotiated would have caused Britain only moderate economic damage, but that deal was repeatedly killed by the votes of the ultra-nationalist 'head-bangers' on the far right of his own Conservative Party. They'd kill it again, and Johnson's long-sought prime ministership with it, if he made the kind of concessions needed for a negotiated deal. In

practice, therefore, he had to deliver a kamikaze Brexit to stay in power at all - and then he had to hold an election immediately afterwards, to confirm his hold on power before the Brexit damage piled up and even dyed-in-the-wool Leavers turned against it. So Johnson's Cunning Plan A went like this. Meet Parliament for a couple of days in early September when it comes back from recess, promise that you are negotiating hard with the EU and confident of getting a deal - only a "one in a million" chance of failure - and then close Parliament down for five weeks ('prorogue' it). By the time Parliament comes back in mid-October and it is clear that there is no deal, it will be too late. The law says that the United Kingdom will leave the EU automatically on 31 October unless there is a deal. Parliament will then vote Johnson's government out, but he'll just call an election - for AFTER the 31st. The election will roll around some time in November, and by then Johnson will be the Leavers' hero for having delivered Brexit after 40 months of delay. He'll win, and be safely back in office for five years even if the economy then goes into slow-motion collapse. The plan would have worked perfectly if the opposition parties were hopelessly stupid. Unhappily for him, they weren't. In early September, before Johnson could prorogue Parliament, the opposition parties passed a law obliging him to ask the EU for a three-month extension if there was still no deal on 19 October. It passed, because 21 Conservative members of Parliament who saw 'no

deal' as a disaster for Britain voted with the opposition. Johnson promptly expelled them from the Party - and thereby lost his majority. But the opposition parties did not vote him out, which would have let him call his election as Plan A required. They just left him hanging there, twisting in the wind. Then all eleven judges of the Supreme Court chimed in to say that Johnson's decision to shut Parliament down for five weeks in the midst of a political crisis had been unlawful. Time for a different plan, and quickly. So here's Cunning Plan B. There is an obscure law called the Civil Contingencies Act of 2004 that allows the government to override Parliament in the event of a national emergency. If Johnson could engineer such an emergency, he could ignore the "surrender bill" (as he calls it) that forces him to seek an extension rather than crash out on 31 October. What kind of an emergency? Well, it would probably require blood in the streets, which Johnson can only obtain by inciting Leave supporters to acts of violence. That is why he now uses such extreme language, talking incessantly about betrayal and treachery. As the Labour Party's Shadow Brexit Secretary, Keir Starmer, told 'The Observer' on Sunday, "Whipping up the idea of riots or even deaths if we do not leave the EU on 31 October is the height of irresponsibility. But it is also pretty obviously being orchestrated." And the death threats on social media to MPs who are trying to thwart Johnson have multiplied fourfold in the past week.

ASK Kurt

All your computer questions answered



Wired vs. Wireless Home Network

When you are setting up your home network it is important to decide whether to set it up to be wired or wireless or both. There are advantages and disadvantages to both so it all depends on how you use your home network. The main difference between wired and wireless networks is that wired networks are connected via Ethernet cables while wireless networks require no physical connection. Depending on how far away your computers are from the router or switch this could require putting out very long Ethernet cables across your house. The maximum distance a Cat5/Cat6 network cable can be run is 100m. To configure a wireless network you just need to install wireless networking cards if they are not already pre-installed in your computers. Just about every newly purchased laptop or desktop these days come with wireless networking cards pre-installed so you won't have to worry about that.

Besides differences in installation there are differences in price too. A wireless network can be more expensive than a wired network to setup. Wireless routers are more expensive than wired routers and you may need to purchase wireless printers and wireless networking cards for computers that don't have them pre-installed. Laying down very long Ethernet cables can cost you some money too so think carefully about how much cable you are going to need. To be continued...

Email your questions to Kurt: kurt@algarvecomputercentre.com

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Gwynne Dyer is an independent journalist whose articles are published in 45 countries.

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: 932 307 548, 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 Agrícola 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 Mon to Fri, 10am to 4pm. Sat 10am to 1pm.

Supporting people in need, also Bombeiros, Soup kitchens, Riding for the disabled, AHS day care centre for the elderly and more. Contact Maggie Cook 917 707 808.

PORTIMÃO SOUP KITCHEN Beco São José, Rua São José, under old bridge in Portimão. Come and 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 966 033 127.

CARVOEIRO CAT CHARITY ASSOCIAÇÃO. Located in Porches and run entirely by volunteers. We are looking for some more volunteers to help in our shelter of 250 cats as well as some foster families for our cats. Call: 918 552 788 or email: ccc.carvoeirocatcharity@gmail.com

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, Nº 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, 10am to 1pm/3pm to 5pm. Almadena: Mon to Fri, 10am to 4pm, Sat, 10am to 1pm. We always need extra hands in our shops.

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

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 961 636 201 or Angelica fash.co@gmail.com

THE NANDI CHARITY SHOP. Summer clothing now in store. Furniture can be collected within 30km Lagos. Tel: 912 741 857

MUSIC

Aljezur International Choir. Thursdays 2pm to 3.30pm. 914285640. wattys100@hotmail.com,

The East Algarve International choir. Thursdays, Luz de Tavira, Call Rineke Hofman 926684061. 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

Royal British Legion Portugal (Algarve) the Central Area. Lunches on the 3rd Wednesday of each month at various venues. Non-members welcome. colinhearn998@gmail.com. Tel: 926908089

Royal British Legion Portugal (Algarve) the Eastern Area. Lunches on the 1st Sunday of each month at various venues. Non-members welcome. rblportugalsecretary@gmail.com

Chess Club. Eastern Algarve. chessalgarve@mail.com

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 289845561.

C.A.S.A. - the Algarve's leading Social Club for expats meets monthly for dinners / lunches and social events. info@casasocial.club, 282495475. www.casasocial.club

BRIDGE

Marina Club Suite Hotel Lagos. Tuesdays & Fridays 1.15pm. 963977642

Duplicate Bridge. Wednesday & Friday afternoons at Vale d'El Rei Hotel. Please contact 911561224 or 282358885.

Vilamoura Bridge Club. Tuesdays 1.45pm, Olhos de Água. Mary Moore 919833122.

Lagoa. Thursdays 1.45pm. 282352022 / 969174130.

Vale d'el Rei. Beginners 968457888.

Carvoeiro. Mondays & Thursdays 1.45pm for 2pm. 282357953 or 282357657.

Frank's Bridge. Thursday's 2.30pm duplicate bridge, Hotel Quinta Jacintina, Vale do Lobo. Frank Spelbos 937802110, spelbos@sapo.pt

Amigos do Museu Bridge. Friday's 2pm duplicate bridge, Museu do Trajo at São Brás de Alportel. Frank Spelbos 937802110, spelbos@sapo.pt

Quinta Jacintina. Mondays 2.30pm, Hotel Quinta Jacintina, Vale do Lobo. Contact Sally Roberts Tel: 28935 090, sally@blanchworth.co.uk

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 963997582, joe.scott121@btinternet.com

Crown Green at Alvor bowling Club 10am. Peter or Janette 966169747 or 965700536.

Balaia Bowls Club, Tuesdays and Fridays 9.45am, Olhos de Água, Albufeira. Jill 935701155.

Touch Rugby. Lagoa, Mondays and Wednesdays 8pm - 10pm. Men and women, all ages welcome. Simon Wilkinson wilks89@hotmail.com, 282912280 / 924220173.

afpop - Badminton in Silves. Thursdays, 8pm to 10pm. 910108730. susharman9@gmail.com,

Alvor Bowls Club, Every Wednesday and Sunday, 10am. 282490280 www.alvorlawnbowls.com

Walking Football Wednesdays, 9.30am - 11.30am. Lagos. 50+. jerrydowd@hotmail.co.uk

Walking football Tuesdays and Thursdays 9.30am. Vilamoura. info@browns-club.com or 289322740.

Valverde Lawn Bowls Club - Every weekday from 10am, Almancil. Jen 282332628 or 937264287.

Algarve Hash House Harriers meet weekly. 289413854 or 918806044. www.algarvehhh.org

WORKSHOPS & COURSES

Scottish Country Dancing. Every Monday, 7.30pm - 9.30pm, Nobel International School on the N125 between Lagoa and Porches. Mardie Cunningham, 282356029 / 964278432 or rosevale45@gmail.com.

Latin American and Ballroom Dancing. Tues. 10am - 1pm Alvor. Wed 7pm - 8.30pm Carvoeiro. Caroline 961916821, strictlydancing carvoeiro@hotmail.com

Art Classes: Botanical Art in Watercolours for beginners. Weekly from 12 March. Vale D'el Rei every Tuesday 1.45pm - 4.15pm 15 per class. Tel: 933669503 email: tonidade@yahoo.co.uk

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THE PORTUGAL NEWS

afpop October Events

afpop Silves/Carvoeiro Coffee Morning with Speaker

8 October at the Holiday Inn 10.30am. For this occasion we are having a talk by Paul and Pasi Jokinen-Carter who do Alternative Therapies and then whilst we have coffee they will be doing some treatments for a charity donation. €5 a head for unlimited Tea, Coffee, Hot Chocolate and Fruit Teas, Water, Pastries. Bookings necessary. Heather and Les, **afpop** Area Event Organisers Silves / Carvoeiro. Email: silves@afpop.com or Mob: 966 677 295

afpop Lagos Fish'n'Chip at The Caravela in Burgau. We will start with Soup followed by Fish & Chips and then the acclaimed Malva pudding. You can have beer/soft drink or half bottle of wine pp with the meal too. The date will be Friday, 11 October, 7pm for 7.30pm, and the cost is €17 members, €19 for guests. Bookings with Pat Allen, **afpop** Lagos Area Event Organiser. Tel: 282 697 548 or email: lagos@afpop.com

afpop Silves/Carvoeiro Lunch at Vimar Carvoeiro on Friday, 18 October at 12.30pm for 1pm. Price is €16 Members €18 Non Members for a fully inclusive lunch. First two meal choices with bookings please. Heather and Les, **afpop** Area Event Organisers Silves / Carvoeiro. Email: silves@afpop.com or Mob: 966 677 295

afpop Lisbon/Cascais Rooftop Drinks and a selection of light bites on Friday 18 October at Terrazza Rooftop Bar in Cascais from

7pm until 9pm. Price is €17 for Members and €19 euros for non-Members, For reservations contact Kelly e-mail: cascais@afpop.com

afpop Loulé Lunch at Rest. L'Auberge on the road to Salir, on Thursday 24 October Meal served at 1pm. Cost €18 per person. All items order before and after the meal must be paid for on ordering. Bookings required with Bert Shubbrook, **afpop** Loulé Area Event Organiser by Email: bertshubbrook@gmail.com or Mob: 939 897 295

afpop Portimão/Monchique Lunch in Mar e Sol restaurant located on Praia da Rocha beach on Thursday 24 October, 12.30pm for 1pm start. €18 pp for Members and for non-Members €20 pp. To confirm your reservation please email Anita, **afpop** Portimão/ Monchique Area Event Organiser Email: portimao@afpop.com

afpop EA Charity Wine Tasting and Dinner at Vila Monte Farm House, Moncarapacho, Thursday, 24 October 7.30pm to 11.30pm. 3 course dinner paired with wines, plus a pre-dinner wine tasting! €38.00 Bookings with Linda Cree, **afpop** Eastern Algarve Events Organiser. Tel: +351 289 798374. Mob: +351 91 2071000. E-mail: eastalgarve@afpop.com

afpop East Algarve monthly Coffee and Chat Morning at Pedras da Rainha Club House, just outside Tavira on 30 October; 10.30am to 12.30pm. If you are interested contact: Sherry: 916 913 612 / Email: slosantaclara@gmail.com

BLiP EXPO 2019 is only one week away! Even more to enjoy

The 19th annual Better Living in Portugal is fast approaching. In addition to the information in last week's **The Portugal News**, Algarve Artists will once again have original art on display and for sale. You can

meet the artists, watch demonstrations and of course sign up for classes once inspired. To complement the artists, there will also be a stand for Algarve Authors - a small group of foreign residents based in the

Algarve, who will be selling and signing their books. The authors are Peter Giacomini with his book *Cardboard Suitcase*, which outlines his experiences of over 50 years in the hotel industry. A delightful insight into a varied and fulfilling life in the hotel industry. Accompanying Peter is Lena Strang, born in Finland but having worked for many years as a teacher in England, Lena arrived in the Algarve and set about discovering her new home - which culminated in two books about the people, history and culture of the Western Algarve. Completing the trio is Daniel Hasselmyr, a Swedish artist who has compiled a book of his watercolours and memories of the Algarve in the 70's and 80's. Visitors to BLiP will be able to speak to the authors, purchase their work and have their copy signed for posterity.

For the full list of Exhibitors, visit www.bliportugal.com. You will see over a hundred reasons for you to visit this great event organised by *afpop* and supported by The Algarve Regional Tourism Authority. The site also has details of some of the promotions being run specially for the Exhibition.



BLiP 2018.

Fine Dining & New Orleans Jazz Night

The Holiday Inn Algarve in Armação de Pêra is pleased to announce that the The Dixie Kings will be performing once again in the Raj Indian Restaurant on Thursday, 17th October and again on Thursday, 14th November.

Guests will be able to enjoy a three course Indian Dinner serenaded by the swinging sounds of New Orleans Style Jazz. Playing a mixture of Blues, Stomps, Marches, Spirituals and Ragtime numbers, the band guarantees an evening of excitement and nostalgia.

The price is € 29 per person and includes a 3 course Indian meal with wine and water. Don't miss it. Come along for great company, spectacular music and a good curry!

Book now. Tel: 282 320260 E-mail: info@hialgarve.com



Strings and Things Showband

The Fabulous Strings & Things Showband have now concluded their Summer run and are proud to report that over 1000 euros have been raised for The Salvation Army.

The Band would like to thank Charlotte and Mike at the MOH Irish Pub in Olhao and Clive and Lorraine at the Hairy Lemon in

Cabanas for all their help in making our Shows such outstanding memorable events. The Band would also like to say a special thank you to our wonderfully enthusiastic and generous audiences. Every single one of you played a part in making our return such fantastic fun filled fund raising events.

Finally, The Band wishes to give a huge heartfelt thank you to Howard Scott Parkin, without whom none of this would have happened. Yet again his generosity of spirit and time has

won through to support those less privileged in this beautiful country that we all love so much. We look forward to returning in the near future to do it all over again. Watch this space !!!

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

Vale do Lobo Wine Connection Tasting Experience

To celebrate the Autumn season, Vale do Lobo will be holding Wine Connection Tasting experience, on Friday and Saturday 4 and 5 October from 4pm to 11pm in Vale do Lobo Auditorium, receiving more than 40 producers and exhibitors on this first edition of the event!

The event brings together wines, spirits, regional specialties food, workshops, exclusive presentations and entertainment all in one space- the perfect place to discover your new favourite wines and to learn more from the people who create them, with live music during the 2 days.

Producers and exhibitors coming from different regions across the country, from Trás-os-Montes to Algarve, with a range of products that will give visitors the best tasting experience, while being able to learn about the producers and the stories that inspire them.

Tickets for the event can be purchased online on the Vale do Lobo official website, or directly at the resort's reception desk. For more information and a detailed event program, contact the Vale do Lobo Reception via: Telephone: +351 289 353 322, Email: marketing@vdl.pt or visit our Website: www.valedolobo.com

AIRC Charity Golf Day

Almancil International Rotary Club is holding their annual Gold Tournament, the Charity Golf Day, at the Dom Pedro Old Course in Vilamoura on 23 November 2019.

The event, which aims to support Algarve charities, namely charities for Parkinson's and Alzheimer's, will also have a programme for the day which will include time on the practice range, golf buggies, an 18-hole

golf course and a Gala dinner at the Millennium Clubhouse, where an auction is taking place as well. The event promises fantastic prizes all donated by sponsors.

The event is limited to 80 players and to participate in this event contact John Slatter on his mobile +351 961 364 049, per email john@slatter.org or visit the website www.rotaryalmancil.org.

Algarve Bike Rides

Here are the details of this weeks rides:

Saturday 5 October: No Ride this week, I have some other commitments.

Sunday 6 October - Bike Ride starting in Fuseta: We meet in the parking spaces on Avenida Marginal (<https://goo.gl/maps/NaVTMRkvKgDinhPK9>) at 9.15am ready for a 9.30am start. This will be a mostly easy Sunday style ride with a cafe break somewhere along the way.

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

please do let me know either by text, email or by confirming on Facebook via the Activity Algarve Bike Rides page. If a ride has to be cancelled for any reason, such as bad weather, notification will be via text. We reserve the right to cancel any ride if less than 5 people are signed up. Price for participation is 5 per rider per ride. For more information please contact Paul Beesley on tel: 913226954, email: paul@algarvebikeholidays.com, Visit: www.algarvebikeholidays.com, or Facebook: AlgarveBikeHolidays.

MP labels Animal Rescue Algarve as work of 'Public Interest'

The Bloco de Esquerda Party visited the shelter to learn more about the state of animal welfare in the region

Last week, MP João Vasconcelos visited the Animal Rescue Algarve (ARA) shelter in a bid to get better acquainted with the realities of animal welfare in the Algarve.

The parliamentarian was accompanied by regional members of his party, Bloco de Esquerda (Left Bloc [BE]), namely Carlos Martins, Member of Loulé's Municipal Assembly, Nuno Viana, BE's District Coordination Commissioner, and BE's Regional Coordination Commissioners Joaquim Sarmento, Tiago Grosso and Rogério Ferreira.

After a tour of ARA's facilities João Vasconcelos acknowledged that animal shelters 'actually help the local Councils to fix a problem', adding that a focus on quality should be the ultimate goal, and before 'animals are adopted, they need to be adequately handled'.

Generally speaking, the MP lauded the 'significant steps' recently taken in national legislation regarding the 'defence and protection of animal welfare'. Although the politician recognises the need for more progress, especially in ways of sensitising and

educating 'the general public, local authorities and even central government'.

Of ARA, the MP said that its work is of 'public interest', considering the national problem of abandoned and mistreated animals, to which 'the state and municipalities cannot give an answer to'. Adding that 'people and the media should know about this highly philanthropic action'.

The animal welfare problem in Portugal has been recently rising to prominence, with an ever-increasing number of abandoned or mistreated animals roaming the streets and overcrowding municipal kennels.

In spite of its average of 20 monthly adoptions, ARA alone has a waiting-list of over a month, receiving about 20 help requests a day. The Association currently lacks any formal partnerships with governmental entities and fully owes its subsistence to private donations.

You can find out more about ARA by visiting the shelter or through their social media and website: <https://www.facebook.com/animalrescuealgarve/>

<https://www.instagram.com/animalrescuealgarve/>
<https://animalrescuealgarve.com/>

Portugal Walks

Tuesday 8 Oct - Let's Walk among the Foothills:

A moderately easy walk in the foothills with some climbs but there are fantastic views down to the coast. This walk will allow you to discover an area that you would never see on your own it is well off the beaten track. 10.30am start. Meet at the Café O Pescador. Drive into Silves over the bridge and go right. At the next roundabout take the 1st exit and drive for about 5km, when after an old factory on the right you will see a sign for 'Pinheiro & Garrado' to the left. Turn and drive for 500m at the fork go left and the café is just there on the left. Chris 913 011 537

Friday 11 Oct - Let's Walk on the Wild Side:

An amazing walk through wild countryside with great views, about 2.5 hours of moderately easy walking with some ups and downs. 10.30am start on

the edge of the hamlet of Monte Ruivo. Take the EN125 from Portimão towards Lagos and in the centre of the village of Odiaxere turn right towards the Barragem. Drive on the Barragem road for 2km when you have a road to the right signed 'Monte Ruivo' & Fartas Vacas'. Turn here and drive straight for 1.5km passing under the A22 until you come to a fork in the road - we meet here. Julie 965 753 033

Next walk - Tuesday 15 October - Lets Walk from Purgatorio, Paderne.

All are welcome, there is no need to book. Please wear shoes suitable for country walking (remember you walk at your own risk) and bring a sense of humour. There is a nominal charge of 5 euro p.p. this includes a donation to charity. Full details plus driving directions can be found at www.portugalwalks.com

Climate Action Demonstration at Nobel Algarve

Nearly 500 students from age 3 to 18 at Nobel International School came together on Friday, 27 September to protest about the need for Climate Action. The event, involving students, teachers and some parents took place during a break time and was a voluntary turnout. Portugal and other countries joined this global initiative.

As an Eco-School teachers at the international school decided to be a part of this and, with short notice, prepared an activity in which all students, staff and parents could participate. Representative teacher of Eco Schools Nuno Rodrigues said, "We were aware that some children and their families were planning to attend the Portimão demonstration but this was cancelled at short notice. Some children had already prepared banners and we decided that there was time for everyone to have the opportunity and so in lessons, before the demonstration, children had a chance to learn something about the global climate strikes. It was inspiring and reassuring to see so many of the children decide to take part in this event - it's clear that so many of them feel very passionate about making changes to the way we live our lives."

The international school was awarded a



Certificate of Excellence by Eco Schools last year, marking the excellent work done by teachers, students and management to make a positive difference. To achieve the Eco Status green flag, and to keep it, schools must create an Eco-Committee, An Eco Code and it must complete an Environmental Review, an Action Plan, Curriculum Work, and inform and involve

the whole school community. All of this has to be monitored and evaluated on a regular basis. In addition, the school celebrates International Day of Trees each year by planting in its extensive orchard to the rear of the main school building, and this year students approached the Head of School requesting that the school signed a commitment to not release balloons.

Mediterranean Autumn Garden Fair

The Mediterranean Autumn Garden Fair will take place on Saturday 26 October between 10am and 6pm and on Sunday 27 October between 10am and 4pm at FISSUL Exhibition Centre, Silves

Following the success of the spring event, we have been invited to hold the autumn fair in the dedicated FISSUL exhibition centre in the town centre of Silves, next to the river. There will be more space for exhibitors and all under cover. Free extensive car parking. Our partner for this event will once again be the Freguesia of Silves, and we are very grateful to the President, Sr Tito dos Santos Coelho and his team, for their enthusiastic support.

A special new feature at this event will be an extensive display of ornamental orchid species suitable for your Algarve garden and shady

terraces. We are pleased to welcome the Orchid Society of Portugal with a talk at the event by their President, expert and author, José Santos.

As a new attraction for this event MGAP will also have an MGAP Plant Sales table organised by our members with plants from their gardens and good advice about how to use them. There will also be a selection of Mediterranean bulbs for sale suitable for naturalising.

If visitors want some time to consider the choices available, they can take in one of the free talks and take advantage of the plant crèche where purchases can be left in safe hands while continuing to enjoy the many attractions of the day.

Hot refreshments and bar facilities will be available. There will also be a range of organic produce and products for sale and the MGAP stall



offering new and second-hand specialist gardening books, wildflower seeds, advice and information. Finally, we ask

everyone to try to reduce plastic waste, please bring your own bags/boxes if possible. Entry is free.

For images and further information, please visit: www.mediterraneangardeningportugal.org, email: mgapfairs@gmail.com or Tel: 289 791 869/TM: 918 718 474.

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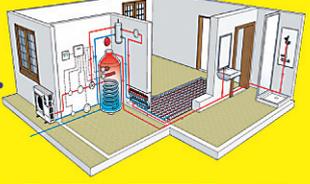
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Why Edinburgh is bags of fun



Edinburgh Castle at sunset as viewed from Princes Street Gardens. (Photo: PA Photo/iStock)

Nick Boulos, the founder of MakeMyDay, which offers the best and most original urban adventures in cities around the world, reveals his top picks.

A new dawn

I am by no means a morning person but this is one occasion in which I would relish a pre-dawn wake-up call. Rising early and reaching for your walking shoes, this guided sunrise hike to the top of Arthur's Seat is an unrivalled way to start your day. The pace is nice and gentle as you ascend to the top of the iconic dormant volcano, in time to see the first rays of the day settle over the city's rooftops, while enjoying a breakfast of haggis scotch eggs.

King of the castle

Stretching from Holyrood Palace to the gates of the 12th century castle, the Royal Mile is Edinburgh's most famous - and packed - thoroughfare. But you can beat the crowds to discover its delights and secrets. This walking tour, led by an expert guide, reveals its many hidden corners, including the unknown gardens, closes and alleys that were once frequented by Robert Burns and Mary Queen of Scots, before skipping the queue for VIP entrance into Edinburgh Castle.

Ghostly visions

This is one for the seriously foolish or recklessly brave. Greyfriars Kirkyard - a graveyard dating back to 1562 and home to the legendary and fearsome Mackenzie Poltergeist - is regarded by experts as being one of the most haunted places in the world. There have been

countless reports of attacks and other unexplained incidents on this spooky after-dark tour, which also includes rare access to a locked part of the cemetery normally out-of-bounds. Are you brave enough to venture inside?

Hidden Trails

A bike ride like no other, this guided 20-mile cycling tour takes you beyond Edinburgh to places few ever see. Highlights along the way include beaches, old fishing harbours, pretty woodland and quiet country parks, as well as historic castles and the grand Newhailes House, which some say resembles Downton Abbey.

Piping Hot

There are few things more intrinsically Scottish than the bagpipes. And this is your chance to have a go at playing them yourself under the guidance of a professional piper who will teach you the basics and get you playing a tune or two (warning; it's harder than it looks). Along with treating you to a private rendition, he'll reveal some enlightening anecdotes and will recount the history of this curious instrument, while explaining how it came to make such an impact on Scottish culture. And where better to do all this than atop Calton Hill, with all the city laid out beneath you.

Old Town Tipple

Scotland may be most famous for its whisky, but the city also has a thriving beer

scene. This walking tour of the Old Town starts on the Royal Mile, weaving into perfect pubs and tiny taverns as you explore the city's relationship with beer that spans centuries. And, yes, you'll get to sample amazing ales along the way.

Lights, camera, action

Outlander, Mary Queen of Scots, Monty Python, even Game of Thrones - Edinburgh's castles and landscapes have appeared in a whole host of much-loved films and TV shows. This full-day tour includes the 14th century Craigmillar and Doune castles, as seen in Outlander, and a visit to Linlithgow Palace, birthplace of Mary Queen of Scots and where Robert the Bruce's wedding was filmed. But there's more to this tour than just getting a taste of Hollywood. You'll also learn the real stories behind these places - those of plotting, murder and revenge.

Darkest hour

Edinburgh has not always been such a welcoming and pleasant place. Once upon a time, squalor and suffering reigned supreme and the 19 dark and dinghy vaults located under the South Bridge were home to thousands of poor souls. Hear the tales of their plight as you roam through the darkened remains of this infamous underground city with privileged access to the cavernous Edinburgh Vaults, where those on the very fringes of society once lived, worked and died.

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You know it's never going to be a typical trip to Edinburgh when your guide is a delightful chap dressed to the nines in tartan and a kilt. Thrusting his bagpipes in every direction, Steve encourages all of his guests to have a go; blow hard at the mouthpiece and you'll struggle to muster even a squeak. The masterclass is just one of several experiences north of the border that demonstrate the Scottish capital is full of unexpected surprises. From forgotten riverside temples modelled on ancient Italy, underground civilisations and even a psychotic poltergeist, there's an Edinburgh you never knew existed just waiting to be discovered.

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Healthy and affordable breakfast swaps

If you're looking to live a healthier lifestyle, breakfast is a good place to start. It's the first meal of the day, which means it can often set the tone for how and what you eat later in the afternoon.

That said, most of us live busy lives and - no matter what health bloggers on Instagram might portray - plating up a gourmet breakfast every morning isn't always realistic. Not only are we often short of time, but plenty of trendy breakfast 'health' foods like chia seeds, avocado and nuts are expensive to eat day-in day-out. Thankfully, you can still have a healthy, satisfying breakfast without breaking the bank or slaving away at the stove. "Breakfast can be a great opportunity to get in one or two portions of fruit or vegetables, and making some simple swaps can improve the nutritional quality of your breakfast significantly," says Sophie Medlin, consultant dietician and director of CityDieticians. Here, she shares a handful of simple changes that can supercharge your early morning routine...

Instead of a big bowl of cereal, try a low-fat greek yogurt with some frozen berries and a handful of cereal
Cereal with a splash of milk is one of the most convenient breakfast options going, but some types can be loaded with hidden sugars, and Medlin believes it might not be the right nutritional balance for your morning. "Most of us do sedentary jobs, meaning we sit down for most of the day, so having a big bowl of energy from carbohydrates in the morning may be more than you really need," she says. Instead of loading up your bowl with tonnes of cereal, why not add some other foods into the mix? "Yogurt, for example, gives plenty of protein which will help to keep you fuller for longer over the morning, as well as giving you lots of essential nutrients like calcium and B vitamins." Medlin also suggests buying frozen berries (rather than fresh) as a cheaper way to get some extra vitamins and fibre into your brekkie. "The nutrients in blueberries, in particular, have even been shown to boost mental performance," she notes.

Bulk out pancakes with bananas

Lots of people enjoy pancakes for a weekend breakfast, but Medlin has a sneaky trick for making your breakfast stack more nutritious. "Replacing the flour with mashed banana will give you a fibre boost and add some additional vitamins that you don't find in plain flour," she says. "Top your pancakes with yogurt, berries and some chopped nuts, and you have a delicious, high-fibre, high-protein and nutrient-rich start to the day."

Make your own granola bars

Many of us prefer to have breakfast when we get to work or while we're commuting, making grab-on-the-go options tempting. "Picking up protein bars or balls can turn into an expensive habit though," warns Medlin, "and they're still processed foods, regardless of their 'natural' labels."

"Making your own versions is really easy and you can control how much sugar and added extras you want to include," she explains. It might take a bit of prep, but it's the perfect Sunday afternoon project to take on with the kids. You can find lots of healthy recipe ideas on Pinterest and YouTube.

Include some oily fish

Smoked salmon is a breakfast staple for many, but there are lots of other types of fish - and more affordable ones - that can give you a good start to the day. "Oily fish like mackerel is such a great source of protein and the essential fatty acids are vital for your heart and brain health," says Medlin. "Try smoked mackerel fillets with your eggs instead of bacon, or have them with some spinach and tomatoes for a super healthy breakfast."

Swap pork sausages for chicken sausages

Who doesn't love a sausage

Breakfast can be a great opportunity to get in one or two portions of fruit or vegetables. (Photo: iStock/PA)



sarnie on a Sunday morning? If you want to cut down on pork fat though, try making this simple change. "Chicken sausages are far leaner than pork sausages," says Medlin. Medlin says swapping your bangers for chicken and choosing a wholegrain bread makes for a high-protein start to the day, featuring lots of fibre too, which is important for digestive health.

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Hypoallergenic pets: myths and facts

People with bad pet allergies often can't have pets in the house. There are lots of stories about certain breeds of cat or dog that are better for allergy sufferers, so the PDSA vets had a look at the facts behind the myths.



While shedding does contribute to allergy flare-ups, it's certainly not the cause. Pet allergies are usually caused by dander (dead, dry flakes from your pet's skin).

Obviously, we know that having a pet has loads of great benefits, so what do you do if you have allergies but desperately want a pet?

Here the PDSA debunk myths so you can make the best choice for your situation.

Myth #1: "Some breeds of dog don't cause allergies

and are hypoallergenic" *Fact:* Sorry to be the bearer of bad news, but, technically, hypoallergenic dogs (and cats) don't exist. You can get some breeds that shed less and some people find that less shedding means they have less of a reaction, but you're very unlikely to find a dog that that leaves you 100% allergy-free!

Myth #2: "Cats with no fur, like the Sphynx cat, don't cause allergies to flare up" *Fact:* Sadly, cats with no fur like the Sphynx cat aren't hypoallergenic. See the next point for why!

In fact, there are no scientific studies to support the idea that any breed causes a more or less severe allergic reaction. So with or without fur, your cat can still make you sneeze!

Myth #3: "It's a pet's fur that causes allergies" *Fact:* While shedding does contribute to allergy flare-ups, it's certainly not the cause. Pet allergies are usually caused by dander (dead, dry flakes from your pet's skin). This falls off them in microscopic amounts wherever they go and triggers allergy symptoms. Fur usually does have dander particles attached, which is why it seems to cause a reaction, but you can have a reaction even if the fur is brushed away, because the dander still remains.

Myth #4: "Because Poodles don't shed, they won't trigger my allergies" *Fact:* You might be starting to see a theme now! All dogs shed and Poodles (or other 'hypoallergenic breeds') are no exception. Yes, they do shed significantly less than, say, a Malamute, but they still produce the dander that triggers allergy symptoms.

Myth #5: "Pet birds don't trigger allergies because they have no fur"

Fact: Birds can still trigger allergies, just like our furry pets! Pet birds produce feather dander which is released everywhere they go, but especially when they clean their feathers. Just like dander on cats and dogs, this can trigger an allergic reaction. Not only this, people can develop allergies to bird poo particles. People with allergies to birds can have very severe reactions.

What to do if you have pet allergies

It can be really difficult if you're an animal lover but have pet allergies. Some people find over the counter treatments like antihistamines helpful for mild allergies. If you speak to your doctor, they will be able to give you advice on how to best manage your allergy and reduce flare-ups.

Getting a pet who sheds less may help, as there will be less dander to trigger your allergies, but this won't stop them completely. Even within breeds or types there is some variation. Some people find that there's differences in how much they react between individual cats or dogs - maybe because of differences in the amount of dander they produce or for some other reason. Some people with mild allergies also report that after some time having them, they're fine around their own pet (who they may have built up a 'tolerance' to), but they still react to other people's pets.

Ways to reduce flare-ups can be to Hoover regularly and wash your pet's bedding (and anywhere they spend lots of time) regularly. Make sure your Hoover has a HEPA filter. Having someone else (who isn't allergic) groom your pet regularly may help them drop less dander around the house. Ideally, you could also make certain rooms (like your bedroom!) off-limits to your pet so their dander doesn't get in your bed and cause allergy symptoms. Wash your hands after touching your pet before you touch your face. An air purifier with a HEPA filter can help to filter out the allergens in the air.

Make th

Wave goodbye to extended worktops, double-door refrigerators, and luxurious kitchen islands - particularly in urban areas, these are now myths from a bygone age for many of us. When space is scarce, kitchens are often the first to feel the squeeze - there's no headline floor-filler in this room, like a sofa or bed - but there's no need to let that cramp your cooking. Here's how to keep livin' it large, even with the most modest kitchen...

Purge the unnecessarys

Be totally honest with yourself - do you really need that candy floss maker, that 'pizza oven' that's actually just a small oven taking up half the counter top, or that margarita maker you used once back in 2013? "It's the number one mistake people make," says professional organiser, Vicky Silverthorn (youneedavicky.com). "Putting the contents of a four-bedroom house into a two-bedroom house, and keeping gadgets that come out only occasionally. The fondue set, the avocado slicer, the large dinner platters for people that don't have dinner parties... Ask yourself what you'd prefer - the space, or the appliance you use once a year?"

Think vertically

Floor space is not the be all and end all, and for those blessed with high ceilings, it's crucial to cash in. Add extra shelves above your cupboards, or use the tops of your cupboards as extra storage space. Time and budget allowing, you could install a vertical, sliding drawer, which may single-handedly take the place of a pantry. Think of your kitchen like a maths question - you're calculating the volume, not just the floor area.

Use your corners

Corners are notoriously difficult to utilise, but unless you're living in a water tower, every room has at least three or four of them. Wraparound corner shelves are shoe-ins for storage-starved kitchens, while floor lights and tables can be slotted in with ease. In most rooms, corners are



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e most of a small kitchen

In the modern world of cramped shoe-box flats and sardine-tin apartment blocks, space is a rare and valuable commodity.

dead space; in a small kitchen, they're an opportunity.

Store in adjacent rooms

If your home is relatively spacious, and it's just your kitchen feeling the squeeze, you can always store non-perishables elsewhere. There's just no need to clog your kitchen cupboards with piles of pasta and tinned beans, when they could live just as happily somewhere else in the house.

Keep it tidy

Kitchens are supposed to be functional, efficient spaces, tailored to minimise the inherent pressures of cooking - and to keep a clear head when things get steamy, you need a clear work surface. "It's about putting the items that you have in the correct spaces," says Silverthorn, "and there is no one-size-fits-all. Look out for gimmicky plastic containers that only

contain a few tins - not everything needs to live in a basket, despite what Instagram says. Get stackable storage containers, or containers that fit inside each other when they're not being used."

Clever colours

Just because your kitchen is small, doesn't mean it has to look small. Consistent colouring helps a room feel fluid, while bright blocks of contrast colour can quickly become claustrophobic (although there are no hard and fast rules!), so consider keeping your scheme to a two-colour maximum. Lighter colours invariably feel airier - whitewashed kitchens are increasingly common - while reflective surfaces like mirrors lend depth.

Tactical lighting

How large a room looks is as much about your perception as its actual size. Natural light bathes

your kitchen in a vivid glow, imitating the wide open spaces of the great outdoors, while poorly-lit areas very quickly feel poky. Artificial light is where the buck stops after-hours, and you want to mix up overhead sources with table lamps or wall lights. Accent lighting lends contrast between different parts of a room, which inevitably leaves your kitchen looking larger and more varied. "I love lights that dim in a kitchen," says Silverthorn. "It gives the bright, vibrant light for the morning and afternoon but can then turn cosy for when you're winding down."

Space-saving gizmos

Extravagant gadgetry generally takes up more space than it saves, but there are a few specific products that earn their place. Try a magnetic knife holder - a strip on the wall that holds knives and other metallic implements - or



Kitchens are supposed to be functional, efficient spaces, tailored to minimise the inherent pressures of cooking. (Photo: iStock/PA)

pick up a chopping board that sits atop your sink. Anything that can be hung on the undersides of shelves are a go-to for mugs, while large utensils can be well catered for with rails and racks.

Double up

Going back to gadgetry,

even seemingly sensible tools can often be economised, and canny buyers can squeeze two tools into the space of one. "Employ multi-purpose kitchen utensils," says Silverthorn, "you're automatically saving space. "I've been working with Brabantia

(brabantia.com/uk)," she adds, "and their new Tasty+ range is full of them. There's a spatula that's also a fork, a skimmer that's also a ladle, a spaghetti spoon that's also got a measuring tool in it. You're instantly halving the utensils in your kitchen." PA/TPN

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Cut your garden costs

Decking out an outdoor space can be costly, particularly if it involves several trips down to the garden centre.



Large plants can make an instant impact in the garden, but they can also be costly. You could save a lot of money by growing plants yourself from seed, (Photo: iStock/PA)

If you love your garden then this may be money well spent - but it's always handy to consider ways to trim back and save some cash, and still have your garden brimming over with blooms. Here's how...

Join a local garden club

This is a great way to get very cheap, or free plants. You could also pick up some tips from other members and find out from them which plants grow particularly well in your area.

Think small

Large plants can make an instant impact in the garden, but they can also be costly. You could save a lot of money by growing plants yourself from seed, or if that sounds too tricky some retailers will sell very young plants, which you

can pot on at home until they're big enough to be planted out. To boost your chances of successful growing to maturity, you'll need to be prepared to give your young plants plenty of attention.

Divide plants

If your garden beds are looking a bit patchy, you don't necessarily need to head out to the garden centre to buy new plants. Try splitting some of the plants that are already growing there into smaller clumps and dotting them around to fill in any gaps in your planting. As well as multiplying the number of plants you have, it could encourage any tired-looking perennials to grow more vigorously, giving them a fresh lease of life. Plants which grow in clumps and can potentially be divided include irises, bamboos ornamental grasses and anemones. To boost your chances of dividing plants successfully, the Royal Horticultural Society website suggests dividing plants when they're not in active growth. For

example, summer-flowering plants could be divided in spring or autumn. And make sure you keep your plants well watered.

Keep your black plastic pots and reuse them

Concern around the amount of stuff that gets thrown away - particularly plastics - has been growing in recent years. As many of the plants we buy come in black plastic pots, think about creative ways of reusing them for other purposes, whether it's to pot on other plants, store garden tools in or to upcycle into something else.

Make your own compost

Just add vegetable peelings, soft hedge clippings, cut grass and old bedding plants and you're good to go. Spring can be a good time to get started, as the warmer months help the compost rot down more quickly.

Save money on gardening tools

Look out on local community websites, as well as websites where people are giving away items for free. Family members may also have some old spades and gardening forks they no longer use. Older, well-loved tools could also help to give your garden a 'rustic' look.

Grow your own food

Whether your aiming for 'best in show' tomatoes or just planting some fresh herbs into pots on your

windowsill to throw into meals, growing plants for food can be a very tasty way to make savings.

Avoid false economies when buying 'statement' plants

If you're buying a shrub or tree which you want to make the focal point of your garden, it may be worth travelling to buy it in person so that you can select the exact one you want and make sure it's healthy. If it's intended as a statement plant to add a wow factor to your garden for years to come, it may well be worth investing a bit more money, rather than going for a less expensive option but then regretting it.

Upcycle what's already in your garden

Rather than splashing out on new garden furniture, try painting what you've already got in a fresh colour. Old, chipped clay pots can look attractive with masses of bright flowers brimming over the edges, or if pots are too broken to hold plants use the smashed pieces as drainage inside other pots.

Finally, look after your plants

Many plants fail due to being watered too much or not enough. So try to get the balance right and make giving them regular care part of your routine. Plants in pots will particularly need your attention. If you cherish your plants, you're less likely to need to spend money on replacements.

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Could you be suffering from acid reflux?



Although acid reflux is very common and doesn't pose any serious threat to your health, it can be unpleasant to experience - especially if it's a recurring issue.

This common condition affects many people in varying degrees and is characterised by its most bothersome symptom - a burning feeling in the throat that can leave the chest area feeling raw and irritated. Although acid reflux is very common and doesn't pose any serious threat to your health, it can be unpleasant to experience - especially if it's a recurring issue. Here, we ask experts to explain everything you need

to know - and most importantly, what you can do to banish the burn for good.

What is acid reflux?

"Acid reflux is a common condition that includes a burning pain, known as heartburn, in the chest," says Dr Arun Thiyagarajan, medical director of Bupa. The pain you feel during an episode is largely down to the acidic stomach contents being forced up into the oesophagus - the tube connecting the mouth and

stomach. "Also known as gastro-oesophageal reflux disease, this process brings stomach acids and enzymes into contact with the sensitive lining of the oesophagus," explains Dr Sarah Brewer, medical director of Healthspan. "The main symptoms of acid reflux include heartburn, a burning sensation in the middle of your chest and an unpleasant sour taste in your mouth that is caused by the travelling stomach acid," says Dr Thiyagarajan.

There's nothing that will spoil an expensive meal in a nice restaurant quite like the 'fire in the chest' sensation of acid reflux.

Your symptoms are likely to be worse after eating and when lying down, which is why most people experience the reflux effect after eating a big dinner. As well as causing a burning pain, experts explain that acid reflux can trigger a painful spasm of surrounding muscles. "Some people with acid reflux do not experience obvious symptoms, however this 'silent reflux' may contribute to some cases of hoarseness, voice problems, cough, sensations of a lump in the throat and repeated throat clearing," says Brewer.

So, why does it happen?

Dr Thiyagarajan explains that while anyone can experience acid reflux, there are many causes and risk factors. "These include certain foods and drinks, being overweight, stress and anxiety, smoking, medicines such as anti-inflammatory painkillers, hiatus hernia (where your stomach protrudes

upwards) and being pregnant," he clarifies.

What can you do to relieve it?

There are lots of things you can do to find relief from the regular onslaught of acid reflux, and making healthy lifestyle changes is one of the easiest and most effective options. "Changes could include eating smaller and more frequent meals, not eating foods that trigger your symptoms and trying not to eat three or four hours before bed," says Thiyagarajan. He also advises not drinking too much alcohol, and trying to lose weight if you are overweight. Dr. Brewer says: "Select bland, non-acidic, easily digestible foods, such as cooked white rice, oats, scrambled eggs, ripe bananas, well-cooked green leafy vegetables or chicken broth. "Milk and plain yogurt are especially helpful, as they can soothe excess acid due to the presence of calcium lactate. The probiotic

bacteria in live yoghurt can also help to promote good digestion generally, and can even inhibit the growth of bacteria that can irritate the stomach lining to trigger burning sensations and indigestion." If you're reliant on that 9am flat white on the commute to work, you might want to consider switching to breakfast tea instead. "Avoid coffee," warns Brewer, "as this relaxes the ring of muscle between the stomach and oesophagus, which can cause or aggravate heartburn." She also suggests ditching the cigarettes, wearing loose clothing, avoiding aspirin (which can irritate the stomach) and not bending or lying down immediately after eating. With a few simple measures, you should be able to find some much-needed relief from acid reflux, but if your symptoms persist for more than a week - or are recurrent - it's a good idea to seek medical advice to find out the cause.

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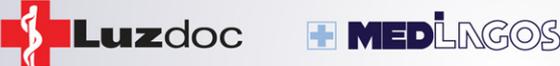
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Simple changes for a greener you



Environmental pollution on the beach. (Photo: PA Photo)

Two-thirds of the the Great Barrier Reef has been damaged as a result of climate change, more than 14 billion pounds of toxic rubbish is dumped into the world's ocean each year, and by 2050, scientists predict there'll be more plastic in our seas than fish. The outlook is certainly bleak, and it's falling on all of us to green-up our acts and slash the amount of waste we generate. The problem is, there are lots of misconceptions about green living, mainly that it's expensive, inconvenient and requires you to live a nomadic existence. But in reality, it

isn't hard to be more eco-friendly - experts say helping the environment on a micro-level could be as simple as making a couple of minute lifestyle changes - and there's a big bonus: these simple shifts could hugely improve your health too. Here are seven simple habits, that'll help the health of the environment as well as your own, to try today...

Ditch plastic bottles
 If there's one thing that's visibly destroying the planet, it's plastic water bottles. The average single-use bottle can take up to 1,000 years to decompose, while there

are 245,000 metric tons of plastic floating on the surface of our oceans alone. As well as being damaging to marine life, studies suggest these grab-and-go options may not be great for your health either. "Substances called xenoestrogens found in plastics can mimic the hormone oestrogen and have been linked to reproductive problems and other serious health complications," says Healthista editor, Anna Magee. While studies are yet to provide a conclusive answer, it's cheaper and easier to avoid them altogether, so ditch the single-use bottles and opt

for reusable BPA-free versions instead

Reduce your dairy intake
 "Cutting down on dairy is a really positive step towards doing your part for the environment," says Sasha Sabapathy, founder of Glow Bar. "The water footprint for animal agriculture is massive, and this is especially true for cows and dairy farms. Large quantities of water are used not only to keep the cows hydrated, but also wash down the parlour floors and flush out manure." As well as being good for your conscience, Sabapathy believes going dairy-free can mean rewards in the skin department too, since cow's milk can sometimes contain growth hormones, fats and sugars which can aggravate skin. "Lots of studies have linked drinking milk to skin troubles, in particular acne flare-ups," she says. "So give your body a bit of a break from dairy for one month, and you could be well on your way to a clearer and glowing complexion."

Switch to organic skincare
 There's a growing argument to suggest it's worth reading the ingredients lists on the back of your beauty products, as well as those on the foods you buy. You may have noticed lately

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As the war against plastic rages on, Liz Connor seeks out easy ways to live a more green lifestyle - and boost your own wellbeing in the process.

that 'paraben-free' labels have been popping up on toiletries. These preservatives have been used for almost 70 years and are approved for use under European legislation, but now a debate has been building among scientists and product safety regulators about whether these chemicals may be harmful to our health. Want to stay on the safe side? "Look for waterless formulas that contain organic, eco-friendly ingredients," says Melissa Kimbell, founder of Awake Organics (awakeorganics.co.uk). "Water is precious, yet it is often used as filler in moisturisers, with just a tiny portion of hydrating oils added in at the end. I don't use water in my formulas because it's a waste of resources, it doesn't nourish the skin, and water-based formulas often require harmful preservatives to keep them from going off."

Grow your own veg
Got a green thumb? Indulge it. There's nothing more satisfying than taking a bite of your own home-grown food, aside from the knowledge that you've done your bit for the environment while getting your hands dirty. "So many processes go into putting food on your plate, so growing your own vegetables is the best way to help the environment," says Harsha Rathnayake, founder of JunkHunters. "Not only is freshly grown veg so much better for you, as it doesn't contain chemical fertilisers, but you don't even have to leave the house to feed your family."

Invest in a travel mug
A steaming cup of coffee in the morning is pretty much a national ritual, but your daily trek to the local coffee shop pushes up your plastic consumption with each cup. Only one in

400 coffee cups are recycled in the UK, and many can't be due to their inner plastic coating (designed to stop the liquid making the cardboard soggy). "Coffee cups are a huge waste material, so investing in a travel cup to take with you is one of the most valuable things you can do for the environment," says Rathnayake. Some coffee chains, like Starbucks, will even give you a discount if you provide your own mug.

Plan meals and shop locally

Buying out-of-season produce that have been flown halfway round the world, or wrapped in layers of plastic, hugely contributes to the problem at hand. Shopping at locally-owned businesses puts money back into the local economy, means you're paying for less plastic and - as a bonus - your food is likely to contain less chemical pesticides. "Devise a meal plan in advance, wherever possible make extra batches and freeze for the following week," says BBC Radio 2 presenter and natural health blogger, Janey Lee Grace. "Shop at local farmers' markets or start a co-operative food buying scheme with neighbours or local community



Riding your bike to work can cut down on your household emissions by at least 6%. (Photo: PA Photo)

groups. There is a lot we can do to simply enhance our space and reap the benefits of natural solutions."

Buy a bike

There are plenty of reasons to get on two wheels this year: riding your bike to work can cut down on your household emissions by at least 6%, combats noise pollution, reduces traffic, and could make for a more pleasant commute. As a plus, cycling is a great aerobic activity, which means your heart, blood vessels and lungs all get a bracing workout. And next time you head to a sweaty spin session - you won't be the worst in the class!

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Ditch single-use bottles and opt for reusable BPA-free versions instead.



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Private medical insurance – helping you choose

There are several options available for private health care, ranging from a basic discount card issued by a Portuguese insurer, through to a policy to cover Portugal only, throughout Europe or Worldwide. If you restrict cover to treatment just in Portugal you will reduce the premium and health cover for trips outside of Portugal could be covered by a travel insurance policy.

With any health insurance policy, there is a maximum benefit that any insurer will pay in a policy year and the lower you set the limit, the lower your premium will be but the limits should be realistic; for instance €15,000 may be insufficient for a hip replacement but would you necessarily need €2,000,000?

You may select a policy that covers just hospital treatment which will be less expensive, but outpatient treatment can become costly so think carefully before taking out a restricted policy. There are often options to include dental, pregnancy and complementary medicines such as chiropractor or acupuncture, all of which will increase the premium.

Most policies will have a standard excess which you pay yourself before the insurer will cover further costs and it may be an annual excess or for each medical condition. You may choose to pay an additional voluntary excess which will reduce your premium and most insurers



give generous discounts for this so if you are generally in good health this is a way to reduce your outgoings.

Generally, if you have an on-going chronic medical condition, requiring check-ups and medication, it will be excluded from the policy but you are usually asked to complete a medical questionnaire and depending on the answers the underwriters may include any such condition, exclude it for a specific period or exclude it completely.

Private medical insurance can be a minefield but Ibex Insurance Services has a range of policies and our Medical Insurance Specialist would be happy to discuss your needs to help you choose the right policy at the right price.

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Unlike traditional Finnish Saunas, Sunlighten full spectrum infrared models operate at much lower temperatures making them far more comfortable to use.

The infrared penetrates the body to effectively provide a host of therapeutic benefits without raising the cabin temperature to excessive levels. Scientific research shows that NEAR Infrared promotes skin renewal, cell health and wound healing, whilst MID Infrared penetrates deeper into the body's soft tissue where inflammation occurs and speeds up the healing process. The longest wavelength, FAR Infrared, reaches deepest into the body to help expel toxins from major organs.

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To enhance the ambience in your Sunlighten mPulse Sauna, there is the Premium Blaupunkt Sound System with USB port and remote control. A 7inch Android screen with WiFi connectivity to stream movies, music or engage with your favourite social media channels. Complemented with soft interior lighting that can be upgraded to a mood enhancing chromotherapy package.

Sunlighten Saunas provide beautiful craftsmanship using the highest quality eco-friendly timber, which is available in a choice of Hypoallergenic basswood, eucalyptus and cedar finishes. Sunlighten Full Spectrum mPulse Infrared Saunas combine the ultimate style with unmatched performance.

Property valuation is the key factor for selling your property



You have decided to sell your property in the Algarve. What is the right price to sell? What are you looking for in a RE agent?

With the increasing amount of RE agents the battle for the client can be won if the agent quotes a sky high price. The asking prices in the Algarve have definitely increased during the last years. The attractions of a safe environment, wonderful climate, fiscal advantages and rental income. However, if the price is defined by opportunism rather than expertise, a mismatch causes a lack, or reduction of, interest, which is both not of interest to the seller and the prospective buyer.

Determining the right price should be a transparent process, and you should be presented a comparison with properties in your area with similarities and a price range, after which you come to an educated conclusion for which price you want to promote and sell your property.

Selling your property starts with a professional valuation. This entails a visual inspection, check on all the required

documents and the stamped drawings of the Câmara. Elements that matter are the m² of the property and the surrounding plot, the amount of rooms and bathrooms, whether it has (access to) a pool, views, energy certificate rating, legality or possible legalisation of what is presented, potential expansion, ease to obtain the AL (rental) licensing, quality and presentation. Often advice can be offered for minor improvements that can make a big difference.

We are constantly evaluating market values and investigate what is for sale and what is sold at what prices. It is our aim that you benefit from this and are advised honestly and transparently. If that is what you are looking for, then we are ready to meet with you soon.

Bright Homes Algarve has their office in Ferragudo (opposite the Praia Grande beach) and focuses on selling properties in Ferragudo, Monchique, Silves, Alvor and Carvoeiro (with special attention to Caramujeira).

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With over 500m² of warehouse full of pre-loved furniture and furnishings they are one of the largest second hand furniture stores in Portugal. Located in Almancil, Faro they share the same premises as sister company Algarve Express Transport & Removals which makes it very handy for delivering larger items like sofas and sideboards.

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www.kitandcaboodle.pt generally has at least three pictures of each item for sale along with a brief description and often measurements. This gives people an idea of the piece before making the trip to view it and check out its condition.

It is by no means all the stock they have though, Operations Manager Susan Jenkins explains that "when we have large new consignments in, which can happen two or three times a month, we don't always get the opportunity to get these pictured and uploaded on to the website. We operate a first come first served basis, whether that's from people asking to reserve items they see via the website or whilst in the store.

We recommend people sign up to our Newsletter which they can do from the homepage of the website and then get notified when new stock has arrived. Key items such as garden furniture, single beds and dining room sets sell fast!

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Delightful 3 bedroom apartment, just a short walk to the beach

This splendid 3 bedroom apartment with delightful sea views is just a short walk to Meia Praia in Lagos and listed exclusively with Abaco Algarve Properties!

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



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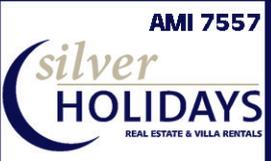


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Top floor apartment with sea views

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Property Highlight

wardrobes and laminate flooring along with two good size bathrooms (one with a shower). There is a large private roof terrace (recently retiled) with fitted BBQ, sink, a shower and impressive sea and mountain views. The property benefits from an elevator, double glazing, automatic security

shutters, pre-installation for air conditioning and CCTV. EC: IP. Possibility for a quick purchase!
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AMI 10185

STAR PROPERTY - Vilamoura

1bedroom, ground floor apartment with terrace direct to the swimming pool in Prestige (next to the Old Village).
 Wonderful location. Good as a holiday home or investment.

Ref: FS108 Price: 165,000€





This is a 1 bedroom ground floor apartment with a lovely terrace – direct access to the resort's swimming pool in Vilamoura. It has a well equipped kitchen, secured underground parking and storage room. A good size bedroom, 1 bathroom, airy lounge and dining area. Prestige is within walking distance to the Old Village and Vilamoura Marina. It has numerous restaurants, bars and supermarket. Fantastic location. Total area 74.6 m2

www.fivestar-vilamoura.com Email: info@fivestar-vilamoura.com
 Tel: 289302762, Mob: 969190361 / 965392755
 Office: 7A Church Square, Old Village, Vilamoura 8125-429

Refurbished townhouse in historical Silves

This charismatic ground floor house consists of a living room with woodburner stove, corridor, 1 bedroom with wardrobe, a dining area that can easily be converted into a single guest bedroom, fully equipped modern galley kitchen and a shower room.

From the corridor, there is a staircase leading to a pleasant roof terrace, with a summer kitchen and a barbecue area, wooden pergola that provides a nice shade area for the summer days and next to it there is a sun terrace overlooking Silves City and Castle.

Equipped with air conditioning, ceiling fan in the bedroom, wooden and aluminium doors and windows, extra storage area under the stairs and in the loft.

This typical house is well located near the Castle, within walking distance to shops, supermarkets, restaurants and schools.

Property Highlight

Only 15 minutes from the golden Algarvean beaches, 10 minutes from renowned golf courses and 45 minutes from Faro Airport.
 Price: €134,000
 Property Ref. V1450
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SATURDAY 05

BBC One

06.00 Breakfast.
10.00 Saturday Kitchen Live.
11.30 Mary Berry's Quick Cooking.
12.00 BBC News; Weather.
12.05 Football Focus.
12.35 Live Women's International Football.
14.45 Live Athletics: World Championships.
16.30 Final Score.
17.25 BBC News.
17.45 Live Athletics: World Championships.
19.10 Strictly Come Dancing. Casually.
21.20 BBC News; Weather.
22.25 National Lottery Update.
23.30 Match of the Day.
23.50 The NFL Show.
00.20 **FILM:** Old School (2003).
01.45 Weather for the Week Ahead.
01.50 BBC News.

BBC Two

06.55 Ali-A's Superchargers.
07.15 Top Class.
07.45 Mustangs FC.
08.10 Blue Peter.
08.40 **FILM:** Bee Movie (2007).
10.00 Robot Wars.
11.00 The Wonder of Animals.
11.30 Best House in Town.
12.00 My Life on a Plate.
12.45 **FILM:** Fast Girls (2012).
14.10 The TV That Made Me.
14.40 Flog It!
15.40 The Best of British Takeaways.
16.40 James May's Cars of the People.
17.40 What Britain Buys and Sells in a Day.
18.40 Dad's Army.
19.10 Live Athletics: World Championships.
20.50 I Love 1981.
21.20 **FILM:** La La Land (2016).
23.20 **FILM:** This Beautiful Fantastic (2016).
00.45 **FILM:** Papadopoulos & Sons (2012).

ITV London

08.10 RWC 2019 Live: England v Argentina.
11.15 RWC 2019 Live: Japan v Samoa.
14.00 ITV News and Weather.
14.15 **FILM:** Free Willy (1993).
16.25 Tipping Point: Best Ever Finals.
17.00 You've Been Framed!
18.00 ITV News and Weather.
18.30 Celebrity Catchphrase.
19.30 The Chase Celebrity Special.
20.30 Britain's Got Talent: The Champions - Final.
22.30 The Jonathan Ross Show.
23.35 ITV News and Weather.
23.50 Rugby World Cup 2019 Highlights.
00.55 You've Been Framed!
01.25 Ideal World.
03.00 Sugar Free Farm.
03.55 ITV Nightscreen.
05.15 RWC 2019 Live: New Zealand v Namibia.

Channel 4

06.00 Cheers.
06.30 Cheers.
07.00 The Big Bang Theory.
08.10 Frasier.
09.40 The King of Queens.
10.30 The Simpsons.
12.00 Couples Come Dine with Me.
13.00 Four in a Bed.
15.30 The Secret Life of the Zoo.
16.30 A Place in the Sun: Winter Sun.
17.35 Escape to the Chateau: DIY.
18.30 Channel 4 News.
19.00 Britain's Most Historic Towns.
20.00 Hunt for the Arctic Ghost Ship.
21.00 **FILM:** Deepwater Horizon (2016).
23.05 **FILM:** Lucy (2014).
00.40 Ramsay's Kitchen Nightmares USA.
01.30 Hollyoaks.
03.35 Come Dine with Me.
04.30 Car SOS.

BBC Four

19.00 Cheetahs: Growing Up Fast - Natural World.
20.00 Wild China.
21.00 **FILM:** The King's Choice (2016).
23.10 Detectorists.
00.35 Top of the Pops: 1988.
01.40 Cheetahs: Growing Up Fast - Natural World.

SUNDAY 06

BBC One

06.00 Breakfast.
07.35 Match of the Day.
09.00 The Andrew Marr Show.
10.00 Sunday Politics.
10.30 Sunday Morning Live.
11.30 Wanted Down Under.
12.15 Bargain Hunt.
13.00 BBC News; Weather.
13.15 Songs of Praise.
13.50 Points of View.
14.05 Homes Under the Hammer.
14.35 Escape to the Country.
15.35 Garden Rescue.
16.20 Money for Nothing.
17.05 Pointless Celebrities.
17.50 BBC News.
18.15 Countryfile.
19.15 Strictly Come Dancing: The Results.
20.00 Antiques Roadshow.
21.00 World on Fire.
22.00 BBC News.
22.30 Match of the Day 2.
23.45 NFL Highlights.
00.45 Weather for the Week Ahead.
00.50 BBC News.

BBC Two

06.15 Gardeners' World.
07.15 Countryfile.
08.15 Saturday Kitchen Best Bites.
09.45 Cardiff Half Marathon 2019 Live.
12.00 Best Bakes Ever.
12.30 **FILM:** To Catch a Thief (1955).
14.15 Becoming Cary Grant - Imagine.
15.45 Rugby League Super League Play-Offs.
16.30 Live Athletics: World Championships.
18.30 Live Athletics: World Championships.
20.00 Dragons' Den.
21.00 The Americas with Simon Reeve.
22.00 State of the Union.
22.20 The Mash Report.
22.50 Love in the Countryside.
23.50 Question Time.
00.50 Best House in Town.
01.35 Holby City.

ITV London

08.00 RWC 2019 Live: France v Tonga.
11.00 **FILM:** Free Willy 2: The Adventure Home (1995).
13.00 ITV News and Weather.
13.10 ITV Racing: Prix de L'Arc de Triomphe.
15.35 **FILM:** Harry Potter and the Philosopher's Stone (2001).
18.35 ITV News and Weather.
19.00 5 Gold Rings.
20.00 Who Wants to Be a Millionaire?
21.00 Sanditon.
22.00 ITV News and Weather.
22.15 Inside Prison: Britain Behind Bars.
23.10 Who Wants to Be a Millionaire?
00.10 A Confession.
01.05 Ideal World.
03.00 Motorsport UK.

Channel 4

06.15 Cheers.
07.10 The King of Queens.
08.00 Frasier.
09.30 Sunday Brunch.
12.30 The Simpsons.
14.00 **FILM:** Rango (2011).
16.15 The Great British Bake Off.
17.30 Grand Designs.
18.30 Channel 4 News.
19.00 Escapeto to the Chateau: Restoring the Dream.
20.00 Thomas Cook: The Rise & Fall of Britain's Oldest Travel Agent.
21.00 Treasure Island with Bear Grylls.
22.00 The Circle.
23.05 Surviving Treasure Island with Bear Grylls.
00.10 **FILM:** Mercury Rising (1998).
01.55 The Great British Bake Off: An Extra Slice.
02.50 Hidden Britain by Drone.
03.45 Car SOS.
04.35 Lost and Found.

BBC Four

19.00 Natural World.
20.00 Britain's Biggest Warship.
21.00 Jumbo: The Plane That Changed the World.
22.00 Britain's Greatest Generation.
23.00 Operation Jericho.
00.00 The Sinner.
00.45 How Quizzing Got Cool: TV's Brains of Britain.
01.45 Paris Is Burning..

MONDAY 07

BBC One

06.00 Breakfast.
09.15 Rip Off Britain.
10.00 Homes Under the Hammer.
11.00 Fugitives.
11.45 The Sheriffs Are Coming.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 Doctors.
14.15 Head Hunters.
15.00 Escape to the Perfect Town.
15.45 Make Me a Dealer.
16.30 Money for Nothing.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 Inside Out.
20.00 EastEnders.
20.30 Secrets of the Seduction Bootcamp - Panorama.
21.00 Celebrity MasterChef.
22.00 BBC News at Ten.
22.35 The Young Offenders.
23.40 The Graham Norton Show.
00.30 Weather for the Week Ahead.
00.35 BBC News.

BBC Two

06.00 Antiques Road Trip.
06.45 Fugitives.
07.30 Saving Lives at Sea.
08.30 This Week in Parliament.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.15 Politics Live.
13.00 Hardball.
13.45 Home Away from Home.
14.30 Heir Hunters.
15.15 Coast.
16.15 Mountain: Life at the Extreme.
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 Strictly: It Takes Two.
19.00 Celebrity Antiques Road Trip.
20.00 Only Connect.
20.30 University Challenge.
21.00 What Britain Buys and Sells in a Day.
22.00 Motherland.
22.30 Newsnight.
23.15 The Americas with Simon Reeve.
00.15 Interior Design Masters.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 Judge Rinder.
10.30 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News.
14.00 Dickinson's Real Deal.
15.00 Tenable.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Emmerdale.
20.00 Love Your Garden.
21.00 Joanna Lumley's Japan.
22.00 ITV News at Ten; Weather.
22.45 Heathrow: Britain's Busiest Airport.
23.10 The Jonathan Ross Show.
00.15 Lethal Weapon.
01.00 Ideal World.
03.00 Loose Women.

Channel 4

06.30 Mike & Molly.
07.20 The King of Queens.
08.10 Everybody Loves Raymond.
09.10 Frasier.
10.10 Ramsay's Kitchen Nightmares USA.
11.05 Undercover Boss USA.
12.00 Channel 4 News Summary.
12.05 Couples Come Dine with Me.
13.05 A New Life in the Sun.
14.10 Countdown.
15.00 A Place in the Sun: Summer Sun.
16.00 Sun, Sea and Selling Houses.
17.00 Four in a Bed.
17.30 Your Room or Mine?
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.55 The Political Slot.
20.00 Jamie's Meat-Free Meals.
20.30 Food Unwrapped.
21.00 Crime and Punishment.
22.00 The Circle.
23.05 8 Out of 10 Cats Does Countdown.
00.10 First Dates Hotel..

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 Handmade in Bolton.
20.00 American History's Biggest Fibs with Lucy Worsley.
21.00 Ian Hislop's Fake News: A True Story.
22.00 Horizon: A Week without Lying - The Honesty Experiment.
23.00 The Story of China.

TUESDAY 08

BBC One

06.00 Breakfast.
09.15 Rip Off Britain.
10.00 Homes Under the Hammer.
11.00 Fugitives.
11.45 The Sheriffs Are Coming.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 Doctors.
14.15 Head Hunters.
15.00 Escape to the Perfect Town.
15.45 Make Me a Dealer.
16.30 Money for Nothing.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 EastEnders.
20.00 Holby City.
21.00 The Capture.
22.00 BBC News at Ten.
22.30 National Lottery Update.
22.35 Stupid Man, Smart Phone.
00.00 Weather for the Week Ahead.
00.05 BBC News.

BBC Two

06.30 Money for Nothing.
07.15 Fugitives.
08.00 Shop Well for Less?
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
11.15 Politics Live.
13.00 Gymnastics: World Championships.
16.15 Mountain: Life at the Extreme.
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 Strictly: It Takes Two.
19.00 Celebrity Antiques Road Trip.
20.00 Saving Lives at Sea.
21.00 Love in the Countryside.
22.00 Defending the Guilty.
22.30 Newsnight.
23.15 NFL This Week.
00.05 Rise of the Nazis.
01.05 One Day That Changed My Life.
01.50 Britain's Secret Charity Cheats.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 Judge Rinder.
10.30 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News.
14.00 Dickinson's Real Deal.
15.00 Tenable.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Emmerdale.
20.00 Love Your Garden.
21.00 Joanna Lumley's Japan.
22.00 ITV News at Ten; Weather.
22.45 Heathrow: Britain's Busiest Airport.
23.10 The Jonathan Ross Show.
00.15 Lethal Weapon.
01.00 Ideal World.
03.00 Loose Women.

Channel 4

06.30 Mike & Molly.
07.20 The King of Queens.
08.10 Everybody Loves Raymond.
09.10 Frasier.
10.10 Ramsay's Kitchen Nightmares USA.
11.05 Undercover Boss USA.
12.00 Channel 4 News Summary.
12.05 Couples Come Dine with Me.
13.05 A New Life in the Sun.
14.10 Countdown.
15.00 A Place in the Sun: Winter Sun.
16.00 Sun, Sea and Selling Houses.
17.00 Four in a Bed.
17.30 Your Room or Mine?
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.55 The Political Slot.
20.00 Location, Location, Location.
21.00 Grand Designs.
22.00 The Circle.
23.05 Snackmasters.
00.10 Shocking Emergency Calls.
01.00 **FILM:** Devil's Knot (2013).

BBC Four

19.00 Live Women's International Football.
21.00 Spotlight on the Troubles: A Secret History.
22.00 Voyages of Discovery.
23.00 The Last Explorers.
00.00 Majesty and Mortar: Britain's Great Palaces.
01.00 The Art That Made Mexico: Paradise, Power and Prayers.

WEDNESDAY 09

BBC One

06.00 Breakfast.
09.15 Rip Off Britain.
10.00 Homes Under the Hammer.
11.00 Fugitives.
11.45 The Sheriffs Are Coming.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 Doctors.
14.15 Head Hunters.
15.00 Escape to the Perfect Town.
15.45 Make Me a Dealer.
16.30 Money for Nothing.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
20.00 Celebrity MasterChef.
21.00 The Apprentice.
22.00 BBC News at Ten.
22.30 National Lottery Update.
22.35 Breaking Fashion.
23.10 Stupid Man, Smart Phone.
00.00 Weather for the Week Ahead.
00.05 BBC News.

BBC Two

06.30 Money for Nothing.
07.15 Fugitives.
08.00 Shop Well for Less?
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
11.15 Politics Live.
13.00 Gymnastics: World Championships.
16.15 Mountain: Life at the Extreme.
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 Strictly: It Takes Two.
19.00 The Andrew Neil Show.
19.30 The Channel Tunnel - Life on the Inside.
20.00 Your Home Made Perfect.
21.00 Catching Britain's Killers: The Crimes That Changed Us.
22.00 The Apprentice: You're Fired.
22.30 Newsnight.
23.15 Murder, Mystery and My Family.
00.00 Escape from Dubai: The Mystery of the Missing Princess.
01.00 The \$50m Art Swindle.

ITV London

06.00 Good Morning Britain.
08.30 RWC 2019 Live: Scotland v Russia.
10.15 RWC 2019 Live: Wales v Fiji.
13.30 ITV Lunchtime News.
14.00 Dickinson's Real Deal.
15.00 Tenable.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Heathrow: Britain's Busiest Airport.
20.30 Coronation Street.
21.00 Doc Martin.
22.00 ITV News at Ten; Weather.
22.45 Peston.
23.40 Piers Morgan's Life Stories.
00.40 Rugby World Cup 2019 Highlights.

Channel 4

06.30 Mike & Molly.
07.20 The King of Queens.
08.10 Everybody Loves Raymond.
09.10 Frasier.
10.10 Ramsay's Kitchen Nightmares USA.
11.05 Undercover Boss USA.
12.05 Couples Come Dine with Me.
13.05 A New Life in the Sun.
14.10 Countdown.
15.00 A Place in the Sun: Winter Sun.
16.00 Sun, Sea and Selling Houses.
17.00 Four in a Bed.
17.30 Your Room or Mine?
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.55 The Political Slot.
20.00 Location, Location, Location.
21.00 Grand Designs.
22.00 The Circle.
23.05 Snackmasters.
00.10 Shocking Emergency Calls.
01.00 **FILM:** Devil's Knot (2013).

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 Handmade in Bolton.
20.00 Castles: Britain's Fortified History.
21.00 Van Meegeren: The Forger Who Fooled the Nazis.
22.30 Stories from the Dark Earth: Meet the Ancestors Revisited.
23.30 Francesco's Venice.
00.30 The Search for the Lost Manuscript: Julian of Norwich.

THURSDAY 10

BBC One

06.00 Breakfast.
09.15 Rip Off Britain.
10.00 Homes Under the Hammer.
11.00 Fugitives.
11.45 The Sheriffs Are Coming.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 Doctors.
14.15 Head Hunters.
15.00 Escape to the Perfect Town.
15.45 Make Me a Dealer.
16.30 Money for Nothing.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 EastEnders.
20.00 Watchdog Live.
21.00 The Met: Policing London.
22.00 BBC News at Ten.
22.35 Question Time.
23.35 Brexitcast; Weather.
00.10 BBC News.

BBC Two

06.30 Money for Nothing.
07.15 Fugitives.
08.00 Antiques Roadshow.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.15 Politics Live.
13.00 Hardball.
13.45 Digging for Britain.
14.45 Gymnastics: World Championships.
18.00 Richard Osman's House of Games.
18.30 Strictly: It Takes Two.
19.00 MOTDx.
19.30 The Channel Tunnel - Life on the Inside.
20.00 Hairy Bikers: Route 66.
21.00 Million Dollar Wedding Planner.
22.00 The Mash Report.
22.30 Newsnight.
23.15 Catching Britain's Killers: The Crimes That Changed Us.
00.15 Who Do You Think You Are?
01.15 Home Is Where the Art Is.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 Judge Rinder.
10.30 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News.
14.00 Dickinson's Real Deal.
15.00 Tenable.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 Growing Old: Britain's Mental Health Crisis? Tonight.
20.00 Emmerdale.
20.30 Paul O'Grady's Little Heroes.
21.00 Inside Prison: Britain Behind Bars.
22.00 ITV News at Ten; Weather.
22.45 Sanditon.
23.45 British Touring Car Championship Highlights.

Channel 4

06.30 Mike & Molly.
07.20 The King of Queens.
08.10 Everybody Loves Raymond.
09.10 Frasier.
10.10 Ramsay's Kitchen Nightmares USA.
11.05 Undercover Boss USA.
12.05 Couples Come Dine with Me.
13.05 A New Life in the Sun.
14.10 Countdown.
15.00 A Place in the Sun: Winter Sun.
16.00 Sun, Sea and Selling Houses.
17.00 Four in a Bed.
17.30 Your Room or Mine?
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.55 The Political Slot.
20.00 The Dog House.
21.00 Celeb First Dates Hotel for SU2C.
22.00 The Circle.
23.05 8 Out of 10 Cats.
00.05 Gogglebox.
01.00 Ramsay's Kitchen Nightmares USA.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 Handmade in Bolton.
20.00 Forces of Nature with Brian Cox.
21.00 Eugenics: Science's Greatest Scandal.
22.00 World War Two: 1945 and the Wheelchair President.
23.30 The Truth About Personality.
00.30 Handmade in Bolton.

FRIDAY 11

BBC One

06.00 Breakfast.
09.15 Rip Off Britain.
10.00 Homes Under the Hammer.
11.00 Fugitives.
11.45 The Sheriffs Are Coming.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 Doctors.
14.15 Head Hunters.
15.00 Escape to the Perfect Town.
15.45 Make Me a Dealer.
16.30 Money for Nothing.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 A Question of Sport.
20.00 EastEnders.
20.30 Celebrity MasterChef.
21.00 Have I Got News for You.
21.30 Scarborough.
22.00 BBC News at Ten.
22.30 National Lottery Update.
22.35 The Graham Norton Show.
23.25 Fleabag.
23.55 The Apprentice.
00.55 Weather for the Week Ahead.
01.00 BBC News.

BBC Two

06.30 Money for Nothing.
07.15 Fugitives.
08.00 Gardeners' World.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.15 Politics Live.
13.00 Hardball.
13.45 Digging for Britain.
14.45 Gymnastics: World Championships.
18.00 Richard Osman's House of Games.
18.30 Strictly: It Takes Two.
19.00 MOTDx.
19.30 The Channel Tunnel - Life on the Inside.
20.00 Hairy Bikers: Route 66.
21.00 Million Dollar Wedding Planner.
22.00 The Mash Report.
22.30 Newsnight.
23.15 Catching Britain's Killers: The Crimes That Changed Us.
00.15 Who Do You Think You Are?
01.15 Home Is Where the Art Is.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 Judge Rinder.
10.30 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News.
14.00 Dickinson's Real Deal.
15.00 Tenable.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 Growing Old: Britain's Mental Health Crisis? Tonight.
20.00 Emmerdale.
20.30 Paul O'Grady's Little Heroes.
21.00 Inside Prison: Britain Behind Bars.
22.00 ITV News at Ten; Weather.
22.45 Sanditon.
23.45 British Touring Car Championship Highlights.

Channel 4

06.30 Mike & Molly.
07.20 The King of Queens.
08.10 Everybody Loves Raymond.
09.10 Frasier.
10.10 Ramsay's Kitchen Nightmares USA.
11.05 Undercover Boss USA.
12.05 Couples Come Dine with Me.
13.05 A New Life in the Sun.
14.10 Countdown.
15.00 A Place in the Sun: Winter Sun.
16.00 Sun, Sea and Selling Houses.
17.00 Four in a Bed.
17.30 Your Room or Mine?
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.55 The Political Slot.
20.00 The Dog House.
21.00 Celeb First Dates Hotel for SU2C.
22.00 The Circle.
23.05 8 Out of 10 Cats.
00.05 Gogglebox.
01.00 Ramsay's Kitchen Nightmares USA.

BBC Four

19.00 World News Today; Weather.
19.30 The Live Lounge with Lana Del Rey.
20.00 Rock 'n' Roll America.
21.00 Top of the Pops: 1988.
21.30 Studio 17: The Lost Reggae Tapes.
22.55 Classic Albums: The Waiters - Catch a Fire.
23.55 Reggae Fever: David Rodigan.
00.55 Top of the Pops: 1988.
01.25 Rock 'n' Roll America.

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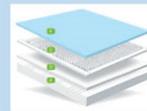


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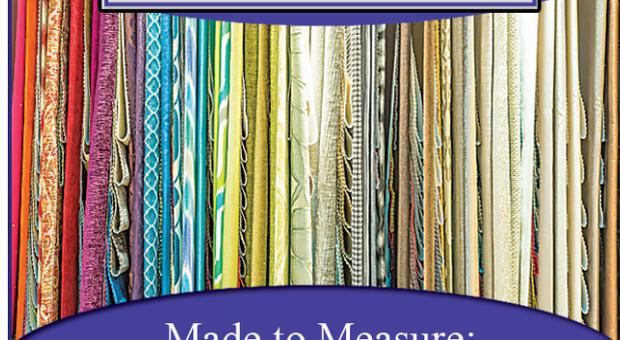
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Cinema

NEW THIS WEEK

Playmobil: The Movie (PV) - Stars: Anya Taylor-Joy, Gabriel Bateman, Jim Gaffigan. Genre: Animation, Adventure, Comedy. Director: Lino DiSalvo. Rating: R. Plot: Animated feature film inspired by the Playmobil brand toys.

Joker - Stars: Joaquin Phoenix, Robert De Niro, Zazie Beetz. Genre: Crime, Drama, Thriller. Director: Todd Phillips. Rating: R. Plot: A failed stand-up comedian encounters a group of criminals dressed as clowns in the streets of Gotham City. Isolated by society, he slowly descends into madness and transforms into a



criminal mastermind known as the Joker.

Cinema Listings

NOS Forum Algarve – Faro Joker; Playmobil: The Movie (PV); Rambo: Last Blood; Parasites; A Herdade; Ad Astra; Red Shoes and the Seven Dwarfs (PV).

NOS Mar Shopping - Loulé Joker; Playmobil: The Movie (PV); Hustlers; Rambo: Last Blood; Ad Astra; Trouble (PV); It Chapter Two.

Gran-Plaza NOS - Tavira Joker; Playmobil: The Movie (PV); Hustlers; Rambo: Last Blood; Ad Astra; Variações.

Algarcine – Portimão Joker; Playmobil: The Movie (PV); It Chapter Two; Astro Kid (PV).

Algarcine Lagos – Joker; Playmobil: The Movie (PV); Hustlers; Rambo: Last Blood; Downton Abbey; A Herdade.

Algarcine Ria Shopping – Olhão Joker; Playmobil: The Movie (PV); Hustlers; Rambo: Last Blood; Downton Abbey; Red Shoes and the Seven Dwarfs (PV); A Herdade; Uma Aventura nos Mares (PV).

Cineplace Algarve Shopping – Guia Joker; Playmobil: The Movie (PV); Yao; Skin; Hustlers; Rambo: Last Blood; Midsommar; Downton Abbey; Ad Astra; A Herdade; Uma Aventura nos Mares (PV); Trouble (PV); O Conto das Doninhas; Red Shoes and the Seven Dwarfs (PV); It Chapter Two; Angry Birds 2 (PV); Fast & Furious Presents: Hobbs & Shaw; The Lion King (PV).

Cineplace – Portimão Joker; Playmobil: The Movie (PV); Skin; Hustlers; Rambo: Last Blood; Downton Abbey; Ad Astra; A Herdade; Uma Aventura nos Mares (PV); Trouble (PV); Red Shoes and the Seven Dwarfs (PV); It Chapter Two.

Estação Viana Shopping - Viana do Castelo Joker; Playmobil: The Movie (PV); Hustlers; Rambo: Last Blood; Ad Astra; A Herdade; Trouble (PV).

Cineplace Loures Shopping Joker; Playmobil: The Movie (PV); Skin; Hustlers; Rambo: Last Blood; Midsommar; Downton Abbey; Ad Astra; A Herdade; Uma Aventura nos Mares (PV); Trouble (PV); Red Shoes and the Seven Dwarfs (PV); It Chapter Two; Variações; Angry Birds 2 (PV); The Lion King (PV).

Cineplace Leiria Shopping Joker; Playmobil: The Movie (PV); Skin; Vita & Virginia; Hustlers; Rambo: Last Blood; Downton Abbey; Ad Astra; A Herdade; Uma Aventura nos Mares (PV); Trouble (PV); Red Shoes and the Seven Dwarfs (PV); It Chapter Two; Variações; The Lion King (PV).

Cineplace Riosul - Seixal Joker; Playmobil: The Movie (PV); Skin; Hustlers; Rambo: Last Blood; Midsommar; Downton Abbey; Ad Astra; A Herdade; Uma Aventura nos Mares (PV); Trouble (PV); Red Shoes and the Seven Dwarfs (PV); It Chapter Two; Fast & Furious Presents: Hobbs & Shaw; The Lion King (PV).



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EXHIBITIONS

Fernando Lemos Designer 6 October, 10am – 5pm, Cordoaria Nacional – Galeria do Torreão Nascente, Lisbon, Free entry, www.mude.pt

Pires Vieira. Trash – Lixo de Artista Until 6 October, 10am – 7pm, Museu Coleção Berardo, Lisbon, Entry €5, www.visitlisboa.com

Geraldes, Lisbon, www.viralagenda.com

Bharat Sikka: Where The Flowers Still Grow Until 26 October, 6pm – 7pm, Espaço SP620, Porto, Free entry, www.viralagenda.com

Pure Pop Art Until 19 October, Forum Cultural de Cerveira, Vila Nova de Cerveira, Entry €3, www.viralagenda.com



Safe Places. 5 October – 18 October, Porto.

Ioan Nemtoi exhibition. Until 6 October, 10am – 6pm, Museu dos Coches, Lisbon. Tickets from €8. www.museudoscoches.gov.pt

Sarah Affonso and Folk Art. Until 7 October, daily from 10am – 6pm, Fundação Calouste Gulbenkian, Lisbon. Tickets from €3. www.gulbenkian.pt

Islamic Art. Until 7 October, 10am – 6pm, Fundação Calouste Gulbenkian, Lisbon. www.gulbenkian.pt

It Takes Several Minutes for the Eyes to Adjust to the Dark 2 October – 18 October, FBAUL Faculdade de Belas Artes da Universidade de Lisboa, Lisbon, www.viralagenda.com

Faces Project 3 October – 2 November, 2pm – 7pm, CARRASCO art gallery, Lisbon, www.viralagenda.com

Safe Places – Kruella D'Enfer Solo Show 5 October – 18 October, 4pm – 7pm, Circus Network, Porto, www.viralagenda.com

Drawing Room Lisboa 2019 10 October – 13 October, 2pm – 9pm, Sociedade Nacional de Belas Artes, Lisbon, Entry from €3, www.viralagenda.com

Open Call Until 15 October, 5pm – 12am, Supernova, Porto, www.viralagenda.com

URBAN SHAPES 17 October – 18 November, 11am – 8pm, Cabanda Mad, Lisbon, www.viralagenda.com

“into the PURE” de Renata Carneiro Until 19 October, 9.30am – 7pm, Biblioteca Municipal Florbela Espanca, Matosinhos, www.viralagenda.com

Down Under Until 19 October, Galeria de Arte Luís

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)

Óbidos Colour Day 5 October – 6 October, 12pm – 3am, Complexo Desportivo de Óbidos, Entry from €15, www.viralagenda.com

Intercasa – Living & Design 2019 9 October – 13 October, FIL – Feira Internacional De Lisboa, Lisbon, www.viralagenda.com

ModaLisboa – Lisboa Fashion Week '19 10 – 13 October, Pavilhão Carlos Lopes, Lisbon, Free entry, www.modalisboa.pt

DocLisboa '19 – International Film Festival 17 – 27 October, Cinemateca Portuguesa, Lisbon, www.doclisboa.org

Wine Market 18 October – 20 October, Campo Pequeno, Lisbon, Entry €6, www.visitlisboa.com

Amadora International Comic Festival '19 24 October – 3 November, Fórum Luís de Camões, Amadora, www.amadorabd.com

MARKETS

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

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

Vivo. Tickets from €28. www.ticketline.pt

The Black Mamba. 5 October, 9.30pm, Coliseu de Lisboa, Tickets from €15, www.everythingisnew.pt

Volbeat 10 October, 7.30pm, Coliseu de Lisboa, Lisbon, Tickets €28, www.visitlisboa.com

ABBA Gold. 11 October, 10pm, Salão Preto e Prata, Casino Estoril. Tickets from €30. www.blueticket.pt

Led On – Led Zeppelin Attitude Band 12 October, 11.55pm, Pátio Do Sol, Oeiras, Lisbon, Tickets €12, www.ticketline.sapo.pt

Pixies. 25 October, 8.30 pm, Campo Pequeno, Lisbon, Tickets from €35, www.everythingisnew.pt

Há Hip Hop A Norte 26 October, 9pm, Exponor, Porto, Tickets from €12, www.blueticket.pt

The Lumineers. 1 November, from 9pm, Campo Pequeno. Tickets from €25. www.campopequeno.com

André Rieu. 20 – 28 November, Altice Arena, Lisbon. Tickets from €40. www.arena.altice.pt

Vampire Weekend. 26 November, 8.30pm, Coliseu de Lisboa. Tickets from €30. www.everythingisnew.pt

Bryan Adams. 6 December, 9pm, Altice Arena Lisbon. Tickets from €40. www.blueticket.pt

The World of Hans Zimmer. 8 December, 9pm, Altice Arena, Lisbon. Tickets from €32. www.ticketline.sapo.pt

James Arthur. 19 January, Campo Pequeno, Lisbon. Tickets from €23. www.everythingisnew.pt

Madonna Madame X Tour. 12 - 23 January, from 8.30pm, Coliseu Lisboa. Tickets from €75. www.everythingisnew.pt

THEATRE & DANCE

Chicago. Until 29 December, 9.30pm, Teatro da Trindade INATEL, Lisbon

Kiki Van Beethoven Until 13 October, 9.30pm, Teatro Meridional, Lisbon, www.viralagenda.com

Cindarella 13 October, 4pm, Europarque – Grande Auditório, Aveiro, Tickets from €10, www.ticketline.sapo.pt

Monÿ 17 October – 3 November, Teatro Nacional D. Maria II, Lisbon, www.viralaganeda.com

Maxime Cabaret Show 20 September – 14 December, 8.30pm, Maxime Restaurante – Bar, Lisbon, Tickets €55, www.viralagenda.com

The Phantom of the Opera. 18 & 19 October, 8.30pm, Coliseu Porto Ageas. Tickets from €40, www.coliseu.pt

FIDNAC 30 October – 16 November, Teatro Garcia de

MUSIC

Julia Michaels. 5 October, from 7.30pm, Lav – Lisboa Ao

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 the Monday before publication.



Óbidos Color Day. 5 October – 6 October, Óbidos.

Resende, Évora, Tickets from €5, www.viralagenda.com

WORKSHOPS & COURSES

Ashtanga Yoga Class, 4 September – 17 December, 7.30pm – 8.30pm, Jardim do Toren, Lisbon, www.viralagenda.com

Life Coaching Masterclass 28 September – 25 January 2019, 9am – 12.30pm, Estúdio Mariposa, Lisbon, Tickets from €25, www.viralagenda.com

Yoga for Anxiety and Stress Relief 4 October 2019 – 28 January 2020, 7pm – 8pm, Jardim do Toren, Lisbon, Cost: €6, www.viralagenda.com

CodeWeek 5 October – 18 October, 9.30am – 6pm, Lispolis – Polo Tecnológico Lisboa, Lisbon, www.viralagenda.com

Andy Mumford: Life Lessons from Landscape Photography 12 October, 4.15pm, Biblioteca Municipal Almeida Garrett, Porto, www.viralagenda.com

SPORTS

Lisbon City Runners Until 31 December, Lisbon, www.viralagenda.com

Nazaré Big Wave Challenge, 1 October – 31 March, Praia do Norte, Nazaré, Free entry, www.worldsurfleague.com

Fall Tryouts – Lisboa Roller Derby Troopers 9 October – 12 October, Lisbon, Entry €5, www.viralagenda.com

Rip Curl Pro Portugal WSL Tour, 16 – 28 October, Praia dos Supertubos, Pêniche, Free entry, www.worldsurfleague.com

EDP Lisbon Marathon, 20 October, Lisbon, www.maratonaclubedeporugal.com

South

AUCTIONS

Auction House Algarve, Live auction 5 October. All items can be viewed at the auction house and through our online catalogue: www.ahalgarve.com, 289 832 380, info@ahalgarve.com

EXHIBITIONS

André Waksman exhibition, Until 15 October, Manor Properties, Praça Doutor António Padinha, Tavira, www.taviradartes.com

Hans van Hoogdalem exposition, 14 September – 4

FAIRS & FESTIVALS

Algarve Spa Week, 5 - 13 October, various locations Algarve, www.algarve-spa-week.com

BLiP Expo - Better Living in Portugal, 12 & 13 October, 10am - 4pm, Portimão Arena, Portimão, www.betterlivinginportugal.com

Oktoberfest – Beer Fest 26 September – 6 October, 1pm – 2am, Vila Vita Biergarten, Proches, www.visitalgarve.pt

Birdwatching and Nature Festival, 10 – 13 October, Sagres, www.birdwatchesagres.com

Carvoeiro Cat Charity Dinner, 11 October, from 7.30pm, Restaurante Ti Teresa, Vale das Louças, EN125, Porches – Alcantarilha, €25 per person including food, 916 335 350.

Aljezur Sweet Potato Festival, 29 November-01 December, 12pm-12am, EMA – Aljezur Multipurpose Space, Aljezur.

Living Statues at Christmas | 6th Edition, 13 & 14 December, 3pm-6pm (Fri) & 10am-1am (Sat), 25 de Abril Street and 5 de Outubro Square, Lagoa.

MARKETS

Loulé - Every Saturday

Quarteira - Every Wednesday

Lift Market Lagos - Every Saturday

São Brás de Alportel Market - Every Saturday

Algoz Flea Market - 1st Saturday of the month

Barão de São Miguel - 1st Monday of the month



Algarve Spa Week. 5 - 13 October, Algarve.

€9.50 (Seniors); €5.90 (Children between 6-12); Free (under 5yo's). www.sandcity.pt

'Reunion' Exhibition Work by Hein Semke, Until 30 October, 2.30pm-6pm (Tue) & 10.30am-6pm (Wed-Sun), Municipal Museum, Portimão.

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.

Paintings by Liz Allen, Ongoing exhibition, Óchálá Casa de Chá, 12 Rua Dr. Samora Gil, Monchique 8550 249 Wednesday - Sunday 10-6pm, 282 912 524

Almancil - 1st and 4th Sunday of the month

Quarteira Flea Market - 1st Saturday of the month

Lagos Market, Next to the Stadium - 1st Saturday of the month

Lagos Flea Market - 1st Sunday of the month

Padere - 1st Saturday of the month

Ferreiras - 2nd and 4th Tuesday of the month

Olhos de Água Flea Market - 1st Sunday of the month

Moncarapacho - 1st Sunday 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

Monchique Market - 2nd Friday of the month

Vaqueiros - 2nd Thursday of the month



Last weeks winner is Scarlet Plum, Luz

Car Boot Sale from 9am, 1st Sunday of each month, Old School House, Vales, Aljezur.

Farmers Market, 1st Sunday of each month, 10am – 1pm, Quinta Shopping, info@quintashopping.com

MUSIC

Bella a Cappella, 5 October, 6pm, Igreja Nossa Senhora do Carmo, Tavira, www.bellaacappella.net

JJJohns Dinner-Dance Show, 6 October, 2pm – 6pm, Restaurant A Cegonha, Camping Albufeira, 914 900 031

New Orleans Jazz with the Dixie Kings, 8 October, 8pm, Tui Bue Hotel, Olhos d'Água, 935 086 365

Bella a Cappella, 12 October, 4.30pm, Teatro Mascarenhas Gregório, Silves, www.bellaacappella.net

Baroque Ensemble Arianna, 12 October from 4pm, Convento de São José, Lagoa, Free entry, www.ensemble-arianna.com

Baroque Ensemble Arianna, 19 October from 5pm, Ermida de Guadalupe, Vila do Bispo, Free entry, www.ensemble-arianna.com

Bella a Cappella, 26 October, 6.30pm, Herdade da Corte Turismo Rural, Morenos, near Santa Catarina, www.bellaacappella.net

The Dixie Kings, 14 November, 7.30pm, Raj Indian Restaurant, Holiday Inn Algarve, Armação de Pêra, info@hialgarve.com

The Black Mamba, 1 February, 9.30pm, Teatro das Figuras, Faro, www.teatrodasfiguras.pt

Tindersticks, 17 February, 9.30pm, Teatro das Figuras, Faro, www.teatrodasfiguras.pt

Sunshine Big Band, Every Sunday, 12.30pm – 2.30pm, Fortaleza, Praia da Luz, 282 789 926

New Orleans Jazz with The Dixie Kings, Every Monday at Tivoli Hotel, Lagos (behind the bus

station) 8.30pm - open to all, Free entry - info: www.neworleansjazzalgarve.com/index.html

New Orleans Jazz with The Dixie Kings, Every Sunday at O'Navegador Restaurant, Alvor, 935 086 365

Various locations. Free entry, www.clubautomovelalgarve.pt

THEATRE & DANCE

Algarve Classic Gala Dance, 19 October, 7.30pm, Fénix Room, Algarve Congress Centre, Tivoli Marina, Vilamoura, www.artaqua.pt

Madagascar – A Musical Adventure 21 – 23 November, Teatro das Figuras, Faro, Tickets from 5€, www.viralagenda.com

The Wizard of Oz by The Algarveans, 21 – 23 November, 7.45pm, matinee on 23rd at 2pm, Carlos do Carmo Auditorium Lagoa, Tickets €10, www.ticketline.pt

WORKSHOPS & COURSES

Winter Wellness Meditation workshop, The Essence Tree Silves, 6 October 11am - 12pm, €5 per session, Call 964 388 077

Family Medical Centre Vale do Lobo Open Evening, 9 October, 6pm – 8pm, Cool treatment demonstrations, questions and answer session. Free entry.

Floral centerpiece workshop, Quinta dos Santos and Ferox studio, 26 & 27 October, 11am – 1pm, €75 per 3 hour workshop, ann@quintadossantos.com

Painting in Oil and Acrylics Workshop, Wednesday & Friday, 10am – 12pm, Escola de Artes Fernando Rodrigues, Lagoa, 965 594 511

Transformation workshop, Every Monday, 10am – 12pm, 1 Chakras, 917 899 115 vdvreugde@hotmail.com

Cork Workshops, Mondays & Thursdays, 2.30pm, Algarve Costume Museum, Cost: from €25, www.viator.com

Please be aware that for ALL afpop events, bookings MUST be made with the Area Event Organiser.



Floral workshop. 26 & 27 October, Quinta dos Santos.

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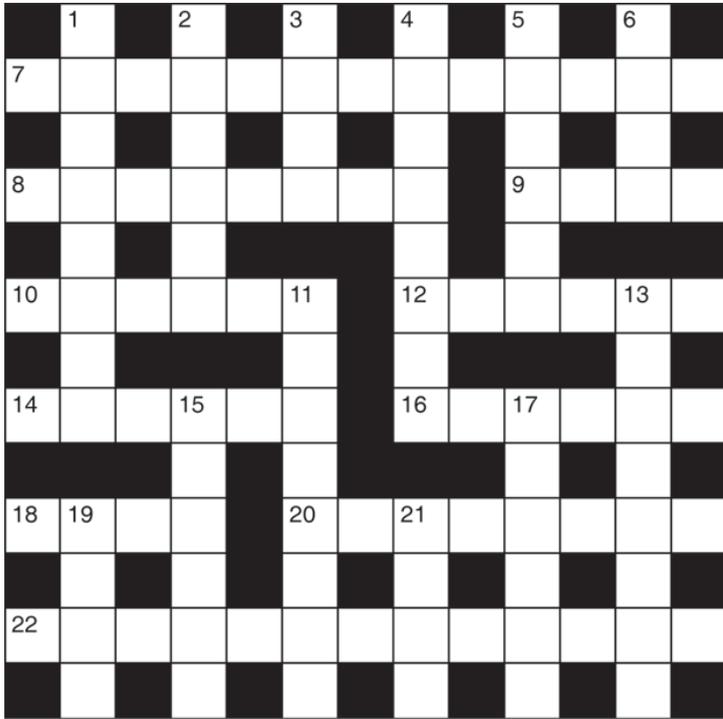
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Last week's cryptic crossword solutions

Across: 1 Comes to light; 7 Flute; 8 Tudor; 9 Row; 10 Side-issue; 11 Air ace; 12 Dismal; 15 Tradesmen; 17 Dor; 18 Round; 19 Uncle; 21 Wedding-rings.
Down: 1 Choir-masters; 2 Sou; 3 Overdo; 4 Intuition; 5 Hides; 6 Orderly rooms; 7 Fewer; 10 Succeeded; 13 Midge; 14 Impugn; 16 Acute; 20 Car.

CRYPTIC CROSSWORD

ACROSS

7. A breath-taking murder (13)
8. Routine instruction unsuitable for night watchmen (8)
9. Misfortunes from which we still suffer (4)
10. Vessel goes round the harbour for exercise (6)
12. Tricky performances as acts in variety (6)
14. Dreads moving snakes (6)
16. Go wrong and it's easy to run (6)
18. Sticks around looking complacent (4)
20. Their choice will get cross! (8)
22. Demand more of the consumer? (3,2,3,5)

DOWN

1. Put on edge (8)
2. One you count on to keep your money? (6)
3. Agreed, but not about being old (4)
4. Does he act like a friend? (8)
5. Not all restrictions are severe (6)
6. Kitty is game (4)
11. Their guilt is a possibility (8)
13. Shorten an agreement (8)
15. Its contents will be cracked (3-3)
17. Official report - about a revolution? (6)
19. A mud pie for the lady! (4)
21. Always right to follow the first mate (4)

QUICK CROSSWORD

ACROSS

7. Exhibition (13)
8. Oblique (8)
9. Thought (4)
10. Helm (6)
12. Reach (6)
14. Astern (6)
16. Place of worship (6)
18. Spill (4)
20. Undying (8)
22. Stupidity (13)

DOWN

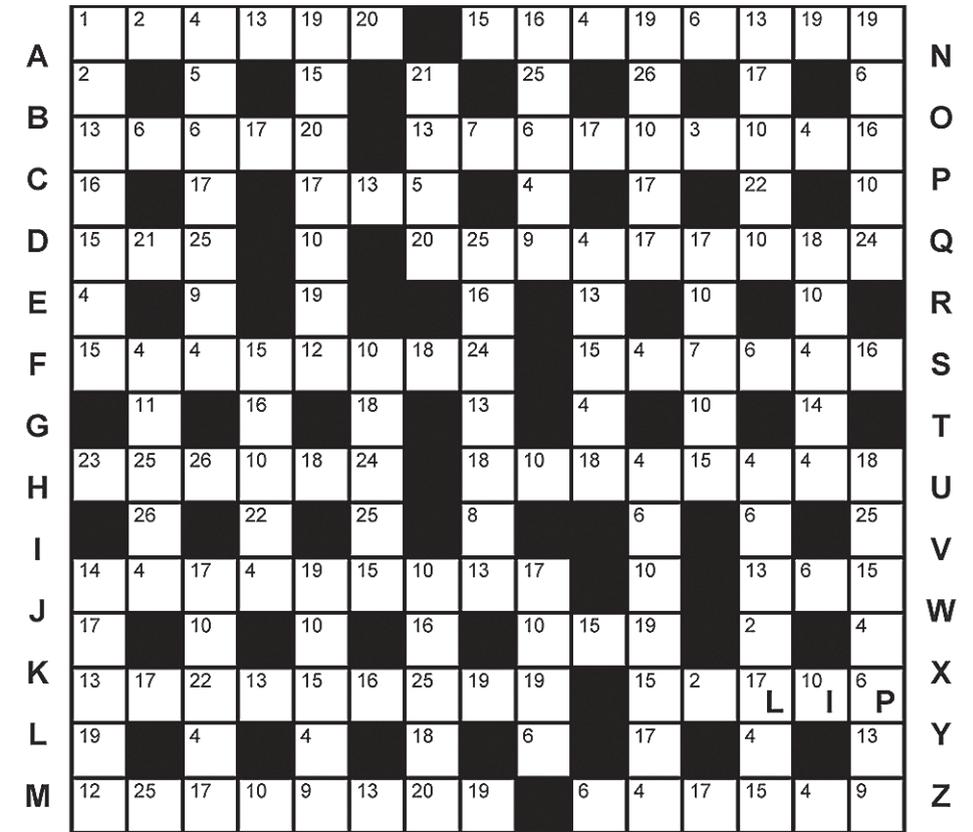
1. Interim (8)
2. Jolly (6)
3. Island (4)
4. Draw out (8)
5. Severe (6)
6. Belt (4)
11. Deride (8)
13. Indolence (8)
15. Lay on (6)
17. Revolt (6)
19. Glance sideways (4)
21. Bird's home (4)

Last week's quick crossword solution

Across: 1 Contemptible; 7 Merit; 8 Plain; 9 Own; 10 Constrain; 11 Resume; 12 Fellow; 15 Pestilent; 17 Air; 18 Evict; 19 Tooth; 21 Independence.
Down: 1 Cartographer; 2 Err; 3 Potent; 4 Impatient; 5 Llama; 6 Unanswerable; 7 Minus; 10 Committee; 13 Leash; 14 Nettle; 16 Scion; 20 Odd.

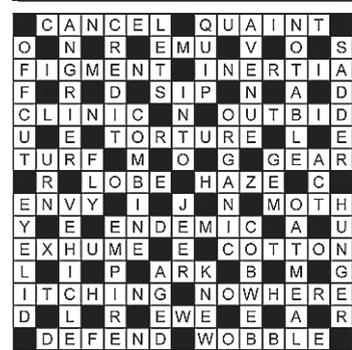
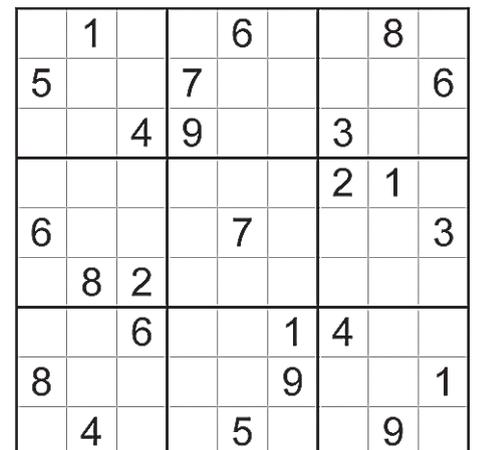
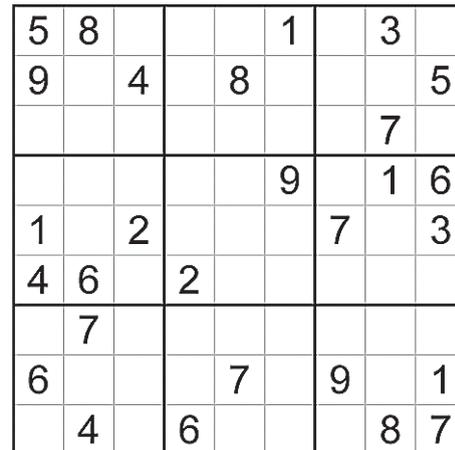
CODEWORD

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



SUDOKU

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



Medium

Last week's solutions

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



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Ryder Cup could head towards “Neutral set-up”

European Ryder Cup captain Pdraig Harrington could see the tournament evolving into one being based on a “neutral set-up” in the future.

Harrington was at Whistling Straits to join United States captain Steve Stricker in marking one year to go to the 2020 showpiece event in Kohler, Wisconsin. Rory McIlroy has called for tougher European Tour courses, which the Northern Irishman believes are necessary to produce better players and so help improve Europe’s Ryder Cup chances. Harrington will be out to guide Europe to a successful defence of the Ryder Cup following the 17-and-a-half to 10-and-a-half victory at Le Golf National in Paris last year. The Irishman, twice winner of the Open, told a press conference: “There is a substantial difference, I would advocate even too much of a difference, between home and away. “Clearly in Europe, we get to set the golf course up, and we set it up in every way we can to suit our players, and in the (United) States, we have seen that as well, where it is set up to be the most advantageous for the home team. “It is not going to happen probably in my lifetime, but 40 or 50 years down the road with the Ryder Cup still going along, it would probably be best to have a neutral set-up where there is no setting up a golf course as we did in Europe (last time) so that it was very tight off the tee and it made it a real difficult, where par was a good score. “Whereas, if you went back to Hazeltine (in 2016), it was more of a birdie-fest where the statisticians get involved and tell us what

suits each team. “Thankfully here at Whistling Straits this is a much more natural golf course and I am interested to see what Steve has in store, but it does not look like you can do a lot with this golf course. “Even the weather could be very changeable the week of the Ryder Cup next year. So in many ways, this is a golf course that is just going to test the players on its own merits.” USA captain Stricker insisted there would be “no real tricks” in 2020, when his team will be out to make the most of home advantage any way they can. “They know how we like to set up the golf courses, just as we know how they like to set up,” Stricker said. “I am sure what he (Harrington) has got envisaged in his mind is going to be the way it is going to be. “When we go (to Europe) next time (in Rome 2022), I am sure it will be much like Paris. “There is no real tricks here. It is not going to be eight on the Stimpmeter, like it was in Paris, it is not going to be as high a rough as it was in Paris. “But it is a bit more of a challenge here. It is a links-style course, although a lot of it is still played through the air than it is overseas.” Harrington is hoping to bring his own leadership style to the squad, having been one of the vice-captains under Thomas Bjorn in Paris. “When you become a vice captain, you start seeing a lot more and obviously because of that, you start

learning a lot more the demands of the players and how to fit them together and manage all the different personalities in a team,” the 48-year-old said. “There are so many styles of captaincy. You do see that. I don’t believe I’m going to be one or the other. I’ll hopefully be a mixture of most. “But then as vice captain you tend to learn a lot about the tactics that go in behind that, and it is difficult.” Stricker is confident the USA can redress the balance after coming up so short in Paris. “For me, it’s about moving forward, learning from the past a little bit, taking some of the things that we haven’t done so well in,” he said. “Then trying to apply that next year - and it is about playing better.” PA

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ENGEL & VÖLKERS

New boss at Sporting

Jorge Manuel Rebelo Fernandes, known in the football world as Silas, has been appointed manager of Sporting Clube de Portugal. In the Primeira Liga Benfica, FC Porto and Sporting recorded scrappy single goal victories but league leaders Famalicão notched up their fourth consecutive win.



Sporting head coach Jorge Silas during their Portuguese First League match against Desportivo das Aves (Photo: Lusa/Octavio Passos)

4 3-year-old Silas becomes the fifth coach to take charge of troubled Sporting's first team in less than twelve months. He has been given a contract until the end of the season with an option for an additional year. Silas, a creative midfielder, enjoyed a long playing career spanning two decades which included time abroad in Spain, England at Wolverhampton Wanderers, Cyprus and India. His best spell was at Lisbon rivals Belenenses,

for whom he played over a hundred games. The new boss will need a miracle or two to turn around Sporting's disastrous season; five league matches without a win, before that game against CD Aves on Monday 30 September, and defeats in their opening matches of the UEFA Europa League and Taça da Liga. An eighty-third minute penalty slotted home by skipper Bruno Fernandes will have brought some relief as the beleaguered Lions chalked up their first win for over a month against Aves. Benfica had to rely on a second-half goal from Carlos Vinícius to beat V. Setúbal and had to see out the last ten minutes of the game with ten men after Abel Tarabt saw red for a lunging two footed tackle. FC Porto's victory in

front of a crowd of just over 4,000 at Rio Ave came courtesy of a Moussa Marega strike twelve minutes into the game. Surprise package Famalicão found themselves a goal down at half-time in their home game against Belenenses. Pedro Gonçalves levelled matters fifteen minutes after the break before Anderson came off the bench to grab a brace in the final ten minutes to make it 3-1 and keep Famalicão a point clear of Benfica at the top-of-the-table. Portimonense lost 1-0 at home to SC Braga and are now just a point above the drop zone. With the international break looming there are no Primeira Liga games until the end of October when a mouth watering game sees leaders Famalicão play FC Porto.

Record breaking medal for Vieira

João Vieira became the oldest person to ever win a medal in the World Championship after he took home the silver in the 50km walk in Doha.

The 43-year-old Algarvian finished behind Yusuke Suzuki from Japan to take his place in the history books.

"I often wake up in the morning and think I'm still twenty-years-old. A lot of people did not believe I could get this result," he said at the end of the race.

Japanese Yosuke Suzuki, world record holder of the 20km walk, won at 4: 04.20 hours. Vieira came in at 4: 04.59, three seconds ahead of Canadian Evan Dunfee.

"It's the medal of my career, at 43 I am still here, I'm happy for all the people who work with me, day by day and still believe in my work," said Vieira, who is still hoping to attend the 2019 Olympics and World Cups.

The 11.30pm start time of the race was criticised by Vieira who said: "That's the time to leave a nightclub. I usually go to sleep at ten o'clock in the evening".



João Vieira celebrates after finishing second in the Men's Race Walk during the IAAF World Athletics Championships

N Sport in Brief

Lagos host international tournament

Lagos Strollers are staging their first International Tournament on the 14 and 15 October at the Clube Desportivo De Odiáxere, EN 534, Odiáxere, Lagos.

Thirteen teams from the UK, France, Spain and the Algarve competing in 50+ and 60+ age groups. Browns Sports & Leisure Club are hosting their autumn Algarve Walking Football Cup at their superb facilities in Vilamoura this weekend (4 and 5 October) where champions East Algarve Walking Football will face stiff competition from the growing number of visiting teams from the UK.

Fifth birthday bubbly

East Algarve Walking Football recently celebrated the fifth birthday of walking football arriving in the Algarve.

Olhão was where it all started and since then the sport has spread further afield to Tavira, Lagos, Vilamoura and even Benfica (Lisbon).

The weekly sessions in Tavira at the astro-turf pitch adjoining the Municipal Pavilion Dr. Eduardo Mansinho, Av. Zeca Afonso now take place on Friday mornings from 9.30 to 11.30am www.walkingfootballalgarve.com

Only Fareense and Louletano left in the cup

Only two teams from the Algarve - Fareense and Louletano - will be in the hat for the Portugal Cup third round draw when Primeira Liga clubs join the fray.

Olhanense, favourites to win at Benfica Castelo Branco, were two goals to the good at the break but went down 3-2. Segunda Liga SC Fareense travelled to UD Santarém and triumphed 2-1 thanks to goals from Fabricio Simoes (penalty) and Fábio Nunes.

Louletano drew 1-1 (a.e.t) against Ginásio Figueirense and then won the penalty shoot-out 4-2. Local league side Moncarapachense lost to a last minute extra-time goal at home to Sertanense whilst Esperança Lagos went down 1-3 at home to Pevidém SC (Braga district) with all four goals coming in the final twenty minutes.

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