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Lisbon cases prompt new lockdown measures



The Metropolitan Area of Lisbon (AML) is now subject to more restrictive measures in an attempt to contain new Covid-19 cases. (Photo: Lusa/Manuel de Almeida) Full story P2.



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Portugal's National Newspaper in English

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Lisbon cases prompt new lockdown measures

N KIM
SCHIFFMANN

The Metropolitan Area of Lisbon (AML) is now subject to more restrictive measures in an attempt to contain new Covid-19 cases.

The new rules mean that there is once again a limit of a gathering of a maximum of 10 people, unless they belong to the same family, “the access, circulation or permanence of people in spaces frequented by the public, as well as the concentrations of people on the public road” in the AML.

“All retail and service establishments, as well as those in commercial units”, are to now close at 8pm in the AML, according to the new resolution approved by the government.

The only exception is restaurants, “exclusively for the purpose of serving meals in the establishment itself”, and also restaurants with a take-away service or home delivery service, “which cannot supply alcoholic beverages within the scope of this activity”. The sale of alcoholic beverages is also prohibited “in service areas or at fuel filling stations” by AML.

The consumption of alcoholic beverages is also prohibited “in open spaces of public access”, except on the terraces of properly licensed restaurants and drinks establishments, which can only be kept open until 8pm.

The new rules also highlights the reinforcement of the operational activity of the AML security and service forces and rescue services, which, if necessary, “can be reinforced” by “personnel from other geographical areas, in conjunction with the municipal structure of civil protection”.

“Whoever does not respect any of these four rules, and as a result of the first violation, the crime of disobedience will be determined. The person indicated will be immediately fined,” a government source told Lusa.

AML is integrated by the municipalities of Alcochete, Almada, Amadora, Barreiro, Cascais, Lisbon, Loures, Mafra, Moita, Montijo, Odivelas, Oeiras, Palmela, Seixal, Sesimbra, Setúbal, Sintra and Vila Franca de Xira.

On 25 June, the Government is to approve, in the Council of Ministers, the list of administrative offenses applicable to situations of non-compliance with the containment rules.

The executive will also specify which parishes in the municipalities of Lisbon, Sintra, Amadora, Loures and Odivelas are the target of reinforcement measures in terms of civil protection.

Prime Minister, António Costa, referred to a provisional estimate of 15 parishes in these five municipalities in the northern area of the Lisbon Metropolitan Area.

The Prime Minister met on 22 June in São Bento with the mayors of Lisbon, Fernando Medina, Sintra, Basílio Horta, Loures, Bernardino Soares, Odivelas, Hugo Martins, and Amadora, Carla Tavares, as well as representatives of health authorities.

This meeting, which lasted more than four hours, was also attended by the Ministers of Internal Administration, Eduardo Cabrita, and Minister of Health, Marta Temido, as well as the Secretary of State for Parliamentary Affairs, Duarte Cordeiro, who coordinates by the executive the fight against Covid-19 in the region of Lisbon and Vale do Tejo.

Based on the bulletins released by the Directorate-General for Health (DGS) between 7 and 21 June, the municipalities of Amadora, Lisbon, Loures, Odivelas and



New cases of Covid 19 in Lisbon have led to certain areas

Sintra accumulated 50.2 percent of the total new cases in this period in Portugal, representing a total of 4,440 .

Sintra, with 695 new infections, was the most affected municipality, followed by Lisbon with 521, Loures with 414, Amadora with 397, and Odivelas with 203.

The numbers in these five counties, which bring together approximately 1.4 million inhabitants, correspond to a ratio of 154 new

WEATHER

High temperatures in the south of Portugal

The south of the country will experience high temperatures this weekend, however In the north grey skies and rain are expected.

Lisbon: There will be a slight chance of rain on Saturday in the capital but this will pass by Sunday and temperatures will average highs of 28 degrees and lows of 18 degrees. On Monday the clouds are set to clear for the remainder of the week with highs peaking at 29 degrees and lows dropping to 17 degrees.

The south: Over the weekend hazy cloud is predicted in the south however temperatures will be feeling hot with highs of 32 degrees and lows of 20 degrees.

From Monday blue skies are set to return and as the week progresses the temperatures are to rise further, peaking at 34 degrees in some parts.

The north: Rain is predicted in the north over the weekend with the wettest of the weather expected on Saturday. From Sunday the weather is to warm up with temperatures then averaging highs of 24 degrees for the rest of the week and dropping to lows of 15 degrees at night.

Eight dead and 14 seriously injured on the roads over the first summer weekend

Eight people died and 14 were seriously injured on Portuguese roads during the first weekend of summer, numbers “much higher” than the average recorded over the last days, revealed the National Road Safety Authority (ANSR).

“Over the first weekend of summer, eight people lost their lives on Portuguese roads and 14 were seriously injured. These numbers are much higher than the average recorded in recent years”, states the ANSR, in a statement, pointing out that six of those who died were riding motorcycles.

According to Road Safety, the eight fatalities were recorded in the districts of Braga (3), Lisbon (1), Santarém (2), Setúbal (1)

and Viseu (1) and half on national and regional roads.

ANSR also reports that six of the fatalities were travelling on motorcycles and mopeds and the remaining two in light vehicles.

In view of these figures, ANSR is concerned about “the sharp increase in accidents over the last few days” after the confinement.

In this sense, they appeal to the Portuguese to give priority to life and to comply with safety

rules on the return to the road, stressing that the attitude shown by the Portuguese during the confinement “saved lives”.

In the statement, ANSR recalls that it launched on 12 June the road safety campaign “What if the road spoke?” with the objective of alerting the population to maintain the same responsibility demonstrated during confinement when returning to the road and to adopt safe behaviours while driving.

Portugal may be left off list for UK quarantine waiver

The British government is to waive quarantine for people travelling between the UK and some countries with a low risk of Covid-19 infection, but it is uncertain whether Portugal will be included on the list. The UK is close to finalising a list of 10 countries to which it is deemed safe for British tourists to travel without having to isolate for two weeks on their return, as is currently the case, but Portugal is said to be the subject of "intense debate" due to the recent outbreak in the Algarve.

Disney+ to debut in Portugal

Walt Disney Co said it would launch Disney+ in Portugal, as millions of people stuck at home due to coronavirus-induced restrictions turn to streaming services for entertainment. Disney+ will debut in Portugal, Norway, Denmark, Sweden, Finland, Iceland, Belgium and Luxembourg on 15 September, the home of Mickey Mouse said.

TAP confident EU will approve restructuring plan

Portugal's flag carrier TAP is confident the European Commission will approve a restructuring plan that would allow the airline to avoid repaying a government-backed loan. In April, TAP asked for help as the company, which usually operates around 2,500 flights per week, was forced to suspend almost all of them as demand for travel collapsed in the coronavirus pandemic. TAP tried to resume some of its international operations last month as lockdown measures were slowly being lifted but, with little demand, the company took a step back.

Number of unemployed triple in the Algarve

The Algarve saw its number of unemployed triple in May compared with a year ago as the coronavirus crisis kept foreign visitors away, wiping out thousands of seasonal jobs. In Portugal as a whole, the total of those without jobs rose by 34 percent from a year earlier to nearly 409,000 people. In the southern Algarve, famous for its beaches and golf courses, the total number of those out of work spiked to almost 28,000 in May from just over 9,000 in the same month of 2019.

Ranking keeps University of Algarve in Portuguese top-10

The University of Algarve is still within the national top-10 universities, according to a new ranking. It reached the maximum classification in six indicators, but is above average, with "Good" or "Very Good", in 17 indicators. These were the results of the U-Multirank 2020, which saw University of Algarve ranked overall in 8th position of 27 Portuguese universities.



Cases having lockdown measures increased

cases per 100 thousand inhabitants - a value three and a half times higher than that verified throughout the country, which stood at 43.3. Amadora is, in this indicator, the most affected municipality, with 219 new infections per 100 thousand inhabitants in the last two weeks, ahead of Loures with

196, Sintra with 179, Odivelas with 128, and Lisbon with 103. The capital is the one that has the record closest to the average of the Metropolitan Area of Lisbon, which added 3,055 new cases in the period analysed (68.8 percent of the total), which corresponds to about 107 per 100 thousand inhabitants, in a

region with a population of around 2.8 million. With 83.1 percent of new infections registered between 7 and 21 June, that is, 3,689, the region of Lisbon and Vale do Tejo presents a ratio of 101 new cases per 100 thousand inhabitants, in a population of approximately 3.6 million.



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Foreigners in Portugal at an all time high

The foreign population residing in Portugal increased in 2019 for the fourth consecutive year, totalling 590,348 citizens, the highest figure recorded by the Foreigners and Borders Service since its emergence in 1976, revealed the SEF.



Minister of Internal Administration, Eduardo Cabrita, said that the report proves that Portugal is "an attractive country in which the economy, security and the way it sees migration as a regular phenomenon positively had a very significant impact". (Photo: Lusa/Miguel Pereira)

66 In 2019, for the fourth consecutive year, there was an increase in the foreign resident population, with an increase of 22.9 percent compared to 2018, totalling 590,348 foreign citizens holding a residence permit, the highest value recorded by SEF, since its emergence in 1976", indicates the Immigration, Borders and Asylum Report (RIFA).

According to SEF, Brazilians remain the main foreign community resident in the country, representing 25.6 percent of the total last year, the highest figure since 2012. At the end of 2019, 151,304 Brazilians lived in Portugal, followed by Cape Verdeans (37,436), British (34,358), Romanian (31,065), Ukrainian (29,718), Chinese (27,839), Italian (25,408), French (23,125) and Angolan (22,691).

The RIFA highlights the increase in citizens from the United Kingdom and Italy, in this case due to the citizens of Italian nationality being native of Brazil. The report found that immigrants live mainly on the coast, with 68.6 percent registered in the districts of Lisbon, Faro and Setúbal, totalling 405,089 resident citizens, while in 2018 there were 330,763.

The SEF report also reveals that the increase in new foreign residents, registering a 38.7 percent rise compared to 2018, a total of 129,155 and more than double (110.3 percent) in relation to 2017. This security service justifies this increase with the growth of new titles issued to citizens of Brazilian nationality (37.8 percent of the total), a total of 48,796 Brazilians seeking Portugal in 2019 to join

the family, work and study.

2019 also saw an increase in immigrants to work from India (4.9 percent) and Nepal (3.9 percent).

According to RIFA, in 2019 16,849 Nepalese and 17,619 Indians lived legally in Portugal.

Speaking to journalists after the presentation of the RIFA, the Minister of Internal Administration said that the report proves that Portugal is "an attractive country in which the economy, security and the way it sees migration as a regular phenomenon positively had a very significant impact".

"Between 2015 and 2019 the number of foreigners in Portugal increased by around 200,000. This means that it was this positive migratory balance that allowed, for the first time since 2009, the

Portuguese population to have grown in 2019", said Eduardo Cabrita.

Meanwhile, Portuguese nationality requests in 2019 reached the highest number of the last five years.

More than 74,000 foreign citizens applied for Portuguese nationality in 2019, the highest value of the last five years.

The RIFA report states that 74,116 requests for the acquisition of Portuguese nationality were registered, with "a significant increase compared to the homologated period (2018) of 79.4 percent".

The report states that SEF issued 70,529 opinions, 68,116 of which were positive and 2,413 negative.

According to the document, those who most acquired Portuguese nationality in 2019 were those from Brazil (22,928), Israel (18,433), Cape Verde (6,472), Angola (2,993), Ukraine (2,738), Guinea-Bissau (2,538) and Turkey (1,629).

"The sharp growth in requests for citizenship from citizens of Israel and Turkey, will be associated with the publication of the addition to the 2015 Portuguese Nationality Regulation, regarding the naturalisation of foreigners who are descendants of Portuguese Sephardic Jews", the document reads. SEF stresses that most requests for acquisition of Portuguese nationality are related to naturalisation (68.9 percent), followed by marriage and de facto union (13.3 percent) and original attribution (11 percent).

Regarding the acquisition of nationality due to marriage or de facto union, SEF points out that applications are submitted by nationals of Brazil (5,215), Venezuela (709), Angola (610), Cape Verde (599) and Ukraine (337).

The RIFA also indicates that, in these types of cases, there are a large number of foreign citizens who, not being residents of Portugal, apply for nationality at the Portuguese Embassies and Consulates in the area of residence. In this area, SEF issued 9,270 opinions, 9,199 of which were positive and 71 negative.

Human trafficking cases increase by 45% in Portugal

SEF reported 86 victims of human trafficking in Portugal last year, an increase of about 45 percent compared to 2018, with the majority of cases related to labour exploitation.

The report on Immigration, Borders and Asylum (RIFA), indicates that following investigations carried out in 2019, 86 victims of human trafficking were reported which have been presented to the Human Trafficking Observatory.

In relation to 2018, when 59 cases were registered, there was an increase of about 45 percent of victims of trafficking in human beings.

According to the same

document, Portugal, contrary to the other countries of the European Union, continues to signal mostly victims of labour exploitation from third world countries.

In 2019, 64 victims of labour exploitation and 11 for sexual purposes were reported.

The report specifies that all 86 victims of trafficking in persons were notified at the time of their rights, regarding the change of their legal status in Portugal, namely the rights that assist them.

Government authorises cameras on drones to prevent and detect fires

The government has authorised the use of 14 portable video surveillance cameras on drones to prevent and detect fires, but the equipment cannot capture or record sound, according to the *Diário da República*.

According to the order published on 23 June, the use of portable video surveillance cameras in unmanned aircraft extends until the end of October and aims to "safeguard the safety of people and goods in the forest and improve conditions for prevention and detection of forest fires".

Among the conditions imposed on the use of this equipment is the non-capture

and recording of sound and the prior authorisation for its use, indicating the area covered, the purpose and the person responsible for data processing.

Hidden cameras are not allowed and the capture of images of people must safeguard their privacy and the Information Directorate of the GNR Operational Command is responsible for the conservation and treatment of the data,

according to the order.

The document also says that all operations and anomalies detected "should be subject to registration", which must be preserved for a minimum period of two years.

The use of portable cameras was the subject of an opinion by the National Data Protection Commission and the National Emergency and Civil Protection Authority.



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Association calls for the opening of bars and clubs

The National Association of Spirit Drinks Companies (ANEBE) has defended the reopening of bars and nightclubs, considering this to be a way to “avoid informal gatherings and prevent new outbreaks of infection by Covid-19”.



Last week about 130 workers in the nightlife sector protested in Lisbon, in a silent demonstration for the reopening of spaces such as bars and clubs. (Photo: Lusa/Mário Cruz)

In a statement, the association points out that in recent weeks there has been an increase in illegal parties and crowds of young people consuming alcoholic beverages, a situation that concerns “the whole community”, including ANEBE. The evolution of the epidemiological situation in the Lisbon region points to contagion among young people, “especially

teenagers”, stresses ANEBE, arguing that bars and clubs should open. “This measure should be seen as an important deterrent to the identified group behaviours, allowing young people and the population in general to live and socialise in a controlled environment - safely, with rules and hygiene measures”, stresses the association. In illegal parties and informal gatherings, “it is not

possible to establish any action to block alcohol consumption by teenagers”, while in bars and clubs this is possible, the association also considers. “ANEBE argues that the development of standards for the operation of bars and clubs, as a means of prevention and promotion of public health, should be developed in an environment of cooperation between political powers and health authorities and

associations and movements in the sector, which is why it has already requested a hearing with the Directorate-General for Health to present arguments and contributions that allow safeguarding public health”, reads the statement. The Portuguese Hotel, Restaurant and Similar Association (AHRESP) has already argued that nightlife establishments, closed since March due to the pandemic, have “all the conditions” to reopen safely, with measures even on dance floors. “The area of the dance floor should be marked on the floor by means of squares, with 2.25 square metres of area each, that allow to guarantee the physical distance between people”, proposed AHRESP, in the scope of the guide of good practices for the nightlife establishments, handed over to the Government, in order to “contribute to the rapid reopening” of bars and clubs.

Lusa questioned the Ministry of Economy about the expected date for the reopening of nightlife establishments, to which the ministry said that “new information will be released in due time”. In addition to social distance, AHRESP recommends that all employees and customers wear a protective mask, “an obligation that is waived when, due to the nature of the activities, its use is impractical”. As a result of a “broad consensus” of the many businessmen who met with AHRESP, the guide to good practices for nightlife establishments includes rules on the capacity of spaces, the control of customer entry, the use of personal protective equipment and the cleaning and disinfecting of the space. Last week about 130 workers in the nightlife sector protested in Lisbon, in a silent demonstration for the reopening of spaces

such as bars and clubs. The protest culminated in the delivery of a basket of keys from nightlife establishments, in front of the Assembly of the Republic, in Lisbon, for the Government to “manage businesses” such as bars and clubs. The manifestation “The silence of the night ... in search of respect and answers” was marked through social networks by the movement “The silence of the night”, which arose as a result of the closure, with no forecast of opening, of the night time establishments, determined by the Government due to the Covid-19 pandemic. The spokesman for the group and president of the National Discotheque Association (ADN), José Gouveia, stressed that the demonstration took place in order to see the “end of the government’s silence and for it to start talking about the night time businesses and when they are going to open bars and clubs”.



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TAP letting down customers

N KIM SCHIFFMANN

Due to the current Covid-19 pandemic, airline carrier TAP Air Portugal have cancelled thousands of flights since March, which caused many customers to either be stranded in foreign countries, see their holiday plans go down the drain or even have their luggage lost for several months.



Many customers have reported that they struggle to get in contact with TAP Air Portugal in order to get a refund for their cancelled flights. (Photo: Lusa)

Many customers have reported that they struggle to get in contact with TAP Air Portugal in order to get a refund for their cancelled flights, or even just get their belongings back. Some of those customers have been in contact with **The Portugal News**. "I have been in Brazil for the past ten weeks, despite being due to fly back to London on 31 March" says

Jonathan Schroder, a customer that had to get in contact with the Portuguese Air Authority "following more than seven weeks of fruitless contact with the TAP Air Portugal customer contact centre and refunds team." "Luckily I do have somewhere to stay and, at the moment, it is not possible to fly back from (...) where I currently am. However, this is beside the point. TAP should have

provided a refund or voucher weeks ago and are refusing to do so. Not just for me but for hundreds of other customers" adds Jonathan Schroder, who has observed that he is not the only one with this struggle after visiting TAP Air Portugal's Twitter page and a facebook group called "TAP Air Portugal - UNSATISFIED CUSTOMERS". José Arocho has found himself in a similar situation, when on 17 March, he, his wife and their children were left stranded in Spain. "We had to incur over \$520 [€462.38] on a last minute, one-way rental car, drive over 5 hours, and cross the border into Portugal so that we could make it back home here in the U.S. because TAP cancelled our flight and failed to notify us." After three months, many phone calls, emails and

wasted efforts to get in contact with the airline, José and his family are still waiting for a refund. "When they do respond, they just ask for our ticket numbers and flight information that I have already provided them several times. After I give them the information again, I don't hear back from them." "Also, they have removed all records of our cancelled flight from their website, so when I log in, it says that we haven't taken any flights in the last 12 months. Fortunately, I have the screenshots that I took before they deleted this information" says Jose Arocho, calling his experience with TAP an "ordeal" and a "nightmare". Margot Jill Wright and her family booked their first ever family trip to Europe, and chose Portugal because of its "beautiful scenery, good food, and the opportunity to

relax after a very difficult couple of years." In August of 2018, Margot lost her 27-year-old son and used the money that was left to her to book a trip "to celebrate, and to have time together to refresh and remember our son in a happy way." As the pandemic began to unfold, it became apparent that the family trip, booked with TAP Air Portugal, was going to be cancelled. "Thankfully, I had put our travel plans in an app CheckMyTrip - that was how I received notification that the flights were cancelled." Since early May, Margot has contacted TAP through Twitter and Facebook, "the responses have been vague, directed me to a page to request a refund that turns out to be a voucher, told me to contact my travel agent, and lately that my information has been routed to the 'correct department'...but there will be a delay due to high volume of processing. I feel that I am no closer to getting my money, nearly \$6000 [€5.339,52], back than I was nearly six weeks ago." The experience with TAP Air Portugal has made Margot and her family "hesitant to consider any future visit to Portugal" calling it "disappointing and disheartening". Though TAP exceeded the refund period, on 20 June, 7 weeks after cancellation, Margot was refunded. Another unsatisfied customer is Madison Olson, who flew with TAP into Paris from Miami on 16 March, but upon arrival was told that TAP had misplaced her baggage. "I immediately filed a claim and they said they would

deliver it to my address in the South of France in a couple of days" says Madison. But also her efforts to get into contact with the airline were unsuccessful and after calling every day, sending emails, facebook messages and instagram messages for more than three months, her luggage has still not been returned to her. "I spent the entire quarantine with minimal clothing because nothing was open. Also, I cannot file my taxes or finish other paperwork because it is all in the bag. They do not answer the phone or blatantly hang up on me. The last person I was able to talk to told me that now it has been so long that it is not their problem anymore." Michael Mazzaschi, who also contacted **The Portugal News**, had experienced a situation similar to that of many others, when his TAP Air Portugal flights were cancelled and instead of a refund, only a voucher was offered. After two months though, he did receive a refund and then decided to help others who have found themselves in the same predicament. "We wrote up how to do it in an article [<https://www.apathtolunch.com/2020/05/get-refund-for-cancelled-flight-ticket.html>] on our website as we learned lots. I kept the article generic in order to help the most people, but the enemy throughout is TAP" says Michael in an email. **The Portugal News** has contacted TAP Air Portugal for a comment but has not received a response.

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A new celebration of Festival MED

During a week in which another edition of Festival MED should be taking place in Loulé, but which has been cancelled due to the COVID-19 pandemic, the Municipality has prepared some initiatives, so that the public can enjoy the event in a new way.



While Festival MED has been cancelled this year, the event will still be honoured in Loulé in small ways.

Thus, the streets, squares and lanes typical of the historic quarter are already decorated with unmistakable coloured cloths that, year after year, welcome the public that visits Loulé to enjoy concerts and all the artistic fusion linked to the cultures of the world.

The Festival's logo was also placed in some areas that usually host MED shows such as the Castle, the Market or the Cloister of Convento Espírito Santo.

And because this year it will not be possible to experience live shows, the experience will be made through memories. During the four days (from

25 to 28 June), some videos will be launched online, through the Festival's Facebook, that bring memories of the best moments of the MED Festival, in a form of "Best Of" for those who follow this event and that this year feel nostalgia for its absence. The Municipality stresses that "Festival MED is an anchor event for Algarve tourism, with a very significant return on the economy of the region, particularly in our municipality, but it is also an element that is already part of our sociocultural life. Unfortunately this year, due to this health crisis that we are experiencing, it will not be possible to carry out MED in the usual way. However, the City Council could not let this moment pass by because of the importance and full relationship of affections that connect the Loulé community and lovers of the world's music to the Festival".

It should be noted that, starting in January next year, there will be a series of online concerts from the artists confirmed in the 2021 poster as well as a band contest in which the winner will guarantee a performance at the MED 2021 Festival.

On the other hand, the artistic moments integrated in the Cineteatro Louletano programme, with the seal "Off MED", and which have since been rescheduled, will happen in the coming months. This is the case of Cristina Branco's concert, in which the artist presents her latest work, "Eva", to take place on 5 October.

MED is a World Music festival that asserts itself as a European reference, with a differentiating concept and a strong identity that has allowed it to reach high levels of international notoriety. Annually, at the end of June, the Loulé Historical Zone is invaded by sounds from different parts of the globe but also by colours, flavours and smells that reflect the cultural diversity that is the hallmark of the event.

Free transportation for under 18's in Porto approved

The Porto Chamber has approved the creation of the transport ticket "Porto" for young students residing in the municipality, extending the limit on free transportation from 15 to 18 years old.

According to the PSD councillor, Álvaro Almeida, the proposal received the approval of all parties and also of the Social Democrats, who were still pleased to know that one of the issues that had been raised by the party when the pass was approved "Porto .13-15", had been corrected.

"The council paid for all the passes that were issued, even if people later did not use them and paid 30 Euros. (...) Now this pass is only charged to the council if it is used and that seems to me that it is positive and significantly reduces costs for the council and it was one of the things that allowed us to extend the age limit", he explained.

Also the councillor of the CDU, Ilda Figueiredo, welcomed the approval of the measure, wishing that the ticket could get into "full" operation quickly.

For the councilwoman, this extension of the gratuity of the title to young people from 13 to 18 years old "is very positive".

PS councillor Manuel Pizarro, recalled that this was a proposal presented by the PS in 2019, which had been rejected on the basis of the financial impact argument.

"At the time, what we were told was that they were very afraid of the financial impact of the measure. I would say that from this point of view, it is better late than never. So we are satisfied. But it had already been for us last year and I think that today, we all agree, even the municipal majority, that this would not have had any financial problems, something that we already sustained in the previous year", he said.

In the summary released on 22 June, the municipal majority reveals that "the municipality's investment, budgeted at around €1.2 million per year, corresponds to an estimated increase of €90,000 monthly, compared to the first year of application of the measure", emphasising, however, that in compensation, the council will only pay for the trips that are actually made, which weighed in the decision to extend the measure up to 18 years.

According to Cristina Pimentel, a "realistic and careful" expenditure forecast allowed the possibility of undertaking this "upgrade", in addition, adherence to the ticket of transport was around 50 percent of the estimated population, said the councilwoman.

The proposal to extend the free pass for young people up to the age of 18 approved on 22 June will now be submitted to the Municipal Assembly.

Óbidos limits entrances to the village to 875 visitors

The Óbidos Chamber will implement a counting system and limit the number of visitors inside the walls of the historic centre to 875 people, where, starting next week, one-way pedestrian circuits will be created.

The measures are part of a set of determinations of the chamber contained in an order that extends the state of alert in the county until 6 July, establishing the rules to be complied with to prevent the spread of the Covid-19 pandemic during the period of deflation.

The placement of signs with suggestions for one-way pedestrian paths will be the first measure to be

applied by the municipality, in the district of Leiria, which intends to "avoid the crossing of people during pedestrian paths inside the walls" of the county seat.

It is "not an imposition", but "a suggested route for tourists" who visit the village, taking into account "the social distance measures that everyone must follow", explained the chamber in a statement.

The signs will be placed next week simultaneously with a route map, with two different entrances and two exits, and indicating the direction of circulation in the streets. By the end of the month, the council plans to install, at the entrance to the village of Óbidos, a "real time" counting mechanism for all people entering and leaving the walled perimeter, where, according

to the order, the maximum limit will be of 875 people simultaneously.

The number of vehicles in the village car parks will be counted, in which the permitted limit will be 250 vehicles, says the document. As part of the measures to combat the pandemic, the chamber will also make available to visitors four mask dispensers, which will be placed at the Tourist

Office, in the old market (next to the bus stop), at the village entrance and in Santa Maria Square.

At the same time, an awareness campaign for the use of a protective mask will be launched during visits to the village.

These measures are added to a set of others that have been implemented since 13 March, when the state of alert was declared at

national level, and meanwhile adapted according to the evolution of the pandemic.

According to the epidemiological situation bulletin released by the Intermunicipal Community of the West (Oestecim), Óbidos recorded 13 confirmed cases since the beginning of the pandemic, of which 10 remain active and three have recovered.

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Learning Portuguese as an Adult vs. as a Child

As an adult, learning a language can feel overwhelming. Our brains don't soak up new information like a sponge the way they did when we were children. A child's brain is primed to recognise patterns unconsciously, the pieces of language simply falling into place.



The next time you think it's "too late" to learn Portuguese, remember to take advantage of your adult capacity to control and question the learning process.

This doesn't mean all hope is lost! It just means the approach for adults is a bit different.

Adults notice patterns too, but over time our brains become more efficient. They group the new in with the old and ignore or forget things to make space for the vast amount of information processed on a daily basis. The unfortunate side effect of this streamlining is that learning becomes more effortful and we need guidance to put the puzzle together.

Luckily, adults have an important asset: years of life experience. All that wisdom we've acquired with age must count for something, right? Learning may not come as naturally, but adults are better at researching, analysing, and taking ownership of the learning process. We take notes when we come

across something important and we ask questions or seek out related information when we're challenged. We can adjust our focus and methods to fit our own individual strengths, weaknesses, and goals.

Adults need to navigate more complex layers of language to feel fluent, including the cultural aspects that dictate talking to others within a variety of contexts. We can benefit from our experience adapting to new situations, making use of what we know to improvise our way through a conversation. Children may be better "speakers" in a second language, but adults are better "communicators". Children have a huge advantage when it comes to attitude: they are naturally curious and aren't as worried about making fools of themselves! With age comes more

social awareness, and less free time, so incorporating elements of exploration into language learning can be challenging. Adults may require a bit more structure and focus, but we should still take inspiration from the playful and fearless way children interact with the world and use it to develop a growth-oriented mindset.

The next time you think it's "too late" to learn Portuguese, remember to take advantage of your adult capacity to control and question the learning process. Ask yourself: What makes learning feel like play to you? How can you use your own skills and past experiences to set yourself up for success?

For further information, explore www.PracticePortuguese.com and discover how learning can be engaging and effective for adults!

Gone fishing in the Algarve

After 20 years guiding and running "Gone Fishing" a successful fishing charter business on the Great Barrier Reef in Australia, it was time for a new adventure for Mark, Ali and their two teenagers.

The decision was made and in 2019 the waterways of the Algarve became the new home for Gone Fishing Portugal.

Finding a new home and navigation of the necessary formalities completed, Gone Fishing was ready for lift off. The boat, a 4m trailerable Quintrex Hornet, was ready too; fitted with the latest Garmin electronics, live tanks and Minnkota electric motor.

Mark with customary enthusiasm and a nose for adventure set about discovering the lakes, rivers, dams and coastline of the Algarve.

Mixing local knowledge with his extensive guiding and fishing skills Mark has tailor-made fishing experiences for his clients offering guided fly and lure charters for 1-2 anglers.

Mark's attention to detail, patience and great teaching skills allow him to cater for experienced anglers or complete novices.

The Covid-19 pandemic has been a setback, but it has allowed Mark more time to discover and create an impressive tick list of unique fishing experiences. It has also allowed him to indulge his love

of nature and to learn more about the local flora and fauna.

What clients love about Gone Fishing is that every day is a new adventure for Mark. "I want my clients to enjoy the experience, the natural environment and the beauty of the Algarve, not just the fishing". Guiding is never a chore and the pleasure he gains from putting smiles on faces, drives him and the business along. A day fishing with Mark is always an adventure.

For further information visit: www.fishingportugal.com, or on Facebook [gonefishingportugal](https://www.facebook.com/gonefishingportugal)

Portugal improves poverty eradication goal

Portugal has improved the goal of eradicating poverty, which in 2018 was 21.6 percent, according to data on Sustainable Development Goals of the European Union (EU).

According to the 2020 report on the Sustainable Development Goals, Portugal is aligned with the EU average, with 21.6 percent of the population at risk of poverty, in 12th place in a table in which Bulgaria (32.8 percent) leads and the Czech Republic (12.2 percent) has the best performance.

The indicator worsens when analysing the capacity to heat the house in winter (in 5th place, with 19.4 percent of the population in these conditions), when the EU average is 7.6 percent, with Bulgaria being the country with highest percentage (33.7 percent) and Austria with the best situation (1.6 percent).

Considering the risk of poverty in people over 18 years of employment, Portugal occupies the 8th place (9.7 percent), slightly worse than the EU average (9.3 percent) with Romania in the worst situation (15.3 percent) and Finland in the best (3.1 percent).



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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, AHSA 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 Refugio dos Burros charity shops have opened in Ferragudo and Carvoeiro and Lagoa with temporary opening hours, 10am - 2pm Monday to Friday and 10am - 1pm Saturday. Come along there's lots of bargains and all new summer stock. As we have had no income at all for the last few weeks we would welcome any donations. For more info 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. Email ccc.carvoeirocharity@gmail.com or call 918 552 788.

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 Madrugada's volunteer run Homestore in Lagoa, its Boutique, Encore and Madrugada Homestore Lagos have reopened. Opening hours will be 11am to 3pm until further notice. Thank you to all our customers, donors and volunteers for your continuing support. Because You Care, We Can.

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

WORN AGAIN charity shop (formerly Tavira Treasure) Rua Almirante Cândido dos Reis, 134 Tavira 8800-357. Open every Monday and Saturday, 10am - 1pm. We also receive donations of clothing, books, household goods, small furniture. Contact Sara 967 159 010

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. Winter Summer clothing now in store. Open 11am - 3pm. Furniture can be collected within 30km Lagos. Tel 912 741 857

WOOFF. (Worn only once Fashion & Furniture) charity shop in Almancil. High quality second hand clothes and furniture. All profits to Animal Rescue Algarve. New opening hours Mon-Fri 10-13h (during the Covid-19 pandemic). Tel: 289 123 456 or 917558121

Algarve Senior Bikers cautious return to the roads

On 17 and 18 June the Algarve Senior Bikers organised their first ride since the easing of the Covid-19 restrictions.

Also during the lockdown the ASB should have celebrated the tenth anniversary of the group in June but that celebration has been put on hold for the time being.

As 37 riders registered for the tour the organisers Mike Evans, Philippe Payen, Peter Kenyon and Erwin Oortman decided to split the riders over two days with each two small groups to ensure compliance with the current Covid-19 regulations.

Starting in São Brás de Alportel the tour took the riders 105 km and 2500 metres via climbing and descending M-roads with many curves through the beautiful hills of the Algarve. At the coffee break in Cachopo, riders finally had the opportunity to catch up after having to park their motorbikes for many months in the garage. After passing through Ameixal each group enjoyed the vistas from the picnic area at the Stupa Monument in Malhão, at 531 metres the highest point in the ride. The



tour ended in Alte, where the groups enjoyed a nice lunch on the terrace at the O Folclore restaurant under the watchful eye of Balthazar the mule.

Covid-19 regulations permitting, the next tour is scheduled for 28 July and will be taking riders to the Western Algarve.

More details on the website tour. If you want to join one of the tours please visit algarveseniorkbikers.com for more details on tours or contact Group organiser David Shirley by email: algarveseniorkbikers@gmail.com.

Erwin Oortman

Nobel Algarve shortlisted as finalist for global award in progressive education

Nobel International School Algarve, located in the central Algarve, Portugal, learnt this week that the school has been shortlisted as a finalist for The PIONEER Awards' Progressive Education Delivery Award 2020. The PIONEER Awards, organised by The PIE, are the only global awards to celebrate innovation and achievement across the whole of the international education industry. Four Globeducate schools are finalists in the 2020 awards.

Nobel's Journey of Discovery for Year 10 was the programme highlighted and the nomination process asked schools to not only demonstrate why and how they developed the programme but also how the programme helps to develop students' confidence and achievement, as well as to help them develop a sense of global citizenship

and or to prepare them for the modern workplace.

Lead Outdoor Education Teacher and Head of Adventure Matt Harris said, "The Journey is carefully designed to make the students feel part of something bigger than themselves; it breaks down the barriers between the different nationalities, languages and cultures we see in the school. The "Journey" groups have always been shown greater understanding and acceptance of other cultures and the skills they acquire make them much more attractive to, and adapted to, the modern workforce. They have a far more collaborative approach to work and are more aware of the world that they live in due to spending time in nature with none of the trappings of modern-day society.

Head of School Mike Farrer explained: "Despite the natural

tendency for teenagers to often show self-centred traits, the programme guides them to help one another at every turn and to demonstrate a greater understanding of needs and feelings of others. It also allows them to have respect for, and patience with, one another - two invaluable character traits that can be carried into the workplace and make a difference to how they experience working with others - be that in a team or as individuals interacting. We are all thrilled to have this programme achieve recognition on a global level at the PIONEER Awards."

During the last four years, 117 students have taken up the opportunity to go on the Year 10 Journey of Discovery. Prior to signing up, students and parents attend presentations from prior participants who also lead a

question and answer session. Unsurprisingly, the concept of the journey does not have immediate appeal for all students and, to help them mentally prepare and decide on whether or not to participate, the information sessions are followed with a Buddy system during the journey.

Congratulations also to three other schools in the Globeducate network who are also finalists in these awards: Agora Sant Cugat International School in Barcelona and Stonar School in Wiltshire, England, are finalists for the secondary learning international impact award and Rome International School is a finalist for the Sustainability International Impact Award. The final winners will be announced during a ceremony at the end of September - this year it will be a virtual ceremony due to Covid-19.

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ARA news

ARA (Animal Rescue Algarve/Abrigo dos animais) is happy to announce the commencement of Puppy Days at Sandbanks in Vale do Lobo

Starting on Sunday, 5 July and every other Sunday through the summer. 11am until 1pm.

Come and support us and find out more about our cause.

This is an outdoor event, social distancing will be respected.

A holiday from home

Can't get to those far-flung climes? Bring the travel vibes home.



Rather than being limited to one style, nowadays people are influenced by the global assortment of design. (Photo: Wayfair/PA)

If your holiday plans are scuppered, don't despair - simply satisfy your wanderlust by transforming your home into your favourite destination instead. We've taken a journey through all the latest homeware ranges to find a suitcase-full of stylish solutions for five 'faraway' looks.

So forget about your passport and book a ticket to destination decor, which could whisk you away to white sandy beaches and crystal blue seas, coastal coves, sultry, steamy jungles, or even sun-kissed California vibes...

Go global

Bring the sun-soaked atmosphere of tropical beaches and foreign cultures into your living space.

"Rather than being limited to one style, nowadays people are influenced by the global assortment of design," says Martin Waller, founder of interiors specialist, Andrew Martin. "It's all about a sophisticated blend of the perfect symmetry of the American look, the magic of African tribal artistry, the serenity of Scandinavia, the heritage of France, and even the individualism of British decor."

"For this reason, I have coined this current decade the kaleidoscope era. Anything goes, and the more unexpected, the better. It allows us the freedom to travel far and wide in our taste and to give a truly international feel to our homes."

Catch the drift

"Gone are the days of blue and white stripes dominating the coastal decor landscape," agrees Jane Rockett, co-founder of online homeware

emporium, Rockett St George.

"Instead we're looking to introduce contemporary curved furniture, coral themed accessories and striking oversized shell ornaments."

"Beautiful shell textures create an instant feeling of tranquillity and promise to take your interior on a trip, evoking nostalgic memories of white sandy beaches and deserted tropical islands," she adds.

Classic coastal

Bring the sparkle of the seaside into your home by drawing inspiration from classic coastal colours and seashore-themed accessories.

"Classic coastal style is an enduringly popular, but don't assume it stays the same. In fact, this look is as changeable as the tides," says Rebecca Heane, co-founder of Cream Cornwall, specialists in the coastal style of the area.

"This means it always stays fresh because it's constantly evolving to take into account our changing tastes. Currently, the trend is for a fresh, sharp, more pared-back look, still using the traditional blue and white palette and stripe designs but more pin-stripe than deckchair.

"Punchy injections of red are must. My advice would be to keep a scheme simple and edit ruthlessly, so it's more sophisticated than sea-shanty."

Reflecting our concern for the environment and our oceans, designers are focusing on sea creatures and marine life in designs, often botanical in their detail, she points out.

Featuring these in accessories will give a modern twist to a scheme. A few details may be all that's needed for an injection of sail-away style. Display a beautiful shell, an

antique ship's lantern, a painted wooden boat or carvings of fish or sea birds. Perhaps you've got a special collection of beach treasures collected during holidays by the sea. Place these on shelves or in a dish on a sideboard.

Take a style safari

"Swapping bedlinen for a tropical floral or botanical palm print can instantly update your bedroom for summer and give it a full-on safari feel," says Jessie Barrell, homewares.

"Faux or real palms and foliage are in harmony with our desire for bringing the outdoors in and they have a lovely, lush, exotic feel.

These will also work to soften dark textures and sharp outlines, to give a rounded balanced feel to a room."

As a final flourish, she suggests: "Add an instant touch of decadence with gilded accessories and eccentric decorative objects, for a bold, glamorous interiors update."

California dreaming

If you're a fan of laid-back living, you'll love a cool style which balances effortless

understatement with dashes of the Golden State's trendy Venice Beach chic.

"When it comes to colour, sunshine brights are the perfect choice to recreate that chilled-out holiday feeling at home," says Lauren Harris, senior designer at DFS.

"Zingy shades create a playful, uplifting mood and paired with contemporary design, such as a bold yellow sofa, are a great way to bring a space to life.

"Patterned footstools are another way to add extra colour, pattern and personality," she adds. "Key into a colour palette of terracotta, yellow and coral shades which will naturally bring a zest and sense of energy to a room."

Pair bright yellow furniture with a neutral background, Harris suggests, and then introduce pops of colour and pattern with cushions and bright, bold art, to create contrast without overwhelming a room.

Finally, she says, this is a too-cool-to-care aesthetic so feel free to experiment with quirky, flamboyant touches - they'll only add to the charm. PA/TPN



Classic coastal style is an enduringly popular, but don't assume it stays the same. (Photo: Live Laugh Love/PA)

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How to dry home grown blooms

Gardeners may be looking for new ways to make the most of their fruit and flowers this year - and dried flowers are once again catching on. Head-dresses, gift cards, wreaths and framed indoor displays can all be made using dried flowers you've grown yourself.

Floral artist Bex Partridge, author of a new book, *Everlastings*, explains: "Most of us have probably done this at some point and felt the joy of discovering a forgotten pressed bloom as it flutters from the pages of a book."

"While I usually press smaller flowers and leaves, I've recently enjoyed drying bigger branches and ferns. The results can be quite stunning and, when included in arrangements, add structural charm."

What are the best flowers for drying?

"As a general rule, the best plant material to dry tends to have slightly woodier stems that are less juicy in feel - think delphiniums rather than dandelions," advises

Partridge. The best include *Alchemilla mollis* (lady's mantle), *astrantia*, foxgloves, delphiniums, meadowsweet, honesty, globe thistles, sunflowers, nigella, hydrangea, allium, poppies, scabious and statice, although there are many more, she says. "Start with perfect specimens, making sure the petal edges are nibble-free. It's important to press them as soon as you pick them too, otherwise the petals will begin to droop and that will negatively affect the end results."

Avoid big, blousy blooms

"Most flowers respond well to pressing, with the exception of big, blousy blooms that are too full of moisture or have too many layers to dry out properly, although individual petals can be separated and dried," says Partridge. "Daisies, nigella, bluebells and poppies will bring you stunning results. Think about the form of the flowers when pressing - you can press the heads

alone or the whole stem and leaves for a striking display."

What about air drying?

This is the simplest way to dry flowers en masse. Begin by stripping all unwanted foliage from the stalks, leaving some of the top foliage surrounding the flower as it adds extra texture and gives a more natural appearance to arrangements. Gathering a handful of stems together, wind a length of string or twine around them a number of times, securing it with a tight knot at the end, and leaving enough string to form a loop to hang them with. The stems themselves will shrink as they dry, so make sure you've tied the bunches tightly enough to keep them together, but not so tight the stems get crushed. Ideally, bunch flowers of the same variety together for ease when you use them, or store them in boxes and try to ensure the flower heads aren't sitting too close together to allow for good air circulation.

Air dry bigger blooms upright

Bigger headed blooms dry better facing upwards, as it results in a more open appearance and, if they have particularly heavy heads, ensures they don't droop. Partridge uses a reclaimed riddle (flat sieve) for this. "Stripping the stems of all foliage, I slot each stem individually through the small holes in the mesh. I attach a hook in the centre of the riddle or an upside down wooden crate, and hang it in my drying cupboard. "If you don't have a riddle, you can use some fine metal mesh or chicken wire secured to a frame - or a cardboard box with holes punched through would do."

When air drying...

Always try to dry your materials in a dark place, as light bleaches colour out of flowers. The space you use should be normal room temperature and completely free of moisture in the air. Ideal spots are airing cupboards, cupboards under the stairs, or a dry, shady shed. You can buy hooks and herb hangers to hang from the ceiling. How long will it take? Most things will have dried within three to five weeks, and can either be left hanging where they are or transferred to storage boxes lined with newspaper or tissue paper. Avoid placing too many bunches on top of each other, to prevent crushing delicate buds and flower heads, then store them in a dark, dry space until you need them. Materials can last many years stored this way.

What if you're short of time?

"Possibly the easiest method is dry evaporation," says Partridge. "The beauty of it is, you can enjoy the

Make everlasting mementoes and gifts by growing and drying your own flowers, with help from expert floral artist Bex Partridge.



Photo: Laura Edwards/PA

flowers while they dry, and if it doesn't work as you'd hoped, you can just compost them." After stripping the flowers of any unwanted foliage, and definitely anything that sits below the waterline, put the flowers in a vase and add approximately two inches of water. Ensure the ends of the stalks sit in the water. Then wait - it can take a few weeks for the flowers to dry completely. There is no need to top up the water. This method works particularly well with hydrangeas, which can be fickle when dried in other ways. Gypsophila, spray roses and mimosa respond well too.

If you're using a flower press...

Cut off unwanted foliage and use flowers in their prime. If necessary, dry the petals and leaves with kitchen paper or a tea towel to ensure they're totally dry before pressing them. Store in flat large envelopes or cardboard boxes, with the pressed flowers separated with tissue paper. And if you don't have a flower press... A big book works just as well - as long as you don't mind a few marks on the pages. *Everlastings* by Bex Partridge is published by Hardie Grant

PA/TPN

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‘Life is full of sweet and sour’

You’d think getting your hands on a batch of homemade olive oil in Italy would be pretty straightforward. But if you’re in Sardinia and want the good stuff, you’ve got to put the work in, says food writer Letitia Clark.



Pasta with butter. (Photo: Matt Russell/PA)

And by ‘good stuff’ she means olive oil that’s passed to you “in an unlabelled petrol container” and is “amazing”. The trick, it turns out, is to “know people” and develop a “supply chain of friends who have their own olive groves”, she says. Helping out with the harvest boosts your chances too, as does a bit of bartering (“Swap it for wine”). Clark, author of new cookbook *Bitter Honey*, has lived in Sardinia for almost three years. Born in Devon, her initial plan was to become a writer, but she got to university and realised she spent all her time “procrastinating

and cooking, instead of doing my research and working”. After attending Leiths cookery school, followed by stints at restaurants including Spring and The Dock Kitchen (where she picked up an interest in Italian-styles of cooking) and Morito in London, she fell for her then boyfriend’s stories of home - Sardinia - a “forgotten pocket of Italy that’s really beautiful and wild and undiscovered”. Fed up with city living (“The life of a chef is pretty intense”) and as Clark’s interests turned more towards home cooking than restaurant food, they relocated. And although they broke up last year,

Clark decided to stay put. “I love everything about [Sardinia],” she explains. “I thought it would be sad to leave and lose everything I’d built.” *Bitter Honey* captures some of her feelings for the Mediterranean island, as well as the dishes and cookery techniques she’s discovered living there. The book’s name, she explains, comes from the rare, slightly bitter honey made by bees from Sardinia’s strawberry trees, dotted with tiny red pompom berries - and the contradiction appealed. “Sardinia’s a bit of a contradiction as well,” says Clark. “Life is full of sweet and sour.” Now based in a little rented place in the countryside, Clark is hoping to open up a B&B at some point, host cookery workshops and grow her own vegetables. But she is careful to avoid presenting Sardinia in the book as offering an Instagram-worthy “fantasy lifestyle”. “I don’t have an insanely perfect life,” she points out. “I don’t live in an idyll, I wanted to be realistic.” So while the book is sun drenched and golden, it has balance.

Pasta with butter recipe

(For 2 restrained diners, or 1 hungover/fragile one)
220g dried pasta of your choice (I like risoni or any ‘short’ pasta best)
120g butter
8-10 small sage leaves
70g Parmesan, grated, plus extra to serve
Sea salt

1. Bring a large saucepan of well-salted water to the boil. Drop in the pasta.
2. Place the butter in a wide, shallow pan and put on the lowest heat. Add the sage and cook for a moment or so to gently release the aromas. Drain the pasta when it is at your perfect al dente, reserving a cup of the cooking liquid.
3. Add half the cooking water and the pasta to the pan with the butter and sage and turn up the heat. Stir and toss well for a minute or so, then add the cheese and toss again and again, until an emulsified and silky sauce forms. If it

looks too dry, add more of the cooking water, too wet, carry on cooking. Serve with more cheese.

Deep-fried peppers with anchovies and capers

(Serves 4-6)
500ml olive oil, for frying, plus extra for drizzling
3 large red peppers, deseeded and cut into eighths lengthways
8 anchovy fillets, torn lengthways
1tbsp capers
1tbsp red wine vinegar
Sea salt
A few basil leaves, to serve

1. In a frying pan over a medium heat, warm the olive oil and then fry the pieces of pepper until they are completely soft and just beginning to take colour. Remove and drain well on kitchen paper.
2. Heap the peppers into a mixing bowl and stir through the anchovies, capers and vinegar. Taste for seasoning. They shouldn’t need salt as the anchovies are salty but if they are insipid, then add a pinch.
3. Stir well and leave to sit for at least one hour - even better, three to four hours. Serve at room temperature, scattered with some fresh basil and drizzled with your best oil.

Blood orange, ricotta, polenta and olive oil cake

(Serves 8-10)
For the base:
1-2 blood oranges
100g demerara sugar
For the batter:
200ml olive oil, plus extra for greasing
200g caster sugar
Pinch of sea salt
250g ricotta
Zest and juice of 4 small blood oranges
Juice and zest of 1 large lemon
4 eggs
100g polenta
150g plain flour
2tsp baking powder

1. Preheat the oven to 180°C. Grease and line a 20cm cake tin.
2. First, prepare the base of the cake. Wash the oranges and slice them into 2mm discs with a very sharp knife (you can use a mandoline or a slicer if you have them). I leave the rind

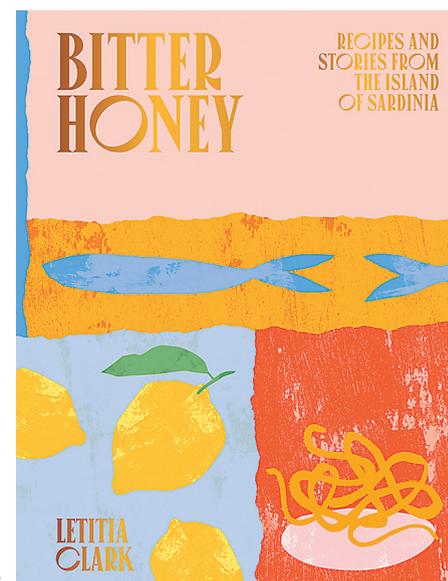


Blood orange, ricotta, polenta and olive oil cake (Photo: Matt Russell/PA)

on, as when cooked like this it becomes edible, but if you prefer you can remove it.
3. In a small saucepan over a medium heat, melt the demerara sugar with two tablespoons water until it has dissolved. Simmer for a few minutes until the syrup begins to caramelise (you should smell and see the colour

ingredients and beat until smooth. Pour the batter into the prepared tin and bake for 40-50 minutes, until golden and just set.
5. Allow the cake to cool for five minutes, then run a knife around the edge of the tin and invert onto a wire rack or serving plate. Allow to cool completely before slicing.

PA/TPN



Bitter Honey by Letitia Clark, photography by Matt Russell, is published by Hardie Grant, priced £26. Available now.

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5 signs of kidney cancer

With kidney cancer rates rising, an oncologist outlines the warning signs never to ignore.

Kidney cancer is on the rise globally yet many people are unaware of the warning signs. The Kidney Cancer UK charity is seeking to help tackle this, by highlighting potential symptoms of the disease and the risk factors that could mean a person's more likely to develop it. It's thought the rise in cases is partly due to lifestyle factors, such as smoking, unhealthy diets and obesity, which are linked to around 42 percent of kidney cancers. People aged 45-75 are also at higher risk of kidney cancer, as well as those with a first-degree relative (parent, sibling or child) with a history of the disease. Certain medical conditions, such as high blood pressure and chronic kidney disease, are also linked with raised risk levels. The disease can often be cured if found early - but as many people are unaware of the symptoms, diagnosis often doesn't occur until the cancer has progressed. Here, Dr Ekaterini Boleti, consultant medical oncologist at the Royal Free London NHS Foundation Trust, outlines five of the most common symptoms of kidney cancer...

Blood in urine
"One of the most common symptoms of kidney cancer is blood

in the urine, medically named haematuria. It's not always easy to spot as the blood may not present as red, and can appear in your urine as pink or even brown. The presence of blood in your urine may also be inconsistent, appearing about every other day. And for some people, the amount of blood will be so small, it can't be detected by the human eye," says Dr Boleti. Remember though - spotting blood in your urine doesn't automatically mean you have cancer, but it is definitely something you want to get checked out quickly. "There are several other more common causes of blood in the urine, including bladder or kidney infections, kidney stones, cysts, or injury to the kidney - it's unlikely that it will be cancer, but you should always see a doctor if you spot blood in your urine," she adds.

Anaemia and fatigue
"Fatigue is a common symptom of any number of cancers. Of course, busy lives and hectic schedules can cause anyone to feel tired - but cancer fatigue is different from just feeling tired due to lack of sleep. Cancer-related fatigue is persistent and interferes with daily activities. It also tends to intensify as time goes on," says Boleti. "Anaemia is another common symptom of kidney cancer,

meaning many people with the condition will experience a low red blood cell count, and this can also lead to fatigue. Normally functioning kidneys signal to your body to make red blood cells, however cancer can make the kidneys behave differently and interfere with this signalling. Symptoms of anaemia include shortness of breath, dizziness, and pale skin."

Abdominal lump
"Some people with kidney cancer may notice a lump or a mass in the abdomen, side, or back. This can feel like a hard, thickening or bulging bump under the skin. "Kidney lumps can be hard to feel, especially in the early stages, because the kidneys sit deep in the abdomen. If a lump is discovered, the doctor will likely order diagnostic tests (usually an ultrasound or a CT scan). These tests may help to determine the cause of the lump, but in most cases a biopsy will be required to confirm diagnosis.

Lower back pain
"There are lots of different reasons why you may be experiencing back pain. One of the less common causes is kidney cancer, but it's always worth having back pain checked out to rule out an



Back pain caused by kidney cancer can range from a dull ache to a sharp stab below the ribs on your back. (Photo: iStock/PA)

underlying problem, and get the right treatment for your symptoms. "Back pain caused by kidney cancer can range from a dull ache to a sharp stab below the ribs on your back, or on one side of your flank," she adds. "The flank is the area between your lower back and the bottom of the backside of your ribs. This may also feel like side pain.

Unexpected weight loss
"Unexplained weight loss is another key characteristic of nearly all cancers - so it's definitely a symptom to look out for. In kidney cancer, a lot of people that have the condition will report weight loss. You may also suddenly lose interest in eating, which can contribute to this. PA/TPN



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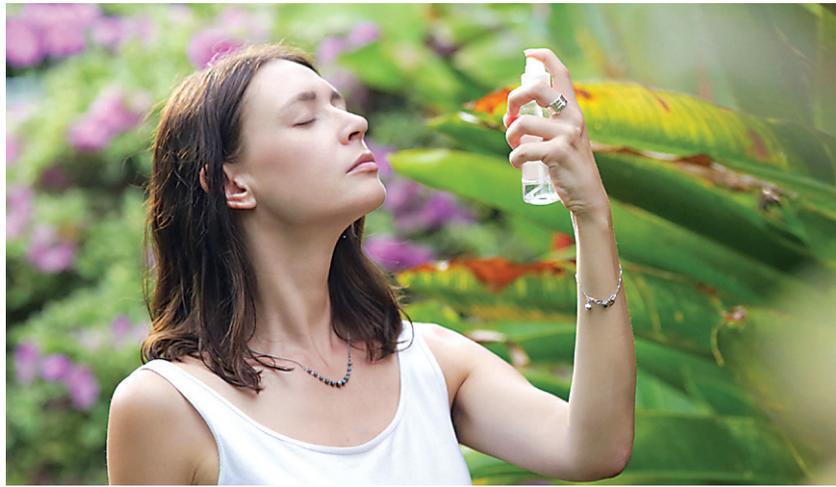
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Should you be using a hydration spray?

What could be better than the sun shining? There's no doubt summery weather boosts your mood, but it could also be having an impact on your skin.



Despite all the benefits of vitamin D, a warmer climate has the potential to suck all the moisture out of your skin. That's why it's a good idea to add moisturising, soothing and cooling products into your regime - which is where hydration sprays come in. There's a reason drinking lots of water is the worst kept secret in skincare; the more hydrated your skin, the plumper it will look, reducing the appearance of fine lines. In the summer, you might be losing more fluids due to the warmer weather and a dry atmosphere, leaving your skin feeling like the Sahara. So, how can a hydration spray battle this? Of course, you still need to make sure you're drinking plenty of water - but a mist could be the secret to keeping your skin bouncy and dewy.

Why does the skin need hydration?

"Hydration is one of the most

important factors for the skin," explains facialist and skin expert Fiona Brackenbury. "The gatekeeper for healthy skin is the skin's barrier. Part of the skin's barrier is the NMF (natural moisturising factor) - the NMF ensures the outer layer of the skin remains hydrated. "The challenge we have is the NMF takes water from the air, and the drier the air, the lower the humidity, the less moisture is in the atmosphere - which will cause a depletion of the NMF - and the skin can feel dehydrated and thirsty." Dry skin can disrupt the skin's barrier and have an impact on your complexion as a whole - particularly if you're prone to sensitive skin. Many things can deplete the NMF, whether it's age, over-cleansing or the climate, which Brackenbury says can make the skin feel "tight, dehydrated, dry and sensitised. Replenishing the skin with natural components of the NMF can

rebalance the NMF and alleviate these conditions."

How do hydrating sprays fit in?

Brackenbury explains that these products are "the easiest way to support the skin's barrier and the NMF of the skin, and to increase your skin surface hydration levels". At its core, Brackenbury sees hydrating mists as skin enhancers, because "a healthy skin is a hydrated skin". It's not like splashing water on your face, though - Brackenbury says a lot of these products are "now packed with ingredients to give your skin a moisture top-up, not just in the morning but throughout the day". You can incorporate the product into your skincare routine, and keep it in your bag in case your skin feels like it needs a moisture top-up at any point.

What ingredients should you look for?

With so many different products and ingredients, the world of skincare can be overwhelming. "The key to hydration is to lock in and limit moisture evaporation, so hydrating sprays that contain plant oils, as well as hydrating ingredients, support the skin brilliantly," notes Brackenbury. She recommends looking for products which contain natural ingredients like argan oil, olive oil and avocado. If you want to try a new ingredient - maybe you've heard about the benefits of niacinamide or hyaluronic acid for your complexion - a hydration spray is a great way to do so. And equally, they're great for anyone who needs a little TLC to reduce redness, restore the skin's pH and strengthen the skin's barrier. *PA/TPN*

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Here's why you need more zinc

Zinc plays a vital role in overall health and function, from aiding our sense of taste and smell and helping heal wounds efficiently, to supporting the immune system and much more.

Because zinc activates the enzymes that break down proteins in viruses and bacteria, a deficiency can mean we're susceptible to infection and associated symptoms. While there's no research to suggest zinc supplements can prevent coronavirus - or any other supplement for that matter - ensuring all our nutritional needs are met, primarily through a varied healthy diet, is vital for helping overall immune function.

How much zinc do we need?

Dr Sarah Brewer, medical director at Healthspan, explains the EU recommended intake (NRV) for zinc is 10 mg per day - but says many of us don't realise we aren't getting enough. Brewer notes that, while we tend to pay a lot of attention to vitamins, minerals are equally important - although we often might be less aware of them. However, while getting enough zinc is important - it's also important not to take too much, as levels can build up in our system potentially resulting in serious side-effects.

How can I get zinc in my diet?

"Most adults obtain sufficient amounts of zinc in their diet from eating a

wide range of different foods, each containing moderate amounts of zinc, rather than from a few foods containing high levels of zinc," says Anne de la Hunty, a senior scientist at the British Nutrition Foundation. With that in mind, here, de la Hunty shares a few easy ideas to add to your supermarket trolley:

1. Meat

"As well as being a good source of protein and iron, red meat is a good source of zinc; it accounts for a third of all zinc in the UK diet. What's more, the zinc in meat is readily absorbed," says de la Hunty.

"Stewed, extra lean, mince provides around 59 percent of the RNI (Reference Nutrient Intake) for an adult man and 80 percent of the for a woman. Other great sources include grilled lamb chops, which provide around 3.6mg for every 100g. "I advise you choose lean cuts of meat and cut any fat off meat before cooking, to reduce the amount of saturated fat," she adds. "However, too much red and processed meat can increase the risk of some cancers. For this reason, many health experts recommend that, on average, we should eat no more than 70g red and processed meat a day, or 490g a week."

2. Fish and shellfish

"Fish, such as tuna and salmon, and shellfish provide around 3 percent of the zinc in the UK diet. Both crab and prawns are a good source of well absorbed zinc. However, it's always important to make sure the shellfish is well cooked, especially if you're pregnant, to reduce the risk of food poisoning," she says.

"Health experts also recommend we should consume oily fish, such as salmon, mackerel and sardines, once a week. A 140g portion of sardines, for instance, would provide around 46 percent of the RNI for an adult woman."

3. Nuts and Seeds

"Pine nuts and roasted cashew nuts are really high in zinc (6.5mg for every 100g and 5.7mg for every 100g respectively) and also contain high amounts of protein and unsaturated fats, which are also important components of a balanced diet," says de la Hunty. "A small handful of roasted cashew nuts make a good zinc-boosting snack."

"Look out for seeds and tahini paste, made from sesame seeds too, especially if you're looking for alternative zinc sources to meat. Toasted seeds, sprinkled on salads, add flavour and crunch, as well as zinc, to your salad. Nuts



Ensuring all our nutritional needs are met, primarily through a varied healthy diet, is vital for helping overall immune function. (Photo: iStock/PA)

and seeds are, however, high in calories and so should not be eaten in large quantities as snacks."

4. Milk and Cheese

"A pint of semi-skimmed milk, with breakfast cereal and in tea and coffee over the day, can provide around 2.3mg zinc to the average adult. Cheddar cheese is also a good source of zinc, as well as providing protein, calcium and iodine. "Cereal products can also bulk up your numbers. Although most cereals do not contain high levels of zinc, they are an important source in the diet, because

they're eaten in large quantities."

5. Legumes

"Legumes, such as peas, beans and lentils contain zinc, although not in very high amounts either. Plus, they also contain phytates, which reduce the overall amount that the mineral is absorbed by the body," says de la Hunty. "Nevertheless, when consumed in larger amounts, as the main protein source in a meal, they can make a significant contribution to our intake. For example, a 200g portion of reduced sugar, baked beans would provide 10 percent of the

RNI for an adult man. "A good serving of peanut butter, hummus made from chickpeas and tahini paste, and fried tofu are also good sources for vegans. "Beans, peas and lentils are good alternatives to meat because they're low in fat and high in fibre, protein, vitamins and minerals. Add them to soups, stews and ragus to make your meal go further," she suggests. "And an extra tip? Soaking dried beans overnight before cooking them can deactivate the phytate and increase the amount of zinc that is absorbed." PA/TPN



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Think of moving to Portugal?

The Covid-19 pandemic is resulting in many individuals reassessing their lives and many are looking at their options for living in Portugal. Anyone wishing to stay here for longer than 183 days must ensure that they are legal and registered as residents of Portugal.

Sovereign Consultoria - Lda in Lagoa has, since 1999, been assisting clients regarding residency and property ownership in Portugal and Sovereign is now helping many clients register as residents under the Non-Habitual Residency scheme (NHR) so that they can enjoy tax benefits for ten consecutive years. Despite its name, NHR is for permanent residency status.

Applicants must not have been registered as a Portuguese tax resident in any of the five years preceding the application. Many

individuals are not aware that they were automatically registered as residents of Portugal if they applied for their fiscal numbers prior to 2002. If their IMI property tax bills are sent to their Portuguese property address, they are definitely registered as a resident and they should, ask Sovereign, to review this situation, if they are in reality non-residents.

As a Non-Habitual Resident, individuals receiving any Portuguese source salary or self-employed income derived from one of the eligible professions would be subject to a final flat rate tax of 20%. On foreign pension income, NHR individuals pay a 10% rate.

Non-Portuguese income of most categories including self-employed income, real estate income (rentals), capital income (interest & dividends) and capital gains on property, will be exempt from Portuguese

personal income tax if the source country has the right to tax that income under the terms of a Double Tax Treaty (DTT) signed between Portugal and that country, or the income is taxed in the other country and is not considered as obtained in Portugal, or the income is taxable in any other country following the OECD Model of Taxation.

Income earned in the territories listed on the Finance Department list of preferential tax regimes - the so called "blacklist" might not be qualified for this regime.

The right tax advice is essential to benefit from tax savings and most importantly to avoid falling foul of the Portuguese tax department!

Contact Sovereign today on serviceinfo@sovereigngroup.com for more information on NHR applications or for any fiscal queries.

Luso Living - Property management services

Those of you who own a holiday home in Portugal no doubt will be missing the freedom of being able to travel to the Algarve and enjoy the lifestyle and sunshine in this perfect corner of Southern Europe.

It is in these unusual times that you may be thinking about a contingency plan for your property that may have been standing empty for some time, bringing an additional concern when you are so far away.

As a company who offer a Property Management service, thus giving owners peace of mind that there is always someone on hand to help out whatever your needs, we have seen a flurry of SOS requests and keys being posted to us to help out during these unprecedented times.

If you would like to receive more information of how we can help, whether on a temporary or more permanent basis please feel free to contact us for more details.

It may be that renting out your apartment or villa

is being considered to help with some additional income and as 2021 is expected to be a bumper year due to this Summers' high level of rescheduled bookings, contact us for a chat on what return you could expect to gain. We make the Alojamento Local short term letting system a stress free way to rent out as by registered with Luso Living you can reduce your costs on tax and insurance too. We take care of all bureaucracy from setting up with the Tourism Board to registration with border control to meeting guests and making sure they enjoy their stay so that they look forward to returning year after year.

If the Covid crisis has you pondering on whether to move on and sell your holiday home in the Algarve we are also able to assist you with selling your property, or indeed upgrading to a larger home.

For further information please contact Susan on info@lusoliving.com or (+351) 289 398573



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Location, location, location! This 2 bedroom villa is just a few metres from Luz beach!

Listed exclusively with SeaToSky Homes, this property is in an enviable location, only a few paces from the golden sandy beach in the lovely resort of Praia da Luz.

Occupying a plot of 425m², this property has a large cobbled parking area. The ground floor of the villa comprises 3 individual garages plus a gated entrance courtyard leading to the main entrance hall of the property. Off this courtyard there is a large utility room comprising a laundry area, shower and sink (perfect for when you come straight off the beach).

The entrance hall features ornate original floor tiles and built-in cupboards. A marble staircase leads straight up to the 1st floor. The open-plan living space is wonderfully light with windows stretching the full length of the property, capturing the views of the beach and ocean. There is a beautiful kitchen with solid wood doors and granite tops, original hand-painted tiles on the walls and polished terracotta flooring. The open-plan dining/lounge has a fireplace for the winter

and double patio doors opening on to the wide veranda, a perfect spot to dine and relax and soak up the beach-life atmosphere.

Behind the living space is the hall to the bedrooms. The first bedroom has lovely high ceilings and private shower room. The family bathroom is adjacent to the second twin bedroom, which has a door to a large terrace with perfect views to the beach.

The property benefits from air conditioning to heat and cool, and the windows are double glazed.

The resort of Praia da Luz offers water-sports centres on the beach, an excellent selection of restaurants, cafes and bars, as well as several supermarkets and shops plus a municipal market selling fresh fish daily.

This character property is perfect for anyone wanting a spacious beach-pad with loads of room for car, jet-ski, boat, etc. Unique opportunity!



If you would like more information, photos or an HD video tour of this fantastic property (reference 2602) priced at €500,000, please visit www.seatoskyhomes.pt.



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When the current crisis eventually eases, returning owners or visitors will need properties and accommodation ready - and this is work that should be done now. At Penguin we continue to install new systems and carry out maintenance services. Our technicians wear gloves and masks wherever necessary and sanitise all units and surfaces where they have been working.



Air conditioning: Annual maintenance ensures efficient performance and is best done in springtime as systems are reversed from winter heating to summer cooling. We also sanitise internal units which may harbour mould following a humid winter.

Solar hot water systems: Panels, water tank and pipework are all checked. This includes the relief valves which respond to high temp/pressure, particularly for unoccupied properties where the panels continue to heat water not being circulated.

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So, use this time to be prepared - contact Penguin **NOW**

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 <p>MONCARAPACHO Beautiful, Moorish style 3 bedroom / 3 bathroom villa (188 m²) with pool & large, automatic irrigated garden. Garage. Plot of 5240 m².</p>	 <p>TAVIRA Fully fenced, 2 storey 4 bedroom / 2 bathroom house (147 m²) with front garden & sunny patio located in Tavira. Plot of 209 m².</p>	 <p>TAVIRA Top floor 3 bedroom / 2 bathroom apartment (113m²) with sea view & 110 m² private roof terrace near center. Elevator. Underground parking.</p>	 <p>TAVIRA Charming fully furnished 3 bedroom / 2 bathroom apartment (112 m²) with South facing balcony in the center. A/C & mosquito netting.</p>	 <p>TAVIRA Exclusive listing: Fully furnished 2 bedroom / 2 bathroom south facing top floor apartment with communal pool. A/C. Underground parking.</p>
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A 2 bedroom apartment on one level in the Old Village. It has a lovely south facing patio and lawn. It is close to all amenities and within walking distance to supermarket, cafes, restaurants and the fabulous Vilamoura Marina.
Ref : FS500 Price : €260,000



Santa Barbara de Nexe – Luxury Villa with a view
A luxury 5 bedroom detached villa. All bedrooms with en-suite, south facing heated infinity pool, full size tennis court. Large plot, mature garden. Good as a home or an investment.
Ref : FS119 Price : €1,600,000



AMI 10185

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Central Vilamoura – 2 bedroom apartment with balcony
A spacious first floor apartment (132m²) with lift within walking distance of Millennium Club house. Two good size bedroom and open plan lounge/dining area. Good value.
Ref : FS300 Price : 289,000€



Old Village – 3 bedroom apartment with 2 terraces - Newly reduced
A Lovely apartment with 3 bedrooms, open lounge and kitchen, terrace facing the main swimming pool and a south facing roof terrace in the Old Village. Must see to appreciate.
Ref : FS208 Price : 325,000€



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BBC One

06.00 Breakfast.
10.00 Saturday Kitchen Live.
11.30 The Great Food Guys.
12.00 Football Focus.
13.00 BBC News; Weather.
13.15 Euros Rewind.
15.55 Football, Prince William and Our Mental Health.
16.50 BBC News.
17.10 Match of the Day Live: The FA Cup.
19.35 Pointless Celebrities.
20.20 Michael McIntyre's Big Laughs.
21.25 Peter Crouch: Save Our Summer.
22.10 BBC News; Weather.
22.30 Thierry Henry: My France, My Euros.

23.30 **FILM:** McFarland, USA.
01.35 Weather for the Week Ahead.
01.40 BBC News.

BBC Two

06.15 Marrying Mum and Dad.
06.45 My First Festival: Music Festival.
07.00 Wild & Weird.
07.15 All Over the Place: UK.
07.45 Blue Peter: Six Badges of Summer - Music Week!
08.15 Deadly 60.
08.45 Forces of Nature with Brian Cox.

09.45 **FILM:** Born in China.
11.00 Back in Time for the Factory.
12.00 Nadiya's British Food Adventure.
12.30 The Hairy Bikers' Bakeation.
13.00 Sporting Legends: Serena Williams.
13.05 Tennis: Wimbledon 2019 Review.
14.00 Money for Nothing.
14.45 Wanted Under.
15.30 Greatest Escapes to the Country.
16.00 Cricket: England v West Indies Greatest Matches.

17.00 Flog It!
18.00 Inside Central Station.
19.00 Rick Stein's Road to Mexico.
20.00 The Glastonbury Experience Live.
21.30 Adele at Glastonbury 2016.
23.05 Coldplay at Glastonbury 2016.
00.55 This is BBC Two.

ITV London

06.00 CITV.
09.25 James Martin's Saturday Morning.
11.35 John and Lisa's Weekend Kitchen.
12.40 James Martin's American Adventure.
13.10 ITV News and Weather.
13.25 ITV Racing Live: Newcastle.
16.00 Tipping Point.
17.00 ITV News and Weather.
17.30 The Masked Singer US.
18.30 Ninja Warrior UK.
19.30 Alan Carr's Epic Gameshow.
20.30 **FILM:** Spectre.
23.10 ITV News and Weather; Weather.
23.30 The Keith & Paddy Picture Show.

00.00 Ideal World.
03.00 Babushka.
03.50 ITV Nightscreen.

Channel 4

06.15 Everybody Loves Raymond.
07.10 The Big Bang Theory.
08.50 The Simpsons.
12.20 Couples Come Dine with Me.
13.20 Four in a Bed.
15.55 A Place in the Sun.
16.55 Grand Designs.
18.00 Celebrity Snoop Dogs.
18.30 Channel 4 News.
19.00 Best of Crufts.
20.00 The Queen's Favourite Animals.
21.00 **FILM:** The Girl on the Train.
23.10 **FILM:** Ride Along 2.
01.00 Ramsay's Kitchen Nightmares USA.
01.50 The Simpsons.
02.40 Hollyoaks.
03.35 Grand Designs Australia.
04.30 Car S.O.S.
05.20 Jamie: Keep Cooking and Carry On.

BBC Four

19.00 Glastonbury Backstage Acoustics.
19.30 Toots & The Maytals at Glastonbury 2010.
20.30 The Young Montalbanos.
22.20 The Chemical Brothers at Glastonbury 2000.
23.10 Best of Glastonbury 2000.
01.10 Top of the Pops: 1989.
01.40 K-Pop Idols: Inside the Hit Factory.
02.40 Highlands: Scotland's Wild Heart.
03.40 Close.

SUNDAY 28/06

BBC One

06.00 Breakfast.
09.00 The Andrew Marr Show.
10.15 Politics England - Live from Salford.
10.45 Sunday Morning Live.
11.45 Sunday Morning Stories.
12.15 Lifestyle.
12.25 Bargain Hunt.
13.00 BBC News; Weather.
13.15 Songs of Praise.
13.50 Points of View.
14.05 Euros Rewind: Spain v Italy 2012.
16.05 The Bidding Room.
16.50 BBC News; Weather.
17.15 Countryfile.
18.10 Match of the Day Live: The FA Cup.

20.35 Antiques Roadshow.
21.00 The Luminaries.
22.00 BBC News; Weather.
22.30 Match of the Day 2.
23.00 MOTD: FA Cup Highlights.
23.45 Pele, Argentina and the Dictators.
00.30 Weather for the Week Ahead.
00.35 BBC News.

BBC Two

06.20 The A to Z of TV Cooking.
07.05 Countryfile.
08.00 Gardeners' World.
09.00 Landward.
09.30 Beechgrove.
10.00 Saturday Kitchen Best Bites.
11.30 Remarkable Places to Eat.
12.30 The Hairy Bikers' Bakeation.
13.00 Sporting Legends: Serena Williams.
13.05 Tennis: Wimbledon 2019 Review.
14.00 The Choir: Singing for Britain.
15.00 **FILM:** This Beautiful Fantastic (2016).
16.30 Inside Monaco: Playground of the Rich.
17.30 Inside the Factory: Keeping Britain Going.
18.30 Glastonbury Tea Time Legends.
20.00 The Glastonbury Experience Live.
21.30 David Bowie at Glastonbury 2000.
23.30 Ed Sheeran at Glastonbury 2017.

ITV London

06.00 CITV.
07.30 Scrambled!: Mighty Mike.
07.40 Scrambled!: Mighty Mike.
07.50 Scrambled!: Mr Bean: The Animated Series.
08.00 Scrambled!: Lego Ninjago.
08.15 Scrambled!: Ben 10.
08.30 Martin & Roman's Sunday Best!
09.25 James Martin's Islands to Highlands.
10.20 John and Lisa's Weekend Kitchen.
11.20 Grow Your Own at Home with Alan Titchmarsh.
11.50 You've Been Framed!
12.20 ITV News and Weather.
12.30 Britain's Brightest Celebrity Family.
13.00 The Masked Singer US.
14.00 Dickinson's Real Deal.
15.00 Tenable.
16.00 Tipping Point.
17.00 Alan Carr's Epic Gameshow.
18.00 ITV Evening News; Weather.
18.25 The Chase Celebrity Special.
19.30 The Road to Coronation Street.
21.00 The British Soap Awards Celebrate 21 Years.
22.00 ITV News and Weather; Weather.
22.15 The Comedy Years.
23.15 Last Laugh in Vegas.

Channel 4

06.00 Everybody Loves Raymond.
07.15 The Big Bang Theory.
08.30 Bake Off: The Professionals.
09.30 Sunday Brunch.
12.30 The Simpsons.
13.50 **FILM:** Parental Guidance.
15.55 Couples Come Dine with Me.
16.55 Celebrity Deal or No Deal: Louis Walsh.
17.50 A Place in the Sun.
18.30 Channel 4 News.
19.00 Escapote to the Chateau.
20.00 Lost Pyramids of the Aztecs.
21.00 **FILM:** The Mountain Between Us.
23.10 **FILM:** God's Own Country.

BBC Four

19.00 Jaguars: Brazil's Super Cats: Natural World.
20.00 Nile Rodgers & Chic at Glastonbury 2017.
21.00 Glastonbury Backstage Acoustics.
21.30 Amy Winehouse at Glastonbury 2007.
22.30 Best of Glastonbury 2011.
00.35 Jaguars: Brazil's Super Cats: Natural World.

MONDAY 29/06

BBC One

06.00 Breakfast.
09.00 BBC News.
10.00 Your Money and Your Life.
10.45 Homes Under the Hammer.
11.45 Caught Red Handed.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 The Heights.
14.15 Impossible.
15.00 Escape to the Country.
15.45 The Bidding Room.
16.30 Antiques Road Trip.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 Has Covid Testing Gone Wrong? - Panorama.
20.00 EastEnders: Secrets from the Square.

20.45 Alan Bennett's Talking Heads.
22.00 BBC News at Ten; Weather.
22.45 I May Destroy You.
23.15 Peter Crouch: Save Our Summer.
00.00 A Question of Sport.
00.30 Weather for the Week Ahead.
00.35 BBC News.

BBC Two

06.15 Greatest Escapes to the Country.
06.45 Bargain Hunt.
07.30 Sign Zone: Monkman & Seagull's Genius Adventures.
08.30 The Week in Parliament.
09.00 The Secret History of My Family.
10.00 BBC News.
13.00 Terry and Mason's Great Food Trip.
13.30 Wimbledon Rewind.
16.30 Len and Ainsley's Big Food Adventure.
17.15 Flog It!
18.00 Eggheads.
18.30 Greatest Escapes to the Country.
19.00 Remarkable Places to Eat.
20.00 Wimbledon: The Best of the Championship.
21.00 The Choir: Singing for Britain.
22.00 Live at the Apollo.
22.45 Rick Stein's Long Weekends.
23.30 Weather.
23.35 Black Is the New Black.

ITV London

06.00 Good Morning Britain.
09.00 Good Morning Britain with Lorraine.
10.00 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
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 Birds of a Feather.
20.30 Grow Your Own at Home with Alan Titchmarsh.
21.00 Broadchurch.
22.00 ITV News at Ten; Weather.
22.45 Euro 2016 - Wales v Belgium: ITV Football Classics.
23.45 All Elite Wrestling: Dynamite.
00.35 Ideal World.

Channel 4

06.30 Cheers.
07.25 Mike & Molly.
08.05 The Big Bang Theory.
09.00 Frasier.
10.30 Come Dine with Me.
12.00 Channel 4 News Summary.
12.05 Come Dine with Me.
13.05 A New Life in the Sun.
14.10 Countdown.
15.00 A Place in the Sun.
16.00 Sun, Sea and Selling Houses.
17.00 Four in a Bed.
17.30 Come Dine with Me.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Bake Off: The Professionals.
21.00 24 Hours in A&E.
23.05 Ramsay's Kitchen Nightmares USA.
00.50 Couples Come Dine with Me.

BBC Four

19.00 Books That Made Britain.
19.30 The Joy of Painting.
20.00 Hidden Killers of the Post-War Home.
21.00 The Hidden Wilds of the Motorway.
22.30 Splendid Isolation: Lockdown Drama.
23.05 Takaya: Lone Wolf.
00.05 Unstoppable: Sean Scully and the Art of Everything.
01.30 The Joy of Painting.

TUESDAY 30/06

BBC One

06.00 Breakfast.
09.00 BBC News.
10.00 Your Money and Your Life.
10.45 Homes Under the Hammer.
11.45 Caught Red Handed.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 The Heights.
14.15 Impossible.
15.00 Escape to the Country.
15.45 The Bidding Room.
16.30 Antiques Road Trip.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 EastEnders: Sharongate.
20.00 Hollyoaks.
21.00 Alan Bennett's Talking Heads.
22.10 BBC News at Ten; Weather.
22.55 I May Destroy You.
23.25 Make Me Famous.
00.20 Weather for the Week Ahead.
00.25 BBC News.

06.45 Greatest Escapes to the Country.
07.15 Bargain Hunt.
08.00 Sign Zone: The Repair Shop.
09.00 The Secret History of My Family.
10.00 BBC News.
12.50 Lifestyle.
13.00 Terry and Mason's Great Food Trip.
13.30 Wimbledon Rewind.
16.30 Len and Ainsley's Big Food Adventure.
17.15 Flog It!
18.00 Eggheads.
18.30 Greatest Escapes to the Country.
19.00 Remarkable Places to Eat.
20.00 Wimbledon: The Best of the Championship.
21.00 The Choir: Singing for Britain.
22.00 Live at the Apollo.
22.45 Rick Stein's Long Weekends.
23.30 Weather.
23.35 Black Is the New Black.

BBC Two

06.45 Greatest Escapes to the Country.
07.15 The Bidding Room.
08.00 Sign Zone: Keeping Britain Fed.
09.00 Britain's Secret Seas.
10.00 BBC News.
13.00 Terry and Mason's Great Food Trip.
13.30 Wimbledon Rewind.
16.30 Len and Ainsley's Big Food Adventure.
17.15 Flog It!
18.00 Eggheads.
18.30 Greatest Escapes to the Country.
19.00 Remarkable Places to Eat.
20.00 Wimbledon: The Best of the Championship.
21.00 The Choir: Singing for Britain.
22.00 Live at the Apollo.
22.45 Rick Stein's Long Weekends.
23.30 Weather.
23.35 Black Is the New Black.

ITV London

06.00 Good Morning Britain.
09.00 Good Morning Britain with Lorraine.
10.00 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
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 Doc Martin.
20.00 Who Wants to Be a Millionaire?
21.00 The Secret Mediterranean with Trevor McDonald.
22.00 ITV News at Ten; Weather.
22.45 Unbelievable Moments Caught on Camera.
23.40 Ross Kemp: Living with Painkiller Addiction.
Ideal World.

Channel 4

06.30 Cheers.
07.25 Mike & Molly.
08.05 The Big Bang Theory.
09.00 Frasier.
10.30 Come Dine with Me.
12.00 Channel 4 News Summary.
12.05 Come Dine with Me.
13.05 A New Life in the Sun.
14.10 Countdown.
15.00 A Place in the Sun.
16.00 Sun, Sea and Selling Houses.
17.00 Four in a Bed.
17.30 Come Dine with Me.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Bake Off: The Professionals.
21.00 24 Hours in A&E.
23.05 Ramsay's Kitchen Nightmares USA.
00.10 Couples Come Dine with Me.

BBC Four

19.00 Books That Made Britain.
19.30 The Joy of Painting.
20.00 Hidden Killers of the Post-War Home.
21.00 The Hidden Wilds of the Motorway.
22.30 Splendid Isolation: Lockdown Drama.
23.05 Takaya: Lone Wolf.
00.05 Unstoppable: Sean Scully and the Art of Everything.
01.30 The Joy of Painting.

WEDNESDAY 01/07

BBC One

06.00 Breakfast.
09.00 BBC News.
10.00 Your Money and Your Life.
10.45 Homes Under the Hammer.
11.45 Caught Red Handed.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 The Heights.
14.15 Impossible.
15.00 Escape to the Country.
15.45 The Bidding Room.
16.30 Antiques Road Trip.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 Alan Bennett's Talking Heads.
20.00 The Repair Shop.
21.00 Celebrity MasterChef.
22.00 BBC News at Ten; Weather.
22.45 Alan Bennett's Talking Heads.
23.20 Michael McIntyre's Big Laughs.
00.25 Weather for the Week Ahead.
00.30 BBC News.

06.45 Greatest Escapes to the Country.
07.15 The Bidding Room.
08.00 Sign Zone: Keeping Britain Fed.
09.00 Britain's Secret Seas.
10.00 BBC News.
13.00 Terry and Mason's Great Food Trip.
13.30 Wimbledon Rewind.
16.30 Len and Ainsley's Big Food Adventure.
17.15 Flog It!
18.00 Eggheads.
18.30 Greatest Escapes to the Country.
19.00 Remarkable Places to Eat.
20.00 Wimbledon: The Best of the Championship.
21.00 The Choir: Singing for Britain.
22.00 Live at the Apollo.
22.45 Rick Stein's Long Weekends.
23.30 Weather.
23.35 Black Is the New Black.

BBC Two

06.45 Greatest Escapes to the Country.
07.15 The Bidding Room.
08.00 Sign Zone: Keeping Britain Fed.
09.00 Britain's Secret Seas.
10.00 BBC News.
13.00 Terry and Mason's Great Food Trip.
13.30 Wimbledon Rewind.
16.30 Len and Ainsley's Big Food Adventure.
17.15 Flog It!
18.00 Eggheads.
18.30 Greatest Escapes to the Country.
19.00 Remarkable Places to Eat.
20.00 Wimbledon: The Best of the Championship.
21.00 The Choir: Singing for Britain.
22.00 Live at the Apollo.
22.45 Rick Stein's Long Weekends.
23.30 Weather.
23.35 Black Is the New Black.

ITV London

06.00 Good Morning Britain.
09.00 Good Morning Britain with Lorraine.
10.00 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
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 Bradley Walsh & Son: Breaking Dad.
21.00 Benidorm.
22.00 ITV News at Ten; Weather.
22.45 Peston.
23.45 Wales in the Euros - The History Boys.
Ideal World.

Channel 4

06.30 Cheers.
07.25 Mike & Molly.
08.05 The Big Bang Theory.
09.00 Frasier.
10.30 Come Dine with Me.
12.00 Channel 4 News Summary.
12.05 Come Dine with Me.
13.05 A New Life in the Sun.
14.10 Countdown.
15.00 A Place in the Sun.
16.00 Sun, Sea and Selling Houses.
17.00 Four in a Bed.
17.30 Come Dine with Me.
18.00 The Simpsons.
18.30 Channel 4 News.
20.00 Location, Location, Location.
21.00 George Clarke's Amazing Spaces.
22.00 Naked Attraction.
23.05 Celebrity Gogglebox.
00.10 Ramsay's Kitchen Nightmares USA.

BBC Four

19.00 Books That Made Britain.
19.30 The Joy of Painting.
20.00 Socrates: Genius of the Ancient World.
21.00 Ian Hislop's Stiff Upper Lip: An Emotional History of Britain.
22.00 Welcome to Chechnya: The Gay Purge - Storyville.
23.30 Jailed in America.
00.30 Pride and Prejudice.
01.20 The Joy of Painting.
01.50 Books That Made Britain.
02.20 Socrates: Genius of the Ancient World.
03.20 Close.

THURSDAY 02/07

BBC One

06.00 Breakfast.
09.00 BBC News.
10.00 Your Money and Your Life.
10.45 Homes Under the Hammer.
11.45 Caught Red Handed.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 The Heights.
14.15 Impossible.
15.00 Escape to the Country.
15.45 The Bidding Room.
16.30 Antiques Road Trip.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 Alan Bennett's Talking Heads.
20.00 You Are What You Wear.
21.00 Ambulance.
22.00 BBC News at Ten; Weather.
22.45 Match of the Day.
00.05 The Coronavirus Newscast; Weather.

06.45 Greatest Escapes to the Country.
07.15 The Bidding Room.
08.00 Sign Zone: Keeping Britain Fed.
09.00 Britain's Secret Seas.
10.00 BBC News.
13.00 Terry and Mason's Great Food Trip.
13.30 Wimbledon Rewind.
16.30 Len and Ainsley's Big Food Adventure.
17.15 Flog It!
18.00 Eggheads.
18.30 Greatest Escapes to the Country.
19.00 Remarkable Places to Eat.
20.00 Wimbledon: The Best of the Championship.
21.00 QI.
21.30 The First Team.
22.00 What We Do in the Shadows.
22.45 Newsnight.
23.25 Weather.
23.30 Scandalous! The Tabloid that Changed America - Storyville.

BBC Two

06.45 Greatest Escapes to the Country.
07.15 The Bidding Room.
08.00 Sign Zone: Keeping Britain Fed.
09.00 Britain's Secret Seas.
10.00 BBC News.
13.00 Terry and Mason's Great Food Trip.
13.30 Wimbledon Rewind.
16.30 Len and Ainsley's Big Food Adventure.
17.15 Flog It!
18.00 Eggheads.
18.30 Greatest Escapes to the Country.
19.00 Remarkable Places to Eat.
20.00 Wimbledon: The Best of the Championship.
21.00 QI.
21.30 The First Team.
22.00 What We Do in the Shadows.
22.45 Newsnight.
23.25 Weather.
23.30 Scandalous! The Tabloid that Changed America - Storyville.

ITV London

06.00 Good Morning Britain.
09.00 Good Morning Britain with Lorraine.
10.00 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
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 You've Been Framed!
19.30 Ross Kemp: Living with Forced Out Families.
20.00 Britain's Brightest Celebrity Family.
20.30 The Martin Lewis Money Show: Live.
21.00 Billion Pound Cruises: All at Sea.
22.00 ITV News at Ten; Weather.
22.45 Piers Morgan's Life Stories: Lorraine Kelly.
23.45 Tenable.
00.35 Ideal World.

Channel 4

06.30 Cheers.
07.25 Mike & Molly.
08.05 The Big Bang Theory.
09.00 Frasier.
10.30 Come Dine with Me.
12.00 Channel 4 News Summary.
12.05 Come Dine with Me.
13.05 A New Life in the Sun.
14.10 Countdown.
15.00 A Place in the Sun.
16.00 Sun, Sea and Selling Houses.
17.00 Four in a Bed.
17.30 Come Dine with Me.
18.00 The Simpsons.
18.30 Channel 4 News.
20.00 Location, Location, Location.
21.00 George Clarke's Amazing Spaces.
22.00 Naked Attraction.
23.05 Celebrity Gogglebox.
00.10 Ramsay's Kitchen Nightmares USA.

BBC Four

19.00 Books That Made Britain.
19.30 The Joy of Painting.
20.00 Tessa of the D'Urbervilles.
21.00 Britain's Forgotten Slave Owners.
23.00 Whoever Heard of a Black Artist? Britain's Hidden Art History.
00.00 Art of Persia.
01.00 The Joy of Painting.
01.30 Books That Made Britain.
02.00 What Do Artists Do All Day?
02.30 Ian Hislop's Stiff Upper Lip: An Emotional History of Britain.

FRIDAY 03/07

BBC One

06.00 Breakfast.
09.00 BBC News.
10.00 Your Money and Your Life.
10.45 Homes Under the Hammer.
11.45 Caught Red Handed.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 The Heights.
14.15 Impossible.
15.00 Escape to the Country.
15.45 The Bidding Room.
16.30 Antiques Road Trip.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 Celebrity MasterChef.
20.00 The Other One.
21.30 Peter Kay's Car Share.
22.00 BBC News at Ten; Weather.
22.45 **FILM:** 3:10 to Yuma.
00.40 Weather for the Week Ahead.
00.45 BBC News.

06.45 Greatest Escapes to the Country.
07.15 The Bidding Room.
08.00 Sign Zone: Great American Railroad Journeys.
09.00 Britain's Secret Seas.
10.00 BBC News.
13.00 Terry and Mason's Great Food Trip.
13.30 Wimbledon Rewind.
16.30 Len and Ainsley's Big Food Adventure.
17.15 Flog It!
18.00 Eggheads.
18.30 Greatest Escapes to the Country.
19.00 Wimbledon: The Best of the Championship.
20.00 Gardeners' World.
21.00 The Pembrokehire Coast: A Wild Year.
22.00 Lewis Capaldi Live.
22.45 Newsnight.
23.15 Weather.
23.20 **FILM:** Borg vs McEnroe.
01.00 Sign Zone: Has Covid Testing Gone Wrong? - Panorama.
01.30 Sign Zone: What We Do in the Shadows.
01.50 Sign Zone: What We Do in the Shadows.
02.15 This is BBC Two.

ITV London

06.00 Good Morning Britain.
09.00 Good Morning Britain with Lorraine.
10.00 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
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 You've Been Framed!
19.30 Ross Kemp: Living with Forced Out Families.
20.00 Britain's Brightest Celebrity Family.
20.30 The Martin Lewis Money Show: Live.
21.00 Billion Pound Cruises: All at Sea.
22.00 ITV News at Ten; Weather.
22.45 Piers Morgan's Life Stories: Lorraine Kelly.
23.45 Tenable.
00.35 Ideal World.

Channel 4

06.30 Cheers.
07.25 Mike & Molly.
08.05 The Big Bang Theory.
09.00 Frasier.
10.30 Come Dine with Me.
12.00 Channel 4 News Summary.
12.05 Come Dine with Me.
13.05 A New Life in the Sun.
14.10 Countdown.
15.00 A Place in the Sun.
16.00 Sun, Sea and Selling Houses.
17.00 Four in a Bed.
17.30 Come Dine with Me.
18.00 The Simpsons.
18.30 Channel 4 News.
20.00 Location, Location, Location.
21.00 George Clarke's Amazing Spaces.
22.00 Naked Attraction.
23.05 Celebrity Gogglebox.
00.10 Ramsay's Kitchen Nightmares USA.

BBC Four

19.00 Books That Made Britain.
19.30 The Joy of Painting.
20.00 Tessa of the D'Urbervilles.
21.00 Britain's Forgotten Slave Owners.
23.00 Whoever Heard of a Black Artist? Britain's Hidden Art History.
00.00 Art of Persia.
01.00 The Joy of Painting.
01.30 Books That Made Britain.
02.00 What Do Artists Do All Day?
02.30 Ian Hislop's Stiff Upper Lip: An Emotional History of Britain.

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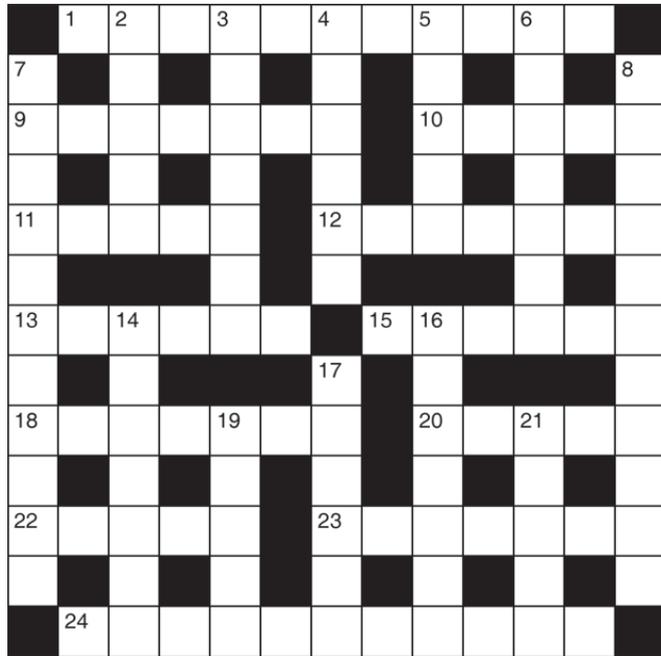
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Last week's cryptic crossword solutions

Across: 6 Invalid; 7 Demon; 9 Hardy; 10 Concave; 12 Advertising; 14 Appropriate; 18 Portend; 19 India; 21 Learn; 22 Grounds.
Down: 1 Sneak; 2 Candid; 3 Win; 4 Fences; 5 Convent; 8 Contain; 11 Helping; 13 Opposer; 15 Retire; 16 Tongue; 17 Minds; 20 Try.

CRYPTIC CROSSWORD

ACROSS

- Short price I arranged too early for the record (11)
- Possibly married someone who thought a lot of another (7)
- Something lifted from a carol at Christmas (5)
- Make sure your slip isn't showing (5)
- It's overlooked by some Muslim women (7)
- Be agreeable to a sleep perhaps (6)
- Their function is to secure quiet in class (6)
- Gets over life's burdens (7)
- Go easy - Mabel is upset! (5)
- Girl I care about (5)
- Coach working on definite lines? (7)
- Photograph monsters in the garden (11)

DOWN

- Dance from Burma (5)
- Gear to make use of horsepower (7)
- Stragglers revealed in the street lights (6)
- Go up to the French peers amorously (5)
- This strange sum recalled Panama, perhaps (7)
- Profited a lot out of shipbuilding? (4,1,6)
- Here speaks a writer for a change (11)
- Noise or disturbance can be wearing (7)
- Giving willingly (7)
- He takes more than usual interest in his work (6)
- Frank impression (5)
- The ghost of 8 Down, some say! (5)

QUICK CROSSWORD

ACROSS

- Bracket (11)
- Bullfighter (7)
- Ancient (5)
- Mistake (5)
- Mean (7)
- Offer (6)
- Esteem (6)
- Nourish (7)
- Foreign (5)
- Draws nigh (5)
- Guileless (7)
- Obstinacy (11)

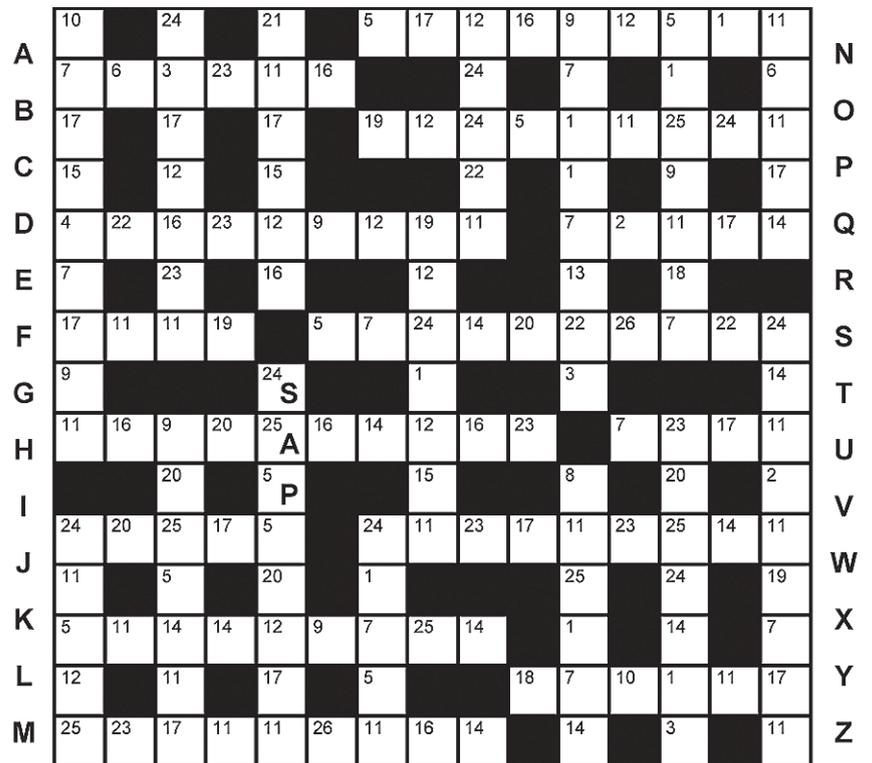
DOWN

- Later (5)
- Approve (7)
- Menace (6)
- Eat away (5)
- U.S. State (7)
- Insolent (11)
- Standing by (2,9)
- Relate (7)
- Resilient (7)
- Stay (6)
- Overturn (5)
- Motionless (5)

Last week's quick crossword solution
Across: 6 Concise; 7 Death; 9 Rebut; 10 Riposte; 12 Degradation; 14 Parentheses; 18 Distend; 19 Error; 21 Inane; 22 Connect.
Down: 1 Power; 2 Accuse; 3 Use; 4 Devout; 5 Station; 8 Fiddler; 11 Pretend; 13 Salient; 15 Extend; 16 Errand; 17 Force; 20 God.

CODEWORD

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



SUDOKU

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

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

Medium

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

Hard

Last Week's Codeword Solution



Last week's solutions

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

Can you crack a VINCICODE®

Vincicode is a three digit number(eg.384), presented in alphabetic figures, like ABC, in which 'A' represents the first digit (number 3), 'B' represents the second digit (number 8) and 'C' represents the third digit (number 4).

Cracking the code is not difficult. Just remember: Any even number is dividable by one digit number of 2, or 4, or 6, or 8.

- Any odd number finishes with 1, 3, 5, 7, or 9;
- Any number which is not dividable by any one digit number, 2,3,4,5,6,7,8 or 9 finishes with 1, 3, 7 or 9;

• Any number dividable by 5 finishes with 5.

For example :

Let's crack ABC code when:

- A, B and C are numbers between 1 and 9, included.
- A+B+C=10 (the sum of A plus B plus C is 10).
- C>A>B (Number C is larger than number A which is larger than B).
- $\frac{ABC}{4}$ (The three digit code is dividable by 4).

When the code, ABC is dividable by 4, then C, the third digit can be 2, 4, 6 or 8.

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C can't be 2 or 4, because it does not cover the conditions (1) and (2).

If C=6, then A+B= 4, and options are: A=4 and B=0 => **ABC = 406** and A= 3 and B=1 => **ABC= 316**

code **ABC=406** doesn't cover condition (4) If C=8, then A+B=2 and the only option is A=2 and B=0 which doesn't cover condition (1). then: **Vincicode is 316.**

Now your turn: Puzzle 32

ABC is the three digit Vincicode number, in which A, B and C are numbers between 1 and 9, included.

Find the code ABC where :

- A+B+C= 8
- C > A > B
- ABC ÷ 5

To confirm your answer to the Vincicode®, or ask for more codes to crack, please send an email to: vincicode104@gmail.com

The prodigy myth



So I've just started reading (second attempt) a book called, "Bounce" by Matthew Syed. From what I've gathered so far, the whole point of the book is that child prodigies don't exist, they are actually a product of thousands of hours of intense practise at a very early age.

Not only are they the product of huge amounts of practise hours at an early age, but when you add in the quality of coaching and the intensity of the practise, you then have a very powerful example of how important practise is within the development of a player. Apparently Mozart's father was an accomplished composer in his own right and Mozart spent the majority of his childhood being taught music and how to compose it by his father. The book suggests that it is purely down to this early work as to why he was regarded as a child prodigy. It is only because he was so far advanced of anybody else his age that he appeared to have a God given talent which made him stand so far out from the crowd. The examples in this book are many and of course include Tiger. It is well documented that his father Earl, wanted to put a club in his hand as early as possible. Then with Earl's green beret training coupled with some excellent coaching, Tiger started showing signs of being a champion at a scarily young age. His mental game was very strong due to his father's training, his swing was excellent due to the

technical coaching he was receiving, and his performances were down to the quality and amount of practise he was putting in daily. It is generally understood within coaching that it takes 10,000 hours of dedicated purposeful practise (normally equating to 10 years of hard work) to become an elite performer. That being the case, it is hardly surprising by the time Tiger was 13, he had the mind of a green beret, the golf swing of a great player and because he had clocked up so many hours before the competition had even picked up a club, is it any wonder that winning became natural to him. If you move your attention from golf to tennis and look at the Williams sisters, you will see the same story occur again. Richard Williams introduces the girls to tennis as soon as he possibly could, made sure that the game was fun for the girls and then let nature run its course. He knew already that there was a fierce sibling rivalry between the two sisters and by igniting the flame and giving them a common sport, they would compete against each other until there was no light available. Of course, the key here is that the practise is not one of attrition but one of enjoyment, so the player is

loving what they're doing and never realising that they're working. If you are a member at a golf course in the UK you will see something close to this every summer holiday; the junior golfer will be dropped off as early as possible in the day and be picked up, through their own choice, as late as possible so they rack up the numbers regarding practise hours every day and every week. Over the period of five years, they have achieved a level of competency which will never leave them. That's why when a player over the age of 40 takes up the game with no real experience in playing, they find it difficult to really develop or they become frustrated with the progress they are making. On average a junior, if they are playing six days a week and have 8 hours practising golf per day, that's 48 hours of golf per week. That's a lot of experience and a lot of learned skill very early on in a player's career. If that's what it takes for a junior to get to a scratch handicap by the time they're 16, imagine what kind of work you have to put in to get to a 20 handicap? I would 100 percent recommend you read "Bounce" and then apply it to your golf game so that you can practise whilst having some fun.



Mozart spent the majority of his childhood being taught music and how to compose it by his father.

US PGA without spectators

August's US PGA Championship is scheduled to go ahead at San Francisco's TPC Harding Park without spectators.

The event will be the year's first major after July's Open Championship was postponed until next year and the Masters and US Open were moved back to November and September respectively.

A decision to play behind-closed-doors was made by the PGA of America in coordination with the state of California and city and county of San Francisco.

"We are both inspired and honoured to 'play on'," said PGA of America chief

executive Seth Waugh.

"We'd like to thank the state of California and the city and county of San Francisco for being terrific partners in helping us get to this place.

"While the local community cannot be with us physically on-site, we will certainly carry their spirit of resilience and unity with us as we stage our major championship, on their behalf, for all the world to see and enjoy."

American Brooks

Koepka is looking to win an historic third successive title at the event, itself initially scheduled for May. PA



American Brooks Koepka is looking to win an historic third successive title at the event.

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Porto go top as Benfica self destruct

N CHRIS WRIGHT

Benfica had beaten Rio Ave at the weekend to end a run of four consecutive draws but on Tuesday night they imploded and lost at home to Santa Clara after leading 3-2 with just eight minutes of normal time remaining.



FC Porto had been held to a goalless draw at basement club CD Aves a week ago but midweek they made amends with a convincing home win against local rivals Boavista.

FC Porto had been held to a goalless draw at basement club CD Aves a week ago but midweek they made amends with a convincing home win against local rivals Boavista. A young Sporting side moved into third place after beating Tondela as SC Braga could only draw at Famalicão. Portimonense, fighting to climb out of the relegation zone, drew with Santa Clara (Azores) and beat Marítimo (Madeira) to give them a glimmer of hope.

The Dragons were sadly short of fire power at Aves who are fifty points worse off than their Primeira Liga title challengers. The Dragons even missed a penalty when Zé Luís saw his shot saved by Aves keeper Fábio who went on to make second-half saves from Luis Diaz, Sérgio Oliveira, Tiquinho Soares and Moussa Marega. This was the first time Porto had failed to score in a league game for forty matches. Against Boavista it was Moussa Marega who gave the Dragons the lead eight

minutes after the interval before two penalties - scored by Alex Telles and Sérgio Oliveira - put the result beyond doubt. Six minutes from time Moussa Marega got his second of the evening to complete a 4-0 rout. Benfica went a goal down at Rio Ave but

the home side found themselves a man down when Al Musrati picked up a second yellow card shortly after the break. Sixty seconds later and Seferovic levelled matters when he tucked home Tavares cross. Nuno Santos then saw red ten

minutes later as VAR acknowledged that his high-foot challenge on Pizzi warranted an early bath. Three minutes from the end of normal time Benfica snatched all three points as Julian Weigl headed home a Pizzi corner. All that good work was undone when the Eagles entertained Santa Clara at the Estádio da Luz. The visitors opened their account just before the interval through Anderson Carvalho but Rafa Silva made it one-a-piece five minutes after the break. There were then three goals in eight minutes as the Azoreans restored their lead through Zaidu Sanusi before Carlos Vinicius netted twice for Benfica. Santa Clara were still firing on all cylinders as a Cryzan penalty brought them level before Zé Manuel grabbed the winner in the final minute to record a famous victory for the islanders. Porto are now three points clear of Benfica with six games to play. Portimonense travelled to Lisbon to play Santa Clara who are playing all their home games at the FPF City of Football. Willyan

gave the visitors the lead fifteen minutes after half-time when he headed home from a right-wing corner. Santa Clara were reduced to ten-men when Lincoln received his marching orders in the 75th minute but the Azoreans still managed to level the score when 'Man-of-the-Match' Osama Rashid slotted home ten minutes from time. On Monday, SC Portimonense entertained Marítimo and goals from Bruno Tábata (24') and Aylton Boa Morte (39') gave them a comfortable cushion at the break with the added bonus that the islanders had been reduced to ten-men when Nuno Santos was sent-off on the half-hour mark. R.Pinto pulled a goal back for the visitors shortly after the interval but within five minutes Hackman had restored Portimonense's two goal lead. R.Pinto got his second goal of the game deep into stoppage time to make it 3-2. Portimonense are now four points from safety and on Tuesday have a difficult game at high flying Famalicão.

Lisbon to stage Champions League

It has been confirmed that the 2019/20 UEFA Champions League quarter-finals, semi-finals and final will be played as a straight knockout tournament with the games being split between Benfica's Estádio da Luz (which will host the final) and Sporting's Estádio José Alvalade.

A decision is pending on whether the remaining 'round of 16' second legs will take place at the home team's stadium or in Portugal at the Estádio do Dragão in Porto and the Estádio D. Afonso Henriques in Guimarães.

The Champions League has been on hold since the 11 March due to the COVID-19 outbreak. 7/8 August - Round of 16 second legs (venues to be confirmed); 12/15 August - Quarter-finals; 18/19 August - Semi-finals and the 23 August will see the Final at the Estádio da Luz. The quarter-final and semi-final draws will take place in Nyon on the 10 July.

The 2019/20 final was due to be held at the Atatürk Olympic Stadium in Istanbul which will now instead stage the 2020/21 showpiece. The three subsequent final venues have also agreed to host a year later than originally planned.

2022: Saint Petersburg Stadium, Saint Petersburg.

2023: Football Arena Munich, Munich.

2024: Wembley Stadium, London.



The Champions League has been on hold since the 11 March due to the COVID-19 outbreak.

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