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Sporting suffered a scare in the Taça da Liga final before winning the penalty shootout against Vitória Setúbal in Braga last weekend.

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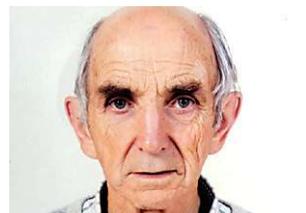
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WEATHER >P2

Portugal real estate prices record second biggest increase in Europe



PORTUGAL PROPERTY BOOM CONTINUES

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While real estate prices have shown the biggest growth in Lisbon and the Algarve, locations such as São Miguel in the Azores are becoming increasingly popular among property buyers. (Photo: Lusa/Mario Cruz)

PORTUGAL PROPERTY All the property News that's fit to print

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DIRECTORS

Paul Allen-Luckman
publisher@theportugalnews.com

Madeline Luckman
copy@theportugalnews.com

CONTACTS

Postal Address:
Apt 13 • 8401-901 • Lagoa

Courier Address:

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

Classified: +351 282 380 315

Sales: +351 282 380 310

Accounts: +351 282 343 653

Newsdesk: +351 282 380 313

General: +351 282 341 100

Email:
info@theportugalnews.com

Web:
www.theportugalnews.com

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Paul Luckman
publisher@theportugalnews.com

Editor:
Brendan de Beer
newsdesk@theportugalnews.com

Photos:
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SALES MANAGER
Sónia Seixas
sales@theportugalnews.com

ACCOUNTS MANAGER
Gaby Rodrigues
accounts@theportugalnews.com

Portugal property boom continues

Official figures out this week have revealed that property prices across the country have continued remarkable growth, with the real estate market showing no signs of slowing down. After figures from Portugal Statistics (INE) revealed that average property prices had climbed once again during the third quarter of 2017, credit rating agency DBRS followed by saying Portugal had recorded the second biggest growth in property prices out of Europe's top real estate investment locations.

According to its latest 'Illustrative Insight' report, DBRS said Portugal was among a group of nations which had shown "the most notable improvements" in property prices since the economic slowdown a decade ago. Growth in Portugal was placed at ten percent, and was only behind that of Ireland, where prices had climbed by 12 percent. However, home owners in Ireland, as in Spain, are still plagued by negative equity.

In its report, DBRS said most European housing markets have recently been on an upward trend, supporting a strong recovery from the dramatic collapse seen in many markets over the past ten years. Spain meanwhile saw growth of seven percent, while the UK is said to be "currently facing a challenging environment with the full impact of Brexit yet to be felt and London showing preliminary signs of a slowdown."

The only country still in decline in Europe is Italy, where the housing market



BRENDAN DE BEER

has shrunk by one percent year-on-year.

On a regional level, Lisbon continues to be where the cost of real estate is the highest, according to the INE, with the cost per square metre rising to €2,315 during the third quarter of 2017. The capital is followed by Cascais, where property is valued at €1,893/m², while Loulé in the Algarve comes a close third with €1,704/m². Overall, three of the top six most expensive areas are in the Algarve, with Lagos in at fourth (€1,619/m²) and Albufeira (€1,523/m²) coming in just behind Oeiras (€1,572/m²). Overall, properties in Lisbon, the Algarve and Madeira are all priced above the national average. When focusing uniquely on residential property, the Algarve overtakes Lisbon, with housing in the southern Portugal region costing an average

of €1,348/m², as opposed to €1,242/m² in the capital.

In major cities, housing prices soared, with a home in Lisbon now 15.5 percent more expensive than it was towards the end of 2016. Porto meanwhile also saw the cost of residential properties rise 14.1 percent in the space of just 12 months.

The price of apartments in the Algarve went up by 8.2 percent, while villas increased by 6.8 percent, in comparison to 5.3 percent and 4.9 percent, respectively, the year before.

Nationally, the average price for a square metre of floor-space was €1,127.

The tendency for growth in prices in the Algarve seems to have gained pace towards the end of last year, as in December the cost per square metre of an apartment was fixed at €1,456, and that of a villa at €1,435/m².

According to a separate report, buying property in the Algarve is, according to bank evaluations, now 25 percent more expensive than anywhere else in the country.

This follows figures from the Association of Estate Agents in Portugal (APEMIP) that prices being catapulted to pre-crisis levels, sales as a whole were up by between 25 and 30 percent in 2017. Overall, more than 400 properties were sold every day last year. "APEMIP President Luís Lima explained that his association had anticipated these highly positive figures at the beginning of last year, and current projections "allow us to forecast that the real estate market will grow once again in 2018."

Portugal set for ano



The Portuguese Sea Minister has predicted that 2018 will see a new record in the number of cruise ships docking in the country. Lisbon, Leixões and Portimão all revealed strong growth in 2017, with work at the Algarve port set to increase its capacity even further.

Minister Ana Paula Vitorino said on Wednesday, upon revealing these numbers, that Lisbon Port is looking at a minimum increase of 18 percent in passenger numbers and a further 8 percent in the number of cruise ships docking in the Portuguese capital. Leixões port in northern Portugal is also expecting double digit growth for the coming year, with expectations that numbers will rise by just under 20 percent.

The growth at Portimão's cruise port was even more pronounced and last year welcomed 71 cruise ships and around 30,000 passengers; a growth of around 53 percent on 2016.

In terms of the number of ships docking in Portimão, 2017 saw a growth of 65 percent on 2016.

According to the Administration of the Ports of the

Algarve and Sines, the growth at the Algarve's only cruise terminal shows that investment not only in the port but also in local tourist facilities and attractions, is paying off.

Perhaps with this exponential growth in mind, a public tender was launched this week to find an entity that will carry out a study into the environmental implications of dredging the Arade River, so that the Algarve city of Portimão could bump up the number of cruise ships it welcomes.

The Administrators of the Ports of Sines and the Algarve launched the public tender on Tuesday, to carry out an environmental impact study into the project to dredge and widen Portimão's port channel.

The project aims to create the necessary conditions for the city to up the

WEATHER

Chilly spell ahead

Minimum and maximum temperatures are set to drop by a good few degrees this weekend and for much of the coming week, although the highly-anticipated rain has yet to put in an appearance.

Lisbon: Lisbon will be partly cloudy for most of the weekend and the coming week, and with the exception of possible light showers forecast for Tuesday, for the rest will see sunny intervals and will remain dry, with temperatures ranging between highs of 14 degrees Celsius and lows of 4.

South: Sunny intervals on Saturday will give way to a cloudy and grey Sunday in the Algarve, and the rest of the coming week will be partly cloudy with a chance of light showers on Wednesday and Friday. Temperatures will be similar to Lisbon, with highs of 15 degrees Celsius and lows of 4.

North: The impending chill will be more pronounced in the north, where overnight lows will hurtle towards zero next week. For the rest some rain may fall on Saturday, as well as a couple of light scattered showers on and off next week, which will otherwise see sunny intervals.

Another record-breaking cruise ship year



Portugal in cruise mode. The number of cruise ships docking in Portugal has risen considerably the past 12 months, and is set to continue with that trend in 2018. (Photo: Supplied)

number of cruise ships it receives a year, from 50 to 190, as well as accommodated bigger and longer ships.

The project has a €150,000 budget attached to it and must be executed within a time

frame of roughly five years.

It is part of a wider €17.5 million investment for Portimão port.

Works planned for Portimão include widening the access channel as well as dredging it by a

further 10 metres.

Interventions are all in the pipeline for the Navy docks, to guarantee two docking berths for the huge cruise vessels.

The Government believes that, with this work, the number of visiting

ships could reach 190 annual movements per year, in contrast to the 50 movements currently taking place.

The investment planned for this port will be supported by Community and national funds.

N News in Brief

Earthquake rattles Évora

Another earthquake has been recorded at Arraiolos, just outside Évora. Measuring 3.1 on the Richter Scale, the minor earthquake was registered at 4.15am on Thursday morning. It follows one on 15 January, which resulted in panic, with schools being evacuated as a result of the quake that measured 4.9. Three other earthquakes, measuring around 3.2, have been recorded in the past month in southern Portugal, with their epicentres located in Monchique, Odemira and Almodôvar.

60 schools in Portugal should be closed but still teach

There are currently 60 schools in Portugal that should be closed but remain up and running. A report in Thursday's edition of newspaper *Diário de Notícias* claims there are dozens of primary schools that were flagged as due for closure, but keep teaching due to a lack of alternatives, or opposition from local communities. The Education Ministry has published a list of the 63 schools whose exceptional authorisations will be terminated at the end of this school year.

Suicides in Portugal drop to lowest in a decade

Suicides in Portugal have dropped to the lowest in a decade. According to the National Statistics Institute, the number of people who took their own lives in 2016 dipped to below the 1,000 mark for the first time in a decade. This has been attributed to a pick-up in the country's economic situation, according to experts. A peak in the number of suicides coincided with the intervention of the troika, and the number of male suicides outweighs the number of female suicides.

Vila do Bispo IMI up, Faro and Tavira IMI down

Vila do Bispo is the only county in the Algarve to have increased its IMI municipal property tax this year, where it went up by around 33.3 percent. However, the IMI is highest in the counties of Portimão and Vila Real de Santo António. Conversely, Faro and Tavira have dropped their IMI taxes by figures varying between 11.1 percent and 1.3 percent respectively.

Portuguese at risk over shortage of nurses

The Portuguese Nurses' Society has warned that patients are at risk due to a shortage of nurses at the nation's hospitals. According to Society President Ana Rita Cavaco, nurses are exhausted and incapable of delivering quality care and in a safe manner. The Portuguese Health Service currently employs 41,000 nurses, but officials argue that an additional 30,000 are needed to meet the demands of this profession.

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New TAP boss hopes dialogue can overcome strike threat



New TAP chairman Antonoaldo Neves (right) pictured here with the airline's president of the administrative council, Manuel Fasquilha, at a press conference earlier this week. (Photo: Lusa/Tiago Petinga)

The new CEO of flag-carrier TAP, Antonoaldo Neves, has said that he hopes there will not be a strike by cabin crew at the airline and that the process can be resolved through dialogue.

TAP's new boss said he believed deeply in transparent, open dialogue, adding that all strikes and all announced strikes are resolved one way or another.

After seeing his name approved as CEO of the company at the shareholder general

assembly on Wednesday, he said he was very motivated and felt great responsibility to contribute towards this company that has all it needs to be one of the best in Europe.

Among the most urgent challenges, he said, was the need to "improve customer service", recall-

ing the "severe restrictions" at Lisbon airport that harm punctuality.

"We need to improve punctuality. Our punctuality is average. TAP needs to be one of the most punctual airlines in the world", he said.

TPN/Lusa

Sonae agreement creates Iberia's second largest sports retailer

Portuguese conglomerate Sonae said on Thursday that it had completed an agreement to create the Iberian Peninsula's second largest sports retailer formed by Sport Zone and JD Sprinter Holdings.

The European Commission (EC) Directorate-General (DG) for Competition approved the agreement, which had been

announced back in September, in mid-January.

This agreement with the UK's leading sports retailer foresees the merging of the Iberian Peninsula businesses of the JD Group and JD Sprinter with Sport Zone.

Sonae said last March it had signed a memorandum of understanding (MoU), explaining that the Iberian sports group would

be owned 50 percent by JD Group, 30 percent by Sonae and 20 percent by the JD Sprinter shareholder family.

With a joint turnover of more than €450 million estimated for 2016 and a chain of 287 stores (191 in Spain and 96 in Portugal), the group will be the Iberian Peninsula's second largest sports retailer after Decathlon. TPN/Lusa

Benfica chairman, VP among 12 persons of interest in criminal case

The chairman of Lisbon football club Benfica, Luís Filipe Vieira, and its vice-president, Fernando Tavares, are among 12 persons of interest in the investigation by police and public prosecutors dubbed Operation Lex, according to the office of Portugal's attorney-general.

The office said in a statement that it "confirms the constitution as persons of interest of Luís Filipe Vieira and of Fernando Tavares" in the investigation, in which senior judge Rui Rangel, a former candidate for president of Benfica, and his ex-wife, Fátima Galante, are also persons of interest.

The office of the attorney-general stated that "the inquiry at this moment has 12 declared persons of interests."

Operation Lex involves the investigation of suspected bribery, money

laundering, and tax fraud.

Because of Rangel's status as a judge, the questioning is to be carried out by a member of the Supreme Court.

Earlier this week, it was claimed that the chairman of Portuguese top-flight football club, Sporting, Bruno de Carvalho, is being investigated for influence peddling, with the investigation conducted by the Department of Investigation and Criminal Action of Lisbon.

Monday's edition of newspaper "7" citing the Attorney-General's office, reported that Carvalho

and another board member at the club are both under investigation.

"The suspected crimes are of influence peddling, and no defendants have yet been identified," the newspaper reported, noting that "the investigation is being conducted by the Department of Criminal Investigation and Action in Lisbon," and no final report has been published.

In 2017 Carvalho was also investigated by the authorities following an anonymous complaint about "alleged threats to referees." TPN/Lusa

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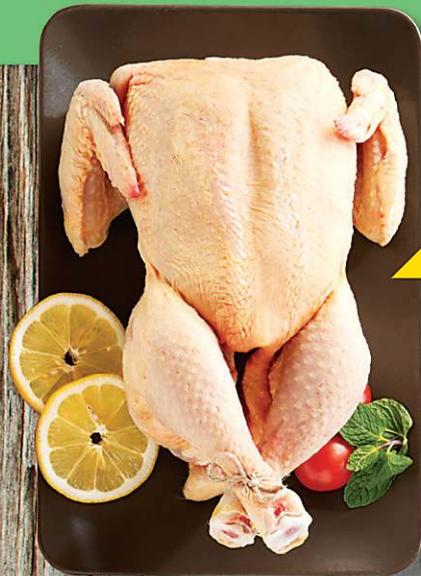
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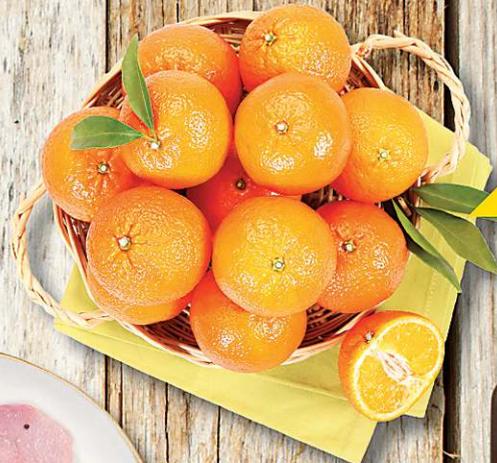
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Lagos council backs Public Petition for construction of new hospital

Communities and local authorities in the municipalities of Lagos, Aljezur and Vila do Bispo (collectively known as the Terras do Infante), standing alongside workers at the Lagos Hospital, have launched a petition asking for the construction of a new hospital unit in Lagos.

Established in the city since the 15th century, Lagos Hospital has long provided its local community and that of surrounding municipalities with medical

facilities, civilian and military, playing an indispensable role for the populations of the Municipalities of Lagos, Aljezur and Vila do Bispo. After a series of alterations

and extensions towards the end of the 15th century, the unit, architecturally, remained largely unchanged and with little option to do so, as it is adjacent to Lagos Castle

Wall, a listed national monument. However, in a statement, Lagos Council said: "It is imperative that the Lagos Hospital acquires conditions to provide its national and foreign users with the levels of quality of comfort and care required by the National Health Service." The statement elaborated: "With that in mind the Municipalities of Lagos, Aljezur and Vila do Bispo, the populations, the mayors and the workers of the hospital have maintained a persistent struggle, through public demonstra-

tions, stances and deliberations, striving for the relocation of the Hospital in Lagos." The council explained that a plot of land was secured by the Town Hall that provided the facilities, equipment and services adequate to meet the "real needs of the populations", and despite the new hospital project being approved by the Ministry of Health in 2008/2009 following a series of studies, its progress ground to a halt. "Without any evolution of this process by the Government, the Lagos Municipal Assembly decided, on

June 26, 2017, unanimously to require the inclusion of Lagos Hospital in the State Budget for 2018, which was not verified", the statement added. For those reasons, it said, "The Municipal Assembly of Lagos promotes this Public Petition, signed by the populations of the Municipalities of Lagos, Aljezur and Vila do Bispo, demanding from the Government the construction of the new Lagos Hospital." Interested parties can sign this Petition online at: <http://peticaopublica.com/pview.aspx?pi=EN88065>



Lagos Council is backing a petition that aims to push for the construction of a new hospital. (Photo: Supplied)

Madeira 64th on tax haven list

Portugal's autonomous region of Madeira appears at 64th place on a ranking of tax havens covering 112 states published by an NGO called the Tax Justice Network.

Madeira, with a score of 55 percent, appears near the 'moderately secret' end of the scale and the NGO dedicated an entire page to the island. The file on offshore financial services mentions that Madeira is responsible for less than 1 percent of the overall market for these services, meaning it is a minor operator.

Madeira had the worst classifications in items related with the legal transparency of the entity in question - ownership, accounts and tax rate paid - and with property registration, namely limited international cooperation and ownership of other assets.

The NGO said that the amount of money

circulating annually undercover like this is somewhere between 1 and 1.6 trillion dollars and compared this to the US foreign aid budget of \$135 billion.

Portugal is pointed out to be one of the losers from this phenomenon. The TJN said "Rich countries also suffer. For instance, European countries such as Greece, Italy and Portugal were brought to their knees partly because of decades of tax evasion and pillaging of state resources because of offshore secrecy".

The information is available on <https://www.financialsecrecyindex.com/>.

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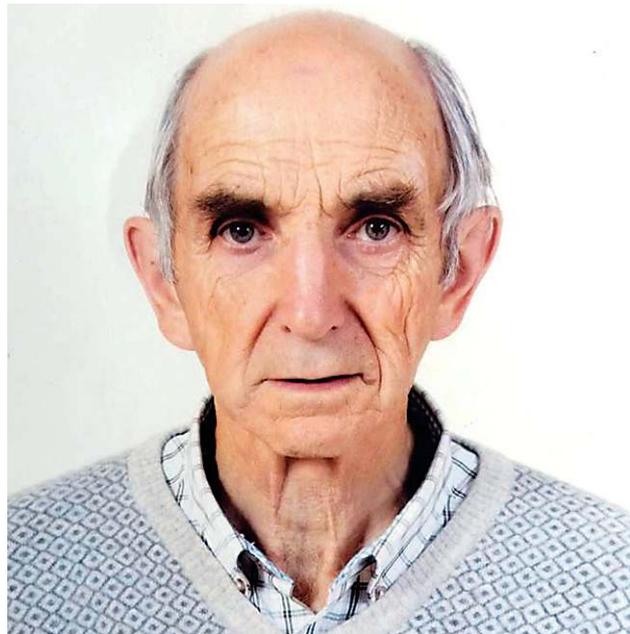
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British grandfather still missing from Odelouca home



79-year-old British national, John Bainbridge, is still missing after disappearing from his rural Algarve home almost a week ago. (Photo: Supplied)

Concerns are growing for an elderly British man who went missing a week ago from his rural Algarve home.

hair, and, according to his wife, Anita, is "almost certain" to be feeling very lost and disoriented. Police and volunteers have been conducting searches since the alarm was raised, but as yet without success. After almost a week with no news or sightings and temperatures set to plunge, Mr. Bainbridge's wife and family are desperate to find him, particularly due to his health condition, age and the cold weather. On Tuesday this week, the GNR stepped-up the search for the missing pensioner, drafting in more resources from Lisbon such as a GIPS search and rescue unit plus sniffer dogs. A source close to the search said "It's clear the GNR are doing whatever they can in very difficult terrain." Mr. Bainbridge went miss-

ing on Friday 26 January 2018, in the early hours of the morning after climbing out of a window from his home in Odelouca, Silves. He was last seen around 5.30am that morning near a restaurant on the EN124, not far from the couple's home. At the time he went missing, he was wearing a black pullover with a shirt underneath, blue jeans and black trainers with white flecks. He left home without a phone or identification. Anyone with information should contact: Anita Bainbridge - 963512870; Elizabeth Henwood - 930 614 406, Marie Hindle - 91402432 (Portuguese); Safe Communities Portugal - 913045093; Silves GNR - 282 440 290; International emergency number - 112, or go to the nearest GNR police station.

British ex-pat, John Bainbridge, 79, went missing from his home in Odelouca, near Silves, on Friday morning, and his

family are said to be frantic to find him. The grandfather, who has Alzheimer's, is described as 6-foot tall (1.83m), "very slim" (63kg), with grey

Most Portuguese say they will be going on holiday this year

More than 93 percent of 411 Portuguese respondents intend to go on holiday this year, which is a "slightly higher" figure than that found by the previous survey.

According to the survey by the IPDT-Tourism Institute, 91 percent said they intended to take a medium-long holiday this year, which is a "much higher incidence than the one seen in the previous year's survey."

For holidays in Portugal, the most popular destinations last year were the Algarve (46 percent), followed by Porto and North (23.2 percent), Alentejo (21.5 percent) and central Portugal (20.2 percent).

Police seize almost 9 million contraband cigarettes from UK-bound container

Police in Portugal seized almost 9 million contraband cigarettes from a container in the Lisbon area.

According to a statement released by the *Polícia Judiciária*, the container was believed to have come from Singapore and was destined for the UK. A total

of 564 'master cases' were found, containing 8,798,400 Manchester brand cigarettes, worth over €1.5 million in tax duty.

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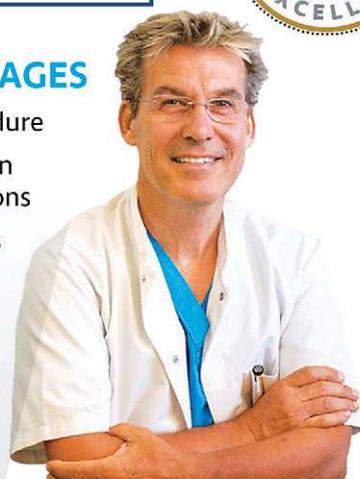
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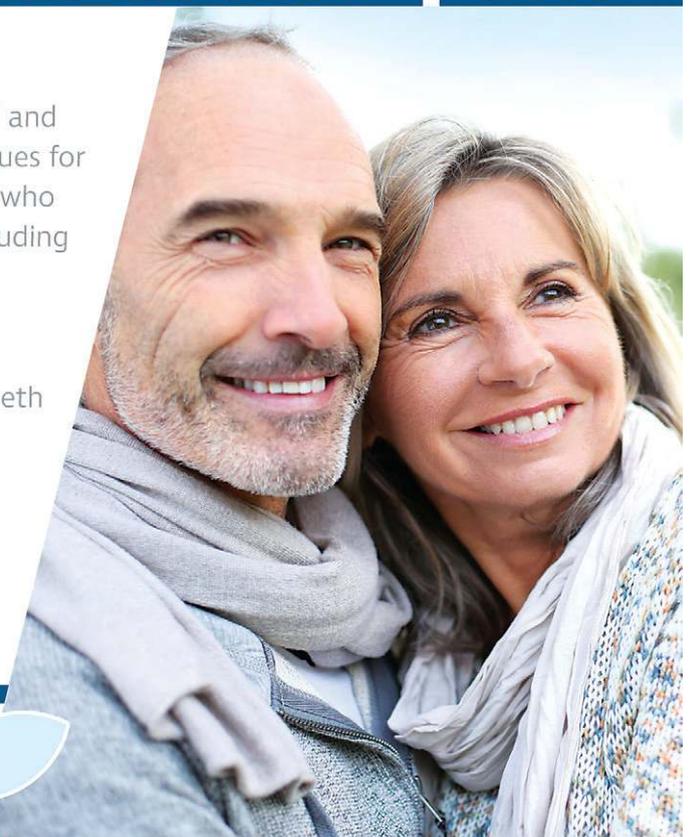
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An archive photo of Anabela Afonso, who is head of the 365Algarve programme. (Photo: Lusa/Luís Forra)

All-seasons entertainment programme to target ex-pats and friends

A yearly regional events programme designed to provide entertainment in the Algarve in all seasons and combat tourism seasonality has said it will be focussing on foreign residents and visiting friends.

The affirmation was made by the new head of the '365Algarve' agenda committee, Anabela Afonso. It comes after a study by the Algarve University (UAlg) revealed that most foreigners who attend events in the Algarve are on holiday visiting friends or family. The change in strategy was one of the first decisions made by Anabela Afonso in her new role as head of the 365Algarve, and announced in an interview with Algarve University radio station RUA FM. According to Ms. Afonso, UAlg's support on the cultural agenda has been a

"very useful tool", and its study helped "fine tune the programme's strategy, reducing the global number of initiatives financed and investing in anchor events." "The data we have is encouraging, when comparing the first edition to the second edition. An interim evaluation, covering the period up to December 2017, indicates that, in the events carried out in the current edition, 15 percent of tourists at the events were from outside Portugal. On the other hand, foreign residents represent 13 percent of the total", she revealed. "In a recent meeting with

the company that promotes '365 Algarve' on social networks, we pointed out that we were not reaching foreign residents, and that this was necessary. And from that moment, we soon noticed an evolution. This has increased our visibility and the click-through we get from abroad", she explained. That is, "we have a resident foreign community here that also boosts the number of visitors from abroad." "Obviously we want to grow further and the goal is to work towards this. But I think they are good results for a programme that is still very young", she concluded.

Easyjet launches Faro-Berlin flights

Easyjet has launched a new route that will connect Faro to Berlin. The first flight will take place on 2 August, and tickets are already on sale, which the airline says start from 21 euros, though they are more likely to be for outside of the summer season. José Lopes, head of operations for easyJet in Portugal, said the low cost airline's expansion in this country proves the company's importance to Portuguese travellers, and said the company remains committed to development in Portugal.

This follows news that easyJet said that its passenger traffic in Portugal this winter would only grow by 3 percent because of the lack of capacity at the country's two main airports. The slow growth for the period from October last year to March this year compares with more than 20 percent for the same period a year earlier. The airline said urgent measures were needed to complement existing capacity until a new Lisbon airport can be built, adding that there was also a chronic shortage of slots at Porto's Sá Carneiro airport.





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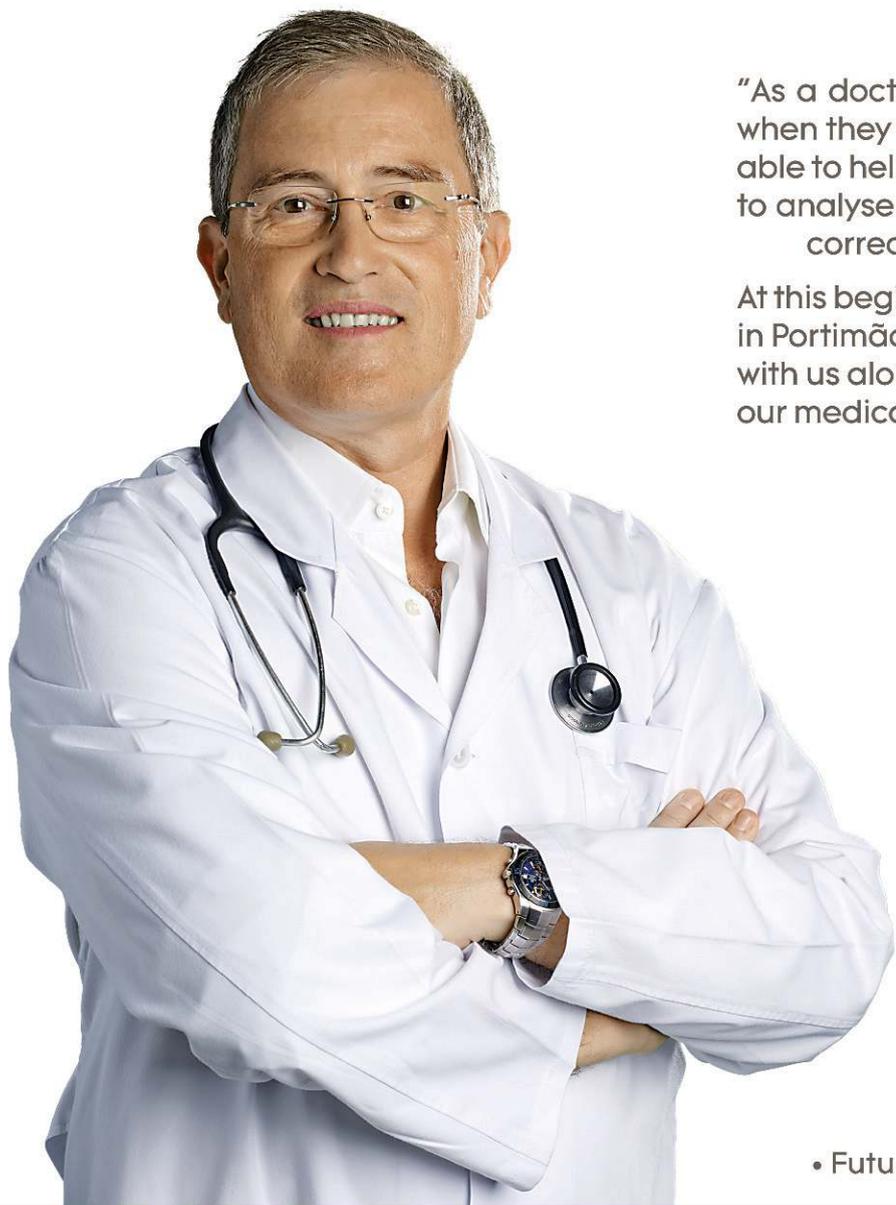
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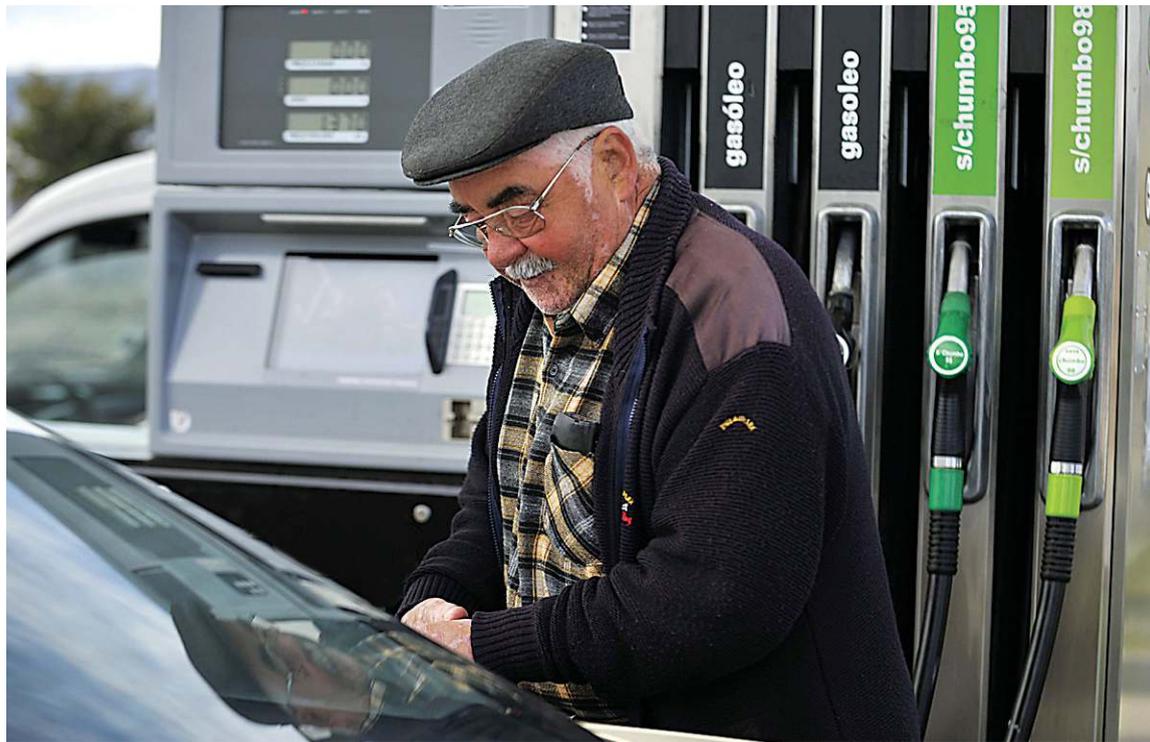
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Five petrol station operators sell illegal diesel



Five fuel station operators have been accused of not adding the correct amounts of biofuel at pumps, costing the state 48 million euros in lost revenue. (Photo: Lusa/Armenio Belo)

Five petrol station operators in Portugal that import diesel from Spain are not adding the correct amount of biofuel required by law, leading to a loss to the state of €48 million.

An official source from the State Department of Energy, quoted in several papers said "there are five operators that did not comply with the additions, which have been asked to pay compensation amounting to €24,394,000 and proceedings are underway with a value very close to that, totalling about €48 million." The Portuguese Association of Oil Companies (APETRO) also told the newspapers that "the state may have been defrauded by importers who have not been operating strictly in compliance with the law to the tune of more than €48 million in the last three years (€12 million for tax and €36 million for the non-incorporation of biofuel)". Sources contacted by the news-

papers said that the five operators are mostly in the so-called 'low-cost' market. APERTO estimates that illegal imports account for 0.2 percent to 0.4 percent of all diesel sold in the country. According to the newspapers, the cost of incorporating biofuel into diesel fuel can be around 3.2 euro cents per litre, but easily reaches 4 cents with VAT. "The average price of Spanish diesel before taxes is practically the same as the Portuguese price. The difference arises when taxes are charged. When diesel reaches Portugal, sometimes it already had some biofuel incorporated, but less than the legally required 7.5 percent." TPN/Lusa

Portugal will "easily accommodate" oil price rises – economists

Oil price growth may have a negative impact on the Portuguese economy, but economists say the expected rise in 2018 is not worrying and will be "easily accommodated."

After the price of a barrel of Brent oil, for delivery in March, exceeded US\$70 in January for the first time since December 2014, *Lusa News Agency* contacted analysts to understand the impact this rise may have on the Portuguese economy.

"From our point of view, these are still not worrying

rises, just think about what happened in recent years, when we had oil above US\$100, obviously at the time it had some impacts, but at this moment the world economy is much larger than it was then, which means that it is an acceptable value," Rui Bernardes Serra, chief economist at Montepio, told *Lusa*.

The economist, who, like other analysts contacted by *Lusa*, believes that the price per barrel will not exceed US\$70 this year, adding that it may even decline slightly in 2018, says that if there were a jump to US\$100, "there would be an impact" for Portuguese families.

In the 2018 State Budget report, the Ministry of Finance stipulates an average oil price of US\$54 per barrel in 2018 and adds that a 20 percent increase (to around US\$65) would

reduce Gross Domestic Product (GDP) growth by 0.1 percentage points (about €180 million).

Serra points out that part of the rise in the price of oil is related to growth of the world economy and that "this will weigh positively on the Portuguese economy, and may easily offset the negative impact of oil on Portuguese GDP via private consumption."

Professor António da Ascensão Costa of the Higher Institute of Economics and Management

(ISEG) said that the increase in the price of oil "ends up being transmitted to the whole economy and in general the impact is slightly negative," if the rise remains at around 20 percent.

Both economists believe a rise to around US\$100 per barrel would be a concern.

In 2017, world demand for oil increased 1.64 percent (equivalent to 1.57 million barrels per day) to a total of 96.99 million barrels per day, according to the Organisation of Petroleum Exporting

Countries (OPEC).

As for oil prices, which rose due to the reduced production pact between OPEC and ten other non-OPEC countries led by Russia, OPEC analysts point out that the December average price was the highest since June 2015.

The benchmark price of OPEC's barrel was US\$62.06 in December, 29 percent more than in the previous year and an annual average of US\$52.42 in 2017.

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Large majority of over-65's and health workers vaccinated against flu



This winter, the majority of over-65's and health workers have been vaccinated against the flu. (Photo: Lusa/Tiago Petinga).

Around 1.2 million people aged 65 or over in Portugal have been vaccinated against flu since the beginning of October, according to data from officials who monitor the take up of vaccinations.

That means that 61.2 percent of people 65 and over have been vaccinated against seasonal flu. Half of people suffering from chronic illness have also had the jab. The Vacinómetro, which monitors in real time the rate of coverage of vaccination against the flu in priority groups, as defined by the Directorate-General of Health (DGS), also shows that 54.8 percent of health professionals who come into direct contact with patients have also been vaccinated. Among people aged 60 to 64, the proportion who have had the flu vaccine is 31.8 percent. Most

were vaccinated at their doctor's recommendation, with just over one quarter doing so by their own initiative and 17 percent in an employment setting. The overwhelming majority of those vaccinated - almost 92 percent - had done the same in previous flu seasons. Vaccination against the flu is strongly recommended for those aged 65 and over, those suffering from chronic illness or whose immune system is compromised, pregnant women and health professionals or employees in nursing homes. It is also recommended for people aged 60 to 64.

TPN/Lusa

Portugal 14th in European health services ranking

Portugal remained in 14th place in the 2017 ranking of European health services, improving in some indicators, but scoring below par in terms of hospital infections and the number of caesarean sections.

The Euro Health Consumer Index (EHCI), by the Health Consumer Powerhouse organisation, is an annual ranking of Europe's national health systems

based on six areas: patient rights and information, accessibility, outcomes, diversity and breadth of services provided, prevention, and pharmaceuticals.

Among the 35 countries surveyed, Portugal ranked 14th, the same as in 2016, and remaining outside the "800 club", which includes countries that scored 800 points in the indicators, for which the maximum score is 1,000.

With 747 points, Portugal recorded a decrease of 28 points which, according to the authors of the 'ranking', was due to a

greater tightening of the criteria.

Nevertheless, Portugal remained ahead of the United Kingdom (15th), Spain (18th), Italy (21st) and Ireland (24th).

According to the Health Consumer Powerhouse, the Netherlands has the best European health system, followed by Switzerland (2nd) and Denmark (3rd).

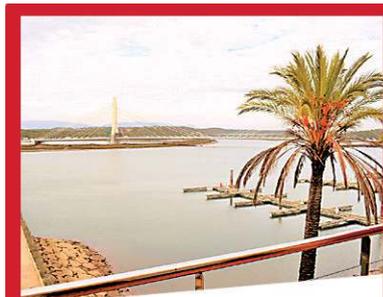
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Jamie Oliver opens first Portugal restaurant



Jamie Oliver last week opened his first restaurant in Portugal. (Photo: Jamie's Italian Lisboa/Facebook)

Jamie Oliver has opened his first restaurant in Portugal. The restaurant forms part of the chain Jamie's Italian, and is located in Principe Real in the heart of Lisbon.

The restaurant opened without any warning last Friday, and it remains uncertain when the celebrity chef will travel to Portugal to do the honours. Jamie's Italian already numbers 60 restaurants across the globe. Jamie Oliver's website describes the new venue as being located right in the heart of Lisbon and as such, "Jamie's Italian is the perfect place for any occasion" and "offers a delicious and rustic menu, served in a warm and welcoming atmosphere." The restaurant is based on homemade pizzas, fresh pasta and seasonal Italian-inspired dishes.

Portugal taken to EU court over conservation infringements

The European Commission is referring Portugal to the Court of Justice of the EU for not designating Special Areas of Conservation (SAC) for the protection of natural habitats and species included in the Natura 2000 network and for failing to establish the necessary conservation measures for these sites.

Portugal had to designate seven SACs in the Atlantic region by 7 December 2010 and 54 SACs in the Mediterranean region by 19 July 2012.

Portugal has also failed to establish the necessary conservation measures to maintain or restore the protected habitats and species in these sites.

The current measures adopted in the framework of the Portuguese Natura 2000 sectorial plan (PSRN2000) and the other sectorial and special plans are not comprehensive and precise enough to allow for an adequate level of protection and SACs designation.

As recognised by Portugal, the designation of the SACs requires a prior mapping of natural habitats and species as well as the adoption of management plans for each site.

The Commission has repeatedly urged Portugal to fulfil its obligations. A letter of formal notice was sent in February 2015 and a

reasoned opinion in May 2016.

So far, Portugal has not been able to respect its own commitments for SACs designation, and establishment of conservation measures.

Large fire destroys fringes of Quinta do Lago

A large fire that broke out over the weekend in Loulé destroyed parts of the Quinta do Lago resort.

The large blaze erupted on the fringes of the resort on Saturday afternoon.

It is believed to have been caused by a controlled fire to clear land, which spread out of control, fanned by strong winds.

Up to 50 firefighters were at the scene; the fire had been extinguished by Sunday morning.

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Amazon looking to open in Portugal

Amazon is reportedly preparing to invest in Portugal. According to *Jornal de Negócios*, the online shopping giant is currently negotiating to purchase a property in Porto from where it aims to base its operations in Portugal.



Residents in Portugal will soon be having an amazon.pt address to visit when looking to purchase items from the online shopping giant. (Photo: EPA/Dan Himbrechts)

Sources said that Amazon could open its doors to the Portuguese public before March. The news comes after Google confirmed it will be opening a hub in Lisbon that will employ 500 people. Porto city hall have meanwhile acknowledged that it was in talks with

Amazon to set up a space in the city for the US e-commerce company. "There are talks going on between Porto city hall and Amazon, but, at the moment we are not saying anything else", the city hall communication office told *Lusa News Agency*. *Jornal de Negócios* added that Porto

"is on the list to be the new home of the online retailer that has been interested in the Portuguese market since 2016".

A source close to the process confirmed that the company is in talks with the city hall and wants to set up shop in the Boavista area", the paper added. *TPN/Lusa*

Around 9,800 forged euro notes removed from circulation

Nearly 9,800 counterfeit euro banknotes were withdrawn from circulation in Portugal between July and December, with the 20-euro note the most often faked, the Bank of Portugal (BdP) said.

According to the Portuguese central bank, in the second half of 2017, in Portugal, 9,760 counterfeit notes were withdrawn from circulation, 1,679 more than in the first half of 2017.

The 20-euro note is the most often counterfeited, with 5,223 notes withdrawn from circulation, followed by 50 euros with 2,092 notes.

The banking regulator said the "[seized notes] remain residual when compared to banknotes in circulation."

According to a statement issued by the European Central Bank (ECB), also published on the Bank of Portugal website on the second half of 2017, some 363,000 counterfeit euro banknotes were withdrawn from circulation, an increase of 9.7 percent over the first half of 2016 and 2.8 percent year on year.

The 20- and 50-euro banknotes accounted for around 85 percent of forgeries and the majority (97.8 percent) of counterfeit notes were detected in eurozone countries. Around 2.3 percent of notes were seized in member states of the European Union and 1 percent were detected in other parts of the world.

According to the ECB, the probability of receiving a counterfeit euro banknote is now small and so it is a "safe and reliable" method of payment. In 2017 the increase in the amount and value of genuine euro banknotes in circulation was around 5.9 percent and 4.0 percent, respectively.

More than 21 billion euro banknotes are currently in circulation, with a total value of more than €1.1 Trillion, the ECB said. *TPN/Lusa*



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Chinese account for 60 percent of all 'golden visa' investment to 2017

Cumulative investment in Portugal by citizens of China who have applied for 'golden visas' – fast-track residence permits for major investors – totalled €2.06 billion at the end of last year, official figures show.

This represents 60% of the total for the programme as a whole, according to the Immigration and Borders Service (SEF).

In all 3,588 permits were issued to Chinese applicants from 2013 to the end of last year. In total, since the Residence Authorisations for Investment (ARI) programme was launched in October 2012, it has attracted investment of €3,411,265,842.39.

Last year Chinese investment under the scheme totalled €306,397,093.97 - down 37% on 2016 - with

538 residence permits being issued, down from 848.

By far the best year in terms of Chinese investment was 2014, when the programme brought in almost €711 million and 1,235 permits were issued.

Citizens of Brazil, meanwhile, have invested a cumulative total of €400 million, with 473 permits being issued between 2013 and 2017. Brazil is the second country, after China, in terms of permits issued.

Last year, investors from Brazil put in almost €179 million, making it the best

year ever on that measure.

South Africa, the third most important country in the scheme, is the origin of a cumulative €140 million euros, accounting for 218 permits.

Total investment under the ARI scheme last year slipped 3.4% to €844 million.

Property continues to be the main destination for investment, with almost €771 million last year - the vast bulk of it for purchases (for which the eligibility threshold is €500,000) rather than purchase with rehabilitation (for which the threshold is €350,000), for which 75 residence permits were issued. The separate criterion of transfer of capital (minimum €1 million) brought in more than €73 million last year, with 70 permits being issued on this basis. For the creation of at least 10 jobs, the other criterion, just two permits were issued.

In all, since ARIs were launched, a total of 5,553 have been issued. *TPN/Lusa*

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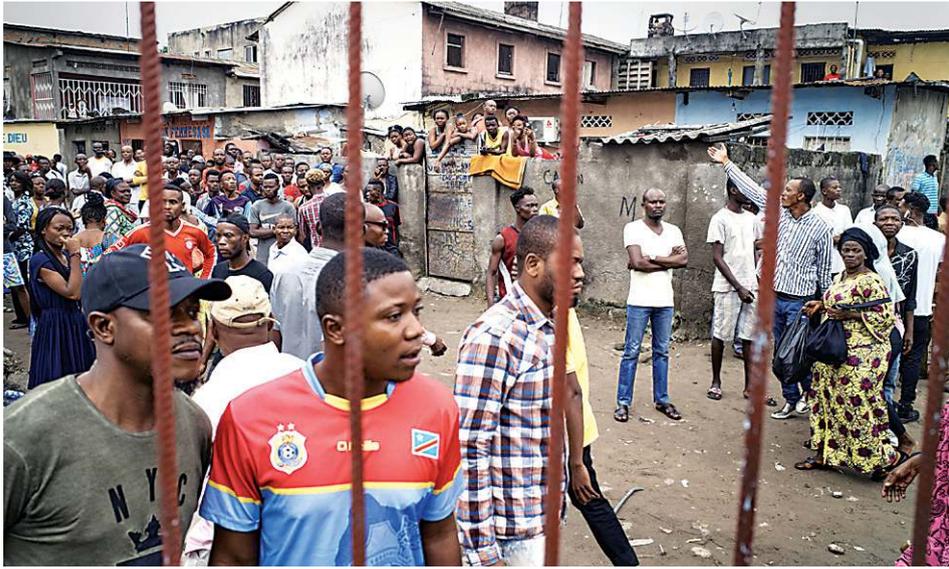
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Congo: Drifting into Dangerous Waters

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You have to admire Joseph Kabila's cheek, if nothing else. On Saturday, at his first press conference in seven years, the long-serving president of the Democratic Republic of Congo said: "We have to have elections as scheduled." But they were scheduled for December of 2016.



Protestors attempt to leave the safe haven of a church during violent protests that left five people dead and scores injured in Kinshasa, DRC Congo, 21 January 2018. (Photo: EPA/Robert Carrubba)

Kabila had been in office for fourteen years by then, but somehow he had forgotten that you need an up-to-date voters' list before you can hold an election. So he generously offered to stay in office as president for another year while this was done, even though he was not allowed to run for a third term as president.

The various opposition parties and the Catholic Church, which has immense influence in the DRC, were not greatly pleased by that. However,

they reluctantly agreed to go along with it and the election was rescheduled for December 2017 - last month. As it became clear that the deadline would not be met the demonstrations and protests multiplied, and the 'security forces' grew more repressive: a recent UN report found that state agents had carried out 1,176 killings in 2017. And late last year Kabila declared that the elections would have to be postponed again, to December 2018. "Kabila does not have any intention to leave power,"

said Felix Tshisekedi, a prominent opposition leader, after the latest postponement. "His strategy is to spread chaos across the country and then delay elections because he'll claim there is too much violence." The violence is certainly increasing, and there is a serious risk that Congo is sliding back towards civil war, but it's too simple to blame it all on Kabila.

Joseph Kabila came to power when his father Laurent-Desire Kabila, a warlord who had emerged victorious in the first civil

war in 1997, was assassinated in 2001. He was only 29 at the time (although his father had already made him army chief of staff), and he had no political following of his own.

He has subsequently become very rich, but he is still not a powerful figure in his own right. He was put in office by the security forces, now dominated by the men who led his father's rebel army, and he remains largely a figurehead while they make the real decisions. The problem is that they can't decide who should replace him.

Kabila didn't actually forget to change the law that restricted him to two terms of office. Doing that would have been simple enough if the men who really run things had all wanted him to stay in office. (Three other African leaders have changed the rules on term limits so they could stay in office in just the past year.) Nor is there much doubt that Kabila would have won if there had been an election last year or the year before. It's the regime's own people who are slowly compiling the voters' lists, and the choices they make will doubtless guarantee a victory for the regime. The situation is drifting towards chaos because the various factions within the security forces cannot agree

whether to keep Kabila in power or switch to another figurehead.

It's all about who has access to resources (for which read money) within the regime, but meanwhile 81 million Congolese are being dragged towards another civil war. The last one, in 1998-2003, killed at least 5 million Congolese, mostly from hunger and disease. They do not need another. There is already heavy fighting between militia groups and the army in the east and south-east, with the majority of the casualties, as usual, being civilians. It would be comforting to believe that an election could stop all this, but it can't. What is required is a strong and reasonably honest government that can reassert control over this huge country, the poorest in the world.

It is sheer fantasy to imagine that a country bigger than all of western Europe, but with less in the way of all-weather roads than tiny Luxembourg and a per capita income of about a dollar a day, can be saved by a free election. Communications are so poor that there is no genuine 'public opinion', and beyond Kinshasa, the capital, almost all political loyalties are tribal.

Democracy is important, and for most African coun-

tries - for most countries anywhere - it is the best solution. But the Congo is too big, too poor and too ethnically fragmented for that to work yet. Elections are symbolically important because they embody the principles of popular sovereignty and the rule of law, but everybody who might actually get elected belongs to a small privileged elite. A relatively small part of that group, the 'security elite', have actually been running everything since the turn of the century, and the first order of business must be for them to make a deal on who their candidate will be at the next election. Whoever that is will certainly win, and it hardly matters whether it is Kabila or somebody else. Those behind the scenes will still pull the strings. But until they reach an agreement about the regime's candidate, the country will continue to drift, and it is drifting into dangerous waters.



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

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England ready for Six Nations defence after Vilamoura training camp

The England rugby squad were back at Browns last week in Vilamoura in preparation for the Six Nations opening game against Italy on 4 February.

For the fourth time since October 2016, England RFU have returned to Browns in Vilamoura for a warm-weather training camp, this time in preparation for the defending champion's game against the Azzurri in Rome on 4 February.

The purpose-built training resort has everything on-site including 2 natural grass pitches, a High Performance Gym, catering facilities and pitch-side accommodation all enclosed in a private 53,000m2 resort. With over 17 years experience, Browns has seen a high rate of returning teams from schools to National teams. In fact, the resort was not new to England's senior squad, having previously stayed at Browns pre-world cup in 2007 and ahead of the Six Nations 2009.

The Squad returned back to England on



26 January ahead of the opening match in Italy this coming Sunday at 3pm. The following matches lined up for the 36-man squad are Wales (10 February), Scotland (24 February), France (10 March), and Ireland (17 March).

Algarve History Association: Events In February

GUIDED WALKS OF TAVIRA

Peter Kingdon Booker has devised three areas for Historical Walks in Tavira. The first covers the walled town on the hill, and includes the Roman Bridge, the Câmara building the castle and the walls. He discusses the churches and religious buildings within the walls and finishes the tour back at the riverside. In Walk no 2, Peter tells of the demolitions which permitted the Praça da República to appear as it does today, and then talks of the gardens in the centre of the southern edge of Tavira, and moving back towards the centre, past the old jail. Walk no 3 is on the other side of the river, and shows the flood markers, the governor's residence and the churches of the northern suburb, passing the chapel formerly devoted to those suffering from leprosy, of course on the boundary of the old town, and finishing at one of Tavira's unsung examples of civic charity and generosity.

In 2008, Peter decided that because most expatriates (British and others) that he had met knew very little about the country to which they had emigrated, he would study and give lectures on the history of Portugal. Former Exhibitioner in Modern History at Pembroke College Cambridge, Peter has now delivered well over 200 lectures here

in the Algarve, in Lisbon and in London on subjects related to Portuguese history and just a few on Portuguese culture. He says that his favourite non-historical subject is Fado.

On Wednesday 7 February, Peter Kingdon Booker has arranged a guided walk of Tavira Walled Town. On Wednesday 14 February, there will be a guided walk of Tavira Medieval Town and on Wednesday 21 February, there will be a walk of Tavira Northern suburbs. Meet at 11am at the Roman Bridge, Tavira.

The cost will be €2.50, to book a place, contact: peterbooker1347@gmail.com.

TALKS

On Monday 19 February at 6pm at Clube de Tavira and on Tuesday 20 February at 6pm at Municipal Library Lagoa there will be a talk by Denis Bergin: 'Making it in America: 4 Centuries of the Portuguese in the New World'.

MUSIC

On Saturday 24 February at 6pm, The New Orleans Jazz Band will be playing at Beira Rio Restaurant in Tavira.

For more information go to: www.algarvehistoryassociation.com or contact: lynne.algarvehistory@gmail.com

Let's Walk in the Algarve

Tuesday 6 February – Let's Walk from Exerim, Silves: An interesting walk through woodlands deep in the heart of the foothills and through the orange groves. The walk is 2.5 hours and is moderately easy with some very gentle climbs (nothing onerous). 10.30am start. Meet at the Cantinho do Exerim. Drive to Silves, go over the bridge and turn right. At the roundabout take the first exit and after 1.5km turn left (opposite

the Café Prata) and turn immediately right to park the car in the Rua do Canal – the Cantinho is further along that road perched above the road on the left.

Friday 9 February – Let's Walk through Almond Blossom: A moderate walk of about 2.5 hours through orchards of almond trees and up on the barrocal limestone with stunning views. 10.30am start. Meet at the café in the centre of the village. From

the EN125 – drive to Boliquireme and in the centre follow the signs for the A22 after 1.5km turn left towards Loulé. After the quarry turn left for Alte and after 500m at the T-junction turn left again. Now follow the road for about 10km, when you come to the village of Alta Fica, drive through the village and 1km further on there is a turn to the right for Nave de Barão. Follow the road to the village and the café is on the right.

Next walk: Tuesday 13 February 13 - Lets Walk from Moncarapacho.

There is no need to book please just come along wearing shoes suitable for country walking and please bring a sense of humour! There is a nominal charge of €5 per person which includes a donation to charity. If the weather looks doubtful please call beforehand - Chris 913 011 537

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Bowls Algarve

Saturday 27 January and another sunny, warm morning for Bowls Algarve bowlers. In League A, with all games again up to date, Albufeira Cats are in top slot with fifty-nine points, with Tavira Tigers chasing on forty-five points. League B, has Valverde Vipers in top place with fifty-eight points, whilst Alvor Amigos are in sec-

ond place with fifty one points. This week's Cameron Cup results have Valverde at the top of the table with eighteen points. Floresta are contesting the top slot also with eighteen points but there is a shot difference of thirty nine to Valverde and thirty three to Floresta. Super 10's this week see

Balaia resting, and Albufeira at the top of the table with forty-six points. Tavira and Balaia are contesting the bottom slot with sixteen points each. However, Tavira have a shot difference of minus eight, whilst, Balaia have a shot difference of minus one hundred and sixty-seven. *Miriam Hare*

Algarve Activity Bike Rides

Here are the details of this week's rides:

Saturday 3 February - Bike Ride starting in Alte: We meet in the car parking spaces between the cemetery and village centre at 9.15am ready for a 9.30am start. This will be a fairly challenging ride of around 45kms with a café stop somewhere along the way.

Sunday 4 January - Bike Ride starting in Algoz: We meet in the centre of the village at 9.15am ready for a 9.30am start. This will be a regular Sunday moderate challenge ride of around 35kms with a café break somewhere along the way. We will head to Armação de Pêra for coffee and visit the classic car rally that is scheduled to take place there.

along to one of these rides, please confirm either by text, email or on Facebook via the Activity Algarve Bike Rides page. If a ride has to be cancelled for any reason, such as bad weather, notification will be via text. We reserve the right to cancel any ride if less than 5 people are signed

up. Price for participation is €5 per rider per ride. For more information please contact Paul Beesley on tel: 913226954, email: paul@algarvebikeholidays.com, see our website: www.algarvebikeholidays.com, or Facebook: AlgarveBikeHolidays.

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Festive Swim Donations



Rafaela Santos (Holiday Inn Algarve) Ricardo Pinto, Lidia Guia (Holiday Inn Algarve) and Ricardo Xufre

It was a great pleasure to present the €1,331 raised at the Christmas Day and New Year's swims, to Ricardo Pinto, President of the Junta de Freguesia of Armação de Pêra and Ricardo

Xufre of Casa de Acolhimento A Gaivota Santa Casa da Misericórdia de Albufeira.

Thank you to all those who participated in these events.

Vicki Good

Healthy Living Workshop

Following on from the success of last year's event, the Association for the Protection of Animals in the Algarve (APAA) will be holding another healthy living workshop at the Vila Rosa Resort, Praia da Rocha, on Wednesday, 21 February.

This year's event, *Moving Beyond Age*, is a fun and interactive workshop where you can learn very simple strategies to safely maintain the quality of your movement, regardless of your age.

You will go back in time, to your first year of life, and you will relearn some basic body positions and movement patterns that were keystones in the development of your motor control.

With simple progressions within a single exercise, you will

be able to improve your balance, mobility, stability, coordination, cardio, strength, body awareness... well, your movement as a whole.

The workshop will be presented by Joel Fernandes, a physical therapist and personal trainer, whose unique style of merging the knowledge of the world of rehabilitation with the knowledge of the training field, better prepares his athletes, clients and patients for the requirements of their daily life necessities.

The cost of €20 includes refreshments on arrival and a healthy buffet lunch.

For further information or to book a place, please email info.apaaportugal@gmail.com or call Jenny on 919 041 903 or Jackie on 91 265 1819.

First meeting of the Chaîne des Rôtisseurs in 2018

On an extremely cold night last Saturday 27 January 2018 members of the Bailliage Algarve of the Confrérie de la Chaîne des Rôtisseurs and their guests met for a friendly dinner in the cosy surroundings of the renovated farm building which is Restaurant Monte da Eira in Clareanes, Loulé. The group consisted of eight different nationalities from 3 continents. Blazing wood fires, a welcoming drink prepared by the owner Pedro and greeting friends both old and new set this first event of the New Year off on the right relaxed note.

The menu, based on flavour-some traditional Portuguese cuisine was prepared by Pedro's son and his kitchen brigade. Portuguese

wines complimented the traditional food and Dr. Jean Ferran, Bailli provincial of Bailliage du Sud du Tage gave a summary of some of the interesting events planned in this year.

The owner and his staff were thanked for their hard work which together with the friendly family atmosphere had combined to make the evening a memorable one.

The Chaîne des Rôtisseurs is the oldest gastronomic association in the world, founded in France in 1248 in the reign of King St. Louis as the "Royal Guild of Goose Roasters". This global society which has over 25,000 members in seventy-five countries, brings together both



professional members and those who appreciate wine, cuisine and fine dining. It also supports and promotes the future of young cooks and Sommeliers through the Chaîne Foundation. The Bailliage of Portugal sup-

ports a cookery school in Evora for young people. English and Portuguese are spoken at events held in the Algarve. Should you wish to know more about this, please contact Dr Jean Ferran on ferran@monchique.com

Cream Tea for Lesotho

Hannah and her hardworking team and bakers, hosted a most successful Cream Tea in January at my home church at Vale Judeu (IEVJ).

Amazingly over 120 guests attended and an amount in excess of €2,000 was raised.

Monies raised launched our new children's outreach of Thuso (help) Education Fund. This will help older children to further their education after completing schooling.

Hannah is a keen helper in this new fund. Her heart is with the

children. She personally donated and auctioned many of her own precious paintings.

In February, Hannah will visit Lesotho and help us finalise the nitty-gritty details for the Thuso Education Fund. Children will be helped this year.

Finally we would like to give heartfelt thanks to Pastor Mark for his faithful support and to everyone who kindly donated to these children. Kea Leboho haholo is our way of saying a very big thank you.

Jill, Pulane, Lesotho



CASA welcomes 2018



On Saturday 20 January, fifty members and guests met at *Brasserie Rosal* just outside Carvoeiro for the CASA annual 'After Hangover Dinner'. This event, the first every year for many years now, celebrates the survival of the rigors of the combined Christmas and New Year festivities and is always highly popular with our members.

The evening went with a swing; Andi (our host) had the place nice and warm with a blazing log fire in the main restaurant and had the forethought to have additional heaters where seating was away from the main fire.

Good food, a comfortable ambience and the opportunity to meet friends and swap details of our Christmases; difficult to beat!

We were also pleased to welcome four new members to the club at the dinner, a further four new members are expected to join us at our next event which will be lunch on 10 February at *Por Do Sol* in Alvor. Full details of this and all our planned events, which are also open to non-members, can be obtained from the club website - www.casasocial.club or from Margaret Brito on 282 495 475 or by email to info@casasocial.club

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Indoor plants to boost your mood

As research suggests plants can bolster workplace wellbeing in more ways than one, here are some low-maintenance options to consider.



Peace Lily (*Spathiphyllum*). (Photo: Ambius/PA)

It's time to clear out the office clutter and bring some zing to your workspace - and a new plant could be just the ticket to add some colour and freshness, and boost your productivity in the process. Joint studies by Dutch and British universities, carried out on working environments in London and Holland, suggest plants can increase productivity by as much as 15%, as well as improving employees' sense of wellbeing in the workplace by up to 40%. So, what can you grow in the office and how will it thrive? Interior plant welfare

expert Kenneth Freeman, of interior plants specialist Ambius (ambius.co.uk), suggests the following six options...

Devil's Ivy

Devil's Ivy (*Epipremnum aureum*), a type of evergreen vine, can grow beyond 30ft in the wild, but indoors it rarely exceeds 8ft. The leaves are large and sometimes heart-shaped and come in a wide variety of light and dark shades. This species adapts well to a variety of office conditions, from low light levels to brighter ones, but is ideally

placed near a window but out of direct sunlight. Water when the surface has dried out, allowing excess moisture to drain through. These plants don't like soggy bottoms. Their heart-shaped white-splotted leaves make a lovely addition to a desk, shelf or table. Larger specimens, trained around a pole or cane, look great in big pots on the floor.

Peace lily (*Spathiphyllum*)

Peace lilies have very wide, broad, deep green leaves and grow beautiful white flowers that have given them their common name. They are popular because they don't need a lot of light and are forgiving of occasional over-watering, too. Peace lilies are also known for cleaning the air, helping to remove toxins and creating a healthier work environment. They're also tolerant of low light and are vigorous growers. These plants work well for focal interest and screening. Plants which don't flower need to be put in brighter light - but out of direct sunlight, which can scorch the leaves. Brown leaf tips can be caused by overwatering. Water thoroughly, but don't let the soil get soggy.

Dracaena

These tough plants make a great choice for eliminating pollutants. Easy to care for, they can also provide a focal point or be used as a screening plant. *Dracaena cincta* (sometimes called *Dracaena marginata*), can survive in drought-like conditions and have a relentless root system which makes them tough to wilt - perfect for a neglected desk plant. Not only are they sturdy, but their thin, often colourful leaves look attractive on desks. For darker areas, or where a statement is needed, *Dracaena 'Janet Craig'*, with its bold, green foliage, is tough and forgiving.

Aglaonema

Sometimes just called 'aglos' or Chinese evergreen, aglaonema are popular because of the colour their leaves can attain. They have short stems bearing long-stalked, often attractively variegated leaves. While many are deep green, they can also have traces of silver or red. They symbolise long life to the Chinese. They need temperatures of 16-26C and can tolerate low light conditions. The darker the leaves, the less light is needed. Keep the soil moist at all times but you'll need to water less in the winter. Repot them every two or three years, but they like to be pot-bound so don't worry if the roots start showing through the bottom of the pot.

Ficus benjamina

Commonly known as the 'weeping fig', this is a versatile plant that looks attractive as a standalone specimen or as part of a mixed display. They grow

wild in the tropical forests of India, south-east Asia and northern Australia. Indoors, keep the area humid, regularly misting the plant or setting it on a pebble tray filled with water. However, weeping figs don't like wet roots, so only water them if the top of the soil is dry. Cold draughts from windows or doors will harm them, so place them in a draught-free spot.

Zamioculcas zamiifolia

Commonly abbreviated to the ZZ plant, the fat stalks and bulging roots of these low-maintenance plants store a huge amount of water, meaning you don't have to search around the office for a watering can every day. A favourite for people who are prone to killing their plants, they can also tolerate prolonged periods of low light and are ideal desk plants in our dark winters. They need little fertiliser, don't require much water, and can handle neglect. TPN/PA

New inte

In this fast-moving world, anyone who reads magazines, browses Pinterest, Instagram and their favourite decor blogs, knows there's a dazzling (and sometimes confusing) array of ideas out there to inspire our style.

To make it easy, we've identified three key new spring/summer trends - Artisan, Natural and Luxe - that you can shop on the high street. So not only will these looks all add 'va-va-voom' to your home, but they won't break the bank, as these top finds show...

Get a weave on

Be inspired by creativity and craftsmanship sourced from around the world and take your home into a new decor destination with an 'artisan' theme. "I love those little variations that make artisan textiles



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rior trends to try

and ceramics unique - that's why this trend has such staying power," predicts Jakki Pay, home design director at House of Fraser. "We've sourced a patchwork of techniques, from mark-making to hand-stitching and tactile fringing. It's our very own celebration of global craftsmanship, so expect natural materials, tribal prints and plenty of earthy, sun-dried colour." "When creating this interior style, don't be afraid to be bold," advises Claire Hornby, creative stylist, Barker & Stonehouse. "Opting to layer rugs in stripes and patchwork patterns across your living or bedroom space is a simple and guaranteed way to create interest from the ground up. This adventurous streak can make its way to your sofa - select scatter cushions in contrasting fabrics, designs and hues, which can really work if you stick to complementary earthy colours. Celebrate wanderlust by proudly displaying your collected art and accessories, to remind yourself there's a whole brilliant world out there."

Take a leaf out of nature
Mirror the elegance of the natural world and its palette - the 'natural' trend is all about organic structures and tactile finishes. "Way back in 1984, Dr Edward Wilson termed 'biophilia' as the 'innate sense of belonging to the natural world'. Now, 34 years on, this sense of belonging will be entering our homes, with wallpa-



Be inspired by creativity and craftsmanship sourced from around the world and take your home into a new decor destination with an 'artisan' theme. (Photo: Barker & Stonehouse/PA)

pers, window blinds and other decor. This trend is also about nurturing the planet and sustainability," says Alex Whitecroft, head of design at I Want Wallpaper. "Some key looks will be living walls, plant/tree bark designs, vegetation and the creation of tech-free spaces, because this look is all about immersing oneself in nature. That means an abundance of greenery and vegetation, whether real or faux. It's about promoting a sense of wellbeing through our obsession with the natural world." "People are asking more of their homes. Scandinavian-style simplicity is still strong, but it will be joined by a desire for understated opulence, with rich velvets, brass accents (replacing last year's copper) and different stone fin-

ishes," says Cornelia de Rooter, CEO and co-founder of Homewings. "Marble, velvet and mid-century pieces are adding a touch of luxury and smaller accent pieces, like pouffes and ottomans in rich shades, are helping to add colour to homes." **Layer on the luxe**
Counterbalance the rapid advances of technology with luxury items and a subtle colour palette that projects elegant timelessness; a core essence of the 'luxe' trend. "To some extent, all trends draw their influence from the past, and this look celebrates history and heritage. There's a sense of 'looking backwards to go forwards', which translates as a fusion of retro and modern influences," says

Lorna McAleer from Style Studio. "Colours are classic and modest - for example, mix burgundy and warm brown colourways with mellow neutrals. Team items with sleek, modern blinds to stop a scheme appearing stuffy." "To maintain the more minimalist and pared-back styling, try not to overload your look," says Claire Hornby. "Opt for a base palette of neutral and natural tones to help elevate the opulence of metallic accents. Consider placing perfectly formed, geometric objects next to natural free-formed elements, such as wood or crystals, for a wonderfully eclectic effect." Alternatively, make it tropical and lush with exotic detailing such as palm prints; Biba at House of Fraser has some great pieces. TPN/PA

D&N Lifestyle Lounge



D&N Lifestyle Lounge is a new space and a new concept in Portimão, taking you from day and into the night with style. D&N combines two different concepts; a modern coffee lounge during the day and a welcoming cocktail and tapas bar during the evening, making it the perfect place to relax, unwind and enjoy time with family and friends. With a mix of retro and modern styles you can get lost in its three floors filled with colours, sounds and eclectic decoration and features. The menu at D&N Lifestyle Lounge is as eclectic and varied as the space itself. Choose from a selection of sweet and savoury options. The food is homemade and artisanal and follows a healthy approach.

There are a wide selection of coffee drinks, teas and homemade juices and smoothies, with concepts and ideas brought from several places around the world, such as Taiwan, India, Morocco and Argentina. The lounge also has an interesting selection of Portuguese wines, beers (including craft beer), whiskies, rums and vodkas. There you can also find several interesting cocktails and the different concept "Today I feel like a cocktail" (cocktails that change every single day). More than a café, more than a bar... D&N Lifestyle Lounge is a new concept: A Lifestyle lounge.

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Animal World

Should your family get a dog?



The Dogs Trust advises on what to consider before getting a family dog.

Q. My children are desperate for a dog. They've promised they'll look after it and walk it, but I know I'll end up doing it and just haven't got the time. It would be nice to have a dog though - what advice can you give?

Dogs Trust head of education Hollie Sevenoaks says: "Dog ownership has so many benefits, but making the decision to get

a family dog shouldn't be taken lightly as there are many things to consider. "Firstly, this should be a whole family decision as everyone has a part to play in making it a successful relationship. You should consider time, finances and the commitment needed to look after a dog for the average lifespan of 10-15 years. You should also research

the breed and size of dog and where you want to get your dog from, to ensure you're buying responsibly. "Do you have enough room for a big dog, or would a smaller dog suit you better? Either way dogs need a lot of care and attention, consisting of walking at least twice a day, playtime and feeding time. "It's also really important that your family attends positive training classes to ensure your dog is sociable and well-behaved. "The cost of a dog varies depending on how much you pamper your pooch, but the average cost of owning a dog for a year is €1,300; this includes all

the essentials such as veterinary care, food, insurance, new toys and bedding. "Although it's important to realise dogs are a huge commitment for the whole family, there are plenty of positives to having a family pet. Studies have shown that stroking your dog can lower your blood pressure and make you feel calmer. Another positive is teaching your children responsibility and commitment, which is always a good thing. "So as a general rule, if you've considered all of these factors before making your decision, you're already onto a winner."

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res begin at Taste!

Nicola and Ciprian have built a fantastic reputation in Carvoeiro over the years, thanks to the friendly welcome, great food and memorable atmosphere at their restaurant and now the team are moving to a new location and are ready to embrace a new adventure at Taste. The team have moved further along Rua do Barranco (the out road) in Carvoeiro and are now in a fully refurbished restaurant, the last building on the left after the MotoRent shop.

The new bright and modern space has a separate lounge area downstairs where guests can enjoy one of the delicious cocktails made by Jeferson Santos, who in November took part in the national "Barman do ano 2017" and won third place. This is an ideal area to enjoy a pre-dinner cocktail or to come in and see the new improvements, with the bar open daily from 5pm. Upstairs, diners will find the main dining room, with a beautiful wine bottle presentation and a cosy fireplace for the winter months. In the summer there will also be outside dining options for those who prefer to eat al fresco on a warm summer evening.

While the location may be new, the main staff have all remained the same, as has the signature style of the restaurant menu. Taste will also be continuing their hugely popular Saturday steak nights for €15, while there will also be live music performed in the restaurant on Thursday evenings. *Join the celebration!* Nicola, Ciprian and the entire team are opening the doors on the new Taste on Friday, 2 February between 4.30pm and 7.30pm and will be serving free drinks and snacks for everyone keen to come and see the new location. The evening will also include live music from Althea Browne and a fire and dance show from Monica Pereira.

Normal dinner service will begin in Taste from Saturday, 3 February with entertainment during the month including a Brazilian guitar evening and folk and blues from Jon Storey. Visit Taste and share in the new adventure! Taste Restaurant can be

Taste restaurant in Carvoeiro is reopening in a new location with exciting times ahead for the entire team!



Nicola, Ciprian and the entire team are opening the doors on the new Taste on Friday, 2 February between 4.30pm and 7.30pm and will be serving free drinks and snacks for everyone keen to come and see the new location.

found on Rua do Barranco in Carvoeiro on the out road, on the left next to MotoRent.

For further information or to book a table, please call 969 577 644, email tastecarvoeiro@hotmail.com, visit www.tastecarvoeiro.com or like their Facebook page "Taste Carvoeiro".

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SUGARLESS GLUTEN FREE APPLE AND PEAR PIE



INGREDIENTS

- 370g gluten free muesli
- 100g margarine
- 6 Granny Smith apples
- 6 Rocha pears
- Ground cinnamon to taste



Gluten free muesli



Granny smith apple



Rocha pear



Cinnamon sticks

METHOD

Preheat the oven to 180°C • Grease the pie dish (22cm diameter with removable base) • Place the margarine and muesli in a blender • Once mixed, place into the dish, making a base about 1.5 cm deep • Peel the apples and pears and cut into cubes • Place in a covered pan and cook until soft • Add the cinnamon and remove from the heat • Pour the cooked fruit over the pie base • Decorate the top with slices of apple and pear • Sprinkle the pie with cinnamon • Place in the oven and bake till golden • Serve warm.

Discover more recipes at:
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Be in the right place at the right time



June: Polar bears in Svalbard. (Photo: PA Photo/Paul Goldstein)



August: Big cats and wildebeest in Kenya. (Photo: PA Photo/Renato Granieri)



September: Grizzly bears in Canada. (Photo: PA Photo/Sarah Marshall)

The success rate for seeing wildlife is based largely on two factors: having patience and choosing the right time of year to visit.

Unless you're the BBC Natural History Unit with ample time and money to spare, your best bet is to plan carefully, booking a holiday when animal activity is at its peak. Here, we've selected some of the best months to see various headline fauna around the world. Nothing in nature comes with a guarantee, of course, but follow our advice and chances for sightings will be greatly increased.

January: Iberian lynx in Spain

You don't have to travel halfway across the globe to see wild cats. Europe has its own feline beauties, including the critically endangered Iberian lynx found in Coto Donana and the Sierra Morena. The breeding season, which runs from January until July, is the only period when adult males and females interact.

March: Gray whales in Baja California, Mexico

Ever wondered what it feels like to stroke a whale? Even if you detest the idea of animal petting, the famous grays of Baja are hard to resist. They migrate here from January to give birth and frequently invite interaction with boats by spy-hopping and swimming below the hull. Trips are operated by local villagers who've swapped fishing for tourism.

April: Tigers in India

India is searingly hot at this time of year, but if you can handle the heat it's the best time to see tigers, who are forced out into the open seeking watering holes. To maximise your chances, visit several national parks.

June: Polar bears in Svalbard

Spring ice melt allows expedition ships to get further around this Arctic archipelago in search of bears on sea ice. Huge flocks of guillemots and kittiwakes also return by May, making the bird cliffs of Alkefjellet an overwhelming sight at this time of year.

August: Big cats and wildebeest in Kenya

Lured by rain and the promise of fresh grazing, Africa's wildebeest migrate to the Maasai Mara from June onwards. The peak of the action is August, when many die in stampedes during frantic river cross-

ings and opportunistic big cats enjoy a feast.

September: Grizzly bears in Canada

When spawning salmon make their long journey from the ocean back to the place they were born, hungry bears capitalize on the feeding bonanza. Alaska and western Canada provide the best viewing opportunities, although most coastal lodges book up months in advance and viewing platforms can be busy. Head inland, to the mountains, for more intimate - and wilder - encounters.

November: Penguins in Antarctica

During Antarctica's spring, the light is superb; skies burn pink at dawn, settling into ruby embers at dusk. Penguins are present throughout the season, but in these conditions they're even more of a joy to photograph.

TPN/PA

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DIY beauty treatments to save you money



A revitalising night facial massage will help your skin feel calm and rested, so you awake looking supercharged the next day. (Photo: PA Photo)

Katie Wright seeks expert advice on how to achieve spa results without leaving your bathroom.

With a decent bikini wax setting you back any thing between €20 and €50, and the best facialists charging well over €150 for an hour-long appointment, looking good does not come cheap. These not-so-little luxuries really add up, and while it may seem

that they require a beautician's expertise, with a bit of know-how, you can do your own treatments at home just as effectively, saving you a lot of money. We spoke to a range of beauty experts to find out how to get salon results without paying professional prices.

Facial massage

You know that dewy, fresh-faced glow you have when you emerge at the end of an amazing facial? Well, it is possible to perk your own skin up like that, according to celebrity facialist and Nivea skin coach Abigail James, who recommends using the Q10 Plus Vit C Skin Sleep Cream when massaging each of these five areas of your face.

"A revitalising night facial massage will help your skin feel calm and rested, so you awake looking supercharged the next day," James says.

These are the five key movements you need for your nightly skin-soother:

Liver area (between the brows)
The liver is responsible for removing toxins, processing hormones and keeping our bodies healthy. Support this by massaging the whole liver area. Use both middle fingers and massage in an upwards direction for five seconds.

Lungs area (on cheeks)
The lungs are closely connected to the skin in traditional Chinese medicine. Using finger pads smooth cheeks outwards towards the ears.

Heavenly Glow Point (below the jaw)

This is an important pressure point for skin vibrancy, located below the earlobe and jaw on the neck. Use your middle finger to circle and pump on this area 10 times.

Third Eye Point (between the eyebrows)

One of the most common acupressure points for health treatment, this helps enhance your complexion and reduce skin problems. Use your middle finger to circle for 10 to 20 seconds.

Facial Beauty Point (cheekbones)

Located below the middle of each eye just slightly below the cheekbone, working on these points helps to reduce blemishes and spots, improves blood circulation and skin tone. Use your middle finger to circle for 10 to 20 secs on each side.

Exfoliating facial

If your idea of the perfect facial is the kind that feels like it's blasting away years of dead skin cells, an exfoliating device like the Braun Face Spa, which offers multiple treatments in one, is what you're after.

"The cleansing attachments offer both a normal and sensitive cleanse option, which are significantly more effective than doing a manual cleanse. I like using the sensitive cleanse brush in the morning then intensifying my night-time regime by using a BHA cleanser with the 'normal' brush, for a more intensive cleanse," says Dr Anita Sturnham.

"Following your cleanse, you can move to the skin vitalizing pad. This helps to remove old, dead skin and improves circulation. The exfoliation brushes offer both a deep and superficial exfoliation, thanks to their differing bristle lengths - this works well as a once or twice a week home treatment."

Waxing

If paying through the nose for a stranger to rip the hairs out of your follicles is like adding insult to injury for you, at-home waxing might be the answer. "It's far more cost effective and time efficient to wax yourself at home, and you're also more in control of your treatment," says

Nair's Skin Expert Nichola Joss. "Waxing strips are easy-to-use, effective and results driven, compared to shaving, epilating or laser - all of which can be aggressive and damaging to skin."

"The best way to minimise pain is to completely prep the skin - i.e. cleansing and exfoliating beforehand. Make sure you have all your tools to hand and allocate enough time for each treatment," Nichola advises. "Read through the instructions completely and carry out a patch test 24 hours before." Done all that? Then you're good to go, and can expect "smooth, hair-free skin for up to six weeks".

Epilation

If you can't face the thought of DIY waxing, epilation offers a gentler alternative as each hair is plucked out individually using a handheld device rather than tearing out one patch at a time.

"When it comes to hair removal, epilation is a great choice, as you're removing hair directly from the root, not from the skin surface, for the ultimate smooth finish," explains Dr Sturnham. "It's a fantastic alternative to shaving and waxing, and offers long-lasting results for up to four weeks. The micro tweezers of the Braun Silk-Epil 9 can capture hairs as small as a grain of sand, so there's no need for the awkward in-between hair regrowth days, as with waxing." This treatment will require a more significant investment to begin with, but over time, you're still saving money compared to monthly salon appointments.

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Tips to help you sleep when you have a cold

People have no sympathy if you've got a cold. You're sneezing, sniffing, snotty and generally feeling like death, but the world wants you to man up and crack on.

And it's a fair point. There are many over-the-counter remedies for the sniffles that work so brilliantly, you almost forget you're feeling rosey - until four hours later when the medicine's worn off. But when it comes to sleeping at night, it's a whole different story.

Some try propping themselves up with pillows, others knock themselves out with more pills. But you'll be pleased to know, it is possible to get a good night's rest no matter how stuffy you're feeling. Independent sleep expert Dr Neil Stanley reveals how...

Get some fresh air

"Although you may feel you have to stay warm at night, fresh air is good for sleep, particularly when you aren't feeling well," says Dr Stanley. "My advice is to open the window before going to bed, even if it's just a tiny bit. By opening the window, you lower levels of carbon dioxide in the air, which has been shown to improve the quality of sleep."

Sleep on your own

"If you have a cold, you're not going to be much fun to sleep next to. Your raised temperature and the discomfort associated with a cold will mean you

are more restless throughout the night. The coughing, sneezing, wheezing and blowing is bound to be disruptive and therefore, it may be beneficial to you and your partner if one of you sleeps in a different room for a couple of nights."

Drink water

"Make sure you have a glass of water beside your bed to sip from during the night," advises Stanley. "One of the main problems with having a cold is the fact the blocked nose is liable to cause you to breathe through your mouth, resulting in dryness. Having water beside your bed means you can sip it throughout the night to relieve mouth dryness, and keep yourself hydrated."

Sleep at the right temperature

"You need to lose body heat to get good quality sleep and you lose this heat from your head and face, as that's the only bit of you that is exposed under the duvet. While you can be as toasty as you want under the covers, the bedroom needs to be cool - the ideal temperature is between 16-18C. When you have a cold, you're already going to find it more difficult to lose body

heat, because you'll be running a temperature. Having the bedroom too warm at night will make things even more difficult, so resist the temptation to turn up the heating."

Take medication

"Ensure you have any medications you might need close by your bed," notes Stanley. "This includes painkillers, sore throat pastilles and a medicated rub like like Vicks VapoRub - which is clinically proven to help relieve common cold symptoms for a better night's sleep."

Soak away the stress

"Have a warm bath before bed, as it will relax you and help you to sleep better. When you have a cold, the stresses and worries of modern life feel even worse, so soaking away your worries in a nice warm bath is an ideal way to wind down and prepare for bed."

Don't go to bed hungry

"When you don't feel well, sometimes you lose your appetite. However, it is important not to go to bed hungry, as that will disturb your sleep." Dr Stanley suggests eating a couple of slices of hot buttered toast for supper, as while your body doesn't want to



There are many over-the-counter remedies for the sniffles that work so brilliantly, you almost forget you're feeling rosey - until four hours later when the medicine's worn off. (Photo: PA Photo)

be processing a big meal during sleep, the feeling of hunger causes the brain to want food not sleep, and this may wake you in the night.

Have a soothing drink in the evening

"A hot 'toddy' of honey, ginger and lemon, and maybe something a bit stronger, is a soothing, relaxing drink that can help you get off to sleep," notes Stanley.

Keep it caffeine free

Be aware that some cold and flu remedies can contain caffeine. Although this can help you feel better

during the day, too much could disturb your sleep, says the doc, especially if you're also getting caffeine from tea or coffee.

Clear those airways

"Difficulty breathing is a common symptom of a

cold and one that can potentially cause sleep problems, as well as contributing to snoring. Try and keep your airways clear by using a suitable decongestant product and keeping tissues handy at all times." TPN/PA

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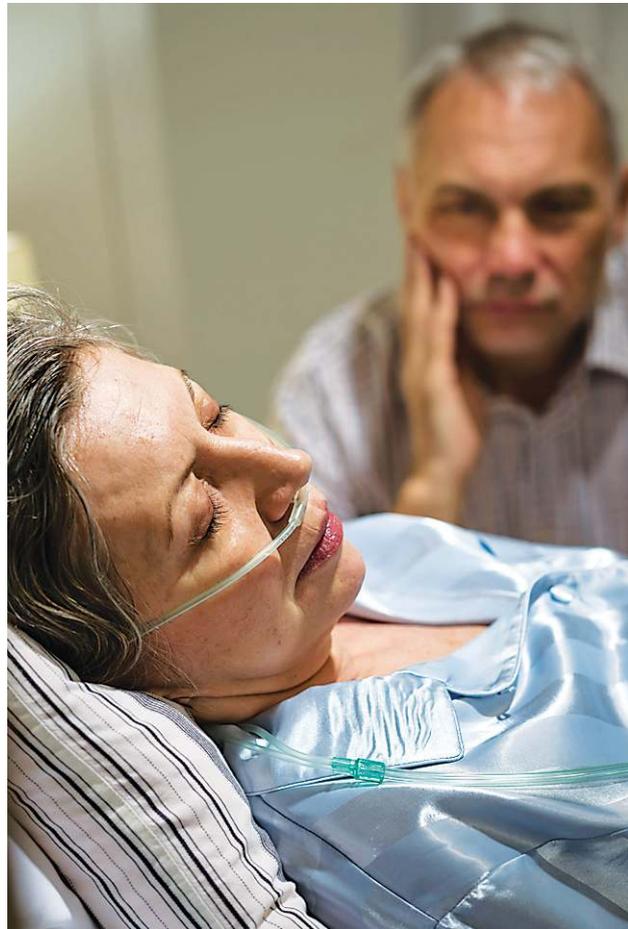
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Need for more palliative care in Portugal



Portugal has a "great need" for more palliative care, "both for adults and for children", according to a major study released by the University of Coimbra, drawing to attention the complex requirements that are needed in the health care system within the country.

accessible Portugal



Used with kind permission of the artist José de Guimarães

The study found that in Portugal "71% of deaths in adults and 33% of deaths in children are due to illnesses that are recognised as requiring palliative care," the university said in a statement sent to Lusa, noting that although these estimates are in line with figures from other European countries, Portugal "lacks capacity to respond, above all for children".

According to the statement from the University of Coimbra, the study "shows that it is urgent to assess the sustainability of the current model of health care and social support to meet these needs that will only tend to increase." Cancer, for example "is responsible for an ever greater proportion of deaths with palliative needs (34% in adults and 38% in children)."

Research for the study, which was published in the journals, Palliative Medicine and BMC Pediatrics, was overseen by Bárbara Gomes of the

university's Faculty of Medicine. It involved doctors and researchers there and at King's College, London, at the Centre for Health Studies and Research of the Coimbra Faculty of Economics, at the Institute of Public Health of the University of Porto, at the National School of Public Health in Lisbon's Universidade Nova, at the Portuguese Institute of Oncology in Lisbon and at the Espírito Santo Hospital in Évora.

The study looked at data from more than a million people who died in Portugal between 1987 and 2012, consulting specialists in public health, palliative care and paediatrics, "to better understand the reality in Portugal," the university said.

It found two "key characteristics that define the way that Portuguese society deals with advanced illnesses and the end of life," it quoted Gomes as saying. "On the one hand, there is a tradition of support from the broader family - we try to care for our own at home, a mission that is very much associated with the women in the family.

"On the other hand, we are extremely dependent on hospitals - we think that there we will find the best health care."

This dual model, Gomes notes, results in Portugal having one of the world's highest rates of deaths in hospital, above all among young people and cancer sufferers. This "hospital-centric system" will be "difficult to sustain in the future" and there is a need for a "Copernican revolution in the way" support is provided to "people who are suffering from advanced illnesses and their families."

The study also warns of the implications of increasing longevity in future. Children in need of palliative care, for example, are living ever longer but at the moment most die in a hospital setting, when they and

SIR, I travelled around Portugal with a friend in a motorhome last May.

I would like to suggest a law due to all the tourists you receive.

I would like it to be mandatory for all the campsites, restaurants, waterlands and hotel staff etc to have training in heart/lung rescue. Courses could be held for many by the hospitals.

The combination of lots of tourists and hot weather means heart attack risk for many.

I also suggest all tourist places of size to have a heart starter since it is vital for rescue and can be handled by any person. We have them everywhere in Sweden.

And in all public places and hotels, I suggest it to be mandatory to find a big sign where you find the number to an English speaking doctor or dentist who then has all the numbers of local doctors. Should one need it.

The English speaking doctor could then help in directing your Portugal visitor to the right hospital or call an ambulance/local doctor. Information should be in all airports and harbours and along the highways by big signs. Also proper information about fires. How to act.

I also like to suggest that the Portuguese Tourist Minister makes one website where all hotels, restaurants, campsites etc that are accessible for all can put their business so people easily can visit it and find everything they need.

Maybe also that the artist's picture is put up outside all restaurants and other facilities that are accessible.

SUSANNA THOMPSON, by email

SIR, It's really great to see **The Portugal News** starting a campaign in favor of handicapped people! Portugal is a lovely country to live in, but handicap is still largely ignored. It would be even a step further to write in each edition an article, pointing out what needs to be done in some places, and what has been done elsewhere.

For example, we are living near Loulé and I need a wheelchair to move around. But I can't visit the town center and never participate in the many interesting events the CML (Loulé council) organises... for tourists. All sidewalks and even the beautiful large center walk of the main avenue have cobblestones. They are pretty and nice, surely tourists appreciate them lot, but driving a wheelchair on such a surface is a real nightmare. In the city park the planners started to install wheelchair friendly side drives. But if you want to change sides, you still have to cross the large cobblestone road. None of the public (and commercial) places have a special wheelchair access. Anyway, the whole town center is completely unpractical for us. It wouldn't cost much to change this, and the Loulé council being the richest in Southern Portugal should be able to afford it. It would make them one of the most handicap-friendly towns in Portugal.

So why not starting with an article in one of your next issues: "Is the town center of Loulé forbidden for handicapped people?"

COLETTE, by email

LETTERS

What is your experience of Accessible Portugal?

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

The Portugal News is working to highlight Accessible Portugal and we want to hear about all the best examples from businesses, associations and entities, while if you have had a poor experience then we may be able to help to encourage change for the better.

Whatever your needs, accessibility is an essential for everyone and we hope to work together to make Portugal Accessible for all.

Contact us by emailing access@theportugalnews.com

their families would probably prefer this to happen elsewhere.

This trend, the researchers stress, "can only be reversed by investing in the creation of paediatric palliative care services with strong home care".

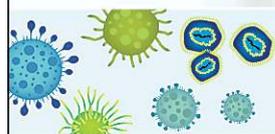
The not for profit association, Madrugada, operates in the Algarve to offer palliative care. The associa-

tion was established in 2009 in response to the limited choices available in the Algarve for end of life care, which as highlighted by this recent study, is set to see growing demand.

For further information about the services and help offered by Madrugada, please visit their website www.madrugada-portugal.com

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New Exclusive Listing - beautiful 3 bed villa in a highly sought after area of Praia da Luz

This well presented, spacious villa, listed exclusively with SeaToSky Homes, is situated in the prestigious Monte Lemos area of Luz, on the very edge of town with open countryside to the north of the property, offering peace and tranquillity.

The property faces south and is approached via a gated cobblestone driveway leading through landscaped garden to a large parking area with car port.

Inside, the entrance hall, with adjacent guest w.c., opens to a bright and spacious living room with patio doors to a wonderful sheltered terrace, perfect for year-round dining. Adjacent is the large kitchen/diner with beautiful, high wood-beamed ceiling. The kitchen is fully fitted and has granite counter-tops and a walk-in pantry. A breakfast bar divides the kitchen from the dining room.

On the opposite side of the living room is the hall to the 2 downstairs bedroom suites. Both have built-in wardrobes and their own en-suite shower rooms. The downstairs accommodation

is like a bungalow and all on one level, perfect for anyone with mobility concerns. Wooden stairs lead to the first floor master suite which has a private balcony with partial sea views, plus en-suite bathroom with bath and separate shower. This property has a very warm and homely feel with a free-standing log-burner in the living room and high wooden ceilings adding character.

Outside you'll find a large pool with ample terrace space for sunbathing plus a covered barbecue terrace. To the side is a cobbled drying area, plus there are 2 store rooms for bicycles, etc. The villa benefits from quality double glazed tilt and turn windows and gas central heating throughout. The property is completely fenced and gated.



It's a 15 minute walk to the town centre and a 20 minute walk to the golden sandy beach.

If you would like more information, photos or a HD video tour of this fantastic property (reference 2462) priced at €695,000 please visit: www.seatoskyhomes.pt. Contact us to book your viewing!



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A garden studio can serve many uses - office, workshop, hot-tub spa, gym, yoga room, or simply somewhere to quietly relax. Wood creates a naturally calm ambience, being an excellent insulator, and quality constructions have 'double-skin' walls (with a void between, perhaps with an in-fill material) for optimum thermal & acoustic insulation and a comfortable environment. Interior walls may either remain natural wood or be rendered and painted for a contemporary finish. Larger constructions may incorporate a kitchenette and WC / bathroom, to serve as self-contained accommodation.

Pictured here are three DeckingDave constructions: (Left) an artist's studio; (Centre) a tennis court-side changing room & gym; (Right) a chalet-style office.

For these and many more ideas – ask **Decking Dave!**

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REF: AV-414SJ - COLINAS VERDES/LAGOS
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ASKING PRICE: €625.000



REF: AA-426SJ - LAGOS
WEL MAINTAINED TOP FLOOR 2 BED APARTMENT ON A CENTRAL LOCATION WIT OPEN CITY VIEWS, COMMUNAL ROOF TERRACE AND INCL GARAGE BOX
ASKING PRICE: €176.000



REF: AA-412SJ - LAGOS
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ASKING PRICE: €230.000

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



VILAMOURA – PRIVATE CONDOMINIUM
Apartment located in a closed condominium composed of 1 bedroom, 1 bathroom, lounge with fireplace and dining area, kitchen and terrace. Communal swimming pool and garden area. Furnished and equipped. Const. area - 56 sq.m. ENERGY CLASS - E
Ref. A01631 **Price: €135,000**



VILAMOURA – SEA VIEW
Penthouse apartment consisting of 2 bedrooms, 2 bathrooms, lounge/dining room, fitted kitchen, storage area and spacious terraces with sea view. Furnished. Communal swimming pool and garden area. Const. area - 112 sq.m. ENERGY CLASS – E
Ref. A01628 **Price: €175,000**



VILAMOURA – RENTAL POTENTIAL
Semi-detached villa composed of 2 + 1 bedrooms, 2 bathrooms (1 en suite), lounge with fireplace, equipped kitchen, storage area and spacious terraces. Communal swimming pool and garden. Const. area.- 98,50 M². ENERGY CLASS - E
Ref. V12879 **Price: €275,000**



ALBUFEIRA – BEAUTIFUL PANORAMIC VIEW
With breathtaking panoramic sea views, modern style villa in a private condominium with communal swimming pool. Consisting of 4 bedrooms (3 en-suite), 1 guest bathroom, lounge/dining room, kitchen, laundry and pantry. Basement for 3 cars. ENERGY CLASS - B
Ref. V12874 **Price: €549,000**

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Tavira: 281 320 281
Vilamoura: 289 301 294



Tavira
Modern & furnished 3 bedroom / 4 bathroom villa (150 m²) with large garden, garage & swimming pool. Plot of 367 m². Fully gated condominium.
EC class: B-
Ref: LHV-1408 **Price: €449.950**



Moncarapacho
Cozy 2 bedroom / 1 bathroom villa (89 m²) with pool offering lots of privacy. Plot of 3800 m². Sea & country view. Heat wafers & a/c. Private borehole.
EC class: E
Ref: LHV-1388 **Price: €245.000**



Santa Luzia
3 bedroom / 2 bathroom top floor apartment with large attic and sun terraces with open views. Located in the center close to the waterfront & beach.
EC class: E
Ref: LHA-1300 **Price: €215.000**



Tavira
Furnished, well presented 2 bedroom / 1 bathroom townhouse (110 m²) with patio area & sunny roof terrace. Superb sea view. Open fireplace and a/c.
EC class: C
Ref: LHT-1030 **Price: €175.000**



Tavira
Good quality 1 bedroom / 2 bathroom apartment with beautiful courtyard & annex close to the Roman Bridge. Fantastic location. Electric heat wafers panels.
EC class: C
Ref: LHA-1294 **Price: €162.500**

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95.000 € 025170355



S. BRÁS, SÃO BRÁS DE ALPORTEL
3 WC 2 2 M2 304 M2 3440 C
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4 WC 3 M2 266 M2 267 E
334.000 € 025170282

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Vilamoura €360,000
New Listing
Stunning 3 bedroom townhouse with private gated pool & garden located in a quiet residential area of the popular holiday resort of Vilamoura. Would make a lovely residential home or holidays home.



Vilamoura €749,000
New Listing
Villa Bolivia is a fantastic 4 bedroom villa. This spacious detached villa receives sun shine all-day and is located in a very desirable area of Vilamoura close to the Hilton Hotel. It is a perfect villa for family holidays or permanent home. A real must see!



Vila Sol €520,000
New Listing
Luxurious townhouse with 4 bedrooms, located on the edge of Vila Sol. The house has been well maintained and equipped to the highest standard. The complex has 3 swimming pools and a café. Underground garage.



Vilamoura €565,000
Recently Reduced
A Large traditional style 4 bedroom, detached villa located less than 10 minutes' walk from the popular area of the Old Village in Vilamoura. Private pool with a lovely patio and built-in BBQ. There is also a large garage/basement. Perfect for a holiday home.



Vilamoura €205,000
New Listing
A beautiful ground floor, 2 bedroom apartment, located within a private condominium with pool, in the heart of Vilamoura. It offers plenty of outdoor living space with a great terrace and built in BBQ. A good rental investment or holiday home.

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Fabulous 3 bedroom villa with a spacious living room, air-conditioning, swimming pool, BBQ area, situated only 2 min. from the beach & just on the outskirts of Carvoeiro. Perfect for a holiday rental or a permanent home in the Algarve.
Bedrooms: 3 Area: 136 m² | 400 m²
Ref.: V1312
€320,000



Modern Duplex 1+1 bedroom Apartment located in a condominium with a living room, kitchenette, bathroom, central heating, double glazed windows and terrace with sea views, only 5 min. from Carvoeiro beach. Potential holiday home.
Bedrooms: 1 + 1 Area: 64 sqm | 107 sqm
Ref.: AS616
€125,000



Picturesque, Traditional Portuguese Style 2-bedroom Semi-detached House with a living room, wood burner, 2 bathrooms and a terrace overlooking the countryside views of the lovely village of Alte.
Bedrooms: 2 Area: 91 sqm
Ref.: V1274
€85,000



Charismatic 3-bedroom Renovated Cottage with an open plan kitchen, spacious living room, large plot with garden & fruit trees, only 5 min. from Algoz.
Bedrooms: 3 Area: 160.90 sqm | 22900 sqm
Ref.: V1262
€260,000



Modern, Fully Renovated 2 + 1 Bedroom Townhouse with a cosy garden, BBQ area & garage located only 5 min. from the beautiful fishing village of Alvor.
Bedrooms: 2 + 1 Area: 96 m² | 297 m²
Ref.: V1264
€245,000

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Bedrooms	2
Bathrooms	2
Built area	110m ²
Plot area	0m ²

Two Bedroom End of Terrace Townhouse
South facing with terrace.
Quinta do Lago / Vilar do Golfe
€295,000 Ref no: VSM555 Energy rating: D



Bedrooms	3
Bathrooms	3
Built area	189m ²
Plot area	620m ²

3 Bedroom Villa in Ideal FRONTLINE Location
South facing with private swimming pool.
Vale do Garrão
€745,000 Ref no: VCL367 Energy rating: C



Bedrooms	3
Bathrooms	3
Built area	161m ²
Plot area	167m ²

Elegant 3 Bedroom Linked Villa
With private swimming pool.
Vale do Lobo
€650,000 Ref no: VRN307 Energy rating: D

2 Bedroom Villa in Luz

Stunning two bedroom villa in Praia da Luz with swimming pool and amazing sea view.
This villa is located just a few minutes from the beach and the town center, ideal for long and pleasure walks.
The villa faces South with excellent sun exposure throughout the day.

Comprising two floors, the two bedrooms with fitted wardrobes (one en-suite) are on the ground floor, with direct access to the outside swimming pool area and garden. A guest bathroom is available on this floor.
On the first floor there is the large living and dining area, with plenty of natural light and a large balcony

with a stunning and panoramic sea view. The kitchen is fully equipped, connected to the living room by a window-like opening and with access to the garden by a glass door.
The best feature of this property is its elevated flat location which allows for magnificent panoramic views over the first line of the sea, and excellent sun

exposure throughout the day.
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Property Highlight



John Hill Estate Agents
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Two and a Half Acres in Almancil

This impressive house is situated in a very convenient location some 300m to the north of the main road from Almancil to Faro and five miles from the sea.
There is a spacious living room, fully fitted kitchen, three bedrooms en suite plus an office and guest bathroom surrounding an interior garden. Level with the integral garage is a small flat.
The large swimming pool has a complete support house. There is considerable commercial potential - rural tourism, holiday letting, bed & breakfast etc.

€650,000



Ref. V632

Euro Pet Transport looking after your valuable cargo!



Euro Pet Transport is a small family business run by local Algarve residents, Ian and Sheila, who provide a quality and secure service, relocating pets across Western Europe. Scheduled trips run monthly between Portugal and the UK and bi-monthly between Portugal and Germany with flexibility for additional dates. Travelling via the toll roads and the Eurotunnel allows for a more comfortable, shorter journey where pets are never left alone. With regular stops at safe destinations along the route for walking the dogs, road travel can be a much less stressful and daunting experience than flying as cargo. Animals' needs are always put first, providing owners with peace of mind that pets will arrive at their destination without delay and in safe hands.

All pets travel in specially adapted vehicles which have been Defra-inspected

and issued with transporter authorisation. With climate control air conditioning and rear heating, pets travel comfortably regardless of when or where they are going. Secure, roomy cages within the vehicle are positioned allowing all animals to see outside through tinted windows - from experience, having access to a window view often makes both dogs and cats more relaxed travellers. Everything your pet needs for a safe and comfortable journey has been considered - being pet owners themselves, Ian and Sheila know all too well how valuable their cargo is!

In addition to working with pets, Euro Pet Transport has established links with various rescue organisations across several countries, relocating cats and dogs to Germany, Holland, Belgium, Switzerland and the UK.

2017 at So Portugal a year in real estate

A year is a long time in any business and estate agency is no different. Reflecting on the last twelve months, however, it is instructive to remember that some things never change or do so only slowly. Our clients still appreciate being expertly guided through an unfamiliar buying process and our help with the little things which make

settling into a new country a challenge. If you don't speak the language or understand local customs even something trivial like getting the electricity connected can seem daunting. That's why we don't simply confine ourselves to the property transaction alone.

What else hasn't changed? Well the reasons for buying property here remain much the same; security, climate, lifestyle and an advantageous tax regime are some things which attract people to the Algarve. These are certainly the reasons which draw people from France, where we find a great many of our clients.

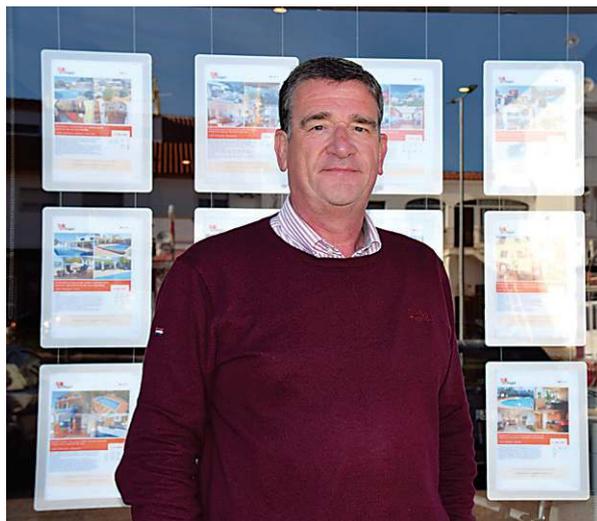
That brings me to something else which hasn't changed, the high demand for property in the Algarve from French nationals. Our very strong ties to that country are bound to reflect in the makeup of our client base which has a very strong French

and Francophone component (we see a lot of clients from Belgium for example).

So to something which has changed; demand from the UK. Brexit and the loss of value suffered by the pound led to a sharp drop in the number of enquiries we saw from British residents but we are now seeing much more activity again.

Something which changed for us at So Portugal, was a switch in the back office support for our website. This change means that our coverage here in Portugal will be much better and helps us work with other Portuguese agents more efficiently. Agents often quote the 25% of transactions that involve foreigners but that still leaves 75% which involve only Portuguese nationals. Our network of international portals is of course unchanged.

If you are selling in 2018 speak to us and see how we can make a difference.



This Week's profiles:



Euro Pet Transport

For further information please visit website: www.europettransport.com or call us on (+351) 913179390.



So Portugal

For more information, contact Keith Wileman on Tel: (+351) 936862202 or email: keith@so-portugal.com



Drymat Systems Portugal

Established 5 years ago in Lagos, Drymat Systems Portugal has already been solving humidity problems in many houses all over Portugal.

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

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

Mr. Vasconcellos in Lagos had the same experience: "In my newly built villa we had a serious rising damp problem in my wine cellar. We tried everything, special paint, special plaster, the walls kept on being very humid, until we installed the Drymat Unit. After only 3 months we noticed the dehumidifiers were giving less and less water and the mouldy smell was completely gone. The other advantage is that no drilling, digging or injecting was

The Erimitage, St.Petersburg



necessary and the small box which gives the magnetic pulses is maintenance free and only cost €10 electricity a year."

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

Martin Verloop, the representative of Drymat Germany and the founder of Drymat Systems Portugal explains that 108 units have been installed so far in Portugal while in Germany 6,000 houses are equipped with the Drymat Unit. The system comes with a 20-year guarantee on the unit and a money back guarantee if we do not achieve less than 3% humidity on the ground floor after 3 years of installation and less than 6,5% in the basement.

Which Pool Type Is Best For You?



Swimming pools are a highly popular feature in today's properties for a variety of reasons. But there are a number of factors to consider when deciding which pool type is best for you?

Pools can be built in various shapes, styles and sizes. Choosing the one that will work for you is defined by personal style, needs, lot size and most importantly budget.

Below are a few types of pools available:

- Overflow or "Infinity" pool
- Recreational pool
- Indoor pool
- Lap pool

Overflow pools are also known as infinity pools. This type of pool is custom-built and should be designed to highlight a view while providing an illusion of a sheet of water dropping off over the edge of the

property, or cascade like a waterfall.

Recreational pools are all about fun - playing and splashing! Similar to a water park, only on a smaller scale and with fewer people. If you like to entertain, this may be the pool of your dreams - or at least your kids' dreams.

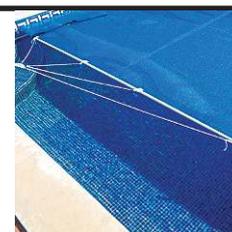
An indoor swimming pool is pretty straightforward - it's built inside under a roof. These pools can be used all year round and are more plentiful in colder climates.

Lap pools are built and mainly used for fitness and health purposes. Lap pools are usually a long, narrow, rectangular shape.

We hope this information has provided you with some knowledge required to help decide on a pool type best suited for you. At Norberto Pools, we can help you with all your pool-related requirements. We'd love to be of assistance - give us a call today!

Drymat Systems

For more information Tel: 962435572, email: contact@drymatportugal.com or visit: www.drymatportugal.com and www.drymat.de



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SATURDAY 03/02/18

BBC One	
06.00	Breakfast.
10.00	Saturday Kitchen Live.
11.30	Mary Berry Everyday.
12.00	Football Focus.
13.00	BBC News; Weather.
13.15	Six Nations Preview.
13.45	Live Six Nations Rugby Union.
16.15	Live Six Nations Rugby Union.
19.00	BBC News.
19.10	BBC Regional News; Weather.
19.15	All Together Now.
20.20	Casualty.
21.10	BBC News; Weather.
21.30	Hard Sun.
22.30	Match of the Day; National Lottery Update.
23.55	The NFL Show.
00.25	FILM: Ill Manors (2012).
02.20	Weather for the Week Ahead.
02.25	BBC News.
BBC Two England	
06.10	The Wonder of Animals.
06.40	Naomi's Nightmares of Nature.
07.10	The Pets Factor.
07.30	Matilda and the Ramsay Bunch.
07.45	Matilda and the Ramsay Bunch.
08.00	The Dengineers.
08.30	Deadly Top 10.
09.00	Robot Wars.
10.00	Robot Wars.
11.00	Homes Under the Hammer.
12.00	The Hairy Bikers' Mediterranean Adventure.
13.00	Live Davis Cup Tennis.
15.30	Nigel Slater's Middle East.
16.30	Final Score.
17.15	Flog It!
18.00	Hugh's Wild West.
19.00	A House Through Time.
20.00	Dad's Army.
20.30	Grand Tours of Scotland's Lochs.
21.00	QIXL.
21.45	Live at the Apollo.
22.30	FILM: The Talented Mr Ripley (1999).
00.40	FILM: Albatross (2011).
02.05	This Is BBC Two.
ITV London	
06.00	CITV.
07.30	Scrambled!: Scrambled!
07.35	Scrambled!: The Tom and Jerry Show.
07.55	Scrambled!: Fangbone.
08.10	Scrambled!: The Powerpuff Girls.
08.30	Scrambled!: Be Cool, Scooby-Do!
09.05	Scrambled!: Wishfart.
09.25	ITV News.
09.30	James Martin's Saturday Morning.
11.20	Dancing on Ice.

13.20	ITV News and Weather; Weather.
13.30	FILM: Evan Almighty (2007).
15.15	Catchphrase.
16.00	Tipping Point.
17.00	The Chase.
18.00	ITV News London; Weather.
18.05	ITV News and Weather.
18.15	New You've Been Framed!
18.40	Take Me Out.
20.00	The Voice UK.
21.30	Through the Keyhole.
22.30	ITV News and Weather; Weather.
22.45	FILM: Lethal Weapon (1987).
00.40	Jackpot247.
03.00	Babushka.
03.50	ITV Nightscreen.

Channel 4

06.15	3rd Rock from the Sun.
06.45	3rd Rock from the Sun.
07.10	The King of Queens.
07.35	The King of Queens.
08.00	Everybody Loves Raymond.
08.25	Everybody Loves Raymond.
08.55	Frasier.
09.25	Frasier.
09.55	Frasier.
10.25	The Big Bang Theory.
10.55	The Big Bang Theory.
11.25	The Big Bang Theory.
11.55	The Simpsons.
12.25	The Simpsons.
12.55	The Simpsons.
13.25	Come Dine with Me.
14.25	Coast vs Country.
15.25	A Place in the Sun.
16.30	The Secret Life of the Zoo.
17.35	The Supervet.
18.30	Channel 4 News.
19.00	Great Canal Journeys.
20.00	Village of the Year with Penelope Keith.
21.00	FILM: Suffragette (2015).
23.10	FILM: About Time (2013).
01.20	The Last Leg.
02.15	Hollyoaks.
04.20	Coast vs Country.
05.15	Location, Location, Location.

BBC Four

19.00	Sicily: Wonder of the Mediterranean.
20.00	Nature's Miniature Miracles: Natural World.
21.00	Spiral.
22.00	Spiral.
23.05	Top of the Pops: 1985.
23.40	Top of the Pops: 1985.
00.10	Elvis: That's Alright Mama 60 Years On.
01.10	Sicily: Wonder of the Mediterranean.
02.10	Nature's Miniature Miracles: Natural World.
03.10	Close.

SUNDAY 04/02/18

BBC One	
06.00	Breakfast.
07.35	Match of the Day.
09.00	The Andrew Marr Show.
10.00	The Big Questions.
11.00	Sunday Politics.
12.15	Bargain Hunt.
13.00	BBC News; Weather.
13.15	The Truth About Getting Fit.
14.15	Wonders of the Moon.
15.15	Escape to the Country.
15.45	Songs of Praise.
16.20	FILM: The Proposal (2009)
18.05	BBC News.
18.20	BBC Regional News; Weather.
18.30	Countryfile.
19.30	Still Open All Hours.
20.00	Call the Midwife.
21.00	McMafia.
22.00	BBC News.
22.20	BBC Regional News; Weather.
22.30	Match of the Day 2.
23.15	American Football: Super Bowl LII.
03.50	Weather for the Week Ahead.
03.55	BBC News.
BBC Two England	
06.05	Coast.
06.35	The NFL Show.
07.05	Gardeners' World.
07.35	Countryfile.
08.30	Saturday Kitchen Best Bites.
10.00	Live Davis Cup Tennis.
13.00	Money for Nothing.
13.30	Orson Welles: Talking Pictures.
14.10	FILM: Jane Eyre (1943).
15.45	The Crane Gang.
16.45	Elise Christie: In from the Cold.
17.15	Ski Sunday.
18.00	Six Nations Rugby Special.
19.00	New York: America's Busiest City.
20.00	Yellowstone: The Blazing Summer.
21.00	Dragons' Den.
22.00	The Mash Report.
22.30	Insert Name Here.
23.00	Cleverman.
23.55	Women's Six Nations Highlights.
00.25	FILM: Yves Saint Laurent (2014).
02.05	Sign Zone: Question Time.
03.05	Sign Zone: Holby City.
04.05	This Is BBC Two.
ITV London	
06.00	CITV.
07.30	Scrambled!: Scrambled!
07.35	Scrambled!: The Tom and Jerry Show.
07.55	Scrambled!: Ben 10.
08.10	Scrambled!: Mr Bean: The Animated Series.
08.30	Scrambled!: Spy School.
09.05	Scrambled!: Wishfart.
09.25	ITV News.
09.30	River Monsters.

Must See TV

Village of the Year with Penelope Keith (Channel 4, 8pm)

What makes the quintessential British village? So far we've seen fêtes, Second World War festivals, stunning local architecture, curious rural pastimes, forgotten traditions, bygone skills, home-grown specialities and even custard pie throwing and scarecrow championships. Tonight, The Good Life actress Penelope Keith and her three judges - archaeologist and village historian Alex Langlands, garden designer Juliet Sergeant and fashion designer and presenter of The Great British Sewing Bee Patrick Grant - continue their search for the best of British village life. There is a £10,000 prize up for grabs to the eventual winner of this sweet, good-natured series and tonight the experts decide which village will represent the Central zone - which reaches from the west of Ireland to the Midlands - in the grand final.

MONDAY 05/02/18

BBC One	
06.00	Breakfast.
09.15	Countryfile Winter Diaries.
10.00	Homes Under the Hammer.
11.00	Wanted Down Under.
11.45	A1: Britain's Longest Road.
12.15	Bargain Hunt.
13.00	BBC News at One; Weather.
13.30	BBC Regional News and Weather.
13.45	Doctors.
14.15	Moving On.
15.00	Escape to the Country.
15.45	The Farmers' Country Showdown.
16.30	Antiques Road Trip.
17.15	Pointless.
18.00	BBC News at Six; Weather.
18.30	BBC Regional News and Weather.
19.00	The One Show.
19.30	Inside Out; BBC News; Regional News.
20.00	EastEnders.
20.30	My Return from IS - Panorama.
21.00	Silent Witness.
22.00	BBC News at Ten.
22.30	BBC Regional News and Weather.
22.45	Have I Got Old News for You.
23.15	The Graham Norton Show.
00.05	Weather for the Week Ahead.
00.10	BBC News.
BBC Two England	
06.00	My Life in Books.
06.30	Wanted Down Under.
07.15	Food: Truth or Scare.
08.00	Sign Zone: Antiques Roadshow.
09.00	Victoria Derbyshire.
11.00	BBC Newsroom Live.
12.00	Daily Politics.
13.00	Women's Six Nations Highlights.
13.30	Coast.
14.00	Monty Halls' Great Escape.
15.00	A Place to Call Home.
15.50	This Wild Life.
16.20	The Hunt.
17.20	Flog It!
18.00	Eggheads.
18.30	Great American Railroad Journeys.
19.00	Big Dreams Small Spaces.
20.00	Only Connect.
20.30	University Challenge.
21.00	Horizon - My Amazing Brain: Richard's War.
22.00	Two Doors Down.
22.30	Newsnight.
23.10	Weather.
23.15	NFL This Week.
00.05	Odyssey.
00.45	Sign Zone: Countryfile.
01.45	Sign Zone: Big Cats.
02.45	This Is BBC Two.
ITV London	
06.00	Good Morning Britain.
08.30	Lorraine.
09.25	The Jeremy Kyle Show.
10.30	This Morning.
12.30	Loose Women.
13.30	ITV Lunchtime News; Weather.
13.55	ITV News London; Weather.
14.00	Judge Rinder.
15.00	Dickinson's Real Deal.
15.59	ITV London Weather.
16.00	Tipping Point.
17.00	The Chase.
18.00	ITV News London;

Weather.	
18.30	ITV Evening News; Weather.
19.00	Emmerdale.
19.30	Coronation Street.
20.00	The Martin Lewis Money Show.
20.30	Coronation Street.
21.00	Next of Kin.
22.00	ITV News at Ten; Weather.
22.30	ITV News London; Weather.
22.45	Death Row 2018 with Trevor McDonald.
23.45	Killer Women with Piers Morgan.
00.35	Jackpot247.
03.00	The Jeremy Kyle Show.
03.55	ITV Nightscreen.
05.05	The Jeremy Kyle Show.

Channel 4

06.00	Countdown.
06.45	3rd Rock from the Sun.
07.10	3rd Rock from the Sun.
07.35	Everybody Loves Raymond.
08.00	Everybody Loves Raymond.
08.30	Frasier.
09.00	Frasier.
09.35	Frasier.
10.05	Ramsay's Kitchen Nightmares USA.
11.00	Undercover Boss USA.
12.00	Channel 4 News Summary.
12.05	Couples Come Dine with Me.
13.05	Posh Pawn.
14.10	Countdown.
15.00	Village of the Year with Penelope Keith.
16.00	A Place in the Sun: Winter Sun.
17.00	Four in a Bed.
17.30	Extreme Cake Makers.
18.00	The Simpsons.
18.30	Hollyoaks.
19.00	Channel 4 News.
20.00	How to Lose Weight Well.
21.00	The Bulger Killers: Was Justice Done?
22.00	First Dates Hotel.
23.05	Derry Girls.
23.40	Hunted.
00.40	SAS: Who Dares Wins.
01.35	Ramsay's Kitchen Nightmares USA.
02.25	How to Lose Weight Well.
03.20	The Lie Detective.
04.00	Coast vs Country.
04.55	Location, Location, Location.
05.50	Jamie's Comfort Food.

BBC Four

19.00	Beyond 100 Days; Weather.
19.30	Railways of the Great War with Michael Portillo.
20.00	Ultimate Swarms.
21.00	Hull's Headscarf Heroes.
22.00	Timeshift: The Last Days of the Liners.
23.00	Horizon: Antarctica Ice Station Rescue.
00.00	Rule Britannia! Music, Mischief and Morals in the 18th Century.
01.00	Top of the Pops: 1981.
01.40	Top of the Pops: 1981.
02.15	Hull's Headscarf Heroes.
03.15	Close.

View our TV Guide from anywhere via our website!

TUESDAY

BBC One	
06.00	Breakfast.
09.15	Countryfile Winter Diaries.
10.00	Homes Under the Hammer.
11.00	Wanted Down Under Revisited.
11.45	A1: Britain's Longest Road.
12.15	Bargain Hunt.
13.00	BBC News at One; Weather.
13.30	BBC Regional News and Weather.
13.45	Doctors.
14.15	Moving On.
15.00	Escape to the Country.
15.45	The Farmers' Country Showdown.
16.30	Antiques Road Trip.
17.15	Pointless.
18.00	BBC News at Six; Weather.
18.30	BBC Regional News and Weather.
19.00	The One Show.
19.30	EastEnders; BBC News; Regional News.
20.00	Holby City.
21.00	Silent Witness.
22.00	BBC News at Ten.
22.30	BBC Regional News and Weather; National Lottery Update.
22.45	Islam, Women and Me.
23.25	The Truth About Sleep.
00.25	Thailand's Drug Craze: Stacey Dooley Investigates.
01.20	Weather for the Week Ahead.
01.25	BBC News.
BBC Two England	
06.00	My Life in Books.
06.30	Wanted Down Under.
07.15	Countryfile Winter Diaries.
08.00	Sign Zone: Celebrity Antiques Road Trip.
09.00	Victoria Derbyshire.
11.00	BBC Newsroom Live.
12.00	Daily Politics.
13.00	The Super League Show.
13.45	Coast.
14.00	Monty Halls' Great Hebridean Escape.
15.00	A Place to Call Home.
15.50	This Wild Life.
16.20	The Hunt.
17.20	Flog It!
18.00	Eggheads.
18.30	Great American Railroad Journeys.
19.00	Big Dreams Small Spaces.
20.00	Back in Time for Tea.
21.00	Flatpack Empire.
22.00	Inside No 9.
22.30	Newsnight.
23.10	Weather.
23.15	Mum.
23.40	Mum.
00.10	Mum.
00.40	Sign Zone: Stealing Van Gogh.
01.40	Sign Zone: A House Through Time.
02.40	This Is BBC Two.
ITV London	
06.00	Good Morning Britain.
08.30	Lorraine.
09.25	The Jeremy Kyle Show.
10.30	This Morning.
12.30	Loose Women.
13.30	ITV Lunchtime News; Weather.
13.55	ITV News London; Weather.
14.00	Judge Rinder.
15.00	Dickinson's Real Deal.
15.59	ITV London Weather.
16.00	Tipping Point.
17.00	The Chase.
18.00	ITV News London;

06/02/18

Weather.
18.30 ITV Evening News;
Weather.
19.00 Emmerdale.
20.00 What Would Your Kid Do?
21.00 Next of Kin.
22.00 ITV News at Ten; Weather.
22.30 ITV News London;
Weather.
22.45 Girlfriends.
23.45 Tonight at the London Palladium.
00.35 Jackpot247.
03.00 Loose Women.
03.50 ITV Nightscreen.
05.05 The Jeremy Kyle Show.

Channel 4

06.00 Countdown.
06.45 3rd Rock from the Sun.
07.10 3rd Rock from the Sun.
07.35 Everybody Loves Raymond.
08.00 Everybody Loves Raymond.
08.30 Frasier.
09.00 Frasier.
09.35 Frasier.
10.05 Ramsay's Kitchen Nightmares USA.
11.00 Undercover Boss USA.
12.00 Channel 4 News Summary.
12.05 Couples Come Dine with Me.
13.05 Posh Pawn.
14.10 Countdown.
15.00 Village of the Year with Penelope Keith.
16.00 A Place in the Sun: Winter Sun.
17.00 Four in a Bed.
17.30 Extreme Cake Makers.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 The Secret Life of 5 Year Olds: All Girls.
21.00 24 Hours in A&E.
22.00 Clare Balding's Secrets of a Suffragette.
23.05 Before We Die.
00.20 The 2,000,000 Calorie Buffet.
01.15 Ramsay's Kitchen Nightmares USA.
02.05 Obsessive Compulsive Cleaners.
03.00 The Secrets of Sleep.
03.55 Four Rooms with Sarah Beeny.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 Railways of the Great War with Michael Portillo.
20.00 Andrew Marr's The Making of Modern Britain.
21.00 Art, Passion & Power: The Story of the Royal Collection.
22.00 Jane Austen: Behind Closed Doors.
23.00 The Incredible Story of Marie Antoinette's Watch with Nicholas Parsons.
00.00 Stories from the Dark Earth: Meet the Ancestors Revisited.
01.00 Top of the Pops: 1981.
01.35 Top of the Pops: 1981.
02.15 Andrew Marr's The Making of Modern Britain.
03.15 Close.

WEDNESDAY 07/02/18

BBC One

06.00 Breakfast.
09.15 Countryfile Winter Diaries.
10.00 Homes Under the Hammer.
11.00 Wanted Down Under Revisited.
11.45 A1: Britain's Longest Road.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.30 BBC Regional News and Weather.
13.45 Doctors.
14.15 Moving On.
15.00 Escape to the Country.
15.45 The Farmers' Country Showdown.
16.30 Antiques Road Trip.
17.15 Pointless.
18.00 BBC News at Six; Weather.
18.30 BBC Regional News and Weather.
18.55 Party Political Broadcast.
19.00 The One Show; BBC News; Regional News.
19.30 Match of the Day Live: The FA Cup.
22.00 BBC News at Ten.
22.30 BBC Regional News and Weather; National Lottery Update.
22.45 A Question of Sport.
23.15 Shane: For the Love of the Game.
00.15 Weather for the Week Ahead.
00.20 BBC News.

BBC Two England

06.00 My Life in Books.
06.30 Wanted Down Under Revisited.
07.15 Countryfile Winter Diaries.
08.00 Sign Zone: See Hear: Looking for Love.
08.30 Sign Zone: Great British Railway Journeys.
09.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
11.30 Daily Politics.
13.00 Coast.
14.00 Monty Halls' Great Hebridean Escape.
15.00 A Place to Call Home.
15.50 This Wild Life.
16.20 New Zealand: Earth's Mythical Islands.
17.20 Flog It!
18.00 Eggheads.
18.30 Great American Railroad Journeys.
19.00 Wild Cameramen at Work.
19.30 Eurovision: You Decide.
21.00 The New Builds Are Coming: Battle in the Countryside.
22.00 Mock the Week.
22.30 Newsnight.
23.10 Weather.
23.15 Flatpack Empire.
00.15 House of Saud: A Family at War.
01.15 Sign Zone: See Hear: Looking for Love.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 The Jeremy Kyle Show.
10.30 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News;

Weather.
13.55 ITV News London;
Weather.
14.00 Judge Rinder.
15.00 Dickinson's Real Deal.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London;
Weather.
18.25 Party Political Broadcast.
18.30 ITV Evening News;
Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Britain's Brightest Family.
20.30 Coronation Street.
21.00 Girlfriends.
22.00 ITV News at Ten; Weather.
22.30 ITV News London;
Weather.
22.45 Britain's Busiest Airport - Heathrow.
23.45 Caught on Camera.

Channel 4

06.00 Countdown.
06.45 3rd Rock from the Sun.
07.10 3rd Rock from the Sun.
07.35 Everybody Loves Raymond.
08.00 Everybody Loves Raymond.
08.30 Frasier.
09.00 Frasier.
09.35 Frasier.
10.05 Ramsay's Kitchen Nightmares USA.
11.00 Undercover Boss USA.
12.00 Channel 4 News Summary.
12.05 Couples Come Dine with Me.
13.05 Posh Pawn.
14.10 Countdown.
15.00 Village of the Year with Penelope Keith.
16.00 A Place in the Sun: Winter Sun.
17.00 Four in a Bed.
17.30 Extreme Cake Makers.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Kirstie and Phil's Love It or List It.
21.00 My Millionaire Migrant Boss
22.00 999: What's Your Emergency?
23.05 The Bulger Killers: Was Justice Done?
00.05 Pokerstars Championship Cash Challenge.
01.00 Obsessive Compulsive Cleaners.
01.55 FILM: Pusher (2012).

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 Railways of the Great War with Michael Portillo.
20.00 Wondrous Obsessions: The Cabinet of Curiosities.
20.30 A Stitch in Time.
21.00 Queen Victoria's Children.
22.00 The Birth of Empire: The East India Company.
23.00 The Killer Wave of 1607: Timewatch.
23.50 Timeshift: When Coal Was King.
00.50 Top of the Pops: 1981.
01.25 Top of the Pops: 1981.

THURSDAY 08/02/18

BBC One

06.00 Breakfast.
09.15 Countryfile Winter Diaries.
10.00 Homes Under the Hammer.
11.00 Wanted Down Under Revisited.
11.45 A1: Britain's Longest Road.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.30 BBC Regional News and Weather.
13.45 Doctors.
14.15 Moving On.
15.00 Escape to the Country.
15.45 The Farmers' Country Showdown.
16.30 Antiques Road Trip.
17.15 Pointless.
18.00 BBC News at Six; Weather.
18.30 BBC Regional News and Weather.
19.00 The One Show.
19.30 EastEnders; BBC News; Regional News.
20.00 Animals with Cameras.
21.00 Death in Paradise.
22.00 BBC News at Ten.
22.30 BBC Regional News and Weather.
22.45 Question Time.
23.45 This Week.
00.30 Weather for the Week Ahead.
00.35 BBC News.

BBC Two England

06.00 My Life in Books.
06.30 Wanted Down Under Revisited.
07.15 Countryfile Winter Diaries.
08.00 Sign Zone: MasterChef: The Professionals.
09.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.00 Daily Politics.
13.00 Monty Halls' Great Hebridean Escape.
14.00 Monty Halls' Great Hebridean Escape.
15.00 A Place to Call Home.
15.45 This Wild Life.
16.15 New Zealand: Earth's Mythical Islands.
17.15 Flog It!
18.00 Eggheads.
18.30 Great American Railroad Journeys.
19.00 Winter Olympics: Countdown to the Games.
20.00 The Hairy Bikers' Mediterranean Adventure.
21.00 Trouble at the Zoo.
22.00 The Mash Report.
22.30 Newsnight.
23.10 Weather.
23.15 Dragons' Den.
00.15 Sign Zone: The Truth About Getting Fit.
01.15 Sign Zone: Wonders of the Moon.
02.15 This Is BBC Two.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 The Jeremy Kyle Show.
10.30 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News;

Weather.
13.55 ITV News London;
Weather.
14.00 Judge Rinder.
15.00 Dickinson's Real Deal.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London;
Weather.
18.30 ITV Evening News;
Weather.
19.00 Emmerdale.
19.30 Travel Chaos: The True Cost - Tonight.
20.00 Emmerdale.
20.30 The Cruise: Return to the Mediterranean.
21.00 James Bulger: A Mother's Story.
22.00 ITV News at Ten; Weather.
22.30 ITV News London;
Weather.
22.45 Car Wars.
23.45 Lethal Weapon.

Channel 4

06.00 Countdown.
06.45 3rd Rock from the Sun.
07.10 3rd Rock from the Sun.
07.35 Everybody Loves Raymond.
08.00 Everybody Loves Raymond.
08.30 Frasier.
09.00 Frasier.
09.35 Frasier.
10.05 Ramsay's Kitchen Nightmares USA.
11.00 Undercover Boss USA.
12.00 Channel 4 News Summary.
12.05 Couples Come Dine with Me.
13.05 Posh Pawnbrokers.
14.10 Countdown.
15.00 Village of the Year with Penelope Keith.
16.00 A Place in the Sun: Winter Sun.
17.00 Four in a Bed.
17.30 Extreme Cake Makers.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 George Clarke's Amazing Spaces.
21.00 Hunted.
22.00 Derry Girls.
22.35 24 Hours in A&E.
23.35 Shut-Ins: Britain's Fattest Woman.
00.35 One Born Every Minute.
01.30 The Secret Life of 5 Year Olds: All Girls.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 Top of the Pops: 1985.
20.00 Hugh Masekela - Welcome to South Africa.
21.00 Forces of Nature with Brian Cox.
22.00 How We Got to Now with Steven Johnson.
23.00 Calculating Ada: The Countess of Computing.
00.00 Top of the Pops: 1985.
00.30 Elvis Costello: Mystery Dance.
01.30 Hugh Masekela - Welcome to South Africa.
02.30 Forces of Nature with Brian Cox.
03.30 Close.

FRIDAY 09/02/18

BBC One

06.00 Breakfast.
09.15 Countryfile Winter Diaries.
10.00 Homes Under the Hammer.
10.30 Live Winter Olympics 2018 Opening Ceremony.
13.30 BBC News at One; Weather.
14.00 BBC Regional News and Weather.
14.15 Doctors.
14.45 Moving On.
15.30 Escape to the Country.
16.30 Antiques Road Trip.
17.15 Pointless.
18.00 BBC News at Six; Weather.
18.30 BBC Regional News and Weather.
19.00 The One Show.
19.30 Would I Lie to You? BBC News; Regional News.
20.00 EastEnders.
20.30 Room 101.
21.00 Requiem.
22.00 BBC News at Ten.
22.25 BBC Regional News and Weather; National Lottery Update.
22.35 The Graham Norton Show.
23.25 The Young Offenders.
23.55 Witness.
00.20 Live Winter Olympics 2018.
04.00 Live Winter Olympics 2018.

BBC Two England

06.00 My Life in Books.
06.30 Wanted Down Under Revisited.
07.15 Countryfile Winter Diaries.
08.00 Sign Zone: MasterChef: The Professionals - The Finals.
09.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.00 Daily Politics.
13.00 This Wild Life.
13.30 Monty Halls' Great Hebridean Escape.
14.30 Monty Halls' Great Hebridean Escape.
15.30 A Place to Call Home.
16.15 New Zealand: Earth's Mythical Islands.
17.15 Flog It!
18.00 Eggheads.
18.30 Great American Railroad Journeys.
19.00 Winter Olympics 2018 Opening Ceremony.
20.00 Mastermind.
20.30 A Vicar's Life.
21.00 Nigel Slater's Middle East.
22.00 Qi.
22.30 Newsnight.
23.00 Weather.
23.05 FILM: Looper (2012).
00.55 Sign Zone: My Return from IS - Panorama.
01.25 Sign Zone: Animals with Cameras.
02.25 Weather for the Week Ahead.
02.30 BBC News.

ITV London

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

10.30 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
13.55 ITV News London; Weather.
14.00 Judge Rinder.
15.00 Dickinson's Real Deal.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
18.30 ITV Evening News; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 River Monsters.
20.30 Coronation Street.
21.00 Lethal Weapon.
22.00 ITV News at Ten; Weather.
22.30 ITV News London; Weather.
22.45 Through the Keyhole.
23.45 Take Me Out.

Channel 4

06.00 Countdown.
06.45 3rd Rock from the Sun.
07.10 3rd Rock from the Sun.
07.35 Everybody Loves Raymond.
08.00 Everybody Loves Raymond.
08.30 Frasier.
09.00 Frasier.
09.35 Frasier.
10.05 Ramsay's Kitchen Nightmares USA.
11.00 Undercover Boss USA.
12.00 Channel 4 News Summary.
12.05 Couples Come Dine with Me.
13.05 Posh Pawnbrokers.
14.10 Countdown.
15.00 Village of the Year with Penelope Keith.
16.00 A Place in the Sun: Winter Sun.
17.00 Four in a Bed.
17.30 Extreme Cake Makers.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Jamie and Jimmy's Friday Night Feast.
21.00 8 Out of 10 Cats Does Countdown.
22.00 The Last Leg.
23.05 First Dates Hotel.
00.10 FILM: Safe House (2012).
02.10 Born to Kill.
03.10 The Supervet.
04.05 Four Rooms with Sarah Beeny.
05.00 Coast vs Country.
05.55 Draw It!

BBC Four

19.00 World News Today; Weather.
19.30 Top of the Pops: 1985.
20.00 Sounds of the Sixties.
20.10 The Good Old Days.
21.00 Classic Albums.
22.00 Rock 'n' Roll Guns for Hire: The Story of the Sideman.
23.30 Top of the Pops: 1985.
00.05 Rock 'n' Roll Britannia.
01.05 Classic Albums.
02.05 Rock 'n' Roll Guns for Hire: The Story of the Sideman.
03.35 Close.

Books

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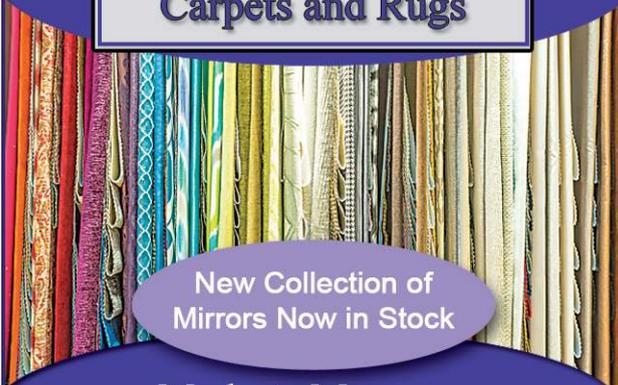


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Cinema

NEW THIS WEEK

The Shape of Water
Stars: Sally Hawkins, Octavia Spencer, Michael Shannon. Genre: Adventure, Drama, Fantasy. Director: Guillermo del Toro. Rating: M/16. Plot: From master storyteller Guillermo del Toro comes THE SHAPE OF WATER, an otherworldly fable set against the backdrop of Cold War era America circa 1962. In the hidden high-security government laboratory where she works, lonely Elisa (Sally Hawkins) is trapped in a life of isolation. Elisa's life is changed forever when she and co-worker



Zelda (Octavia Spencer) discover a secret classified experiment. Rounding out the cast are Michael Shannon, Richard Jenkins, Michael Stuhlbarg, and Doug Jones.

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EXHIBITIONS

Namorar Portugal - Handkerchief exhibition in Lisbon. Showing the traditional art of writing love letters on handkerchiefs. 2018 is the 20th exhibition of these handkerchiefs at A Arte da Terra. Until **23 Feb**, 11am-8pm. Rua de Agosto Rosa, nº40, Lisbon. Tel: 212 745 975 www.aartedaterra.pt

LQR - An exhibition by Cristina Lamas (1968), Pedro Quintas (1972) and Eduardo Rosa (1949). The title of the exhibition corresponds to the artists' surnames. Lamas presents her black and white "glitch" style drawings, Quintas presents paintings, and Rosa's pieces were designed using pieces of the chinese game called Tangram, a seven-piece puzzle which allows you to create over five thousand different figures. Until **24 Feb**, Tue-Sat 10am-7pm. At Galeria 111, Campo Grande, 113, Lisbon. Tel: 217 977 418 www.111.pt

FAIRS & FESTIVALS

Festival Flamenco - Series of four flamenco shows taking place on **Wednesdays** in

February at 10pm. Tamara López presents the Gala de Abertura on 1 Feb. Anabel Veloso on 8 Feb. Eva Manzano on 15 Feb. Marisol Ramos "La Zamba" presents the Gala de Encerramento on 22 Feb. Free entry. By law, access to the spaces of Casino Estoril are reserved for persons over 18 years of age. Casino Estoril, Av. Dr. Stanley Ho, Estoril. www.casino-estoril.pt

MARKETS

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

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

MUSIC

STOMP - Percussion group created in 1991 by Luke Cresswell and Steve McNichols, STOMP continues to bring rhythm and humour to the stage with everyday objects such as their shopping carts and dish-washers, not

forgetting the match boxes, brooms and rubbish bins. In Teatro Tivoli BBVA, Lisbon from **6 Feb**. Tue-Sun 9:30pm, also Sat & Sun 4:30pm. Tickets: Tue & Wed €13.50-€31.50, Thu-Sun €15-€35. www.teatroativolibva.pt

Concertos Íntimos 2018 - Concerts by Filipe Catto, Ana Bacalhau and HMB. Ana Bacalhau brings her solo project "Nome Próprio", on **24 Mar**, 9:30pm. HMB, the most "soul" band of Portuguese music, present the last concert of Concertos Íntimos 2018, **19 May**, 9:30pm. Tickets: €30. Cine-teatro de Estarreja, Rua Visconde Valdemouro, Estarreja. Tel: 234 811 300 www.cinetatroestoril.pt

SHOW

February in Casino Lisboa - Live music: Dueto Luz, **31 Jan-3 Feb**; Heat, **7-10 Feb**; Alex Liberalli, **14-17 Feb**; Folkways, **21-24 Feb**. By law, access to the spaces of Casino Lisboa are reserved for persons over 18 years of age. Casino Lisboa, Parque das Nações, Lisbon. Tel: 218 920 000 www.casino-lisboa.pt

New Circus shows at Casino Lisboa - Jocka Carvalho: Tecido Vertical, **2 & 3 Feb**. Duo Daniela & João: Tecido Vertical, **9 & 10 Feb**; Daniela Vairo: Tecido Vertical, **16 & 17 Feb**. Duo Kru: Forças Combinadas, **23 & 24 Feb**. By law, access to the spaces of Casino Lisboa are reserved for persons over 18 years of age. Casino Lisboa, Parque das Nações, Lisbon. Tel: 218 920 000 www.casino-lisboa.pt

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South

AUCTIONS

Auction House Algarve. Our next live auction is **3 Feb**. Approx 500 lots including antiques, collectables, art, jewellery, tools, furniture, sports equipment, designer handbags. All of the items can be viewed at the auction house and through our online catalogue at www.ahalgarve.com. Tel: 289 832 380 or email us at info@ahalgarve.com

DISCOURSES & PRESENTATIONS

Free Discussion on Dreams - Join us for free, open discussion of Dreams: Doorway to Spiritual Freedom on **3 Feb**, from 3 - 4pm in Luz, part of a monthly series in the western Algarve on dreams - 3 Feb discussion will be in Reserva da Luz, just outside of Luz heading towards Burgau along coastal road; soon after turning in main entrance, see small office building on right. For local information and directions, email: eckmarg.luz@gmail.com. Sponsored by local ECKANKAR group - also see www.eckankar.org

EXHIBITIONS

Paintings by Liz Allen - Ongoing. Óchálá Casa da Chá, 12 Rua Dr. Samora Gil, Monchique. Tel: 282 912 524

"Entre o abstrato e o figurativo" - Sculpture and painting exhibition by Henrique Silva, Marisa Patrício and Martins Leal. Open to the public until **24 Feb** at the Sala de Exposições Temporárias in the Convento de São José in Lagoa. www.cm-lagoa.pt

"Living and Breathing Art" - Sculpture and painting exhibition by Nathalie and Paul. Until **3 Mar** in the Sala Polivalente in the Convento de São José, Lagoa. www.cm-lagoa.pt

Arts & Crafts Expo. Ongoing at Artes@Spa,

Cinema Listings

NOS Forum Algarve - Faro

Three Billboards Outside Ebbing, Missouri; Jumanji: Welcome to the Jungle; Maze Runner: The Death Cure; The Shape of Water; The Commuter; Tadeo Jones 2: El secreto del Rey Midas; Ferdinand (PV); The Post; Fifty Shades Freed (Only Wednesday)

NOS Mar Shopping - Loulé

Tadeo Jones 2: El secreto del Rey Midas (PV); The Commuter; Maze Runner: The Death Cure; Fifty Shades Freed (Only Wednesday); Phantom Thread; Den of Thieves; Gnome Alone (PV); The Post

Gran-Plaza NOS - Tavira

Maze Runner: The Death Cure; The Commuter; The Post; Fifty Shades Freed (Only Wednesday); Ferdinand (PV); Jumanji: Welcome to the Jungle; Gnome Alone (PV); Insidious: The Last Key

Algarcine - Portimão

The Post; Fifty Shades Darker (Only Wednesday); The Commuter; Gnome Alone (PV); Verónica; The Post

Algarcine - Lagos

The Post; The Commuter; Tadeo Jones 2: El secreto del Rey Midas (PV)

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The Post; Gnome Alone (PV); Verónica; Tadeo Jones 2: El secreto del Rey Midas (PV); Gnome Alone (PV); The Commuter

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The Shape of Water; Maze Runner: The Death Cure, 2D & 3D; Fifty Shades Freed (Only Wednesday); Tadeo Jones 2: El secreto del Rey Midas (PV); Darkest Hour; Three Billboards Outside Ebbing, Missouri; Jumanji: Welcome to the Jungle; Den of Thieves; Verónica; Coco (PV); Gnome Alone (PV); Insidious: The Last Key; Ferdinand (PV); The Commuter; The Post; Phantom Thread; Star Wars: The Last Jedi

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Maze Runner: The Death Cure, 2D & 3D; Fifty Shades Freed (Only Wednesday); The Commuter; Ferdinand (PV); Darkest Hour; Tadeo Jones 2: El secreto del Rey Midas (PV); Jumanji: Welcome to the Jungle; Gnome Alone; Bad Investigate; The Post

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



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Joint Art and Sculpture Exhibition at Vale do Lobo - Contemporary art exhibition by Rodrigo Ferreira and Paula Castro Freire. Until **8 Mar** at the Vale do Lobo Art Gallery, Mon-Fri 9am-6pm. Free entry. www.valedolobo.com

Exhibition of the 17th Corrida Fotográfica de Portimão - As well as the usual winning photographs and the best of the eight presented themes, a lot of subaquatic photos taken during the archeological prospecting in the Arade river will be on display. The winners of the photographic race were: 1st Margarida Santos, 2nd Marco Oliveira, 3rd Alexandre Mendes Cabrita and the Prémio Jovem went to Catarina Guerreiro. Exhibition until **15 Apr** in the Portimão Museum. Open Tue 2:30pm-6pm and Wed-Sun 10am-6pm. www.vivaportimao.pt

MARKETS

The Car Boot Sale normally held on the first Sunday of each month at the Old School House, Vales, Aljezur, is now on its winter break and will resume on **1 Apr 2018**.

MUSIC

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afpop PTM/Monchique Valentines Lunch - 14

Feb, 12:30pm. Rest. Big Reds Alvor. €20 pp Bookings with Gerty Geerts E-mail: geerts.gerty@gmail.com

afpop Lagos Dinner - 23 Feb, 7pm. Dinner at Bom Apetite Lagos. €18 (€21 for guests) Bookings with Pat Allen lagos@afpop.com

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

Duplicate bridge - Come and join our friendly international club on Thursday afternoons. 3 PM start at Restaurante Solar da Poeta in Almancil. For pre-registration and information call Frank Spelbos at 937 802 110 or email to spelbos@sapo.pt

Duplicate bridge - Come and join our friendly international club on Friday afternoons. 2 PM start at Museu do Trajo in São Bras de Alportel. For preregistration and information call Frank Spelbos at 937 802 110 or email to spelbos@sapo.pt

Coro dos Amigos do Museu. We are an international four-voice choir based in São Brás de Alportel. We sing sacred and secular music from medieval to 21st century, with concerts several times per year. We rehearse on **Thursdays** from 6.30pm. Ability to read music is an advantage, but not essential. If you think you would like to join us, please contact David on david51.littlewood@gmail.com, or on 289 489 374.

The East Algarve International Shanty choir is looking for an enthusiastic musical leader. Musicians, Male and Female singers welcome! Join the **East Algarve International Shanty Choir.** Rehearsals weekly on **Tuesday, 5pm** Luz de Tavira, at café Chic Zé. Tel. 00351 926684061 Website: www.eaisc.eu

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

Barbershop Chorus "Bella a Cappella" Welcomes new members. Men and Women from all nationalities, to experience joy and fun in Harmony singing. Rehearsals **Tuesday** evenings in the lagar in Moncarapacho. For details go to www.bellaacappella.net or call Andrea: 962932978

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

Bridge lessons - Mid January start of course of 10 lessons for beginners and start of follow-up course of 10 lessons for those who have done the beginners course. Every Monday afternoon or Wednesday morning in Albufeira. For information call Frank Spelbos at 937 802 110 or email to spelbos@sapo.pt

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

afpop Badminton in Silves Come and try Badminton. This is a regular **Thursday evening** slot booked for Badminton players at the pavilion of the Escola EB 2,3 Dr. Garcia Domingues in Silves between 8pm and 10pm. Badminton players will need to bring their own racquets and pay a small fee to cover costs. More information contact Sue on suesharman9@gmail.com or call 910 108 730

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

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

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

Meet other people, Central Algarve. New social club. singlemingle@email.com

Come and learn bridge. Vale del Rey. Tel 968457888

Friendship group, Os Amigos, meets on the **3rd Tuesday** of each month, for walks, lunch, and other activities. For details contact lindabell@cogb.com

Duplicate Bridge - Come and join us in a friendly informal atmosphere. All levels and nationalities welcome. **Wed & Fri** afternoons at Vale d'El Rei Hotel. Please contact 911 561 224 or 282 358 885

Painting in watercolours. All abilities welcome. Every **Thursday** morning 10:30pm - 1pm at the Fortaleza Restaurant, Praia da Luz. Small friendly group with individual tuition for beginners. Class €10. Tel: Sandie 912 149 839 or email sandie.croft@gmx.com

Chess Club All Levels in central Algarve.

chessalgarve@mail.com for details.

Painting for Pleasure Classes, water colours, oils or acrylics - Beginners onwards, individual tuition on **Tues** mornings at Four Seasons Fairways (Quinta do Lago, Almancil) 10am to 12noon. **Wed** at Mesquite near São Brás from 10.30am to 12.30pm, 2.30pm to 4.30pm. Tel. Terry Reed, tel: 289 845 561

Duplicate Bridge - Come and join us. Friendly Club, all nationalities and levels welcome. Every **Mon & Thurs** at the Cristal Hotel, Carvoeiro. 1.45pm for 2pm. Tel: 282 357 953 or 282 357 657.

Duplicate Bridge - Come along to our friendly International club on **Tues** afternoons, 1.45 pm for a 2 pm start. At the Aroma di Mar Restaurant in Olhos de Água. For further details call Mary Moore: 289 416 199.

New Duplicate Bridge Club at Lagoa Hotel on the EN 125 in Lagoa, next door to O Casarão Restaurant. **Thurs** 1:45pm. €5 including refreshments. No joining fee. All welcome. 282 352 022 / 969 174 130

SPORT

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

Tavira County Lawn Bowling Club - Cerro do Leiria, Santa Caterina, Fonte Bispo, Tavira. Tel: 963 997 582.

Balaia Bowls Club, Olhos de Agua, Albufeira - roll-ups on Tuesdays and Fridays at 09:45am. Tuition available if required. Please telephone Richard on 935367492 or Jill on 935701155

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

Valverde Lawn Bowls Club - Almancil, now open five days per week. Come and join us for our roll-ups on **Mon, Wed, Thur, Fri & Sun** from 10am. Tuition is available if new to the game, holidaymakers are welcome. Call Jen on 282 332 628 or 937 264 287.

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

WORKSHOPS & COURSES

Watercolour Lessons - Venue Change.. from **15 Feb.** Every **Thursday** 10am - 12:30pm at the Church Hall Praia Da Luz (behind the Church). Tel: Sandie Croft 912 149 839 email sandie.croft@gmx.com

Latin and Ballroom Classes - Tuesday mornings 10-1.30 at Alvor Community Centre. **Wednesday** evenings 7-8.45 Carvoeiro Clube de Ténis. Beginners, Improvers, Jive, and Intermediate/Advanced. Please contact Caroline on 961916821 / Email strictlydancingcarvoeiro@hotmail.com

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

Music Improvisation and Ensemble Skills - Sat 3pm-5pm Costume Museum, São Brás de Alportel. Exploring the technical & theoretical aspects of improvising in different keys & applying these new skills within a small-group environment. All instruments & abilities welcome.

Scottish Country Dancing will be held on **Monday** evenings from 7:30 to 9:30pm at the NOBEL International School Algarve. Please contact Mardie Cunningham on 282 356 029 or email mardie@sapo.pt.

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

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THE PORTUGAL NEWS

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

Announcements

COLD FEET? Save 50% on your Heating with SHS Infrared: www.shs-pt.com
TPN/TO/74913765
CC DEPRESSED/ BIPOLAR Friendly Support Meetings, 1st Monday of the Month 6:30pm, upstairs Casa Inglesa, Portimão. 914878927

Auctions

AUCTION HOUSE ALGARVE
NEXT LIVE AUCTION
 Saturday, 3 February 2018
 10.00am onwards

- Approx. 500 lots.
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- Jewellery – Antique, Vintage and Modern
- Sports Equipment

Check out our page on Facebook to view items coming up at Auction and view the catalogue and bid on line at www.ahalgarve.com where further details are available. Tel: 289 832 380 or email us at info@ahalgarve.com

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Charities

CC ASSOCIAÇÃO DE CARIDADE Mãos de Ajuda. Helping Hands Charity Shop, 13A Avenida Dr. Eduardo Mansinho, Tavira. 100 metres from Porta Nova Post Office. Open Monday, Wednesday, Saturday 10am to 1pm. Help us to Help others in the Tavira Area. 963558138
TPN/TO/25352356

CC THE GOODWILL CHARITY. R.Direita 5, Ed. Portus Magnus, Portimao. (Close to Theatre). 968 740 693 10am-2pm. Clothes, bric a brac and furniture in saleable cond., large items collected.
TPN/TO/94287332

CC - ADL SUPPORTING FAMILIES This is a new Charity set up to support local families in crisis. We receive unwanted furniture, white and electrical goods, baby equipment, bedding, towels etc..and distribute items to local families who need them. We cover the Guia, Algoz, Tunes area and further afield. For more information about the work of the Charity and how you can help please contact Su Davis: 932307548 su.davis@sapo.pt Facebook: Support for families in the Algarve and Desafios Luminosos.
TPN/TO/88724210
CC SECOND CHANCE charity shop at Largo Das Ferreiras(on roundabout), Ferreiras, Albufeira. Open Tuesday to Friday 10am to 4pm. Saturday 10am to 1pm. Supporting people in need, also Bombeirosos, Soup kitchens, Riding for the disabled, AHSA day care centre for the elderly and more. Contact Maggie Cook 917707808.

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

CC WEEKLY BOOK SALE. Come along to our Book Sale every Friday from 10.00 to 12 noon at Monte da Palhagueira Nursing Home & Retirement Village Hall, Gorjoes. All proceeds go to The Boys Home Faro. Tel: 289990901
TPN/TO/63968557
CC APAA CHARITY SHOPS - Dunas do Alvor: Tues to Sat 10.30am - 2pm. Cerro Grande, Albufeira: Tues to Sat 10.30am - 2pm. Rua Elias Garcia, 20, Silves: Mon to Sat 10am - 2pm. Volunteers always welcome info.apaaportugal@gmail.com
TPN/TO/88458483

CC THE NANDI CHARITY SHOP. Winter clothing now in stock. Bargain prices. Furniture can be collected within 30 K Lagos. Tel 912741857
TPN/TO/41245832

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INAUGURAÇÃO: 20 DE JANEIRO DE 2018 » 16H00



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Due to lack of space, the Places of Worship listings have been removed for this week.

Verse of the Week

The king was overjoyed and gave orders to lift Daniel out of the den. And when Daniel was lifted from the den, no wound was found on him, because he had trusted in his God. Daniel 6:23; New International Version (NIV)

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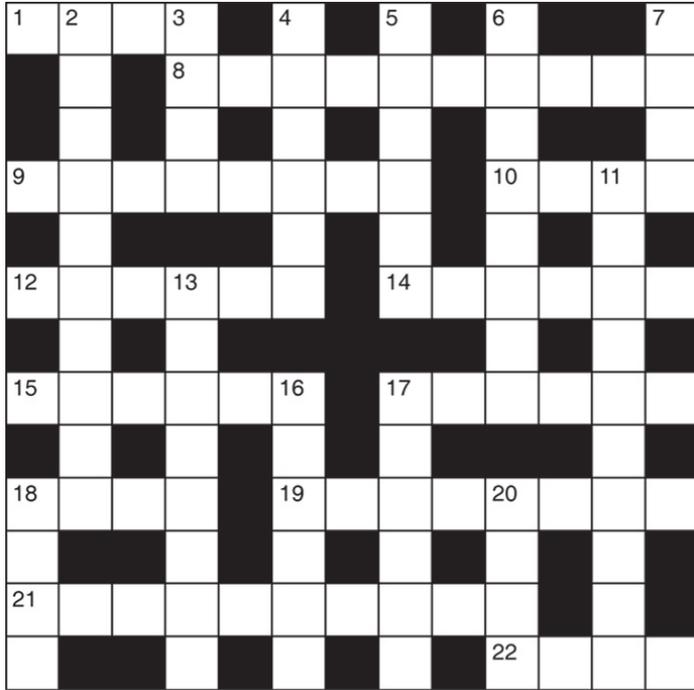


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Property for Rent

FOR RENT/For sale Multi-use space with 3 WCs, approx. 90m2 located in the old centre of Lagoa, in a recently renovated building near the market square. Tel. 966040466 **HOUSE WANTED** to rent - Lagos or nearby countryside. House with garden wanted for long term rental, prefer unfurnished, 3 beds, good condition, although can help renovate if necessary, for a fairly long term deal, min 3 years We are a semi-retired professional couple, very reliable and trustworthy. Call - 926323125



Last week's cryptic crossword solutions
Across: 1 Adam; 3 Palpable; 8 Memo; 9 Broken up; 11 Norman Wisdom; 13 Stroke; 14 Paella; 17 Movable feast; 20 Sycamore; 21 User; 22 Serenity; 23 Emid.
Down: 1 Admonish; 2 Admirer; 4 Arrows; 5 Pikestaffs; 6 Bingo; 7 Espy; 10 Backgammon; 12 Captured; 15 Liaison; 16 Claret; 18 Occur; 19 Asps.

CRYPTIC CROSSWORD

ACROSS

- 1. Inform on the store (4)
- 8. A billet-doux is nothing to the landlord (4,6)
- 9. State of a girl (8)
- 10. Ban one returning from the Middle East (4)
- 12. A dog died in a Dorset harbour (6)
- 14. Suffocate itself somehow (6)
- 15. A boy at street level (6)
- 17. Zimbabwean statesman giving me a bug, perhaps? (6)
- 18. Underwear item and shirt for a horrible child (4)
- 19. Derision upset detective played by Raymond Burr (8)
- 21. Make me pay a penalty in rent for an improvement (10)
- 22. To make a fuss (2-2)

DOWN

- 2. A chopper with blades (10)
- 3. One that stops to promote something (4)
- 4. A place for the street (6)
- 5. Folds in pastel design (6)
- 6. Going off course like a mad stingray (8)
- 7. Larva food (4)
- 11. Make Adie be bold when strong and healthy (4-6)
- 13. A joint badly violated (8)
- 16. Caught, but not exactly riveted (6)
- 17. Tied up the senior journalist by the back room (6)
- 18. A spell in prison for a stool pigeon? (4)
- 20. Said to establish a place for the badgers (4)

CODEWORD

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

	23		16		16		21	14	3	17	1	14	2	12	2
A							M	A	R						
	25	6	19	10	12	1			12	3	12		12		12
B															
	3		1		6		20	12	4	12	10	12	1	17	13
C															
	12		25		17		25		17		14		17		14
D															
	9	17	1	2	16	9	12	7	20		20	17	22	22	19
E															
	17		19		20		12		17		12				
F															
	1	15	21	11		13	25	1	1	17	24	14	1	13	12
G															
	10				7		10			12					6
H															
	16	25	15	11	3	17	26	15	12	20		9	14	16	7
I															
		1		15		17				11		21		14	
J															
	5	25	18	12	3		14	1	13	8	25	3	21	14	1
K															
	15		12		17		4		25		6		25		16
L															
	2	14	21	7	12	1	17	1	10		17		1		17
M															
	10		7		1	17	11		17	1	2	17	10	25	
	12	1	20	17	20	4	17	1	10		10		14		1

QUICK CROSSWORD

ACROSS

- 1. Give pain (4)
- 8. Intentionally offensive (10)
- 9. Brilliant (8)
- 10. Cylinder (4)
- 12. Mendicant (6)
- 14. Keep (6)
- 15. Pieces of turf (6)
- 17. Valuable things (6)
- 18. Sort (4)
- 19. Not fully developed (8)
- 21. Audacity (10)
- 22. Average (2-2)

DOWN

- 2. Intricacy (10)
- 3. Border (4)
- 4. Merchant (6)
- 5. Moroccan port (6)
- 6. Laws (8)
- 7. Cattle shed (4)
- 11. Noisy and lively (10)
- 13. Branch of mathematics (8)
- 16. Thin (6)
- 17. Military land forces (6)
- 18. Digits of the foot (4)
- 20. Playthings (4)

Last week's quick crossword solution
Across: 1 Pest; 3 Massacre; 8 Lane; 9 Adjacent; 11 Metallurgist; 13 Le Mans; 14 Broken; 17 Impertinence; 20 Viscount; 21 Idle; 22 Disaster; 23 Omit.
Down: 1 Pall Mall; 2 Symptom; 4 Ardour; 5 Staggering; 6 Chess; 7 Feats; 10 Slanderous; 12 Interest; 15 Kingdom; 16 Stance; 18 Moses; 19 Avid.

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

Medium

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

Hard

Last week's solutions

Last Week's Codeword Solution

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

Last week's solutions

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

Medium

Hard



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The numbers game

N NEIL CONNOLLY

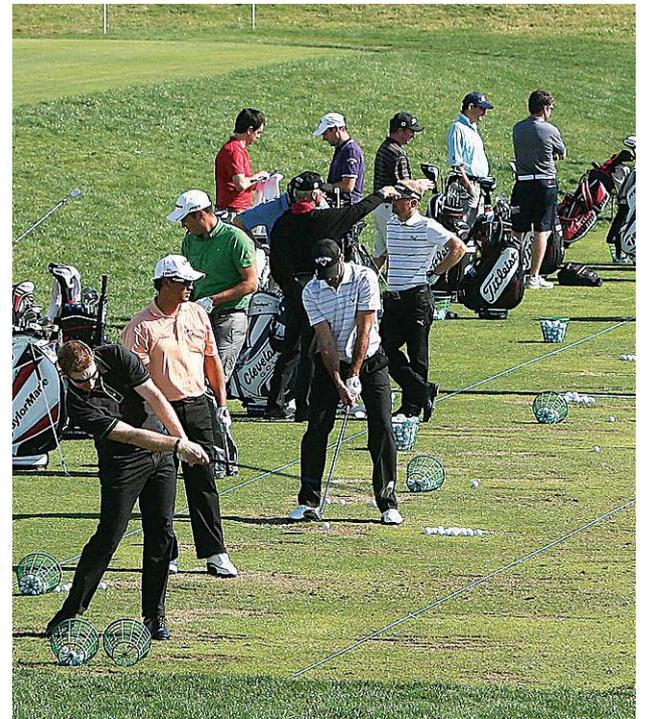
Month one of 2018, done. Golfing wise it has shown a couple stablemates getting back into the action. Namely Tiger and Rory, now fully fit and competitive.

Rory finishing second around the Emirates Golf Club to a youngster called Li, with Tiger making his first competitive cut in 889 days. Their World Rankings have slipped a little due to their enforced absence with Rory having slipped out of the top ten in the world and Tiger languishing down in 656th at the end of 2017. Yet a good showing for both has put Rory at 8th and Tiger for making the cut and finishing tied 25th, well that was worth a jump of 117 spots to 539th in the World Rankings. A promising sign for the rest of the year, with both of their focuses on the first major of the year, they have plenty of time to polish off their ring rust and be fighting fit for Augusta in April. There was another return to the world of competitive golf this week past. You would be forgiven if you hadn't heard, but if you had spent any time around the Golf Integrated Academy at Vila Sol, you would have seen a middle-aged Pro getting some practice in for

his first foray into the world of Senior Golf. You see, I turned forty-eight last year, so I am now eligible to play on the Senior Golf Circuit, not to be confused with the European Tour's Senior offering, now called the Staysure Tour. The tournament was held at the magnificent Monte Rei course, over two rounds. Having, for the last ten years, been one of the oldest competitors in the field it is truly uplifting to be able to turn up to a tournament where you are the youngest. It is strange and levelling to be in a field where you think you are competing against people your father's age and then realise that you fit in perfectly. They say one day you will look in the mirror and see your father looking back at you, it was like that but with golf clubs. It was on the range where things took a surreal turn, you could not have had a more diverse spread of body shapes, sizes and fitness. It looked like a normal driving range anywhere in the world, except all of these guys could hit a

ball, knew how to putt and most importantly knew how to compete. We had ex European Tour players, County Champions, PGA Regional Champions. Some players who have been Professionals for the last thirty years and some who have been amateurs for the last thirty years and have been waiting for the clock to turn in their favour and turn professional. Even Club Professionals who now have a little spending money to see how good they really are. Being a Jack Nicklaus signature course, Monte Rei is a wonderful test of golf, five star in every category. I handled myself well over the first 18 holes where a 76 was carded in feisty winds. It was good enough to lie tied 7th going into the final round. My body was in good shape, my mind at ease because I knew that I could compete. Then golf showed me once again that it was the boss, any sense of control was fleeting. The course showed me that if you wander off the beaten path by a few feet it would take quite a golf shot

to get back in position. My first three holes amounted to the 'number of the beast' 6-6-6. I managed, in forty minutes, to drop more shots than in four-and-a-half hours the day before. Feeling like a total numpty I carded an 81. I chalked it up to experience and all that, better luck next time, learn from your mistakes etc. Then I found that tied 19th covered expenses. It is safe to say that I have played a lot better and won a lot less. Seniors Tour proper is in two years' time, plenty of time to iron out the wrinkles in the game, not the face.



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Sporting overcome stubborn Setúbal in League Cup Final

N CHRIS WRIGHT



Sporting were crowned League Cup champions after beating Vitória de Setúbal in a penalty shootout last Sunday. (Photo: EPA/Jose Coelho)

Sporting suffered a scare in the Taça da Liga final before winning the penalty shootout against Vitória Setúbal in Braga last weekend.

This was the Lions first League Cup Final victory in three attempts. It was also sweet revenge after losing the first ever final, ten years ago, when they lost on penalties to Vitoria Setúbal at the Algarve Stadium. Sporting manager, Jorge Jesus, made two changes from the starting squad that overcame FC Porto on penalties in the semi-final. Bryan Ruiz and Fredy Montero came in for the injured Gelson Martins with Marcos Acuña dropped to the bench. Vitória de Setúbal manager, José Couceiro, also made two changes from their semi-final win against Oliveirense, swapping Patrick and Andre Sousa for Vasco Fernandes and Arnold Issoko. Jorge Jesus had picked out Gonçalo Paciência as the danger man in the Setúbal attack and it did not take the young striker long to make his mark. Just moments after kick-off, Paciência found some room just beyond the box after shaking off Sebastian Coates and fired past Rui Patrício to give the Sádinos a shock lead. Sporting struggled to deal with the threat of Paciência, who was in rampant mood, winning possession several times in midfield and

driving the attack forward. Jesus made two changes at half-time, taking off Ruben Ribeiro and Bryan Ruiz, to be replaced by Acuña and Rodrigo Battaglia. But it was the underdogs who had the first good opportunities of the second-half when Paciência forced Patrício into a save and João Teixeira put a shot just wide of goal. Sporting began to gain the ascendancy as Coates put a header just wide and Bas Dost forced Setúbal keeper Pedro Trigueira into a save just moments later. Fifteen minutes from time amidst some frantic action in front of Trigueira's goal, Tomás Podstawski appeared to have blocked a Bas Dost shot with his hand. After consulting the Video Assistant Referee, referee Rui Costa awarded Sporting a penalty and Bas Dost stepped up and converted to level the score. For the second time in seven days, Vitoria Setúbal had held Sporting to a 1-1 draw. This year's Taça da Liga would be decided on penalties. In the shootout, Podstawski completed a night to forget by firing his penalty against the crossbar. It was left to William Carvalho, who missed his attempt in the semi-final against Porto, to slot home the winning penalty.

Campeonato Portugal in full swing

With twelve matchdays to go in the five divisions of the third tier of Portugal football, the battle is warming up to grab top spot and gain automatic inclusion in the play-offs for promotion to the Segunda Liga.

The three best, from five, runners-up will complete the eight team play-offs. In Division 'E' it is SC Farense, held to a draw by Pinhalnovense last weekend, who are leading the way seven points clear of Casa Pia (Lisbon) who they play in the capital on Sunday. SC Olhanense are in third place just two points below Casa Pia. Last

Sunday, Olhanense struggled to overcome Louletano DC but a brilliant second-half strike by Leleco was enough to secure all three points. Olhanense introduced Zé Turbo, on loan from Italian club Inter Milan, as a second-half substitute and the 19-year-old centre-forward could be the player to improve the Olhão club's chance of making the play-offs.

Lusitano VRSA travel along the coast to play Olhanense on Sunday at the José Arcanjo Stadium, Olhão (behind McDonalds on the EN125) kick-off 3pm. The visitors, currently just one point off bottom place, will be hoping to avenge the 3-2 defeat they suffered in a bad-tempered game in Vila Real de Santo António last September.

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