

Suggestions
CHRISTMAS & NEW YEAR



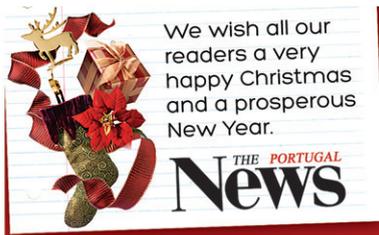
Apolónia
The Real Supermarket.

All life has to offer is at Intermarché.



Intermarché

We wish all our readers a very happy Christmas and a prosperous New Year.



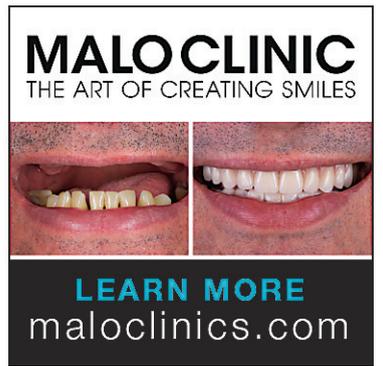
THE PORTUGAL News

PROPERTY INSURANCE



See page 20
SPECIAL DISCOUNTS

MALOCLINIC
THE ART OF CREATING SMILES



LEARN MORE
maloclinics.com

THE PORTUGAL News
Established 1977
19,134 copies this week

THE PORTUGAL News

Portugal's **National** Newspaper in English

21 Dec 2019 • Ed. 1557
€1.50 inc IVA
Publisher: Paul Allen Luckman
www.theportugalnews.com
This week 19,134 copies
Facebook: 63,576 followers
Web: 88,063 page views last week

Merry Christmas Portugal



A group of drummers perform under the Christmas lights that are all over the city of Lisbon. (Photo: Lusa/José Sena Goulão).



Fewer Portuguese emigrating. P2



Bullfighting VAT increase considered "censorship". P4



Avoid Christmas cooking mistakes. P23

Full Christmas and New Year TV Guide
See pages 35 - 37



PORTUGAL PROPERTY.com

BERKSHIRE HATHAWAY | Portugal Property
HomeServices

THE PORTUGAL
News
Portugal's National Newspaper in English

ANGLOPRESS Edições e Publicidade, Lda
Copyright ©2019 Anglo Press Lda.
The Portugal News is part of the
Portugal News Group established
1977. Depósito Legal N° 80258/94

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

CONTACTS
Postal Address:
Apt 13 • 8401-901 • Lagoa

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

Classifieds: +351 282 380 315

Sales: +351 282 380 310

Accounts: +351 282 343 653

Newsdesk: +351 282 380 313

General: +351 282 341 100

Email: info@theportugalnews.com

Web: www.theportugalnews.com

PRINT & DISTRIBUTION

Printers: Unipress, Porto

Print-run: 19,134 copies this edition

Distributors: VASP

Member of apct
audited circulation



PRODUCTION

Publisher: Paul Luckman
publisher@theportugalnews.com

Photos: LUSA • Press Association

GENERAL MANAGER

Daisy Sampson
Daisy@theportugalnews.com

SALES MANAGER

Sónia Seixas
sales@theportugalnews.com

ACCOUNTS MANAGER

Gaby Rodrigues
accounts@theportugalnews.com

While The Portugal News has done its utmost to ensure all advertiser information is correct, the paper is unable to verify the content and/or claims of adverts provided.

Publicação registada na Entidade Reguladora para a Comunicação Social com o número 127217
Estatuto Editorial:
www.theportugalnews.com/editorialguidelines

Fewer Portuguese emigrating

Around 80,000 Portuguese nationals emigrated in 2018, 5,000 fewer than in 2017, while the number of Portuguese in the UK applying for settled status has fallen dramatically over the past month.

The decrease has been explained mainly by the fall in attraction of countries such as the United Kingdom or Angola, according to the latest Emigration Report.

According to the document, prepared by the Emigration Observatory and which compiles data for 2018, in the countries where they are available, "Portuguese emigration continues in a downward trend, but is slowing down".

This decrease is mainly due to the fall in attraction in the United Kingdom, by the "Brexit effect", in Angola, "due to the economic crisis triggered by the devaluation of oil prices", as well as in Switzerland, but also to the "recovery of the Portuguese economy" namely "in terms of job creation", the report states.

In global terms, the trend "seems to indicate" that "the variations in the volume of Portuguese emigration today depend more on changes in the context of the main destination countries than on the evolution of the Portuguese economy," it adds.

The number of emigrants has been falling since 2013, when it peaked at 120,000, the peak of this century, rising to 115,000 in 2014, 115,000 also in 2015, 100,000 in 2016 and 85,000 in 2017.

Despite the continuous reduction in emigration to the United Kingdom, this continues to be the country to which more Portuguese emigrate, with 19,000 thousand departures in 2018, against 23,000 in 2017 (minus 16.6 percent) and there has been a decrease since 2015, when there was an increase to 32,000.

According to the report, this reduction "is mainly explained by fears induced by Brexit", the United Kingdom's departure from the European Union.

In 2018, the inflow of Portuguese represented 3 percent of total inflows into the United

Kingdom, which made this emigration the eighth highest for that country.

The second country of destination of the Portuguese in 2018 was Spain, with 11,000, a figure that is recorded for the first time since the crisis of 2008, followed, with less than 10,000 entries, Switzerland (9,000), France (8,000) and Germany (7,000), and these last two countries recorded values "much lower" than 2017.

While the UK remains the top choice for Portuguese emigrants, the number of applications for UK resident status by Portuguese citizens fell by 77 percent during November, when the campaign for the British legislative elections on 12 December began. According to the British Home Office, the number of applications for resident status in November was 10,600, significantly less than the 47,300 registered in October.

By the end of November, 220,400 Portuguese nationals had registered in the system of migratory regularisation created because of the departure of the UK from the European Union (EU) and mandatory for after the Brexit. The settled status is granted to those who have five consecutive years living in the UK, while those who have been in the country for less than five years will have a pre-settled status until they have completed the necessary time.

The Portuguese government estimates that about 400,000 Portuguese live in the UK. Portugal continues to be the country with the fourth-highest number of nationals registered in the system of migratory regularisation for Europeans, entitled EU Settlement Scheme, behind Poland, Romania and Italy.

In total, according to the British Home Office, nearly 2.6 million people, including Europeans and their families, applied for resident status, of which 2.23 million were completed, 59 percent received a permanent



According to the latest Emigration Report, "Portuguese"

title and 41 percent a provisional title. The overall number of applications for residence also slowed down by 76 percent in November, when 141,800 were registered, compared to 590,000 in October, although monthly figures fluctuated over the eight months of operation of the system. Secretary of state for the interior, Brandon Lewis, reiterated the call for European citizens to register, justifying: "EU citizens have made a huge contribution to the UK and we want them to stay." The deadline for applying for resident status is 31 December 2020, but the exit agreement negotiated by Prime Minister Boris Johnson in October provides for an additional six months, until 30 June 2021.

algarve REMOVALS

"Relax, your move is in safe hands."



Call us now for a FREE quote

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

Algarve Tel: 00351 289513851
Mob: 00351 968019226

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

REMOVALS

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

STORAGE

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

ONLINE SHOPPING

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

Local Depots at: Alcantarilha - Almancil - Tavira - Lagos



ese emigration continues in a downward trend, but is slowing down". (Photo: EPA/Lukas Schulze)

WEATHER

Sunshine returning to Portugal

The wet weather is to clear across the country with mild temperatures and blue skies returning

Lisbon: Rain on Saturday in the capital is set to clear on Sunday and it is to remain dry for the remainder of the week. Clear skies on Tuesday and Wednesday will see average highs peaking at 19 degrees while the evenings will feel cool with lows of 10 degrees.

The south: Saturday is to be wet in the south of the country with 100 percent chance of rain but this is to clear on Sunday and blue skies are to return for the rest of the week. Temperatures will be mild with average daily highs of 19 degrees and nightly lows of 12 degrees.

The north: It will be a wet weekend in the north with rain expected throughout the weekend and only clearing by Tuesday. Temperatures will remain steady with daily highs of 17 degrees and nightly lows of 11 degrees.

N News in Brief

Algarve's avocado production rockets

The Algarve's microclimate and an increased demand for avocado are driving production of the subtropical fruit in the region. This despite almost all of production being exported to other European countries. The Algarve currently comprises 1500 hectares of avocado fields spread over 180 farms to cater for a market demand which in recent years has seen an "exponential increase in consumption" in Northern and Central Europe.

Tax burden to reach 35% of GDP in 2020

The weight of taxes and social contributions should again increase to 35 percent of GDP next year, according to the proposal of the State Budget for 2020 (OE2020). According to the document submitted to Parliament, tax revenues should rise from 25 percent of GDP this year to 25.2 percent next year, corresponding to €54,844 million. Social contributions should increase from 9.7 percent of GDP in 2019 to 9.8 percent in 2020, equivalent to €21,358 million.

Exploration of new landfill begins in Algarve

Exploration has begun on a new landfill hole in the western Algarve. Exploration of cell D of the Barlavento Landfill, in the municipality of Portimão, begun last week. Cell D represents an investment of €3.6 million and "expands the disposal capacity of undifferentiated waste collected in the western Algarve," explains management company, Algar. The investment expects to achieve a storage volume of 1 million cubic metres for waste disposal.

Red lipsticks warning

Consumer watchdog Deco has issued a warning against red lipsticks after it detected traces of lead and mineral oil components derived from petroleum in quantities exceeding those considered safe in red lipsticks on the market. In a note sent to Lusa News agency, DECO says it has tested seven red lipsticks and found mineral oil aromatic hydrocarbons (MOAH) in three of them (Avril, Kiko and Mac brands). Deco explains that the red lipstick made by Avril "is certified by Ecocert as a 'natural' and 'biological' product" and on the label informs that it does not use oil derivatives. It also detected in the Kiko and Mac lipsticks quantities higher than those considered safe of components of mineral oils derived from petroleum.

Government grants civil servants extra day off to extend festive holidays

The government has granted civil servants an extra day off to bridge the Christmas and New Year holidays to make longer holidays. The Government has granted 24 and 31 of December to extend the festive period. The order, signed by Prime Minister António Costa, states 'it is traditional for many people to travel outside their place of residence during the Christmas and New Year period in order to enjoy family reunions'.



The Cris Piessens Clinic wishes you a warm and Merry Christmas filled with joyous smiles into the year 2020, the universal language of kindness and tolerance.

Cris Piessens Clinic
Placing dental implants since 1987



T: +351 289 589 080
M: +351 966 017 783
info@crispiessensclinic.com
www.crispiessensclinic.com

Federation says VAT increase on bullfighting is ‘censorship’

The Portuguese Federation of Bullfighting – Protoiro, has said that the increase in VAT on bullfights from 6 percent to 23 percent, provided for in the 2020 budget, is an act of censorship, unconstitutional and illegal.



The increase in VAT would be considered a real blow for the bullfighting industry, with an economic cycle closely linked to depressed regions and the interior.

“This is a tax assault through an unconstitutional and illegal act of censorship,” Protoiro said in a press release. The secretary-general of the federation, Hélder Milheiro, said in the note that the socialist

government does not want to know about the subject of VAT - the hidden agenda is to try to ban bullfighting, but there is no political courage to admit it. Protoiro warned that, if the measure is implemented, the increase in VAT would be a real

blow for this sector, with an economic cycle closely linked to depressed regions and the interior, which is driven by more than 2.5 million people in various forms of bullfighting. According to the federation, the proposal delivered in parliament violates the Constitution, by calling into question the principle of equality and the fundamental values included in the right to culture, but the government wants to feed small extremist groups.

If the proposal is not withdrawn from the budget, Protoiro will consider using all the judicial options at its disposal to defend the rights and freedoms of the Portuguese in this matter, the communiqué said. According to the budget proposal, bullfighting is no longer included in point 2.32 of List I annexed to the Value Added Tax (VAT) Code, which relates to 6 percent. That point includes entries into zoos,

botanical gardens and public aquariums.

As there is no reference in the document to a change from bullfighting to the intermediate rate (13 percent), this activity is automatically included in the list of goods and services subject to the maximum rate (23 percent). The government programme, approved at the cabinet meeting on 26 October, included a measure to increase the minimum age for access to bullfighting, which currently stands at 12 years old. The executive’s goal of raising the minimum age for bullfighting, possibly to 16 years, is included in the chapter of the government programme dedicated to consumer protection measures. The legislation in force, namely a decree of February 2014, stated that artistic performances and public entertainment are subject to age classification, and bullfighting is for those over the age of 12.

Government to reverse ‘disinvestment cycle’ in armed forces

Minister João Gomes Cravinho said that measures are “already underway” to reverse the “disinvestment cycle” in the Armed Forces, admitting the urgency of guaranteeing personnel for missions.

It is necessary to “understand the expectations of those who are part of the armed forces and to maximise their skills for the service of all Portuguese.

On the other hand, he said, it is necessary to “raise the awareness of the Portuguese” by making them aware of the reality of military life and valuing the armed forces actions.

The governor was speaking during a swearing in ceremony at the Centre for Military and Air Force Training in Ota, Alenquer, in the district of Lisbon, chaired by the President of the Republic.

At the ceremony, the President, Marcelo Rebelo de Sousa highlighted the importance of the Armed Forces’ mission to “save and perpetuate” Portugal.

The President of the Armed Forces Officers Association, António Mota, warned that the number of military personnel registered in the third quarter of the year is the lowest of the decade, at 25,580 in September, the lowest number recorded since 2011.

IS THIS YOUR IDEA OF SHORTS IN THE MARKET

Perhaps you should visit us at BinckBank

www.BinckBank.com

The value of investments can rise or fall and you could get back less than you invested.

Portugal: (+351) 282 380 335 | UK: (+44) 203 901 2756

Email: info@binckbank.com

www.binckbank.com

BINCK  **BANK**

PART OF SAXO BANK

Interpol busts counterfeit ring

Eleven suspected counterfeiters in European countries have been arrested following house searches coordinated by EUROPOL as part of Operation Deep Money.

The Judicial Police (PJ), through the National Anti-Corruption Unit and with the collaboration of EUROPOL, dismantled last July the second largest counterfeit currency network in Europe, sold through the so-called 'darknet', in an operation

that involved eight searches, both at home and abroad. Five people were arrested in the Deep Money operation and more than 1,800 counterfeit notes of 50 and 10 euros were seized. In a statement on 16 December, the PJ said that

EUROPOL coordinated, between 9 and 11 of this month, a Europe-wide operation, targeting several dozen suspects who had acquired counterfeit currency through the darknet. "After an analysis of the evidence gathered by the Judicial Police, it was

possible to identify several counterfeit currency transactions, information which was communicated to Europol and subsequently optimised and disseminated by it to all the countries affected", the note mentions. Last week EUROPOL carried out a total of 36 house searches, identified and interrogated 44 suspects, 11 of whom were eventually arrested, and counterfeit notes, weapons, drugs, false documents and virtual coins, as well as doping substances, were seized. The police statement also said that in Germany a network producing false documents was also dismantled, where 27 house searches were carried out, with the remaining nine being carried out in Austria, France, Greece, Ireland, Luxembourg and Spain. In July, PJ announced in a press conference that the network was formed at the beginning of 2017 and that since then it has produced thousands of counterfeit euro notes "with very good

quality", with the seized machinery being found in homes. "Despite the seizure of thousands of counterfeit notes, it is very common that in the coming months there will still be some notes that are being seized," said the coordinator Luís Ribeiro, of the National Combat Unit. The banknotes were sold through the darknet and the criminals made profit, i.e. 100 thousand euros were sold for 20 or 25 thousand euros. At the beginning of July and during several searches, around 5,000 counterfeit euro notes were seized in Portugal, worth around 250,000 euros, and "various objects related to the production of the notes, including computers, printers, security paper with security threads, holograms and self-adhesive holographic bands, ultraviolet inks and ink cartridges". "The banknotes were advertised and marketed through the 'darknet' and the orders were received by

that way or through some mobile applications and later the alleged head of the group would send that information to the members of the group they met in Portugal who in turn produced the banknotes and sent them by mail", explained the police officer. Counterfeit banknotes have been seized almost everywhere in Europe, with the highest incidence in France, Germany, Spain and Portugal, and overall since January 2017 more than €1.3 million of banknotes have been seized. Among the five people arrested and already deprived of their liberty are Portuguese and French citizens. One of the detainees is Portuguese, is 35 years old, and is considered by PJ as the head of the network that was arrested on 23 August in Colombia and later handed over to PJ in Portugal. The man has a criminal record for various crimes, including drug trafficking and sexual extortion.



Five people were arrested in the Deep Money operation and more than 1,800 counterfeit notes were seized

Luxury cars seized in Aveiro area

The Tax and Customs Authority (AT) have seized 107 luxury vehicles in three districts of Aveiro, as part of "Operation Elite" which investigates crimes of qualified tax fraud.

A statement published on the Finance Portal said that on 12 December, in Aveiro, Águeda and Ílhavo, 11 home and non-home searches were carried out for suspected tax fraud.

The investigation is focused on three car showrooms, two in Aveiro and one in Águeda, owned by companies that use "ghost" companies to purchase used vehicles in the EU, so as not to pay the VAT due, defrauding the Portuguese State of more than €8 million, an activity that has been carried out since 2015.

"In the investigation, which began in

2018, it was found that these car dealers have avoided paying the VAT due on these operations, fictitiously converting the applicable VAT regime, from the general regime, taxed at 23 percent on the sale value, to the so-called 'margin regime' in which VAT is levied only on the marketing profit, thus drastically reducing the amounts of VAT to be paid to the State".

The operation involved 45 tax inspectors and around 40 police and seized accounting documents, registrations, legalization documentation and computer files, in addition to the 107 luxury vehicles.

The operation involved 45 tax inspectors and around 40 police and seized accounting documents, registrations and other documentation in addition to the cars



ALGARVE
website design
algarvewebsitedesign.com

personal websites & blogs
business websites
property websites
online shops
booking systems
social media management
seo services

all your IT requirements in one place
info@algarvecomputersolutions.com

Established since 2004

Need IT?
we can help

+351 936 544 998



TECHNI-CALL
computer solutions
techni-call.com

installations
repairs
upgrades
networks

fast, reliable hosting
domain name registrations

ALGARVE
WEBHOSTING
algarvewebhosting.com

MERRY
Christmas
& HAPPY NEW YEAR



If You Want
The Right Property
Talk to the Right Agent



The Agency With A Different View

www.cchomes.pt

T. +351 289 462 438 | info@cchomes.pt



Depression on the rise in Portugal



Antidepressants have shown an increasing trend in recent years in Portugal and in 2018, 8.8 million packages were purchased.

Last year, people in Portugal bought more than 10 million packs of anxiolytics and almost 9 million packs of antidepressants, with anxiety remaining stable while those for depression increased.

The report of the National Health Council dedicated to mental health, outlines an overview of the consumption of stimulant medicines for the nervous system and psychopharmaceuticals, showing a global increase. Portugal is the fifth country in 29 of the Organisation for Economic Cooperation and Development (OECD) that consumes the most antidepressants, with a consumption rate that is double that of countries such as the Netherlands, Italy and Slovakia. The consumption of anxiolytics has shown a stable trend in Portugal since 2014 and last year 10.5 million packages were purchased.

Antidepressants, on the other hand, have shown an increasing trend in recent years and in 2018, 8.8 million packages were purchased. The increase in antidepressant consumption follows the same trend as in other OECD countries, where consumption doubled between 2000 and 2017, which may reflect a better diagnosis of depression, better access to medication or even an evolution of clinical guidelines for the treatment of depression. Even so, Portugal has one of the highest consumption of antidepressants, coming fifth among the 29 countries of the Organisation for Economic

Cooperation and Development that were analysed. The National Health Council document said that data on the consumption of benzodiazepines, medicines used for anxiety that may cause dependence with continued use, is particularly worrying in Portugal. "Benzodiazepines and similar are only indicated for short-term control of anxiety and insomnia and may have harmful effects if maintained chronically," with possible addiction and cognitive dysfunction, the report stated. Data from 2016 showed that 1.9 million users had at least one prescription of benzodiazepines.

Overdose deaths increase by almost 30%

Deaths from overdose in Portugal increased by almost 30 percent in 2018 and reached their highest figure in the last five years, with most cases involving more than one substance, according to the SICAD reports.

Data from the Intervention Service in Addictive Behaviours and Dependencies (SICAD) presented in parliament showed that, in the records of the National Institute of Legal Medicine and Forensic Sciences, of the 307 deaths with the presence of illicit substances and information on the cause of death, 49 were considered overdose.

The SICAD reports highlighted in these overdoses the presence of opiates (65 percent), cocaine (51 percent) and methadone (31 percent), highlighting the increase in cases with both opiates and cocaine.

In the vast majority (92 percent) of overdoses, more than one substance was detected, with alcohol (45 percent) and benzodiazepines (20 percent) standing out in association with illicit drugs.

As for the other causes of deaths with the presence of drugs (258), they were mainly attributed to natural death (42 percent) and accidents (38 percent), followed by suicide (14 percent) and

homicide (3 percent).

SICAD said that several indicators point to a greater circulation of drugs in the Portuguese market at a time of great challenges, such as the growing use of the Internet to market various psychoactive substances and the recent changes in the country's role in international trafficking routes.

As for routes, Portugal has been a transit country in the context of international hashish and cocaine trafficking, inflows from Morocco and Latin America and the Caribbean, respectively, to other countries, especially European ones.

In the executive summary of the reports on the country's situation regarding drugs, drug addiction and alcohol, the National Coordinator for the Problems of Drugs, Drug Addiction and the Harmful Use of Alcohol, João Goulão, said that the trends highlight the need for rapid responses and to prioritise interventions with an effective impact on the health gains of these populations.

ANOTHER YEAR IS DRAWING
TO A CLOSE AND
EVERYONE AT *DIRECT*
WISHES OUR FRIENDS AND
VALUED CLIENTS A
VERY MERRY CHRISTMAS
AND A HEALTHY,
HAPPY NEW YEAR.

IT'S BEEN OUR PLEASURE TO BE OF SERVICE
TO YOU IN 2019 AND WE ALL LOOK
FORWARD TO CONTINUING TO WORK
WITH YOU IN THE NEW DECADE!

Removals ★ Freight and Logistics ★ Storage ★ UK online shopping ★ Weekly UK-PT service

direct
TRANSPORT & REMOVALS

Follow us on Facebook
Contact us at:
+351 282 313 966
info@directtransport.net
www.directtransport.net




SeatoSky
Homes

See the difference
seatoskyhomes.pt

SILVES • LAGOA • ALVOR • LAGOS & WEST

The Impact of Inflation on your Money and Retirement Savings

In the summer of 2019, the Eurostat annual inflation rate figures were released*. Portugal was the only EU country to post a negative rate (-0.7%).

Living in a country with a low inflation rate means that prices won't rise as much for consumers and this can encourage people to save more and invest more. It can also contribute to economic growth by making the country competitive on an international footing. Inflation is a tricky economic statistical factor and economists argue over the relative merits of high and low inflation rates. However, for retirees and those saving for retirement, inflation is an important point of reference because it has the power to erode future spending power, especially when interest rates are low.

Inflation basics

If you put 1,000 Euros in a bank with a fixed interest rate of 1%, in a year you will have 1,010 Euros. Now imagine buying a basket of goods with your original 1,000 Euros. If you tot up the same basket of goods at the end of the year at an inflation rate of 4%, the cost would now be 1,040 Euros. So, at the end of the year, your money in the bank won't buy the same amount of goods as they did when you started saving. In effect you have lost money and are worse off.

Now consider what inflation could do to your retirement savings if interest rates are low and inflation is high. This is often a scary thought for savers.

Saving advocates will argue that the effects of compound interest (earning interest on your interest) can mitigate the impact of inflation, but compound interest can only be truly effective if the saver has been putting money

aside for a significant amount of time.

Once you understand the risk that inflation places on the future spending power of your pension income and retirement savings, it becomes easier to understand why some people get caught up in the lure of high-return, high-risk investments. Conversely, the effect of inflation also means that a modest, low-risk savings strategy puts the retiree's financial future in doubt because their spending power could become eroded to such an extent that they are unable to maintain their desired standard of living.

The best way to handle inflation

Inflation fluctuates, but cash savings almost always lose money over the longer term once inflation is factored in. While a long-term retirement planning strategy should always involve at least some cash assets, especially for short-term liquidity, other forms of investment are going to be key if you want to do your best to beat inflation.

Stocks and equities tend to perform better over the longer term than cash, bonds and fixed-income investments, but knowing where to invest, what to invest in and how to diversify your portfolio can be daunting for the uninitiated. However, it is these forms of investment that are likely to offer the best chance of maintaining your spending power, so it is dangerous to negate them as not for you.

The key here is getting the right advice to help you



make the most suitable choices for your situation.

A low inflation rate is no guarantee for financial stability

Portugal's current low inflation rate outwardly appears to be great news for retirement savers, but continued low inflation rates can signal certain economic problems for a country, which could mean other risks to the long-term financial security of retirement savers. Plus, there are many other factors in play in respect of the cost of living for an individual. Research conducted in 2019 by Mercer Marsh Benefits** found that medical inflation (the cost

of healthcare) in 2018 was 9.7%, three times the rate of general inflation. So, even if your savings are keeping pace with general inflation levels, your spending power will depend on what you want or need to spend your money on. And for most of us, that will mean increased spending on healthcare.

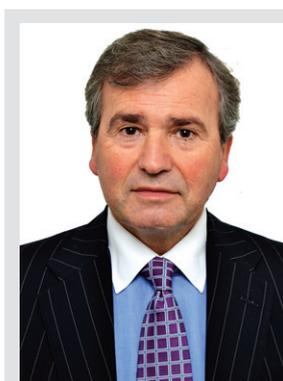
Getting the right advice

Blacktower Financial Management (International) Ltd is a trusted international wealth management company with over three decades of experience in advising commercial and individual clients across the globe.

We are fully regulated and licensed and can help you understand and identify the most suitable products, vehicles and transactions for your individual needs. Contact our team in Lisbon for a friendly chat and to see if we could assist you. Disclaimer: The provision of information in this communication is not based on your individual circumstances and does not constitute investment advice. Blacktower makes no recommendation as to the suitability of any of the products or transactions mentioned.

* <https://ec.europa.eu/eurostat/documents/2995521/10072454/2-19082019-AP-EN.pdf>

** <https://www.mercermarshbenefits.com/en/intellectual-capital/2019-medical-trends-around-the-world1.html>



Article by: Antonio Rosa, Joint Country Manager - Lisbon

ADVICE FROM BLACKTOWER

The Blacktower Group was formed in 1986 and has earned its reputation providing wealth management and pensions planning advice to clients in the UK as well as those who are resident abroad. Our proven and bespoke service can help you accomplish your financial goals.

With offices in the Algarve and Cascais and representatives servicing expats all over Portugal, we can help you today by calling 289 355 685 or 214 648 220 or email info@blacktowerfm.com. All companies under the Blacktower Group are Regulated/Licensed in the locations they are positioned. For full details on how and who we are regulated by please visit www.theblacktowergroup.com



BLACKTOWER
FINANCIAL MANAGEMENT GROUP
www.blacktowerfm.com

Metro expansions to begin in second half of 2020



The goal is to connect the Rato to Cais do Sodré, thus obtaining a circular line from Campo Grande with the Green and Yellow lines, with the remaining lines operating as radials. (Photo: Lusa)

Lisbon Metro expansion works, budgeted at a total of €210 million, will start in the second semester of 2020, despite being initially scheduled for the first semester.

According to the report that accompanies the proposed State Budget for 2020, delivered in parliament, “a circle line will be created around the central area of the city (Green line), with the opening of two new stations: Estrela and Santos”. A total investment of €210 million is planned, of which €46 million in 2020, with the start of the construction work scheduled for the second half of the year. The goal is to connect the Rato to Cais do Sodré, thus obtaining a circular line from Campo Grande with the Green and Yellow lines, with the remaining lines operating as radials - Yellow line from Odivelas to Telheiras, Blue line (Reboleira - Santa Apolónia) and Red line (S. Sebastião - Airport). With regard to the Porto Metro, the

document states that a new Rosa line will be created, while the Yellow line will be expanded, and the start of the contracting of the work, budgeted at a total of €308 million, of which €75 million in 2020, is scheduled for June of next year. In total, seven new stations will be created along the new six kilometre line. The Rosa line will connect the Casa da Música to São Bento and the Yellow line will be extended to connect the S. João Hospital to Vila D’Este, in Vila nova de Gaia. The Lisbon Metro will see an increase in the fleet of 20 percent (plus 14 triple units) and implementation of a new signalling system in the Green, Yellow and Blue lines, representing an expense of €137 million. Porto Metro will see 18 new trains worth €50 million.

Hotel licensing on Matosinhos beach inquiry

The Ministry of Environment and Climate Action on 16 December ordered an inquiry into the licensing process of a hotel in Praia da Memoria, in Matosinhos, whose construction has been shrouded in controversy due to its location.

“The Minister for the Environment and Climate Action, João Pedro Matos Fernandes, ordered an inquiry into the [hotel] licensing process, which will be conducted by the Inspectorate General for Agriculture, the Sea, the Environment and Spatial Planning”, the Ministry said, in a clarification to Lusa.

At issue is a hotel licensed by the Matosinhos City Council in Praia da Memoria, a parish of Perafita, district of Porto, which was the subject of a

complaint in the Attorney General’s Office (PGR), as reported on 31 October in *Jornal de Negócios* (JN).

JN said in its edition on 16 December that the construction of the hotel, which has been suspended for more than a month and a half while negotiations were under way to find an alternative location, should be resumed soon.

“The promoter of the project, Mário Ascensão, guarantees that the work will be resumed following a

consensual decision with the approval of the Ministry of the Environment and the Matosinhos Chamber”, says the daily.

On 27 October, dozens of people, mostly residents, spoke out against the construction of the hotel and demanded that an alternative location be found, at a time when the work had already stopped at the promoter’s initiative, and it was announced that the municipality were negotiating the relocation of the venture for

environmental reasons.

On 26 November, the Mayor of Matosinhos, Luísa Salgueiro, admitted that the hotel could materialise due to a lack of agreement.

“A solution could not yet be found. If so, great, because all interests in presence will be safeguarded. If not, the scenario is that the hotel can be built,” the mayor told reporters on the sidelines of a town hall meeting.

On 31 October, the Northern Regional

Coordination and Development Commission (CCDR-N) revealed, in a clarification to Lusa, that it gave a favourable opinion to the hotel on that beach in

Matosinhos because the Chamber excluded the location of the National Ecological Reserve (REN), leaving it outside the “coastal protection area”.

Early closure for Lisbon Metro

The Lisbon Metro will close three hours early on Christmas Eve at 10pm, reopening 25 December at 8am, the company announced on 17 December in a statement.

As in previous years, the Lisbon metro will close again earlier on the 24th, due to “the sharp reduction in demand usually seen on Christmas Eve,” the note said.

Usually, the Lisbon metro runs every day from 6.30am to 1am.

A reliable real estate agent simplifies your life.

Never settle for second best! Especially when it’s the biggest affair of your life. Find a real estate agent with proper education who’s prepared for anything and everything. A reliable person who will always take the extra time to answer all your questions, striving to make your real estate affair as easy and professional as possible. Find your local office at fastighetsbyran.com. Welcome!

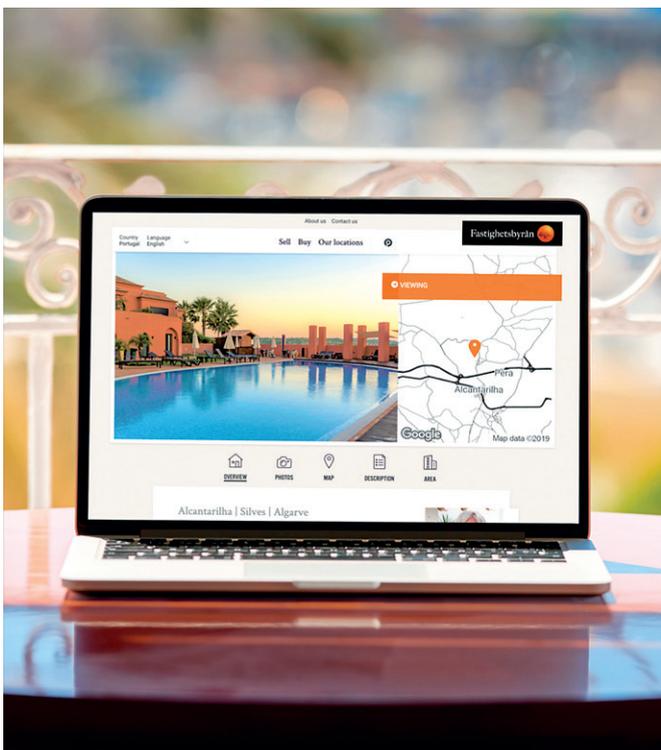
Talk to us. We’re always on your side.

Fastighetsbyran



FASTIGHETSBYRAN.COM

TAVIRA, 281 322 762 / CASCAIS, 211 320 598 / ALBUFEIRA-VILAMOURA-LAGOS, 282 782 024



19 (THURSDAY) TO 24 (TUESDAY) OF DECEMBER 2019

THE BEST OF CHRISTMAS IS IN Intermarché

PRICES VALID ONLY AT POINTS OF SALE WITH FRESH PASTRY SECTION EQUIPPED WITH OVEN, BUTCHER AND FISHMONGERS COUNTER.

RECOMMENDED PRICE

4,99€** /Unit
3,99 /Unit
 BOLO REI
 800 g - 4,99€/Kg
 SAVE 20%

3,99 /Kg
 ACCUMULATE 2,00€/Kg
 TURKEY HEN w/ Giblets
 SAVE 50% ON CARD*

1,89€** /Kg
0,69 /Kg
 PORTUGUESE CABBAGE
 Programa Origens
 Class: II
 SAVE MORE THAN 60%

7,98€** /Kg
5,98 /Kg
 LAMB Whole/Half
 AND CLIENTS WITH CARD ACCUMULATE +10%
 0,60€/Kg
 SAVE MORE THAN 25%

10,99€** /Kg
8,99 /Kg
 SPECIAL CODFISH FROM NORWAY
 SAVE MORE THAN 15%

11,99€** /Kg
7,99 /Kg
 COOKED PRAWNS 60/95 PorSi
 SAVE MORE THAN 30%

15,99€** /Kg
13,49 /Kg
 WHOLE OCTOPUS From 3 to 4 kg Frozen
 SAVE MORE THAN 15%

FOLLOW US www.intermarche.pt /intermarchept /intermarcheportugal

COME AND VISIT US IN:

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

Volunteers plant 2,000 trees in Monchique

The Monchique mountain range has had 2,000 more trees planted thanks to a group of volunteers.

5 0 volunteers planted Monchique oaks, cork oaks and chestnut trees to restore the mountain



Volunteers worked to plant trees in the Monchique as part of the Renature project.

habitats destroyed by the 2018 fire. The initiative is part of the “Renature Monchique” project, which has already allowed the planting of around 15,000 trees since the beginning of November this year, a figure that will rise to 75,000 by the end of April 2020, according to the project’s action plan. It intends to conserve the natural resources and biodiversity of the Algarve Mountains, as well as to mitigate the future impacts of climate change on the territory. Renature Monchique is coordinated by GEOTA, supported by the Algarve Tourism Region (RTA), the municipality of Monchique and the Institute for Nature Conservation and Forests (ICNF) and is funded by Ryanair, the company that wanted to compensate for the carbon dioxide emissions from their flights. For the president of the RTA, João Fernandes, this action shows that “the way of the Algarve is also made here, by implementing a strategy that includes nature

conservation, safeguarding biodiversity and environmental education,” he said. According to the president of GEOTA, Marlene Marques, this action “allowed the active participation of the community and partners in the process of the renaturalisation of the Monchique mountain range, an essential step for the recovery of the natural heritage of the region”, she concludes. “We are delighted to support this reforestation initiative in Monchique. Our clients have adopted our carbon offset programme with their generous donations, financing the planting of 15,000 trees in the region since November. We are extremely proud of these environmentally-minded customers, and this week we are especially proud of our staff, who have volunteered to visit Monchique and work tirelessly to help restore mountain habitats,” concluded Kenny Jacobs, Ryanair’s Chief Marketing Officer.

Restocking the Algarve bivalve banks

A Portuguese-Spanish research project for the sustainable management of natural bivalve banks that began in 2017 has made it possible for the restocking of these species at Tavira.

“Its ultimate objective is the development of methodologies that make it possible to guarantee or promote the sustained management of bivalves [and] of bivalve fishing,” said Miguel Gaspar of the Portuguese Institute of the Sea and Atmosphere (IPMA), who is the coordinator of the Venus project.

Gaspar told Lusa said that the project is divided into several actions, including the restocking of cockle species in the gulf of Cádiz.

“First, we have developed methodologies at our premises at the Experimental Molusciculture Station of Tavira, in the Algarve, methodologies for the production of bivalve larvae,” he explained, adding that a set of zootechnical technologies have been it is developed that make it possible to “obtain high-quality larvae”.

With a budget of €1,303,743.58, the project is co-financed by the European Union’s European Regional Development Fund (ERDF), under the Interreg V-A Spain-

Portugal Programme (POCTEP) for the period 2014-2020.

After the process of producing larvae, IPMA, with the collaboration of the Portuguese Navy, houses a series of juvenile bivalves of up to 5 mm long, in marine areas.

“What we do, collaborating with several institutions - in this case the Portuguese Navy - is to spread a set of juveniles that we produce in our premises in areas where there was once a great abundance of these species,” Gaspar said.

According to the researcher, recently the IPMA repopulated an area near Portimão, also in the Algarve, with some 300,000 bivalves produced at the Tavira facility.

In promoting the sustainable management of natural bivalve banks, the Portuguese-Spanish project also had help from the University of the Algarve (UAIG), which is developing a set of protocols for the cryo-conservation of larvae, using ultra-cooled nitrogen.

“The cryo-preservation part comes in

with this point of being able to design tools to preserve the germplasm of larva gametes [sexual cells],” Elsa Cabrita, a biology professor at the university, explained to Lusa. Later on they are revived to start fertilisation, which is undertaken in the laboratory.

“When I unpack a sample, in the case of spermatozoids, I must ensure that those sperm are viable and, like fresh semen, will be able to fertilise oocytes,” she said, referring to sexual cells produced in the ovaries.

However, Cabrita said that her team is for now not attempting the process with cockles, due to difficulties in their reproducing in captivity.

The project is due to finish on 31 December but Gaspar told Lusa that it is expected to be extended for a further year, “given the importance of the results” obtained in the last two years.

In addition to the IPMA and the University of the Algarve, the Spanish Institute of Oceanography and the University of Cádiz are partners in the project.



Methodologies for the production of bivalve larvae are being developed in Tavira. (Photo: Lusa/Vasco Celio)



+351 289 356 233 +351 917 866 779

info@bbqs-algarve.com

www.bbqs-algarve.com



“Now available from **BBQ'S ALGARVE**”

Visit us at
Rua do Comércio, 272A
8135 Almancil

HAMPERS

SELECTION 2019

many more
options from
19,95€

Be responsible. Drink in moderation.



Discover our selection
apolonia.com/cabazes

Apolónia
The Real Supermarket.

Orders

Store

Almancil • Galé (Albufeira) • Lagoa (Carvoeiro)

Telephone

+351 707 201 261

Online & Email

myapolonia.com • myapolonia@apolonia.com

Portuguese winemaking sector growth

Portugal aims to reach €1 billion in wine exports by 2022, ViniPortugal announced in Caldas da Rainha where the data of the sector was presented.

ViniPortugal's goal is based on the values of Portuguese exports, which last year reached €803 million, showing an increase of 3 percent compared to 2017, disclosed Maria João Dias, of the Instituto da Vinha e do Vinho (IVV). At the Portugal Wines Annual Forum, which takes place at the Caldas da Rainha Cultural and Congress Centre, Maria João Dias presented the data for 2018, placing Portugal in 9th place on the list of the world's largest wine exporters and which estimates that by 2022 it will reach €1 billion in export value.

The sale of 295 million litres of wine, with a total value of €803 million, contributed to this classification.

Wine represents 45.2 percent of the total volume of national exports and its main markets of

destination are France (42.6 million litres), Germany (25.7 million litres), Angola (22.8 million litres), the UK (21.7 million litres) and the US (20.8 million litres). In terms of value, France leads the destination markets with €114.5 million, followed by the US (€80.8 million), the UK (€75.5 million), Brazil (€51.5 million) and Belgium (€49.7 million).

In her analysis of the data, Maria João Dias highlighted the fact that the best average price for Portuguese wine is in the markets of the US, UK and Brazil, countries where the sector should look very carefully.

As far as the national market is concerned, the wine sector is growing across the board, i.e. 7 percent in volume, 10 percent in value and 2.6 percent in average price, she said.

The national market data includes

the months of January to September of this year, which highlights an increase of 11.7 percent in sales of wine in restaurants, whose value rose from €400 million in 2018 to €447 million in 2019.

Red wine continues to be the favourite of the Portuguese, has increasing this year 8 percent in sales volume (increasing from 106 million litres in 2018 to 114 million litres in 2019) and 10 percent in value, rising from €389 million in 2018 to €428 million in 2019.

The Fórum Vinhos de Portugal, promoted annually by ViniPortugal, brings together in Caldas da Rainha 400 participants in a session of analysis and debate on the reality of the national wine sector and the promotion strategies for 2020.

ViniPortugal is the interprofessional organisation for



Wine represents 45.2 percent of the total volume of national exports and its main markets of destination are France, Germany, Angola, the UK and the US.

wine in Portugal and the managing body of the "Wines of Portugal" brand.

It brings together associative structures and professional organisations linked to trade

(ACIBEV and ANCEVE), production (FENAVI and FEVIPOR), cooperatives (FENADEGAS), distillers (AND), farmers (CAP) and designations of origin (ANDOVI).

Low-cost smart hive development

Researchers from the University of Coimbra (UC) start testing in January low-cost intelligent hives, installed in the Douro region, as part of a European project to improve the management of apiaries.

A team of scientists will initiate "a low-cost intelligent beehive test suite" to provide beekeepers with "real-time remote monitoring tools, both in terms of colony health assessment and the bee-keeping potential of resource-level areas for bees, for better management of their apiaries," says UC, in a note sent to the Lusa news agency.

Named B-GOOD, "Giving Beekeeping Guidance by Computational Assisted Decision Making" (developing decision-making systems for sustainable beekeeping - new computer-assisted tools), the project brings together "nearly 70 scientists from 17 institutions from 13 European countries, as well as beekeepers and computer technology specialists".

The project has global funding of more than €7 million from the European Union (EU) through Horizon 2020.

These smart hives, which will be tested

simultaneously in seven other countries involved in the research, are equipped with "sensors that continuously collect and monitor various parameters" such as humidity, temperature, bee vibration and beehive weight, said the UC.

The system allows for the monitoring of "the state of the colony according to the so-called Health Status Index (HSI)" developed by the European Food Safety Authority (EFSA).

With this data, combined with other tools, it will be possible to "test, standardise and validate the methods for measuring and reporting the selected indicators that affect bee health," says José Paulo Sousa, project vice-coordinator and Faculty of Sciences and UC Technology (FCTUC).

A simple computer application will allow beekeepers to "get fast and reliable real-time information on the status of each of their colonies and can detect swarming phenomena and symptoms of various

diseases in advance, avoiding constant monitoring of apiaries," adds José Paulo Sousa.

In a second phase, scientists will also develop a phenological model of food resources for bees, that is to "map the flowers that are important to the bees from a nutritional point of view, flowering periods throughout the year and the amount of resources they can provide."

The ultimate goal is "not only to map the important resources for bees on a European scale, but to create dynamic maps of habitat adequacy in terms of the quantity and quality of resources that each geographical area can provide to bees per year, very relevant information not only for beekeepers, but also for state entities that set the limits for the number of apiaries that can be installed in each area of the territory", said José Paulo Sousa.

This management tool is particularly relevant, the researcher points out, noting

that, "due to climate change, the availability of floral resources is a serious problem, as there may be species that stop flowering at a certain time, the flowering period may vary and may cause a mismatch between the flowering period and the nutritional needs of the bees and consequently lead to a change in the health of the colonies with a decreased reproductive capacity and a reduction in resistance to various diseases".

Essential is, argues José Paulo Sousa, "proper management of landscape-level resources by adopting measures that encourage the implementation of green infrastructures in agricultural areas with floral mixes tailored to each region to allow longer flowering periods."

B-GOOD "paves the way for healthy and sustainable beekeeping in the EU by following a collaborative and interdisciplinary approach," says the FCTUC Centre for Functional Ecology researcher.



KIM SCHIFFMANN

MERRY CHRISTMAS



SIMPLETASTE.PT



500€ Apolónia VOUCHER

FOR ALL NEW CONTRACTS*

*OFFER VALID UNTIL 31ST DECEMBER

ALGARVE'S No.1 RENEWABLE ENERGY COMPANY

proPERLA® Insulating Facade Covering - Solar Panels - Air Conditioning
Heat Pumps - Hot Water System - Solar Pool Pumps - Battery Storage Systems

WWW.CASAVERDE-INT.COM

Mob: +351 967 946 216 // Phone: +351 289 397 632

info@casaverde-int.com

Changes to commissions for MB Way rejected



The Portuguese Association of Banks (APB) said in Parliament that there should be no legislative change that could introduce limitations on the collection of commissions from the mobile banking app MB Way.

“What the APB advocates is that there should not be any kind of legislative intervention on top of those we already have, that changes and creates more constraints on the ability of banks to freely set the prices of the services they provide,” the director-general of the APB Catarina Cardoso, said in parliament at a hearing of the committee on budget and finance. She said that the understanding of the association is that if banks are charging a cost for the service, it is because they have the legitimacy to do so because

they understand that it is an underlying service that presupposes associated costs. Cardoso noted that there are many banks that, despite having commission charges published in their price lists, also have notes on exemptions that continue to apply to certain customers, particularly in situations where the MB Way platform, the payment is originated from the apps of the banks themselves. Previously, the president of the APB, Fernando Faria de Oliveira, in response to Socialist Party MP Carlos Brás, had already said that from the moment MB Way

was launched, banks made available in their prices the commission associated with MB Way, and in most cases, a policy of exemptions was adopted, referring to operations made from the apps of the banks themselves. The former chairman of Caixa Geral de Depósitos concluded his reasoning by saying that it is natural that a commission for the use of this service should be applicable, given its impact on banking. Last week, Left Bloc put forward a legislative package on banking fees that suggested prohibiting the charging of fees by banks for transactions on electronic platforms operated by third parties, such as MB Way. *TPN/Lusa*

Fernando Faria de Oliveira said: “It is natural that a commission for the use of this service should be applicable, given its impact on banking”.

MEO sells stake in fibre network to Morgan Stanley

Meo, Portugal’s leading telecommunications service company, has sold 49.99 percent of its fibre optic network to Morgan Stanley for at least €1.565 billion, in a deal that is expected to be completed in the first half of 2020.

In a statement, French parent company, Altice Europa, said that there are currently more than 4 million homes with Meo fibre in Portugal.

The deal, which values the new unit set up for the purpose at €4.63 billion, is expected to bring Meo €1.565 billion next year, but that could rise to €2.315 billion if it achieves a good financial performance, with Altice pocketing €375 million in December 2021 and the same

amount again in December 2026.

“I am very pleased that our partnership with Morgan Stanley Infrastructure Partners, initiated in the context of our Portuguese tower transaction in 2018, now continues with a transformational fibre project,” the statement quotes Altice Europe’s founder, Patrick Drahi, in the statement. “Following this transaction, Altice Europe has obtained cash proceeds in

excess of €5.7 billion through the transformational SFR [Altice telecoms unit in France] FTTH [fibre to the home] transaction and the various tower sales and partnerships announced in 2018.”

The statement stresses the importance of the deal to reduce Altice’s debt mountain with a view to achieving a target of €0.7 billion in annual savings.

“This fantastic transaction with our long-standing partners at



The deal is expected to bring Meo €1.565 billion next year, but that could rise to €2.315 billion.

Morgan Stanley Infrastructure Partners will accelerate the deleveraging of the Group towards its stated leverage target,” Drahi said. “It will open

the way to significant refinancing transactions in 2020 enabling us to accelerate our announced programme of debt interest reduction.”

CACTO
Bistro style

During this festive season, come and enjoy a complimentary glass of mulled wine

Winter Sunday Lunch
NEW MENU EVERY SUNDAY
2 courses 20€ or 3 courses 25€

OPENING HOURS
Mon, Tue, Fri & Sat from 18:30 to 21:30
Sunday Lunch from 12:00 to 15:00
Wed & Thu closed

CHRISTMAS OPENING TIME
23 - closed
24 - from 18:30 to 21:30
25 - Christmas Lunch at 12:30
26 to 28 - from 18:30 to 21:30
29 - Sunday lunch from 12:00 to 15:00
Closed from the 30th of December till the 2nd of January inclusive.

E.N.125 Odiáxere, Lagos
www.cactorestaurant.com

Locally sourced, lovingly prepared.

+351 282 798 285

Christmas Day
LUNCH MENU

- Glass of bubbles with amuse-bouche
- Steamed strip of salmon with herbs and butter
OR
Beef carpaccio with figs and pine nuts
- Consommé with fish and prawns
- Granité of lemon
- Roast turkey with all the trimmings & gravy seasonal vegetables and potatoes
OR
Pink fried fillet of venison truffled purée and red cabbage - sauce gibier
- Trio of mousse with a finish of kahlua or Christmas pudding cheesecake
- Coffee and Pralinés

75€ / person (drinks not included)
RESERVATION ONLY

To guarantee your table, a 30€ deposit per person is required at the time of booking, please confirm your choice of starter, main and dessert by Friday the 20th of December. Guests Arrival at 12:30.

Future You Solutions
Live a new story

FLEXIBLE AND PORTABLE ONLINE BUSINESS OPPORTUNITY

Work from anywhere, on your schedule!

For more information:
call
+351 304 502 718
or visit
www.futureyousolutions.com/pt/

Individual consumption at 83% of EU average

Portugal in 2018 had levels of consumption and of gross domestic product (GDP) per capita below the European Union average, ranked around the midpoint in the table of 28 EU member states.

With regard to Actual Individual Consumption (AIC) - the measure seen as best adapted to describe households' material welfare - Portugal's was in 2018 at 83 percent of the EU average, up from 81 percent in 2017. It is in the group of four countries that were between 10 percent and 20 percent below the EU average.

Portugal's GDP per capita, meanwhile - a measure of gross economic output - was in 2018 at 77 percent of the EU average - as in 2017.

For both indicators, Portugal is 16th in the ranking of member states.

In 2018, AIC in EU member states ranged from 134 percent of the average, in Luxembourg, to 56 percent, in Bulgaria.

GDP per inhabitant, meanwhile, ranged from 261 percent in Luxembourg to 51 percent in Bulgaria.

Construction begins at Ombria Resort

The construction of the first buildings that are part of the initial phase of Ombria Resort, a luxury real estate development that is being built north of Loulé and is scheduled to open in early 2022, has begun

Project and construction management has been handed over to Engexpor, which has been following the development of Ombria Resort since 2016.

The work has begun with the construction of the hotel, which includes 76 deluxe rooms and suites, as well as integrating the first Viceroy branded residences in Europe, the "Viceroy Residences at Ombria Resort", consisting of 65 one and two bedroom apartments, managed by the American chain of 5 star hotels, Viceroy Hotels & Resorts.

The new hotel complex is also to include a spa, health and fitness facilities, several restaurants and bars, a conference centre, swimming pools, kids club and astronomical observatory. Engexpor CEO Miguel Alegria comments: "We are proud to have been selected to manage the project and construction of Ombria Resort, a flagship development being

The work has begun with the construction of the hotel, which includes 76 deluxe rooms and suites, as well as integrating the first Viceroy branded residences in Europe.



created by prestigious brands and will be a reference in the industry and an added value for the Algarve region.

Our experience and capacity in the tourism and hospitality sector over Engexpor's 35 years of activity, with special focus on similar

projects, allows us to feel confident in meeting the high standards of quality and sustainability that this venture demands".

In the first phase of the Ombria Resort, scheduled to open in early 2022, the golf course clubhouse, will be built. In

total, the luxury development covers an area of 153 hectares and comprises 316 units, including villas, villas and apartments, involving an investment of €260 million, applied by the Finnish group PONTOS, owner and promoter of Ombria Resort.

Casa Verde Christmas promotion

Casa Verde is a renewable energies company with more than 20 years of experience in the industry and this Christmas the company are offering a €500 voucher from Apolónia.

Originally from England but established in Portugal since 2017, the company has a multi-talented and active young team aiming for excellency in service, providing solutions and equipment and working with the highest quality standards throughout all the Algarve region.

The Christmas campaign from Casa Verde is valid for all the new contracts closed until the 31 December, with every customer receiving a €500 voucher from the Apolónia Supermarket.

During a time where people's concerns all around the world turn, not only to making their homes more comfortable, but also to helping to protect our common home - the Planet, Casa Verde stands out with their renewable energy solutions.

The company offers solutions ranging from Solar energy (with or without battery storage), hot water systems, solar pool pumps, solar pool heating and solar car charging points, to insulating facade covering product protecting your house against humidity and water damage - proPerla®.

A company spokesman said: "We are focused on finding the best solutions for homes or small business, lowering consumer's energy consumption bills



between 25 percent to 85 percent, reducing their contribution to environmental damage and carbon footprint with our exclusive renewable energy products and services across the Algarve".

WIDER PROPERTY
INTEGRATED ASSET MANAGEMENT

360° SERVICE

We are a national company that stands out in the market for its vast experience in real estate management services, from **PROPERTY MANAGEMENT** to **CONDOMINIUM MANAGEMENT**, with the know-how guarantee, consolidated through a multi-disciplinary integrated management team.

- > FOCUS ON PROPERTY
- > PROXIMITY SERVICE
- > EFFICIENT PROCESSES
- > COST SAVINGS
- > CLIENTS SATISFACTION

MY WIDER
EXCLUSIVE APP MY WIDER FOR ONLINE MANAGEMENT

LISBOA AV. REPÚBLICA, 23 | 1050-185 LISBOA | PORTO EDIFÍCIO ONE GAIA - RUA DIOGO MACEDO, 166 - 4º G - H | 4400-107 V. N. GAIA
COIMBRA RUA O CONIMBRICENSE Nº38 | 3030-504 COIMBRA | ALGARVE AVENIDA 5 DE OUTUBRO Nº172 | 8135-101 ALMANCIL
(+351) 965 049 029 | (+351) 967 100 627 | INFO@WIDERPROPERTY.PT | VISIT US AT WWW.WIDERPROPERTY.PT

English turkeys vote for Christmas



GWYNNE DYER

Down on the turkey farm, the Scottish and Irish birds noticed that the smiling man in the festive costume was holding a hatchet behind his back, and hid. The Welsh turkeys looked confused and huddled together squawking. But the English turkeys marched bravely up to the chopping block, confident that this would be a Christmas to remember.



British Prime Minister Boris Johnson leaves 10 Downing Street to go and meet the Queen in London, following the election in the country on 12 December 2019. (Photo: EPA/Vickie Flores)

Boris Johnson's big victory in the 'Brexit' election was achieved almost entirely with English votes. Only 20 of the 364 seats won by the Conservative Party were in the other three 'nations' of the United Kingdom. The United Kingdom will continue to be called that for several years, but this election has actually sounded its death knell. It was the votes of English nationalists that gave Johnson his victory, and they don't really care if the UK survives. Just as well, because it won't. The English have been nationalists for around five centuries, but they were also content to share a broader 'British' identity so long as it gave them bragging rights on the world's biggest empire. Once that was gone, a specifically English nationalism was bound to resurface eventually. The resurgence of nationalism in Scotland and Wales was also inevitable, and in Northern Ireland it had never gone away. All those nationalisms largely defined themselves by challenging the domination of the English majority (83 percent) in the UK, but English nationalists obviously needed a bigger opponent to push against. They found it, inevitably, in the European Union. The EU is not very credible as an oppressor, but it has been allotted that role by the Conservative Party and the right-wing, billionaire-owned media that dominate the English scene. From 'Take Back Control' to 'Get Brexit Done', the Conservatives' slogans work in England,

although they have almost no power in the other nations of the UK. Three-fifths of Conservative Party members now believe that the break-up of the UK would be an acceptable price to pay for leaving the EU. A smaller majority would even accept the demise of their own party if that were the price of leaving. (The pollsters neglected to ask them if they were willing to sacrifice their first-born sons, but presumably their answer would have been the same.) This unhinged English nationalism will hasten the departure of Scotland from the UK. Scotland will leave to get away from the English crazies and to stay in the EU, its path to the latter goal made easier because in 2017 Spain withdrew its long-standing threat to veto Scottish membership of the EU. A second and successful Scottish independence referendum is probably only two years away. This election also revealed a majority for 'Remain' in Northern Ireland, and the shortest route to that goal would be via union with the Republic of Ireland (which remains an EU member). That risks reigniting 'The Troubles' that ended 20 years ago, but the Protestant loyalists have been betrayed and abandoned by Boris Johnson, so it might work. All the options are now dangerous, and this one not necessarily more so than others. As for Wales, it will unenthusiastically stick with England. After 600 years of being governed from London - twice as long as the other non-English parts of the UK - it has got used to it. Or at least lost the ability to

imagine anything else. And what about England's future? It will formally leave the EU by the end of January, but this is just the start of Brexit Part II, the negotiation of a trade agreement with the EU. That would normally take many years, but Boris Johnson swears that he will end the negotiation with or without a trade deal by the end of 2020. Maybe he's bluffing again: he didn't die in a ditch the last time he promised to do so if he didn't get a deal in time. Besides, crashing out without a deal would be catastrophic for the British economy: half of all UK trade is with the EU. So many people think Johnson will make another sweetheart deal with the EU to save his skin, just like he did last October. Not necessarily. Johnson pretends to be an amiable, scatter-brained clown, but he is actually a highly skilled political operator with close ties to hard-right British and American ideologues like Donald Trump. If he really shares their goal of opening the British economy up for asset-stripping, then crashing out is a way to achieve that goal. On the other hand, Johnson is a man without fixed principles or ideology. His sole goal is the acquisition and retention of personal power, and that might require him to pay attention to the interests of the disillusioned and deluded former Labour voters who gave him this victory. He may not dismantle the British welfare state as far and as fast as his backers expect. Don't ask me which way he will jump. He probably doesn't know that himself yet.




COMPUTER REPAIR SPECIALISTS

WE HELP TO FIX ALL PC PROBLEMS!

CALL NOW - 934 807 027



- ✓ Virus & Spyware Removal
- ✓ Operating System Installations
- ✓ Laptop & Desktop Repairs
- ✓ Hard Disk Recovery
- ✓ Home & Office Networking

Website: www.algarvecomputercentre.com
 Tel: 934 807 027
 E-Mail: kurt@algarvecomputercentre.com



ALGARVE COMPUTER CENTRE
CERTIFIED BY MICROSOFT & APPLE

ENGLISH DENTAL SURGEON

Dr. Francis Haley

B.D.S.

(Guy's Hospital, University of London)

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

Tel: 21 486 3012

<http://clinic.cdhaley.pt>



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



THE PORTUGAL News

Portugal's **National** Newspaper in English

*The Portugal News would like to
wish all of our readers and
advertisers a very Merry Christmas!*

www.theportugalnews.com



sales@theportugalnews.com • 282 380 301



Climate Change: "time to act" or is it?

SIR, The UN recently hosted a 'Climate-Action' summit in New York: something important happened that has mysteriously gone unreported in the world's media.

Former socialist Prime Minister of Portugal, UN Secretary-General Guterres, was delivered a letter signed by 500 world-class scientists in climate-related disciplines. It stated in their opinion there is no emergency, inviting Mr. Guterres to organise a constructive scientific conference early in 2020. The existence of the unanswered letter to the UN Secretary General, and that it has been unreported, tells us that the often-repeated claim by politicians, that all the world's leading scientists agree with the theory of anthropogenic global warming is untrue. It exposes a political denial of public to anyone who disagrees.

Opinions of distinguished scientists are being suppressed, whilst the rantings of a 16-year-old Swedish child features in worldwide news. **The Portugal News** 7 Dec. issue has front-page picture with headline quotation "Now is the time to act"..... "Full story see page 2".

Physicists working in Portugal at the University of Algarve, Professors Khmelinskii and Stallinga, have researched scientific assumptions underlying the IPCC (International Panel on Climate Change) computer model that predicts a CO₂ catastrophe. In a research paper, titled "Anthropogenic greenhouse gases only cause global cooling", they find exactly the opposite.

By coincidence, (p8 **The Portugal News**) the IPCC's entourage, is coming to the Algarve for convention next month. They have invited 300 "experts" quote: "to prepare the report that will provide governments with an assessment of the impacts of climate change on ecosystems and human systems".

If IPCC-attendees are indeed "experts", there could ensue an intelligent debate, leading to pause for thought to avert UN-induced economic damage. Local scientists should join the debate: unlike the UN-IPCC global-jet-set, they could arrive on their bicycles, with zero carbon footprint and no expense to Portuguese taxpayers!

LESWOODCOCK, By email

Faro Airport Parking

SIR, I feel it is important to raise awareness of the parking facilities at Faro airport,

Letters to the editor

N The opinions expressed here are those of our readers and not necessarily of *The Portugal News*. The editor reserves the right to edit letters or refuse publication. Send your letters, which must include your name and full postal address and should preferably be under 300 words, to: *The Portugal News*, Apartado 13, 8401-901 Lagoa. Email: letters@theportugalnews.com

especially with the onset of the festive season.

Please be aware that you now have to book ahead for the long stay car park i.e. Car Park 4. There is no pre warning on their website. However, if you do turn up with no reservation, you will be re-directed to car parks 1 and 2 incurring a cost of €13 per day as opposed to the standard €5 in car park 4. No apology or no explanation was given. Even though it was very visible at the entry gate that there were copious amounts of available space.

I feel it important to pre warn all of you intending to travel over the festive season.

It is also important to know that a number of the payment stations have problems with people paying by card. This results in a long trek to the main car park administration office to rectify the situation.

My advice, pay by cash or go direct to car park administration and pay at that office.

It really is frustrating when you have just returned from a long flight and the people behind you are anxious to be on their way.

Happy Holidays everyone.
MARGARET STEWART

FRASER, Portimão. American living in Portugal? your vote counts!

SIR, Overseas Americans must register to vote every year, as federal law requires states to erase overseas voters from their registers.

How to vote from abroad:

- You will need the address for your last place of residence in the U.S.

- Two websites are specifically designed to facilitate voting by USA citizens living abroad:

www.fvap.gov is a non-partisan website run by the US government for military and overseas voters; www.votefromabroad.org is a non-partisan public service platform provided by the Democratic Committee Abroad.

Recognized by the Republican National Committee, www.republicansoverseas.com is a political organization for US citizens living outside the United States. Similarly, Democrats Abroad (www.democratsabroad.org) is the official organization of the Democratic Party for United States citizens residing abroad.

The organization is given state-level recognition by the Democratic National Committee.

While no federal presidential primaries - domestic or international - are scheduled for the GOP, Democrats Abroad will hold its Global Presidential Primary from March 3rd to March 10th at hundreds of voting centers around the world. Democrats Abroad will send 21 delegates to the Democratic National Convention scheduled for July 2020 in Milwaukee, Wisconsin.

To be eligible to vote in the Democrats Abroad Global Presidential Primary, voters must: (a) be a U.S. citizen living abroad; (b) be a member of Democrats Abroad; (c) be 18 as of November 3, 2020; and (d) not have voted, or plan to vote, in any other 2020 state presidential primary.

USA citizens living in Portugal - whether Democrat, Republican, or Independent - interested in learning more specifically about Pete Buttigieg ("Mayor Pete") are invited to join "Americans in Portugal - For Pete's Sake" (www.facebook.com/groups/PortugalForPetesSake), a new Facebook group organized and administered by Bruce Joffe, Portugal's coordinator for the "Mayor Pete" campaign.

Bowls Algarve



Tuesday, 10 December was our last competitive bowls game before Christmas, and a beautiful day it was too, with the very last Cameron Cup for this year. Albufeira took four points from Valverde who won two points; Balaia won five points from Alvor who won one point; whilst Pedras won four points from Tavira who won two points. Floresta were the resting team this week.

The Table has Floresta remaining at the top with thirty points, Pedras in second place with a very creditable twenty-two points, and third place goes to Albufeira on twenty points. Congratulations to

Floresta, who are this year's winners of the Cameron Cup. A competition specifically implemented by Tavira Bowling Club to encourage the ladies in each club to take part.

Well done to the Floresta team who have bowled consistently well since the beginning of the season, a well-deserved win, congratulations.

As there are no more games until the beginning of January, I shall be signing off until then. I hope all bowlers on the Algarve, whether celebrating the festive season here or away, have a wonderful Christmas and a happy, healthy New Year to you all.
Miriam Hare

Valverde Xmas Party



On Friday, 13 December, Valverde Lawn Bowls Club, Almancil, had their final roll up before the Xmas break. Everyone came dressed for the occasion and there were mince pies and mulled wine. A light hearted mixed drive was won by new member Pat Smith

with Lynn Phillips in second place. The club will reopen on Monday 30 December, visitors welcome.

Valverde would like to wish all fellow bowlers in the Algarve a very merry Christmas and a happy New Year.
Alan Preece

Tavira Bowls Club Christmas Lunch



Gunthers restaurant, on the outskirts of Olhão, was the venue for Tavira Bowls Club members Christmas lunch. The restaurant provided a first class seasonal British fayre, consisting of turkey, pigs-in-blankets, potatoes, stuffing and various vegetables. An

excellent end to an excellent year of bowling.

On behalf of the members of Tavira club, we wish all the bowlers of the various clubs along the Algarve a very happy Christmas and we look forward to seeing you in 2020.
Dianne Meakin

Please send your Letters to: letters@theportugalnews.com

Insure your property in Portugal through *The Portugal News*

PROPERTY INSURANCE

As a homeowner in Portugal, make sure you get the right insurance cover, designed specifically for your needs.

GENEROUS DISCOUNTS ON PROPERTY INSURANCE

- Dedicated in-house UK Claims handlers and overseas Loss Adjustors
- Cover whether your property is occupied or not

Specialist providers of holiday home insurance and static caravans in Portugal

This Intasure policy, underwritten by LLOYDS OF LONDON, has been designed to meet the needs of homeowners in Portugal.

- Underwritten by one of the world's leading insurers – Lloyds of London
- Cover for your property whether occupied or unoccupied
- Cover for short and long term lets
- Up to £5 million public liability as standard
- UK based call centre and all documentation in English
- Dedicated in-house claim handlers and overseas loss adjusters
- Swimming pool cover
- Temporary accommodation following an insured loss
- Loss of rent included following an insured loss
- Optional Accidental Damage cover
- No hidden fees

- ✓ UK centres and English documentation
- ✓ Dedicated in-house claim handlers and overseas loss adjusters
- ✓ Up to £5 million public liability as standard
- ✓ Instant cover over the phone

Call our friendly team today to receive a free no obligation quote

For more information call 282 380 304

intasure Insurance that speaks your language

Intasure is a trading name of Arthur J. Gallagher Insurance Brokers Limited which is authorised and regulated by the Financial Conduct Authority. (Financial Services Register Number 311786) Registered Office: Spectrum Building, 7th Floor, 55 Blythswood Street, Glasgow, G2 7AT. Registered in Scotland. Company Number: SC108909. www.ajginternational.com

The Portugal News

Christmas Shoeboxes

The 15th annual "Christmas Shoeboxes for the Elderly" campaign has been a tremendous success this year with over 250 boxes collected and still being distributed. Due to the generosity of this year's donors the Silves based family charity "Castelo de Sonhos" (CdeS) were able to reach many more elderly folk this year. CdeS would like to thank everyone who contributed and in particular would like to give special thanks to the following who helped co-ordinate collection & delivery:



Paul & Pasi Jokinen-Carter of "Natural Joki Flow for Holistic Treatments".
Mike Wasinski & Frank Remiatte & Nada Louw all from Portimão.
Donna McFadden & friends at the 3rd Annual Guia Autumn/Christmas Fair
The folk from Balaia Golf Village
Kathleen Kuys from Boliquime & friends

Members of Rotary Club of Silves
The "Ladies who Knit" for donating knitted blankets, hats, scarves, gloves & socks.
The volunteers at the CdeS charity shop for saving donated items throughout the year for the shoeboxes, and Holiday Inn in Armação de Pêra for their support.
A VERY MERRY XMAS to everyone involved.

C.A.S.A. Christmas Dinner

The C.A.S.A. 2019 year drew to a close on Saturday, 7 December when we celebrated Christmas with a dinner at the new restaurant 'Monte Mar' (previously known as A Tasquina) at Monte Carvoeiro. After our welcome drink and time to catch up with friends in the bar we moved into the main restaurant for our three course buffet-style Christmas dinner.

Filomena Batista entertained us all evening; providing a quiet background throughout our meal then upping the tempo after the meal for an hour of dancing.

Before our coffee was served a spirited man dressed in red carrying a large sack, and accompanied by the sound of the well known music 'Jingle Bells', joined us. He distributed assorted presents to the assembled company before vanishing as mysteriously as he

had arrived. We thank this unidentified man for his generosity, his festive spirit and for standing in for our regular Santa who was unable to join us at short notice. We would also like to extend our thanks to Filomena for the music and to Clementina and her friendly staff at the Monte Mar for the excellent service all evening.

We wish all readers the very best for a Merry Christmas and a Happy New Year.

Our next scheduled event is our special 'After Hangover' Dinner in Carvoeiro on Saturday, 18 January 2020.

Full details of this and all our planned events, all of which are open to non-members, can be obtained from the club website: www.casasocial.club, from Margaret Brito on: 282 495 475 or by email to: info@casasocial.club

8th Santa Parade - Armação de Pêra

On Saturday, 7 December, 2019, nearly 200 Santas took part in the eighth Armação de Pêra Santa Parade, organised by the Junta de Freguesia de Armação de Pêra, BTT Algarve aniacs, Urban Gym and the Holiday Inn Algarve.

Urban Gym provided warm up exercises. Participants choose either a walk, or a bike ride guided by BTT Algarve Maniacs. The Santa Parade then began through the streets of Armação de Pêra and it was quite a sight to see so many Santas setting off on their walk together.

Thank you everyone - the participants, those who came to watch, for the donations (boxes full of food and just over 150 Euros) for needy families, the sponsors: The Junta da Freguesia de Armação de Pêra, BTT Algarve Maniacs, Urban Gym, Dave Sheldrake Photographers, Gomial and the Holiday Inn Algarve.



More photos at: https://www.facebook.com/pg/HolidayInnAlgarve/photos/?tab=album&album_id=2915308538500885

Soup Kitchen Christmas Dinner



A Christmas dinner was held on 11 December for about 80 guests at the Portimão Soup Kitchen.

We are grateful for the generous support from our local community, both through practical help and gifts of food, clothing and money.

For more information, please contact Joy on 917 358 098.

Charity Festive Swims



Photo: Diogo Correia

The charity festive swims will be on Christmas Day, 25 December and New Year's Day, 1 January at 11am on the beach at Armação de Pêra. Meet at the Holiday Inn Algarve Hotel.

Come and join us for a fun-filled Charity Swim. Have a dip in the ocean and help to raise money for local children in need.

Bring your swimwear and a towel and go in for a swim - or just a paddle - as long as a part of you gets wet! Then recover in the Holiday Inn hotel bar afterwards and enjoy a Hot Bomba on Christmas Day or a

Hot Chocolate on New Year's Day.

On Christmas Day - why not wear a Santa Suit?! And New Year's Day you can wear your pyjamas!

Adults and children are all welcome to take part on the understanding that they do so at their own risk.

Please bring a donation and help us to raise money for two local charities: Needy families in Armação de Pêra and 'A Gaivota' - Albufeira

For more information please contact the Holiday Inn Algarve. Tel: 282 320 260 info@hialgarve.com

Dictionaries from RCEPI

For the last 8 years Rotary Club Estoi Palace International (RCEPI) has given a Portuguese / English and English / Portuguese dictionary to each of the 5th year students of the School "Poeta Emiliano da Costa in Estoi". Earlier in the year 60 dictionaries were handed out by RCEPI President Christine Fay to 60 pupils to help them with their

education.

RCEPI has also been giving Merit Certificates to the best 3 students of each grade between 5th and 9th grade and these were handed out in early December.

If you would like further information on RC Estoi Palace International contact: moc@rotaryestoiipalace.org, www.rotaryestoiipalace.org.

KISS
95.8 • 101.2 ALGARVE
THE ONLY ENGLISH SPEAKING RADIO IN PORTUGAL
www.kissfm.pt
f KISSFMPT
#kissfmportugal

NWDF LTD
TRANSPORT • SHIPPING
REMOVAL SPECIALISTS
UK | PORTUGAL |
IRELAND | EUROPE
NEW France-Portugal
Service
• From £55 per m³
• Regular shipping service
• Cars and Motorbikes
• Sealed and secure containers
• Commercial & personal storage from €2 per m³
Please call us for a
no obligation free quote
www.nwdf.co.uk | peter@nwdf.co.uk
info@nwdf.co.uk
QUATRO ESTRADAS,
LOULÉ DEPOT - PORTUGAL
Tel: 00351 910787634
0044 7951 028901
SALFORD DEPOT - UK
Tel: 0044 161 8737863
0044 1925 812563

WE BUY CARS ALGARVE
UK & PT
CARS • VANS • BIKES
Bought for cash
We can explain all your motoring
needs and paperwork
UK and Portuguese undertaken
Also we are looking for pre 1990 vehicles
(+351) 915 367 826
(+44) 798 493 2876

CHARITIES

APAA CHARITY SHOPS - Dunas do Alvor: Tues to Sat 10.30am - 2pm. Rua Elias Garcia 20, Silves, Mon - Sat 10am - 2pm. Volunteers always welcome. info.apaaportugal@gmail.com

SUPPORT FOR FAMILIES in the Algarve receives items for families in need, Guia and surrounding areas. To donate or discuss concerns about a needy family contact Su Davis: 932 307 548, su.davis@sapo.pt. Facebook: support for families in the Algarve.

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

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

THE GOODWILL CHARITY. R. Direita 5, Ed. Portus Magnus, Portimão. (Close to Theatre). 968 740 693, 10am to 2pm. Clothes, bric a brac and furniture in saleable cond., large items collected. *We would like to thank you all for your donations and for shopping, that has enabled us to help the local community.*

SECOND CHANCE charity shop at Largo Das Ferreiras (on roundabout), Ferreiras, Albufeira. Open Mon to Fri, 10am to 4pm. Sat 10am to 1pm. Supporting people in need,

also Bombeiros, Soup kitchens, Riding for the disabled, AHSa day care centre for the elderly and more. Contact Maggie Cook 917 707 808.

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

THE DONKEY SANCTUARY needs all your unwanted items for our shops in Ferragudo, Carvoeiro and Lagoa. Larger items i.e. furniture can be collected. The shop funds allow us to feed our many mouths at the Sanctuary. We always need extra hands at our shops so if you can spare 3-4 hours a week give us a call. Chris 966 033 127.

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

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

MADRUGADA ASSOCIAÇÃO provides home-based, end of life, palliative care to patients and their loved ones free of charge. Your donations would

be very welcome. Volunteers are also required. If you can help call us on 282 761 375 or visit our shops in Lagoa and Praia da Luz.

CADELA CARLOTA shop in Lagos open Mon to Fri, 10am to 1pm/3pm to 5pm. Almadena: Mon to Fri, 10am to 4pm, Sat, 10am to 1pm. We always need extra hands in our shops.

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

FRENCH LANGUAGE Following the French Government's initiative to expand the French language, we are looking for Volunteers to teach French in Albufeira or Olhos de Água to children and adults. No experience or qualifications necessary, just fluency in French and a passion to meet and help others learn this beautiful language. Please contact 961 636 201 or Angelica fash.co@gmail.com

THE NANDI CHARITY SHOP. Winter clothing now in store. Furniture can be collected within 30 k Lagos. Tel 912741857

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

The East Algarve International choir. Thursdays, Luz de Tavira, Call Rineke Hofman 926684061. eastalgarvechoir@gmail.com

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

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

SOCIAL

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

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

Chess Club. Eastern Algarve. chessalgarve@mail.com

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

Painting for Pleasure Classes, water colours, oils or acrylics. Wednesdays Mesquite near São Brás from 10.30am to 12.30pm, 2.30pm to 4.30pm. Terry Reed 289845561.

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

Coffee & conversation for expats. Meet other newcomers in the Algarve almost every week at different venues. www.expatcentreportugal.com/events

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

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

Vilamoura Bridge Club. Tuesdays 1.45pm 919 833 122 or 910 448 170. www.vilamourabridgeclub.com

Lagoa. Thursdays 1:45pm. 282352022 / 969174130.

Vale d'el Rei. Beginners 968457888.

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

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

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

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

SPORT

Walking Football Mondays, 50+, Tavira. Tuesdays 60+ ONLY, Olhão Thursdays, Olhão from 9.30 to 11.30am, €3. www.walkingfootballalgarve.com, christopher.wright@hotmail.co.uk

Walking Football. Wednesdays, 10am - midday, Clube Desportivo de Odiaxere. 50+, just turn up. 960 234 641 Billandyvonne.harper@btinternet.com

Tavira County Lawn Bowling Club - Cerro do Leiria, Santa Catarina, Fonte Bispo, Tavira. Roll-ups Mon, Wed & Fri. Joe Scott 963997582, joe.scott121@btinternet.com

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

Adult Fitness Programmes. 10am beginners and +55's, 11am intermediate, every Monday/Wednesday/Friday. Meet at Burger King Vilamoura. 919 339 396

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

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

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

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

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

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

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

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

WORKSHOPS & COURSES

Scottish Country Dancing. Every Monday, 7.30pm - 9.30pm, Nobel International School on the EN125 between Lagoa and Porches. Mardie Cunningham, 282356029 / 964278432 or rosevale45@gmail.com.

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

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

Portugal Walks

Tuesday, 31 December - Let's Walk to the river from Alfontes: A wonderful circular walk of just over 2 hours down to the Ribeira Algibre which is moderately easy with some gentle ups and downs - good fun! 10.30am start. Meet at the café/ bar next to Minimercado Graciete. Take exit 11 of the A22 at Boliqueime and follow the signs for Loulé, or on the EN125 in Boliqueime follow signs for Loulé and after passing over the A22 turn left by the BP station. You drive 3km into Alfontes and then turn left opposite Jax Bar, towards Boliqueime - the meeting cafe is 600m on the right. Julie 965 753 033
Friday, 3 January - Let's Walk near Silves: Another great walk passing through unspoilt countryside and along

the hilltops, there is one real climb but it is very gradual - just over 2 hours. 10.30am start. Meet at the Pastelaria Kina in Enxerim. Drive to Silves, cross the main bridge and turn right, continue along to the roundabout where you take the first exit. After about 400m you will see a GALP station on your left, turn left immediately afterwards and the Pastelaria is just along on the right. Julie 965 753 033

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

Algarve Bike Rides

Here are the details of this week's rides:
Saturday 21 December - Please contact Diana via email: Dihoutzager@hotmail.com
Sunday 22 December - Bike Ride starting in Almancil. We meet by the rubber stamp roundabout at 9.15am ready for a 9.30am start. Meet here: https://goo.gl/maps/

PkZECgo6GXhBdnZ79. This will be a typical Sunday ride of 35km to 40km with a café stop somewhere along the way. For more information please contact Paul Beesley on tel: 913226954, email: paul@algarvebikeholidays.com, Visit: www.algarvebikeholidays.com, or Facebook: AlgarveBikeHolidays.



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

Love came down at Christmas!
SUNDAY 22nd DECEMBER
Carol Service at 11.00 in Lagoa followed by Mince Pies and Mulled Wine
TUESDAY 24th DECEMBER
9pm "Bethlehem Midnight" Service in Lagoa with Carols and Holy Communion

ALL Saints
ALMANCIL- ASCA (next to Comunidades Garden) LAGOA - Convento de S. José
For more info & directions, please call 282 380 311 email: info@allsaintsalgarve.org www.allsaintsalgarve.org

How to avoid classic Christmas cooking mistakes

Last-minute shopping, the school holidays and an onslaught of in-laws - Christmas can be stressful at the best of times.



Carving turkey at the table may be tradition, but there's absolutely no shame in trimming a large bird for the oven. (Photo: PA)

Throw in the most daunting culinary challenge of the year, and you could be forgiven for out-grumping the Grinch. But there's no need to cancel Christmas just yet, and festive food doesn't need to be a trial. Here are a few standard mistakes made by first-time Christmas cooks, and how to avoid them...

'I drank too much'

Rookie error number one is giving in too early to the lure of a festive glass of fizz (or two). Christmas cooking isn't like dancing or playing pool down the pub - there's no volume of booze that makes you better before making you worse. If you're determined to partake, consider the increasingly vast variety of 0 percent drinks.

'I don't know how to make this'

Remember the Friends episode when Monica cooks her first Thanksgiving dinner, and tries (and fails) to cook special versions of everyone's favourite dishes? For the sake of your sanity, do not do this, and avoid fancy recipes you've never tried before.

There's also pressure to cook conventionally Christmassy things, but again, you can just keep it simple. Turkey, roast potatoes and some form of vegetable are hard to avoid, but everything else is details. No one needs roast chestnuts just because Nat King Cole sang about them, and if your guests really want a yule log they can bring one themselves.

'There's just too much to do'

Christmas dinner is the most complex meal of the year, so you must delegate to survive - and to thrive you must delegate well. From the moment the first spud is sliced, the kitchen is your workshop and your relatives are your happy little elves. Thanksgiving Monica got one thing right - she made Chandler accountable for the cranberry sauce. Everyone responds to responsibility, particularly if the whole table knows who made what. Too many cooks don't have to spoil the broth, so long

as they know who's head chef.

'I should have prepared more in advance'

If your cookbook is your bible, your shopping list is your guiding star. Most shops are shut come judgement day, and although food is the main priority, the most common Christmas misses are oddments like tin foil and oil.

There's plenty you can prep in advance. Gravy and stuffing can both survive being frozen, while veg can be chopped and peeled the day before and packed (reasonably airtight) into the fridge. Finally, pre-cooked Christmas puds are so tasty, it's fine to buy off the shelf. Even Marcus Wareing says so!

'I can't fit everything in the oven'

We mean this in the most supportive way possible, but this is purely poor planning. Carving turkey at the table may be tradition, but there's absolutely no shame in trimming a large bird for the oven. A bad workman blames his tools, but a good Christmas cook adapts to circumstance.

'I ruined the turkey'

Most people can stomach soggy spuds, and inedible sprouts might even pass unnoticed, but a ruined turkey is hard to ignore. There's a small library of hazards to avoid. Forgetting to remove the giblets. Forgetting to defrost your bird (which means you won't be eating Christmas dinner until Boxing Day).

Under-cooking turkey is actually dangerous though. Check your timings, don't rush, and pierce the thigh before serving - if the juices run clear, you're good to go.

'I can't get the brandy to light'

You're almost there and the lights are dimmed for your dinner's delectable denouement. You pour brandy over your pud and strike a match... nothing. The brandy needs warming first (a ladle over the hob works well), to give you that purple glow of pride at the end of your first successful feast. PA/TPN





APPETIZERS
NORWEGIAN SMOKED SALMON
PÂTÉ AUX CHAMPIGNONS
SHRIMP COCKTAIL
SMOKED DUCK

SOUP
SEAFOOD SOUP

MAIN COURSE
JOHN DORY FISH WITH ROSÉ CHAMPAGNE
ROAST POTATOES/SAUTEED VEGETABLES

OR

VEAL MEDALLIONS WITH MARSALA WINE & PORCINI MUSHROOMS
HOMEMADE FRENCH FRIES

DESSERTS
MIXED PLATE OF DESSERTS

NEW YEARS EVE MENU 2019/20
€45 P/P

FOR RESERVATIONS
282 354 170 • 912 622 555

MONTE MAR RESTAURANTE & TAPAS BAR
URB. MONTE CARVOEIRO, 60 - CARVOEIRO, LAGOA



Ciprian & Nicola Silvasan



Thursdays Live Music

Saturday Steak Night

Closed Tuesdays

We moved to a new location, you'll now find us at the end of the out road on the left side (next to the Motorrent shop)!

Rua do Barranco, Carvoeiro Mob. 969 577 644
www.tastecarvoeiro.com • Facebook: taste carvoeiro
Email: tastecarvoeiro@hotmail.com

Gurkha Kitchen

Nepalese & Indian Cuisine
Restaurant & TakeAway




Quality food prepared by
Nepali chef Shree Ram Maharjan
Friendly and attentive staff
Excellent value for money

OPEN ALL YEAR

Tel: +351 282 185 776 Tel: +351 920 169 028

RUA DAS AMOREIRAS Nº14,
8400-503, CARVOEIRO






CHEF'S KITCHEN
food made with love.

RUA DOS PESCADORES Nº 104 CARVOEIRO
LAGOA - ALGARVE

Ele e Ela in Carvoeiro is closed at the moment but guests of Ele e Ela are most welcome at the Chef's Kitchen

GPS: N 37.09955, W 46958

OPEN FROM 17.30
(CLOSED TUESDAYS)

(+351) 282 083 332

WWW.CHEFSKITCHEN.PT



Creative conifers

Gardeners who love a riot of colour throughout the seasons may dismiss conifers as dull, boring specimens which add little to the glory of the garden.



Conifers can work as a backdrop, standalone, or in a border with other plants.

Indeed, some of us will only really come into contact with a conifer in the form of a miniature type which we use to gain height in our summer or winter containers, surrounded by much more colourful bedding or shrubs to fill the pot. Yet the conifer has a much wider use than the fill-in specimen in containers. It is also invaluable in beds and borders, providing structure, texture and colour when everything else has died down. Conifers can work as a backdrop, standalone, or in a border with other plants, from making effective screening to creating the perfect background for flower borders or accents in rock gardens. They are extremely versatile, coming in an amazingly diverse range of shades, textures, shapes and sizes. Some of the best things about a conifer is that they are low-maintenance, suit contemporary and traditional settings and provide all-year-round interest. They come into their own in the winter and early spring, when they are unchallenged by the green of deciduous shrubs and perennials, and come in shades of green, gold and brown. Of course, the size of your garden will determine your choice of conifer. Generally, most conifers look best planted where

their individual shape and colour can be enjoyed without competition from other show-stopping plants. Good plant partners include heathers, grasses, phormiums and dwarf hebes. In formal settings, they can boast stunning architectural value - common box can easily be trimmed into balls and cones, *Laurus nobilis* (sweet bay) looks great used as a standard, while *Taxus baccata* (yew) is perfect for topiary. *Buxus sempervirens* (common box) is often used to create hedges around formal beds. Some conifers that are columnar in shape are really useful in narrow spaces, creating an evergreen feature which rises out of lower planting. The dark green Irish yew, *Taxus baccata* 'Fastigiata', is perfect for creating an exclamation mark in planting because of its slender nature, rising out of ground cover such as ivy or periwinkle. Red fruits stud the plant in the latter part of the year, while the column becomes broader with age. For the mild Algarve winters, *Cupressus sempervirens* can be very effective, its narrow structure conveying a Mediterranean atmosphere, ideally paired with silver-leaved plants in sunny, drier gardens. It also produces heavy cones which weigh

down the branches, creating a more open, feathery appearance. Large gardens can make the most of coniferous evergreen trees such as pines, with their spiky needles, or spruces, with bristling branches. The Austrian pine, *Pinus nigra*, is one of the most widely grown for landscape purposes, its large dense head of dark green foliage makes a brilliant windbreak. It's also a great choice for inhospitable sites as it grows on almost any soil. Conifers are low-maintenance. They need little pruning except for where green branches appear in trees with variegated or coloured foliage. The biggest problem is that they can grow too large for their site. If you buy a dwarf conifer, be aware that in many cases it won't be dwarf but will be slow-growing. However, in time it will outgrow its space, although to some extent you may be able to keep it under control by trimming. If you can't, you may have to dig it out and start again. A few conifers such as yew can be pruned hard and will regrow, but most won't regrow if you make the mistake of cutting back into old wood. Yet you can trim the foliage as you would a hedge, from spring to late summer, to leave a mossy green finish.

TPN/PA



GRASSHOPPER GREENS

NO 1 on the Algarve for Synthetic Grass Solutions.

Since 2005 over 1000 projects completed in the Algarve





Grasshopper Greens are a specialist team, fully experienced in all areas of Synthetic Grass installation, offering you full design and fitting.

- NO WATERING
- NO MOWING
- LOW MAINTENANCE
- LOOKS BEAUTIFUL ALL YEAR

Putting Greens • Lawns • Tennis Courts • Football Pitches
Playing Areas • Roof Terraces • Leisure & Sporting Areas

Mobile: (+351) 910 365 071 • Office Tel/Fax: (+351) 289 093 387
info@grasshoppergreens.com • www.grasshoppergreens.com

Grasshopper Greens are a specialist team, fully experienced in all areas of Synthetic Grass installation, offering you full design and fitting.

- NO WATERING
- NO MOWING
- LOW MAINTENANCE
- LOOKS BEAUTIFUL ALL YEAR

Putting Greens • Lawns • Tennis Courts • Football Pitches
Playing Areas • Roof Terraces • Leisure & Sporting Areas

Mobile: (+351) 910 365 071 • Office Tel/Fax: (+351) 289 093 387
info@grasshoppergreens.com • www.grasshoppergreens.com

Enjoy Life with artificial grass





Since 2003

enjoy perfection

Royal Grass Relva Artificial Lda - Donalda 8500-324 - Portimão
+351 91 264 96 54 - geral@royalgrass.pt - www.royalgrass.pt

Artificial Grass Suppliers

Best Quality From Belgium

Before



After



From

€16.5/m²

+ VAT



ECOGROUND™

All Languages



+351 934 816 122

English Only

Ray: 938 659 443 | Keith: 920 567 070

info@maosverdes.pt | www.maosverdes.pt



A Landscaper for All Your Gardening Needs...

Arquiscap

EST. 1994

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

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



ALGARVE TREE SERVICES

917 479 921

www.algarvetreeservices.com

PRUNING
DISMANTLING
FELLING
STUMP GRINDING
BRUSHWOOD CHIPPER
SERVICE

QUALITY TREE CARE
ACROSS THE ALGARVE

Give your tree a style upgrade

The tree is often a focal point for the festivities - but with a blizzard of different themes to choose from every year, it's easy to get baffled by baubles and in a tangle over tinsel.

We've chosen three styles, which are not only easy to put together but look stunning, and will guarantee you get a gold star for your top-of-the-tree taste...

Set a snowy scene
Don't just dream of a white Christmas - create one indoors, with a sparkling, frosted theme. "This theme is inspired by the memory of the first dusting of snow transforming the surrounding landscape into a stunning scenery," explains buyer, Dan Cooper. "Crunchy snow, icicles and smiles from building snowmen are reflected in the mood, textures and colours. "It has an element of playfulness from childhood memories, combined with the serenity that a snowy landscape

presents," he adds. For an equally calm and serene look, pick up on soft metallics - rose gold, bronze, and pretty crystals. **TREE TIP:** Enhance a forest effect with a collection of branches from the garden, sprayed silver or white and arranged on a mantel or in a vase. A wreath, pine or eucalyptus could be a beautiful finishing touch, and the scent will infuse your room. Go on the trail of wicked woodland tree treats.

Keep it traditional
Nothing says Christmas like a classic red and white theme - red stripes, bright lights and a maximal feel. "We love our red and white theme inspired by Santa's workshop, which focuses on the joy and magic of the festive season," says Lynsey Abbott, Christmas expert, Dobbies Garden Centres. "Fun and playful traditional

Christmas characters, striped candy canes and cheeky elves abound. For a hint of luxe, simply add some gold or silver baubles." **TREE TIP:** Layer garlands and lights in between standout baubles to give added depth to a tree. Co-ordinate your gift-wrapping under the tree to compliment the look. If a more rustic look appeals, add more deep green baubles and simple wooden decorations. Bring on rich red baubles and 'berry' beautiful details.

Rock a rainbow vibe
Go all out with neon shades and funky decorations for the boldest look of the season. "Bursting with colour and character, this look will attract compliments for its

exuberance," says Sam Hood, co-founder and creative director, Amara. "When it comes to decorating with vibrant colours and designs, it's important to establish a theme. If you want to go all out with this playful trend, then variety is key - don't go too matchy-matchy, as surprise and individuality is a key element of its charm," she adds. "I'd select a handful of bold statement decorations for a focal point and build around those." **TREE TIP:** Ignore the 'less is more' rule and pile on the decorations - the more unusual the better - in a kaleidoscope of colours. Tinsel, once so naff, is now back in vogue and makes the perfect retro finishing touch for an Eighties disco theme. Keep it kitsch and quirky for a festive remix. *PA/TPN*



Don't just dream of a white Christmas - create one indoors, with a sparkling, frosted theme. (Photo: Argos/PA)



Photo: Melody Maison/PA

Paula & Renata CURTAINS

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

Make your home cosy with us



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

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



Algarve Leather Restoration.com

Looking Great & Lasting Longer



CLEANING RE-COLOURING REPAIRS

CARS FURNITURE BOATS - WE COME TO YOU

915 432 027

English speaking Whole Algarve covered

pgorton@me.com

www.algarveleatherrestoration.com

BBO'S SALES & SERVICE
LUXURY OUTDOOR KITCHENS
AWNINGS
SHADE SAILS
PATIO HEATING

Merry Christmas & Happy New Year

BBO's ALGARVE

+351 289 356 233

+351 917 866 779

lee@bbqs-algarve.com

www.bbqs-algarve.com

Visit us at

Rua do Comércio, 272A, 8135 Almancil

Broil King
Great Barbecues Every Time

BBQ all year round!

An island filled with promise

Gabrielle Fagan's transported to tranquillity by sound, sand and surf on a wellbeing break in Funchal, Madeira



Funchal, Madiera. (Photo: iStock/PA)

It's sunrise and my cares seem to float away as I lie on my back on a mountain in Madeira, listening to sticks gently beating on a drum, simulating the noise of rain. My mind and spirit are being washed by a 'sound bath' where - instead of water - vibrations produced on instruments, from gongs and shamanic drums, to chimes and shakers, aim to coax the brain into a relaxed, meditative state. "Immersion in beautiful sounds and vibrations can clear the chakras [centres of energy within us] and soothe the body, mind and spirit," promises Emilie Mangoni, an international yoga teacher who's conducting my yoga session, finishing with the potent auditory healing experience. The surroundings couldn't be more peaceful - an idyllic glade in the heart of the Laurissilva Forest whose origins are said to date back 20 million years. Calm and healing experiences are what I crave and have come

for. An overload of work and family problems have left me feeling low mentally and physically, and I've escaped to this island to rescue my battered wellbeing. Unable to spare the time for a long holiday, all I have is three days to reboot my karma, which makes Madeira - a lush, beautiful giant rock in the Atlantic just off the west coast of Africa - the perfect destination. It's only a three-and-a-half hour direct flight from London and is rapidly gaining a reputation as being ideal for a wellness break. It was recently named Europe's leading island destination 2019 by the World Travel Awards. I'm hoping that its sub-tropical climate, spectacular mountain skylines, crystal clear waters and sandy beaches will instantly plunge me into sun-soaked serenity. My base is the lively, cosmopolitan capital, Funchal. Facing the sea, it's flanked by verdant mountains behind, and is in the southern part of the island. On my first night, I'm enveloped in

elegant luxury at the uber-contemporary, Vine Hotel, located in the historic centre close to the marina.

The island's winemaking history is the inspiration for the interior design. Dark, moody settings feature materials such as volcanic rock, contrasted with rich purple fabrics, while furniture has been crafted to resemble twisted vines. There are almost too many ways to relax, with an indoor pool, solarium and fitness centre. A spa offers a wide range of treatments, including vinotherapy: a red wine bath with antioxidant wine extracts promising skin and health benefits.

After months of no 'me time', it's blissful to simply laze on the rooftop beside outdoor infinity pool, gazing out at the view over the bay. Wrapped in thick white towels after a long swim, I can feel my muscles relaxing and tension falling away.

Refreshed and more energised the next day, I take a two-and-a-half-hour sea trip by ferry to the tiny neighbouring island of Porto Santo.

It's dubbed Madeira's sandy little sister because of its spectacular uninterrupted 9km-long beach, which fringes its south side. My first experience here is another therapeutic bath - but in sand rather than in sound. The renowned Hot Sand Therapy (Psamotherapy) uses the island's fine, silk sand, which is renowned for its health-boosting qualities. Rich in minerals, including calcium and magnesium, it also contains a natural anti-inflammatory, strontium. Buried up to my neck in hot, heavy sand in a wooden bathtub, I feel cocooned and totally relaxed. My sweat apparently releases minerals from the sand which my skin can absorb. During the 30-minute session, I

doze off and reluctantly awake to extricate myself and lie on a lounger, to allow the absorption process to continue for a couple of hours, before I can shower and swim in one of the pools.

Literally glowing inside and out, I leave the resort for lunch at a simple beachside cafe a few kilometres away.

It's a far cry from my normal lunchtime routine - a rushed sandwich at my desk. Here, I sit barefoot, listening to the sound of the waves and seabirds as I feast on freshly caught shellfish and finish with a Portuguese speciality, pasteis de nata (a custard tart).

I'm able to enjoy maximum time on the island sunbathing and walking beside the shore by cutting short the length of my return journey, thanks to Binter Airline's new service, which returns me to Funchal in just 15 minutes.

In the evenings, strolling through the charming Portuguese stone streets of Old Town Funchal, it's fun spotting eye-catching front doors which local artists have imaginatively painted as part of a restoration project.

What's so notable in this city is the warm, laid-back atmosphere wherever you go - day or night - as Madeira has long welcomed and cherished tourists. It's one of the most popular stopovers for luxury cruises.

My only stress is choosing which of the many bars and cafes to visit for a shot of Poncha - a local rum mixed with honey and lemon. To gain a sense of the history of this Portuguese island, there's no better place to visit than the yellow Forte São Tiago. It hugs the shoreline and was built in 1614 to allow the residents to watch out for pirates and potential invaders. Within its stone ramparts nestles the Restaurante Do Forte and a

gourmet dinner there by candlelight is an experience not to be missed.

Afterwards, I join locals and tourists on the fort's roof to view a spectacular fireworks show, one of many which take place throughout the year as companies compete for the privilege of lighting up the sky over Funchal on New Year's Eve. My final two nights are spent at the Quintinha de São João hotel, which has the old-school charm of a rather grand Madeiran home, where the highly-personalised service makes you feel like an honoured member of the family, rather than a guest.

While I could have spent hours in the landscaped gardens surrounding it, and even longer in the spa where I had a super-soothing full-body massage, I don't want to miss the opportunity for more exploring.

For a bird's eye view of the city, I take a 15-minute cable car ride from the Old Town, which lifts me nearly 2,000 feet up to the parish of Monte.

It's home to the intriguing Monte Palace Tropical Gardens, which boast 100,000 plant species from all over the world. Time slips by unnoticed as I wander for hours marvelling at the quirky landscape of oriental temples, Buddha statues, and ornamental gardens.

It's all interspersed with lakes where koi carp glide beneath the surface and stately black swans glide elegantly on top, and the sound of fountains is the only noise disturbing the quiet. My Madeiran cocktail of two healing 'baths', a generous helping of sun, sea and sand, and a dose of pampering have lifted my spirits and recharged me. My island escape - although brief - has worked wonders on my wellbeing.

**A CHEGAR OU A PARTIR,
TUDO COMEÇA AQUI!
BEM-VINDO AO
AEROPORTO DE FARO.**

ARRIVING OR DEPARTING,
EVERYTHING STARTS HERE!
WELCOME TO FARO AIRPORT.

DESCUBRA +/FIND OUT +
AEROPORTOFARO.PT/MAISAEROPORTO

ANZ
FARO
AEROPORTO

Powered by

VINCI
AIRPORTS



ALGARVE • ALENTEJO • MADEIRA



SEASON'S GREETINGS

HPA Health Group wishes you a Merry Christmas
and a Happy New Year.

HERE FOR YOU AT ALL TIMES

Love yourself this festive season

As the parties begin, remember there are more important things than a new pair of glitzy heels.



With all the glamour of the party season, many of us put pressure on ourselves to look our best. (Photo: iStock/PA)

It's the season of indulgence, but also the season of social events, sparkly party dresses and festive hashtags as you pose for social media. With all the glamour of the party season, many of us put pressure on ourselves to look our best. But overspending or buying clothes that make you uncomfortable won't make you feel good inside. Here's how to keep some perspective - and practise some self-love as you choose your Christmas party outfits...

Don't overspend on an expensive outfit

It's tempting to believe you need lots of new on-trend party outfits, or that glamorous dress that's way out of your budget. Susie Hasler, who runs *Styled By Susie*, says: "Realistically, you're only going to wear it a handful of times, so get your money's worth. I've been to clients' houses and seen special-occasion dresses from Ted Baker or Reiss they've hardly worn, as the style tends to date much faster than casualwear."

If sparkle or glitz isn't your style, don't do it

Just as you don't have to pack boho skirts for a festival, you don't have to buy into a festive trend that doesn't reflect you. "It's important to stay true to your personal style during party season," says Hasler. "If you're not usually used to wearing dresses, don't force yourself to wear one, as you'll end up looking uncomfortable. Try a jumpsuit or a chic suit with a silky cami underneath. Don't allow yourself to be influenced by what friends or colleagues are wearing."

Don't be tempted to buy on the small side

All you'll end up feeling is failure. "If you're treating yourself to a new outfit, make sure to buy something that fits you now - not something that only just fits in the hope that you'll lose a few pounds before the event," says Hasler. "We all overindulge at Christmas, so go with your size, or even a size up."

Prioritise comfort

There's nothing worse than feeling physically uncomfortable in clothes, whether it's high-waisted jeans that don't feel so good after the office Christmas lunch, or a bodycon that makes you feel like you need to suck in your stomach.

Hasler agrees: "It's really important to feel comfortable in your party outfit, so you can relax and enjoy yourself. Don't wear something tight or restrictive, like a pencil dress, that's going to make you feel self-conscious or uncomfortable all night." So, let yourself breathe, let your tummy relax and let's never punish ourselves with bodycons ever again.

Celebrate what you love about your body

We are conditioned to be far more negative about ourselves than about how



It's really important to feel comfortable in your party outfit, so you can relax and enjoy yourself. (Photo: iStock/PA)

other people look. So, if you do catch yourself berating your thighs before you go out, pause, rationalise that it's a thought pattern influenced by a patriarchal construct, and consciously tell yourself some kind things instead. "Remember that others don't notice the parts of your body that you're not keen on," adds Hasler. "If you feel conscious of your tummy, for example, wear an outfit that draws the eye to a part of your body you do like. Show off your legs in a

short dress, your feet in glitzy shoes or your décolletage with an off-the-shoulder number."

Once it's on, try to forget about your outfit

It's the run-up to Christmas, it's a celebration, a bringing together of loved ones, a totally acceptable time to flirt, and an excuse to party in cold, dreary winter. It is not the time to hesitate about accepting a homemade mince pie, pass up a Baileys or go home at a reasonable hour.

AudioCare

soluções auditivas

Rechargeable hearing aid
2 week trial period
5 year warranty

Control everything from your smart phone

Kate van Duijvenbode
Certified Audiologist

Would you like to know more?
Ask for Kate or Ray van Duijvenbode.
961 431 894 | 966 211 557 | 289 561 158
www.audiocare.pt | info@audiocare.pt

Pain-FREE Shoulder Clinic

Michelangelo knew

(now you can too!)

The British Journal of Sports Medicine finds...

"THE most Effective Treatment" -- provided by Dr. Bock

93% of Patients recover in 1-5 Treatments

Call today for your FREE Consultation & Examination

282 352 202

Tips for living with dementia this Christmas

For many, Christmas is one of the most magical times of the year. But for those with dementia and their families and carers, the festive period can present lots of challenges.

Decorating your home, moving furniture around to accommodate extra guests and breaking from the usual daily routine can all be a source of stress for those living with dementia, which can often bring feelings of guilt and sadness to those around them. "For my family, Christmas changed dramatically during my dad's 13-year dementia journey," says TV presenter Ruth Langsford, 59. "The thing that got us through was learning to adjust and making sure we listened to what Dad needed, so we could all enjoy the day as

much as possible," adds the Surrey-born host. Langsford's father Dennis passed away in 2012, after living with Alzheimer's for over a decade. Through the years, she believes she's picked up some invaluable tips on how to make a loved one with dementia more comfortable at this time of year - which helps the whole family. Here, she shares some of her tips...

Keep everyone involved

"This is so important," says Langsford. "If your loved one has always done something in particular, like helping to cook or putting up the tree, try and find something that will help them to continue doing that, even if it's something small like peeling the potatoes or hanging a bauble on the tree. Feeling involved can make a huge difference and help your loved one feel included and part of the festivities."

Changes to routine can be confusing

"Try and keep things as 'normal' as usual, and plan ahead for any changes - asking for help from friends and neighbours where possible. "Make sure you have enough prescription medication to last through the festive period too, as getting repeat prescriptions may be difficult during public holidays"

Put decorations up gradually

"Think about putting Christmas decorations up



Decorating your home, moving furniture around to accommodate extra guests and breaking from the usual daily routine can all be a source of stress for those living with dementia. (Photo: iStock/PA)

gradually over a few days, so it doesn't come as a big change to the person's usual setting."

Keep it simple and familiar

"All of the goings on at Christmas can be overwhelming, so keeping the day's activities low-key will help your loved one to relax. Having meals at regular times and in familiar surroundings will help as well. "Keep your eyes and ears open over the festive season - you might notice if your loved one is struggling and they might need your help."

Christmas food and drink

"Food is such a huge part of Christmas, but dementia can make cooking and eating more

difficult. If the person with dementia wants to continue cooking, find a way to keep them involved in the kitchen with someone else there to help. "Keep an eye on your loved one with dementia to see if they seem tired or distressed throughout the day - this may mean that you may not be able to stick to your desired timings for the much awaited Christmas dinner, but try not to worry - food can always be heated up later."

Bring back favourite memories

"Whether it's a favourite song they used to enjoy or a classic Christmas film, find something fun you can take part in. Making a festive family photo album or

memory box could be a nice way to spend time together."

Be flexible

"It's easy to get caught up in Christmas traditions, but your festive season might begin to look different as dementia progresses - ours certainly did. There was one Christmas when dad got upset about how the dishwasher was loaded - he didn't usually go near the kitchen - so we had to adapt to the changes and work with him, so that he could do the things he wanted.

"It's important to embrace your loved one's world, and it's always worth having a plan 'B'. Be prepared to change your plans if something isn't working."



Ruth Langsford attending the National Television Awards 2018. (Photo: Ian West/PA)



FLEXIDENT Algarve

Nº1 FOR FLEXIDENTURES...

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

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

Alan Gale - Tel: 282 442 302 Mob: 916 717 113
Gaveto das Ruas Cruz de Portugal e José Falcão, Loja 4, 8300-166 Silves
Email: flexidentalgarve@gmail.com | www.flexidentalgarve.com



arte óptica manuela
optometry | contactology

manuela.ramosvieira@gmail.com
282 098 659 | 918 183 679 | 927 039 459
Rua Direita, Edif. Delmar, Loja10, 8500-624 Portimão
Free parking voucher available for Parque Alameda



Visão Plus

VISAPLUS.PT

**Optometry
Contact Lenses
Repairs
Low Vision
Advanced Optometry Clinic
Varifocus Expert**

(+351) 289 301 786
✉ visaplus@mail.telepac.pt
f/visao.plus @/visao.plus
🏠 Av. Francisco Sá Carneiro,
Ed. Panorama, Lt 4, Lj A-C
8125-119 Quarteira

EYE CARE FOR YOUR ENTIRE FAMILY



This Week's profiles:



Arquiscap

For more information or a visit from Samuel, please call: 962 409 549 or send an email to: samuel.padfield@arquiscap.com



Iberian Funeral Plans

For Further information Tel: (+351) 281 957 433. Email: portugal@iberianfuneralplans.com or visit: www.iberianfuneralplans.com



Veronica Pisco

For more information Tel: 289 358 382 or email: office@veronicapiscolawoffice.com



Algarve Website Design

For more information on all aspects of their services visit algarvecomputersolutions.com, or call Chris on: (+351) 936 544 998.

DISCLAIMER:

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

From your garden's inception to implementation



With over 25 years of landscaping experience within the Algarve we, at Arquiscap, have worked hard to create unique and bespoke gardens. By optimising the usability of each garden we have gained a solid reputation for designing stylish garden havens incorporating everything needed for our clients to enjoy life outdoors - from dining alfresco to relaxing in style!

Our client base is one of private individuals, architects, management agencies, condominiums and hotels. Being known for our organised and efficient service, allows us to provide clients with the best solutions for landscape design, project management and garden maintenance. Our landscaping portfolio covers all garden styles, from contemporary to formal, Mediterranean and low water gardens to tropical and features for example.

From the initial consultation, planning and design stages our team will personally be with you every step of the way. Once construction commences a detailed and

considered plan will be in place, for use by our Project Manager to ensure completion on time and within budget.

Arquiscap appreciates and understands the investment required by our clients, and in return endeavors to ensure that our premium landscaping will add value to the property and importantly, provide clients with enjoyment for years to come as their vibrant "multi-seasonal" garden evolves.

At the "Handover Stage" a Garden Maintenance Plan is provided, which will take into consideration the ongoing lifecycle of the garden into maturity and all necessary permanent care requirements, thus ensuring "peace-of-mind".

Aside from landscape design, Arquiscap offer monthly garden and pool maintenance services, and "One-Off and seasonal garden packages", tailored to individually to gardens. Or for gardeners, who wish to maintain their own but need a little help or advice you can take advantage of our garden consultancy service.

Veronica Pisco Law Office - offering different points of law



We are a dynamic and flexible law firm combining Portuguese lawyers and solicitors who work enterprisingly and with purpose, to solve our clients' concerns. We aim to achieve the best solution in the shortest period of time for each and every client whilst ensuring that cultural, linguistic or bureaucratic barriers do not hinder our clients' goals.

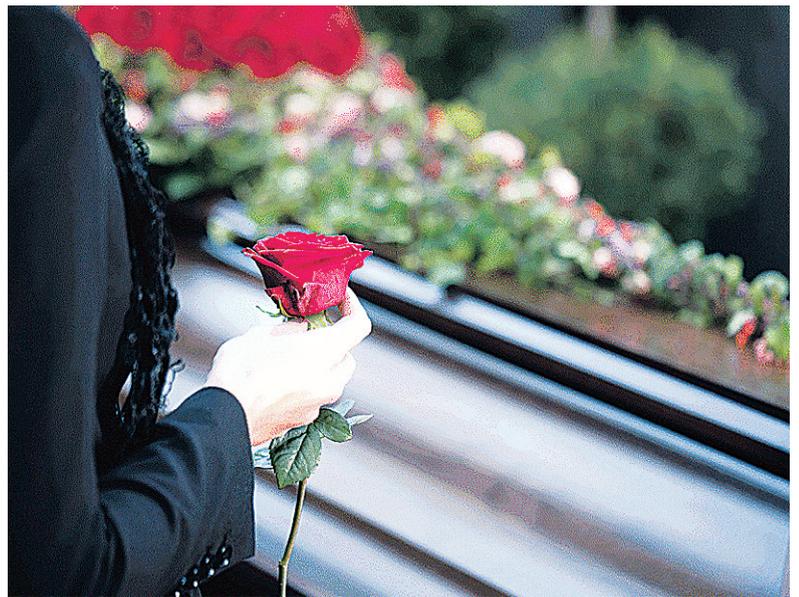
We work throughout Portugal and have offices strategically based along the Algarve. Our Almancil office opened in 2005 followed in 2006 by Vale de Lobo, Tavira in 2010 and Lagoa more recently. Our dedicated team of multilingual professionals, who speak Portuguese, English, French and Spanish, have the experience and expertise to achieve our clients'

objectives with minimal stress and expense, and are very used to dealing with international clients from different parts of the world.

Established in 2002, when Verónica Pisco (founder) started at the Portuguese Law Association in Faro, the team possess degrees in a wide range of law thus offering legal services in: real estate and property law, tax law, corporate and commercial law, immigration law, family and inheritance law, wills, social security and labour law, civil and criminal law, notarial and registry law, condominium law, litigation and contracts.

To find out more about us and about different points of law, please visit our website: veronicapisco-lawoffice.com

Iberian Funeral Plans Lda



We all know, from our own experience or that of close friends, how traumatic it is to have to cope with paperwork, officials and bureaucracy at a time when we are emotionally vulnerable. And yet, that is precisely the situation that we find ourselves in when there is no funeral plan in place.

This time of grief can be made much easier on your family by having a pre-planned and pre-paid funeral plan ready in the event of your death. Iberian Funeral Plans Lda. is one of the key professionals in the sector and wants to be able to offer the full range of benefits of an Iberian Funeral Plan to everyone, irrespective of where they live. That is why Iberian has developed a network of locations throughout Portugal, Spain and its islands.

By pre-planning now you fix the cost of

your funeral at today's prices, which are inflation proof irrespective of how long you live. Our plans start at €2495 and payment can be made in euros or sterling either as a lump sum or by a deposit and regular installments by direct debit which attract no interest.

Our plans attract no additional costs such as a set-up fee or administration fee.

We do not charge interest should you pay by installments.

Iberian is a fully operational registered Portuguese Lda Company and all funds are held in accounts with Santander and HSBC.

We contract with several major funeral directors enabling us to operate to the highest possible standards. Please contact us for further information or a no obligation chat or visit from one of our representatives.

All your IT solutions in one place



Since moving to the Algarve in 2004, Chris Englefield and his wife Sue have been successfully keeping up with client demands, expanding and developing their business from what was initially a mobile computer support business to 'Algarve Computer Solutions', which now encompasses the couples' three specialised IT businesses - Techni-Call Computer Solutions, Algarve Website Design and Algarve Webhosting.

"The evolution and growth of our business is all down to our clients. They come to us and tell us what they need and we fulfil their requirements. We have a lot of clients who have been using our services since we started the business here, 15 years ago. We are lucky to have a very loyal client base, with whom we have built strong and trusted relationships. We often get invited to their birthday parties!"

Computer support customers began to ask the couple about creating websites

and designing company logos, then creating marketing material, and about website SEO. Over the past couple of years requests have moved on to include content writing for websites and printed media, plus social media management.

The talented couple can help with everything from smaller one-off jobs to ongoing projects, for small businesses and for home users. They offer comprehensive website design, web based application & database creation, webhosting and domain name registration, SEO and social media management. Plus, logo design and marketing material design, such as business cards, brochures, newspaper and magazine adverts.

With their dynamic attitude, their reliable, honest and professional service, plus their wide range of skills and experience, Sue and Chris of Algarve Computer Solutions are truly able to offer something for everyone.

Fantastic fully renovated 4 bed countryside villa just 15 minutes from the beach

This cosy property nestled in the foothills of Monchique, only 10 minutes from golf resorts, Portimao and Alvor with shopping, marina, beaches and more golf resorts.

Easy access to the motorway and all amenities for holiday, holiday rentals or permanent living. Set inside a restricted hunting area with 2 ponds, one stocked with large carp, a borehole and river water access pool, fruit trees garden, extra large attached car port for 4 cars, separate laundry and storage room, a separate garden shed for equipment, mains electricity, telephone/satellite internet and T.V. 2 septic systems, and outside parking for up to 5 cars.

The house has a large entrance separating the bedrooms from the main living area for complete privacy. There are 3 bedrooms and an office, 2

bathrooms, a lounge with wood burner, open plan equipped and fitted kitchen with breakfast bar an access to the carport area.

Many customised details give a traditional and unique aspect to the home. The covered south facing veranda is a perfect place to relax, enjoy the tranquility and country views over the pond.

The asking price is €395,000 (Ref 8922). For further details please visit www.beverlywhere.com on, contact us on (+351) 962 598 966 or email info@beverywhere.com.

Beverlywhere.com the smart way to sell property for 0% Commission



PENGUIN
PENGUINALGARVE.COM



Alvará Nº 68022

- ♦ Energy-efficient solutions for heating & cooling your home
- ♦ Solar systems - water heating and photovoltaic (PV)
- ♦ Domestic water, underfloor & pool heating
- ♦ Maintenance & servicing

SERVICE HOTLINE
910 700 777

Tel: 289 092 595
Fax: 289 392 660
E-mail: info@penguinalgarve.com

Solar saves carbon... and bills !

With the most sunshine hours in Europe, a solar hot water system makes compelling sense for any Algarve home. Saved energy bills will give a return on investment in just a few years, then supply FREE hot water for many years after. Even in times of bad weather, solar systems incorporate an electric back-up to ensure a hot water supply at any time of year, day or night.

There are essentially two types of system: 'thermosiphon' systems where the water tank is roof-mounted with the panels; or 'forced circulation' systems, where the tank is installed elsewhere (e.g. a utility room) and a pump circulates the water from the roof panels. In these times of climate change and environmental responsibility, solar systems make so much sense. So reduce your carbon footprint and use the sun – it's FREE!



Go solar! Call Penguin **NOW!**



AMI: 10429

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

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





REF: AA-713SJ - LAGOS

THIS IS A UNIQUE OPPORTUNITY TO OBTAIN A 2 +1 BEDROOM TOP FLOOR APARTMENT IN THE CENTRE OF THE CITY WITH A HUGE TERRACE, AMAZING OCEAN & MARINA VIEWS AND A COMMUNAL POOL SO CALL FOR YOUR PRIVATE VIEWING TODAY!

ASKING PRICE 420.000€



REF: AV-698SJ - SALEMA

UNIQUE PROPERTY WITH 3 APARTMENTS, WITHIN WALKING DISTANCE OF THE BLUE FLAG BEACH AND THE PICTURESQUE CENTRE, THE IDEAL PROPERTY AS AN OWNER-OCCUPIED RENTAL INVESTMENT AND NOW PRICED TO SELL!

ASKING PRICE 475.000€



AA-655SM - LAGOS

LOCATED IN SECURED PRIVATE COMPLEX WITH COMMUNAL POOLS AND BEAUTIFUL MATURE GARDENS YOU FIND THIS 3 BEDROOM APARTMENT WITH LOVELY SEA VIEWS, PERFECT FOR A PERMANENT LIVING OR HOLIDAY/RENTAL HOME.

ASKING PRICE 349.000€



Sociedade de Mediação Imobiliária Lda. AMI 6232

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

Tavira: 281 320 281
Vilamoura: 289 301 294



ALMANCIL

EXCLUSIVE 4 bed modern villa, peaceful area, short walk to Almoncil centre and all amenities, huge basement, pool. EC: B-

Ref: TNH Price: €795.000



NEAR VILAMOURA

EXCLUSIVE 4 bed Quinta, guest annex, heated salt water pool, large plot, only 5 minutes' drive from centre of Vilamoura. EC: B

Ref.: P-CCL Price: € 765.000



ALBUFEIRA

3 bed villa, beach fronted, well presented, communal swimming pool, garage, beautiful sea views, unique opportunity. EC: C

Ref. R-BTO Price: € 625.000



VILAMOURA

3 bed townhouse, frontline golf, communal swimming pool, large roof terrace with sea/golf views, terrace, BBQ and 2 parking spaces in the basement. EC: B

Ref. SSB-TH Price: €560.000



NEAR LAGOS

4 bed villa, many finishing's in wood, ideal for a large family with children and animals, pool and extension possible. EC: C

Ref: BNU Price: €365.000



GOING THAT EXTRA MILE SINCE 1989!

BOOK YOUR PROPERTY VIEWING TODAY!

CONTACT US:
(+351) 282 444 471
(+351) 969 336 091
email@servesul.pt

Edifício Plaza, Av. Marginal, Loja E, 8300-110 SILVES
GPS: 37.186050, -8.440555

SERVESUL.COM AMI-968

BRAND NEW APARTMENTS IN SILVES!

3 BEDROOMS, 2 BATHROOM APARTMENTS

PRICES STARTING FROM €135,500

CALL SERVESUL TO BOOK A VIEWING!





CONTACT US
(+351) 289 462 438
www.cchomes.pt

Ref: A14-182



CCHomes
ALGARVE REAL ESTATE

Traditional city house in the Center of Loulé

55.000 €

This small Algarvian-style house is located in the historic area close to the center of Loulé just 5 minutes walk from the market and all amenities. The house has space for a living room, bedroom, kitchen, a bathroom and backyard. It is possible to build a first floor with a further bedroom, bathroom and terrace. Parking areas are nearby. Great Opportunity as Investment for Holiday Rental.



AMI 15430

00351 282 357 133
00351 927 200 182

REF SPV98 - VILLA



3 bed in Carvoeiro

475,000€

REF SPV97 - VILLA



1+2 bed new build

495,000€

REF SPV46 - VILLA



4 Bed in Caramujeira

625,000€

REF SPV90 - VILLA



3 bed in Carvoeiro

695,000€

DIVINE HOME[®]
IMOBILIÁRIA • REAL ESTATE



1 Bed Apartment with Sea Views in Alvor €150,000



Property Ref: SA905
1 Bed apartment just 800 m from beach, 2 km from golf course, superb rental potential, sold furnished, sea views... Call us **NOW** to arrange a viewing!

f t i y ALBUFEIRA • MONCARAPACHO • SÃO BRÁS

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

AbacoZ
algarve

OUR PROPERTY OF THE WEEK:

LAGOS | REF: AA-718SDJ
EXCLUSIVE SALE

THIS FABULOUS 2 BEDROOM APARTMENT WITH PANORAMIC SEA VIEWS IS LOCATED JUST ACROSS FROM THE BEAUTIFUL MEIA PRAIA BEACH AND ONLY A FEW MIN. DRIVE TO THE CENTRE & THE MARINA WITH A COMMUNAL ROOFTOP POOL TO COMPLETE THE PICTURE.

ASKING PRICE 445.000€



CONTACT OUR MULTI-LINGUAL SPECIALISTS AT ABACOSZ ALGARVE TO
SELL YOUR PROPERTY
OFFICE: MARINA DE LAGOS, NÚCLEO GIL EANES, LOJA 18/19, LAGOS
EMAIL: info@abacoZ-properties.com TEL: +351 282 044 886



SCAN THE QR CODE TO GO TO OUR WEBSITE

MIMOSA
PROPERTIES



3 beds 3 bathrooms 240m² 979m²

Beautiful Villa | With Amazing Views | Near Lagos | 798.000 € | REF: VM555

SALES | RENTALS | MANAGEMENT | MAINTENANCE

(+351) 282 087 152 | www.mimosaproperties.com

MARCELA propriedades
Sociedade de Mediação Imobiliária
Estate Agent | Immobilien
AMI 1536



THREE BEDROOM VILLA WITH POOL, VALE DA TELHA, ALJEZUR | REF: C3503

SPEAK TO US FOR PROFESSIONAL ADVICE

info@marcelaproperties.com 00351 282 788 977

Casa Têxteis wish you a Merry Christmas & Happy New Year



"Bigger stores,
Better quality,
choice and value"

Our shops will be closed on 24th, 25th, 26th December and on 1st January.

Romantica
BEDS TO FALL IN LOVE WITH

www.hometextilesalgarve.com
email: hometextiles@sapo.pt



Carvoeiro Rua do Barranco • Tel: 282 354 222 • Mon to Fri 10am - 6pm

Alcantarilha (next to Espaço Casa) • Tel. 282 315 994 • Mon to Sat 10am - 6:30pm

Pereiras de Cima nr. Quatro Estradas • Tel. 289 396 385 • Mon to Fri 10am - 6pm, Sat 10am - 5pm

Kit&Caboodle



HIGH QUALITY PRE-LOVED FURNITURE

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

Prestige Property

Unique Opportunity!

Amazing, new semi-detached 2 storey 3-bedroom villa set in an exclusive condominium with a private garden and a communal swimming pool.



Overlooking stunning panoramic views to the renowned Amendoeiras Golf Course, located only 10 min. from the picturesque & historical city of Silves & only 7 min. to the nearest Algarvean beaches.

The cosy, family home consists of 3 bedrooms (2 en-suite), 2 bathrooms and 2 shower rooms, spacious living/dining room with fireplace (with heating units that connect to 2 of the 3 bedrooms), fully equipped kitchen with granite counter tops, very good size pantry/laundry room, 3 terraces, pergola,

a lovely private garden with a wide variety of flowers and trees & a leisure, 2 private parking spaces and beautifully landscaped garden.

This unique, bright home, with a high quality finishing, is equipped with air-conditioning throughout the house, pre-installation central vacuum system, under floor heating, surrounding sound system, centralised gas system and an automatic entrance gate.

The charming semi-detached Villa is very well located within only 4 minutes from the iconic Moorish City of Silves, 15 min. from the golden sandy

beaches of the Algarve, 5 min. from a variety of renowned golf courses, 10 min. from the international schools and 45 min. from Faro International Airport.

This magnificent property is ideal as a first family home or as a second home where you can sit back and enjoy everything that the Algarve has to offer.

Don't miss out on this amazing opportunity! Book your viewing with the Servesul Team today!

Price: €295,000
Servesul Property Ref. V1476

Location: Silves
+351 282444471
+351 969 336 091
email@servesul.pt



Property
search

Visit our **Property Search** website at:

www.properties.theportugalnews.com



If You Want The Right Property

Talk to the Right Agent



The Agency With A Different View

www.cchomes.pt

T. +351 289 462 438 | info@cchomes.pt

SATURDAY 21/12/19

BBC One

06.00 Breakfast.
10.00 Saturday Kitchen Live.
11.30 Flour Power.
12.00 Football Focus.
13.00 BBC News; Weather.
13.15 Bargain Hunt.
14.10 Escape to the Country.
15.10 Money for Nothing.
15.55 BBC News.
16.15 Final Score.
17.15 MOTD Live: Club World Cup Final.
19.30 The Hit List.
20.15 Michael McIntyre's Big Show.
21.20 Casualty.
22.10 BBC News; Weather;
22.25 National Lottery Update.
22.30 Match of the Day.
23.55 The NFL Show.
00.25 **FILM:** Looper (2012).

BBC Two England

06.20 Top Class.
06.50 This Farming Life.
07.50 MasterChef: The Professionals.
09.50 **FILM:** Newsies: The Broadway Musical (2017).
12.00 Victorian Bakers at Christmas.
13.00 Nature's Weirdest Events.
13.45 Equestrian: Olympia 2019.
16.30 Porridge.
17.15 **FILM:** Swallows and Amazons (2016).
18.45 Meet the Moose Family: Natural World.
19.45 Dad's Army.
20.20 Meet the Bears.
21.20 Dave Allen: God's Own Comedian.
22.20 Cunk & Other Humans on 2019.
22.25 Robbie Williams: Radio 2 in Concert.
23.35 **FILM:** Behind the Candelabra.

ITV London

06.00 CITV.
08.25 ITV News.
08.30 The Sara Cox Show at Christmas.
09.25 James Martin's Saturday Morning at Christmas.
11.35 John and Lisa's Christmas Kitchen.
12.35 Nadia's Family Feasts.
13.35 ITV News and Weather.
13.50 Midsomer Murders.
15.50 Paul O'Grady: For the Love of Dogs.
16.20 ITV News and Weather.
16.50 **FILM:** Shrek (2001).
18.25 The Chase Celebrity Christmas Special.
19.25 In for a Christmas Penny.
20.10 **FILM:** Casino Royale (2006).
22.55 ITV News and Weather.
23.10 **FILM:** Basic Instinct (1992).
01.20 Ideal World.
03.00 What Would Be Your Miracle?
03.50 ITV Nightscreen.
05.05 How to Spend It Well at Christmas with Phillip Schofield.

Channel 4

07.10 **FILM:** Capture the Flag (2015).
08.55 Everybody Loves Raymond.
09.25 The King of Queens.
09.55 The Simpsons.
12.00 **FILM:** Two by Two (2015).
13.40 **FILM:** Garfield 2: A Tale of Two Kitties (2006).
15.15 **FILM:** Madagascar (2005).
17.00 Channel 4 News.
17.30 Kirstie's Handmade Christmas.
18.30 Jamie's Easy Christmas Countdown.
19.30 **FILM:** Men in Black (1997).
21.20 **FILM:** Daddy's Home 2 (2017).
23.15 **FILM:** The Inbetweeners Movie.
01.05 Travel Man: 96 Hours in Jordan.

BBC Four

19.00 Nothing Like a Dame.
20.15 As Time Goes By.
21.15 **FILM:** Mrs Brown (1997).
22.55 **FILM:** Philomena (2013).
00.30 Peaky Blinders.

SUNDAY 22/12/19

BBC One

06.00 Breakfast.
07.35 Match of the Day.
09.05 Britain's Christmas Story.
10.05 **FILM:** Home (2015).
11.30 Snow Bears.
12.30 Hold the Sunset.
13.00 BBC News; Weather.
13.15 Songs of Praise.
13.50 **FILM:** Toy Story (1995).
15.05 **FILM:** Penguins of Madagascar.
16.30 Merry Madagascar.
16.50 BBC News.
17.15 **FILM:** The BFG (2016).
19.00 Countryfile.
20.00 His Dark Materials.
21.00 A Christmas Carol.
22.00 BBC News.
22.20 BBC Regional News; Weather.
22.30 Match of the Day 2.
23.30 Women's World Cup 2019 Review.
00.00 Dottie Weir: One More Try.

BBC Two England

06.15 The Instant Gardener.
07.05 This Farming Life.
08.05 Countryfile.
09.00 MasterChef: The Professionals.
10.00 Saturday Kitchen Best Bites.
11.30 The Sweet Makers at Christmas.
12.30 Westerns: Talking Pictures.
13.10 **FILM:** Paint Your Wagon (1969).
15.40 **FILM:** Finding Neverland (2004).
17.15 Porridge.
18.00 Chris & Michaela - Under the Christmas Sky.
19.00 Top Gear.
20.00 Dragons' Den.
21.00 The Christmas Misadventures of Romesh Ranganathan.
22.00 The Ranganation - Best Bits 2019.
22.45 Cunk & Other Humans on 2019: Jumbo All-in-One Edition.
23.15 Mock the Week Christmas Special.
23.50 **FILM:** Starter for 10 (2006).

ITV London

06.00 CITV.
08.25 ITV News.
08.30 The Sara Cox Show at Christmas.
09.25 Beautiful Baking with Juliet Sear.
10.25 John and Lisa's Christmas Kitchen.
11.25 Nadia's Family Feasts.
12.25 ITV News and Weather; Weather.
12.35 Midsomer Murders.
14.35 How to Spend It Well at Christmas with Phillip Schofield.
15.35 The Big Soap Quiz: Coronation Street v Emmerdale.
16.35 ITV News and Weather.
17.00 Pride of Britain: Celebrating 20 Years.
18.00 Christmas Celebrity Catchphrase.
19.00 Dancing on Ice at Christmas.
21.00 **FILM:** Quantum of Solace (2008).
23.05 ITV News and Weather; Weather.
23.25 Ball & Boe: A Very Merry Christmas.

Channel 4

06.05 **FILM:** Freaky Friday (1976).
07.45 **FILM:** The Harry Hill Movie (2013).
09.30 Christmas Brunch.
12.30 The Simpsons.
15.25 **FILM:** The Borrowers (1997).
17.05 Channel 4 News.
17.15 Food Unwrapped: Cracking Christmas Guide.
18.15 Inside Cadbury: Chocolate Secrets Unwrapped.
19.15 **FILM:** Paddington (2014).
21.00 Escape to the Chateau at Christmas.
22.00 **FILM:** Office Christmas Party (2016).
00.00 **FILM:** Dude, Where's My Car? (2000).

BBC Four

19.00 Mrs Dickens' Family Christmas.
20.00 Some Mothers Do 'Ave 'Em.
20.30 The Good Life.
21.00 All About The Good Life.
22.00 The 12 Drinks of Christmas.
23.00 **Queen:** The Great British Christmas Dinner.
00.00 TOTP2: Christmas 2012.

MONDAY 23/12/19

BBC One

06.00 Breakfast.
09.00 **FILM:** The Croods (2013).
10.30 **FILM:** Kung Fu Panda (2008).
11.50 Donkey's Caroling Christmas-tacular.
12.00 A Berry Royal Christmas.
13.00 BBC News.
13.25 **FILM:** Toy Story 2 (1999).
14.55 **FILM:** Brave (2012).
16.20 Wallace & Gromit: A Grand Day Out.
16.45 Billionaire Boy.
17.45 Pointless.
18.30 BBC News.
19.00 A Question of Sport: Christmas Special.
19.30 The Goes Wrong Show: The Spirit of Christmas.
20.00 EastEnders.
20.30 Still Open All Hours.
21.05 A Christmas Carol.
22.00 BBC News.
22.35 King Gary.
23.05 The Best of Famalam.
23.35 Have I Got a Bit More News for You.
00.20 The Graham Norton Show.

BBC Two England

07.55 Equestrian: Olympia Grand Prix Highlights.
08.55 Charlton Heston: Talking Pictures.
09.35 **FILM:** The Greatest Story Ever Told.
12.40 Flog It!
13.25 Sean Connery: Talking Pictures.
14.15 **FILM:** Entrapment (1999).
16.00 Florida: America's Animal Paradise.
17.00 Amazing Hotels Christmas Special.
18.00 Winter's Weirdest Events.
18.30 Inside the Christmas Factory.
19.30 Christmas University Challenge.
20.00 MasterChef: The Professionals Rematch 2019.
21.00 Hugh Grant: A Life on Screen.
22.00 Live at the Apollo: Christmas Special.
22.45 **FILM:** The Lady in the Van (2015).
00.25 **FILM:** The Manchurian Candidate.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 Midsomer Murders.
11.25 **FILM:** The Mummy Returns (2001).
13.45 ITV Lunchtime News; Weather.
14.15 **FILM:** The Santa Clause (1994).
16.15 Catchphrase.
17.00 The Chase Celebrity Special.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Countrywise: Guide to Britain.
20.30 Coronation Street.
21.00 Gordon, Gino and Fred: Christmas Road Trip - Three Unwise Men.
22.00 ITV News at Ten; Weather.
22.45 **FILM:** Gremlins (1984).
00.45 All Elite Wrestling: Dynamite.

Channel 4

06.00 **FILM:** Moomins on the Riviera (2014).
07.20 **FILM:** The Rugrats Movie (1998).
08.50 The Big Bang Theory.
10.10 The King of Queens.
11.05 Everybody Loves Raymond.
12.05 Frasier.
12.35 Celebrity Lego Masters at Christmas.
13.35 **FILM:** White Christmas (1954).
16.00 A Place in the Sun.
17.00 The Simpsons.
18.00 Hollyoaks.
18.55 Channel 4 News.
19.00 The Secret World of Toys at Christmas.
20.00 Gogglebox 2019.
21.00 8 Out of 10 Cats Does Countdown.
22.00 Christmas Celebrity Crystal Maze.
23.00 **FILM:** The Inbetweeners 2 (2014).
00.50 **FILM:** Ashby (2015).

BBC Four

19.00 Top of the Pops: The Story of 1979.
20.00 What We Were Watching.
21.00 Mark Kermode's Cinema Secrets.
22.00 **Queen:** Rock the World.
23.00 **Queen:** The Legendary 1975 Concert.

TUESDAY 24/12/19

BBC One

06.00 Breakfast.
09.00 CBeebies Hansel & Gretel.
09.45 The Gruffalo.
10.15 The Gruffalo's Child.
10.40 **FILM:** Kung Fu Panda 3 (2016).
12.05 Animal Park.
13.00 BBC News.
13.25 **FILM:** Toy Story 3 (2010).
15.00 **FILM:** Frozen (2013).
16.35 Wallace & Gromit: The Wrong Trousers.
17.05 BBC News.
17.30 **FILM:** Beauty and the Beast (2017).
19.30 EastEnders.
20.00 Take Off with Bradley and Holly.
21.00 A Christmas Carol.
22.00 Not Going Out Christmas Special.
22.40 The Vicar of Dibley.
23.25 BBC News; Weather;
23.35 National Lottery Update.
23.40 Midnight Mass from Crocydon Minster.
00.55 **FILM:** Made in Dagenham (2010).

BBC Two England

06.00 MasterChef: The Professionals.
07.00 Pilgrimage: The Road to Rome.
10.00 Christmas at St Paul's.
11.05 Albert Finney: Talking Pictures.
11.40 **FILM:** Murder on the Orient Express.
13.45 **FILM:** Death on the Nile (1978).
16.00 A Merry Tudor Christmas with Lucy Worsley.
17.00 Carols from King's.
18.20 The Morecambe and Wise Show: The Lost Tapes.
19.30 Christmas University Challenge.
20.00 Dragons' Den: Pitches to Riches?
21.00 Gareth Malone's Christmas Concert.
22.00 QI: Quizmas.
22.30 I'll Get This Christmas Special.
23.15 **FILM:** Great Expectations (2012).
01.15 **FILM:** Tamara Drewe (2010).

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 Midsomer Murders.
11.20 You've Been Framed!
12.25 ITV Lunchtime News; Weather.
12.40 **FILM:** How The Grinch Stole Christmas (2000).
14.40 **FILM:** Santa Claus: The Movie.
16.45 ITV Evening News; Weather.
17.15 **FILM:** Elf (2003).
19.00 Emmerdale.
19.30 The Chase: Bloopers 2019.
20.30 Coronation Street.
21.00 The Jonathan Ross Christmas Show.
22.05 The Robbie Williams Christmas Show.
23.05 ITV News; Weather.
23.20 The Keith & Paddy Picture Show.
23.50 Carols at Christmas 2019.
00.45 **FILM:** Casino Royale (1967).

Channel 4

06.20 **FILM:** Rugrats in Paris: The Movie.
07.40 The Simpsons.
09.05 **FILM:** Hotel for Dogs (2009).
11.05 **FILM:** Small Soldiers (1998).
13.10 **FILM:** A Christmas Carol (1984).
15.15 Father Christmas.
15.50 The Snowman.
16.20 The Snowman and the Snowdog.
16.55 Ice Age: A Mammoth Christmas.
17.20 Channel 4 News.
17.30 **FILM:** Home Alone (1990).
19.30 The Tiger Who Came to Tea.
20.00 Child Genius Vs Celebrities Christmas Special.
21.00 Gogglebox 2019.
22.55 8 Out of 10 Cats Does Countdown Christmas Special.

BBC Four

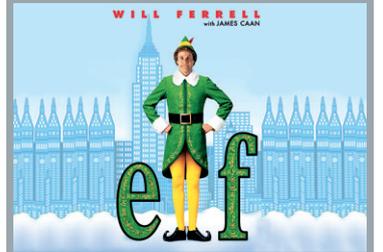
19.00 James May: The Christmas Reassembler.
19.30 The Last Igloo.
21.00 Top of the Pops: Christmas Hits.
22.00 Martin's Close.
22.30 The Turn of the Screw.
00.00 The Lost Ghost Story with Mark.



Gordon, Gino and Fred: Christmas Road Trip - Three Unwise Men.

ITV - 23rd Dec 9pm

A festive feast for a good cause with Gordon, Gino and Fred's Great Christmas Roast – but the competition is going to be fiery...



Elf

ITV - 24th Dec 5.15pm

Buddy was a baby in an orphanage who stowed away in Santa's sack and ended up at the North Pole. Later, as an adult human who happened to be raised by elves, Santa allows him to go to New York City to find his birth father, Walter Hobbs.



Home Alone 2: Lost in New York

Channel 4 - 25th Dec 4.55pm

One year after Kevin McCallister was left home alone and had to defeat a pair of bumbling burglars, he accidentally finds himself stranded in New York City - and the same criminals are not far behind.



Gavin and Stacey Christmas Special

BBC1 - 25th Dec 8.30pm

After 10 years the original cast are back together for an hour long Christmas special. They come together for Christmas dinner, chaos and comedy.

Direct Move with us!
★ Removals ★ Freight and logistics ★ Storage ★ UK online shopping ★ Weekly UK-PT service ★

direct
TRANSPORT & REMOVALS
23 years!
Follow us on Facebook Contact us at: +351 282 313 966
info@directtransport.net www.directtransport.net

WEDNESDAY 25/12/19

BBC One

06.00 Breakfast.
08.55 Stick Man.
09.25 Zog.
09.50 **FILM:** Piper (2016).
10.00 Christmas Day Mass.
11.00 Wallace & Gromit: A Close Shave.
11.35 Top of the Pops Christmas Special.
12.40 BBC News; Weather.
12.55 **FILM:** Moana (2016).
14.30 The Snail and the Whale.
15.00 The Queen's Christmas Broadcast.
15.10 **FILM:** Finding Dory (2016).
16.40 Strictly Come Dancing Christmas.
18.00 Michael McIntyre's Christmas Show.
19.00 Call the Midwife Christmas Special.
20.30 Gavin & Stacey Christmas Special.
21.30 EastEnders.
22.30 Mrs Brown's Boys Christmas Special.
23.15 Two Ronnies Christmas Sketchbook.
23.35 BBC News; Weather.
23.50 On Christmas Night.
23.55 Not Going Out Christmas Special.

BBC Two England

07.15 **FILM:** Rise of the Guardians (2012).
08.40 Carols from King's.
10.00 Inside the Christmas Factory.
11.00 The Planets.
12.00 Dancing the Nutcracker.
13.30 Gareth Malone's Christmas Concert.
14.30 **FILM:** Scrooge (1970).
16.30 The Queen's Christmas Broadcast.
16.40 Raymond Briggs: Snowmen, Bogeymen & Milkmen.
17.40 Upstart Crow.
18.20 Dad's Army.
19.00 Morecambe and Wise Christmas Show.
20.00 Christmas University Challenge.
20.30 Dolly Parton - Here I Am.
22.00 Dolly Parton @ Glastonbury 2014.
23.10 Kylie at Glastonbury 2019.
00.30 Merry Christmas Baby.

ITV London

07.35 Mr Magoo.
07.50 Mr Bean: The Animated Series.
08.10 The Rubbish World of Dave Spud.
08.30 **FILM:** Scrambled!: Scooby-Doo! Haunted Holidays (2012).
09.05 Scrambled!: Wishfart.
09.25 **FILM:** Disney's A Christmas Carol.
11.10 Countrywise: Winter Wonderland.
11.55 Midsomer Murders.
14.00 Coronation Street at Christmas.
15.00 HM The Queen.
15.10 Shrek the Halls.
15.40 The Chase: Bloopers 2019.
16.40 ITV Evening News; Weather.
17.00 Tipping Point: Christmas Special.
18.00 The Chase Celeb Christmas Special.
19.00 Emmerdale.
20.00 Coronation Street.
21.00 Who Wants to Be a Millionaire?
22.20 Gordon, Gino and Fred: 3 Unwise Men.
23.20 ITV News and Weather.
23.40 **FILM:** Four Christmases (2008).

Channel 4

07.35 We're Going on a Bear Hunt.
08.05 The Bear.
08.40 The Simpsons.
10.40 **FILM:** Ice Age (2002).
12.15 Father Christmas.
12.45 The Snowman.
13.20 The Snowman and the Snowdog.
13.50 The Tiger Who Came to Tea.
14.30 Channel 4 News Summary.
14.35 **FILM:** Back to the Future (1985).
16.55 **FILM:** Home Alone 2: Lost in New York.
19.10 The Great Christmas Bake Off.
20.30 Jamie and Jimmy's Festive Feast.
21.30 First Dates at Christmas.
22.30 Kylie's Secret Night.
00.00 Kylie's Golden Tour.

BBC Four

19.00 Magic Flute from Glyndebourne.
21.40 Detectors Christmas Special.
22.10 **FILM:** The Duchess (2008).
23.55 Inspector Montalbano.
01.40 Tom Jones & Beverley Knight's Gospel Christmas.

THURSDAY 26/12/19

BBC One

06.00 Breakfast.
09.00 **FILM:** The Good Dinosaur (2015).
10.25 **FILM:** Wreck-It Ralph (2012).
12.00 Spy in the Snow.
13.00 BBC News.
13.25 Room on the Broom.
13.50 **FILM:** The Boss Baby (2017).
15.20 Mimi and the Mountain Dragon.
15.45 **FILM:** The Jungle Book (2016).
17.25 Wallace & Gromit: A Matter of Loaf and Death.
17.55 BBC News.
18.20 Worzel Gummidge.
19.20 **FILM:** Paddington 2 (2017).
21.00 EastEnders.
21.30 Would I Lie to You? at Christmas.
22.05 BBC News; Weather.
22.20 Match of the Day.
23.55 Michael McIntyre's Christmas Show.
00.55 Take Off with Bradley and Holly.
01.55 Weather for the Week Ahead.
02.00 BBC News.

BBC Two England

06.50 This Farming Life.
07.50 Race Across the World.
08.50 Race Across the World.
09.50 The Planets.
10.50 **FILM:** Oklahoma! (1955).
13.05 **FILM:** Guys and Dolls (1955).
15.30 The Marvellous World of Roald Dahl.
16.30 Final Score.
17.30 **FILM:** Porridge (1979).
19.00 The Many Faces of Ronnie Barker.
20.00 The Two Ronnies: The Studio Recordings.
20.30 Christmas University Challenge.
21.00 Paddington: The Man Behind the Bear.
22.00 Hugh Grant: A Life on Screen.
23.00 **FILM:** Florence Foster Jenkins.
00.45 **FILM:** The Entertainer (1960).

ITV London

06.00 CITV.
09.25 Midsomer Murders.
11.30 You've Been Framed!
12.30 ITV Lunchtime News; Weather.
12.50 ITV Racing: Live from Kempton.
15.30 Tipping Point: Best Ever Finals.
16.00 Tenable All Stars Christmas Special.
17.00 ITV Evening News; Weather.
17.15 In for a Christmas Penny.
18.00 Paul O'Grady: For the Love of Dogs at Christmas.
19.00 Emmerdale.
20.00 Coronation Street.
20.30 **FILM:** Skyfall (2012).
23.10 ITV News and Weather.
23.30 The Jonathan Ross Christmas Show.
00.30 Ideal World.

Channel 4

06.05 Everybody Loves Raymond.
07.25 Frasier.
08.20 **FILM:** The SpongeBob SquarePants Movie (2004).
10.05 **FILM:** The Boxtrolls (2014).
12.00 The Simpsons.
13.00 The Tiger Who Came to Tea.
13.35 The Great Christmas Bake Off.
14.50 Guy Martin's Great Escape.
16.50 Channel 4 News.
17.00 **FILM:** Ratatouille (2007).
19.10 **FILM:** Men in Black 3 (2012).
21.00 Big Fat Quiz of the Year 2019.
23.05 **FILM:** The Wolf of Wall Street (2013).
02.15 **FILM:** The Best Man Holiday (2013).

BBC Four

19.00 The Sound of Movie Musicals with Neil Brand.
20.00 Royal Institution Christmas Lectures.
21.00 One Foot in the Algarve.
22.35 Comedy Connections.
23.15 British Sitcom: 60 Years of Laughing at Ourselves.
00.15 Christmas TOTP2 Special.
01.45 Sings Disney Songs.

FRIDAY 27/12/19

BBC One

06.00 Breakfast.
08.05 Match of the Day.
09.40 **FILM:** How to Train Your Dragon 2.
11.10 **FILM:** Book of Dragons (2011).
11.30 Planet Earth II: A World of Wonder.
13.00 BBC News.
13.25 **FILM:** Raiders of the Lost Ark (1981).
15.15 **FILM:** Zootropolis (2016).
16.55 Grandpa's Great Escape.
18.00 BBC News.
18.30 Celebrity Mastermind.
19.00 Worzel Gummidge.
20.00 EastEnders.
20.30 A Question of Sport at 50.
21.30 Have I Got 2019 News for You.
22.00 Mrs Brown's Boys Christmas Special.
22.30 BBC News.
22.55 National Lottery Update.
23.00 **FILM:** Ant-Man (2015).
00.50 Fleabag.
01.15 Weather for the Week Ahead.

BBC Two England

06.20 Sign Zone: Love in the Countryside.
07.20 This Farming Life.
08.20 Race Across the World.
10.20 The Planets.
11.20 **FILM:** Evil Under the Sun (1982).
13.15 Animal Babies: First Year on Earth.
14.15 **FILM:** Becoming Jane (2006).
16.05 **FILM:** Emma (1996).
18.00 Mortimer & Whitehouse: Gone Fishing.
19.00 Mountain Vets.
20.00 Christmas University Challenge.
20.30 The Snow Wolf: A Winter's Tale.
21.30 **FILM:** The Limehouse Golem (2016).
23.15 QI XL: Quizmas.
00.00 NFL This Week.
00.50 Sign Zone: Home Is Where the Art Is.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 Midsomer Murders.
11.25 **FILM:** The Mummy: Tomb of the Dragon Emperor (2008).
13.25 ITV Lunchtime News; Weather.
13.40 **FILM:** Jack Frost (1998).
15.35 Tenable.
16.35 Tipping Point: Lucky Stars.
17.35 The Chase Celebrity Special.
18.30 ITV Evening News; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Midsomer Murders.
22.00 ITV News; Weather.
22.10 **FILM:** Love Actually (2003).
00.30 Ideal World.

Channel 4

06.50 Everybody Loves Raymond.
08.05 The King of Queens.
09.00 **FILM:** The SpongeBob Movie: Sponge Out of Water (2015).
10.50 **FILM:** Short Circuit (1986).
12.45 The Simpsons.
13.45 The Big Bang Theory.
14.10 The Secret World of Toys at Christmas.
15.10 A Place in the Sun.
16.10 Christmas at Chatsworth House.
17.15 Channel 4 News.
17.30 The Simpsons.
18.30 Hollyoaks.
19.00 Gogglesprogs at Christmas.
20.00 Christmas Celebrity Crystal Maze.
21.00 Richard Osman's World Cup of the Decade.
22.30 Gogglebox 2019.
00.25 **FILM:** The Hunger Games: Mockingjay - Part 2 (2015).

BBC Four

19.00 The Sound of Movie Musicals with Neil Brand.
20.00 Royal Institution Christmas Lectures.
21.00 TOTP2: 80s Special.
21.30 Fleetwood Mac's Songbird: Christine McVie.
23.00 Fleetwood Mac: A Musical History.
00.00 Fleetwood Mac - Don't Stop.

SATURDAY 28/12/19

BBC One

06.00 Breakfast.
10.00 Saturday Kitchen Live.
11.30 Flour Power.
12.00 Football Focus.
13.00 BBC News; Weather.
13.10 **FILM:** Indiana Jones and the Temple of Doom (1984).
15.00 **FILM:** Inside Out (2015).
16.30 Final Score.
17.10 BBC News.
17.30 Celebrity Mastermind.
18.00 **FILM:** Alice Through the Looking Glass (2016).
19.45 The Hit List Celebrity Special.
20.30 Pointless Celebrities Christmas Special.
21.20 Casualty.
22.10 BBC News; Weather;
22.25 National Lottery Update.
22.30 Match of the Day.
00.00 The NFL Show.
00.30 **FILM:** Internal Affairs (1990).

BBC Two England

06.25 Top Class.
06.55 This Farming Life.
07.55 Race Across the World.
09.55 The Planets.
11.55 Inside the Factory.
12.55 Nadiya's Party Feasts.
13.55 Animal Babies: First Year on Earth.
14.55 **FILM:** The Ipcress File (1965).
16.40 **FILM:** The Eagle Has Landed (1976).
18.50 The Many Faces of Michael Caine.
19.50 Dad's Army.
20.20 Tasmania: Weird and Wonderful.
21.20 **FILM:** Mystify: Michael Hutchence.
23.00 INXS: Live Baby Live.
00.00 **FILM:** David Brent: Life on the Road.

ITV London

06.00 CITV.
08.25 ITV News.
08.30 The Sara Cox Show at Christmas.
09.25 James Martin's Saturday Morning at Christmas.
11.35 John and Lisa's Weekend Kitchen.
12.35 Nadia's Family Feasts.
13.35 Beautiful Baking with Juliet Sear.
14.35 ITV News and Weather; Weather.
14.45 Midsomer Murders.
16.45 Tipping Point: Best Ever Finals.
17.15 ITV News and Weather.
17.30 Take Me Out Emergency Services Special.
18.30 The Chase Celebrity Special.
19.30 The Chase: The Bloopers 2018.
20.30 **FILM:** Guardians of the Galaxy Vol 2 (2017).
23.05 ITV News and Weather; Weather.
23.15 **FILM:** Cape Fear (1991).
01.25 Ideal World.

Channel 4

06.00 **FILM:** Carry On Jack (1963).
07.35 The King of Queens.
08.25 Everybody Loves Raymond.
09.55 Frasier.
10.25 **FILM:** Baby's Day Out (1994).
12.20 The Simpsons.
13.20 Jamie and Jimmy's Festive Feast.
14.25 **FILM:** Sunshine on Leith (2013).
16.25 **FILM:** Mother's Day (2016).
18.30 Channel 4 News.
18.40 **FILM:** Snow White & the Huntsman.
21.00 **FILM:** Baywatch (2017).
23.20 **FILM:** The Green Mile (1999).
02.35 Ramsay's Kitchen Nightmares USA.

BBC Four

19.00 The Sound of Movie Musicals with Neil Brand.
20.00 Royal Institution Christmas Lectures.
21.00 Wisting.
22.30 Inspector Montalbano.
00.25 TOTP2 at Christmas.
01.10 The Sound of Movie Musicals with Neil Brand.
02.10 Royal Institution Christmas Lectures.

SUNDAY 29/12/19

BBC One

06.00 Breakfast.
07.40 Match of the Day.
09.15 **FILM:** Monsters vs Aliens (2009).
10.40 **FILM:** Captain Underpants: The First Epic Movie (2017).
12.00 Blue Planet II: Oceans of Wonder.
13.00 BBC News; Weather.
13.15 Songs of Praise.
13.50 **FILM:** Indiana Jones and the Last Crusade (1989).
15.50 **FILM:** Monsters University (2013).
17.25 Hammy's Boomerang Adventure.
17.30 BBC News.
18.00 Countryfile.
19.00 The Repair Shop at Christmas.
20.00 Antiques Roadshow.
21.00 The Trial of Christine Keeler.
22.00 BBC News.
22.30 Match of the Day 2.
23.35 Would I Lie to You? At Christmas.
00.05 Have I Got a Bit More News for You.
00.50 The Hit List Celebrity Special.
01.35 Weather for the Week Ahead.
01.40 BBC News.

BBC Two England

06.30 Countryfile.
07.30 This Farming Life.
08.30 The Great British Sewing Bee.
10.30 Saturday Kitchen Best Bites.
12.00 Inside the Factory.
13.00 Animal Babies: First Year on Earth.
14.00 The Secret Life of Mary Poppins.
15.00 **FILM:** Saving Mr Banks (2013).
17.00 Australia: Earth's Magical Kingdom.
18.00 The Octopus in My House.
19.00 Mortimer & Whitehouse: Gone Fishing.
20.00 Snow Cats and Me.
21.00 Top Gear Nepal Special.
22.15 Liam Gallagher: As It Was.
23.40 **FILM:** Alan Partridge: Alpha Papa.
01.05 Inside the Supermarket.

ITV London

06.00 CITV.
08.25 ITV News.
08.30 The Sara Cox Show at Christmas.
09.25 Beautiful Baking with Juliet Sear.
10.25 John and Lisa's Christmas Kitchen.
11.25 Nadia's Family Feasts.
12.25 ITV News and Weather; Weather.
12.30 Dancing on Ice at Christmas.
14.25 Paul O'Grady: For the Love of Dogs at Christmas.
15.25 Who Wants to Be a Millionaire?
16.45 Tenable All Stars.
17.45 ITV News and Weather.
18.00 Quizmaster.
19.35 The Chase Celebrity Special.
20.35 Torvill & Dean.
22.30 ITV News and Weather; Weather.
22.45 **FILM:** Knocked Up (2007).
01.00 Ideal World.

Channel 4

06.05 **FILM:** Escape from Planet Earth.
07.30 The Simpsons.
09.30 Sunday Brunch.
12.30 **FILM:** Hulk (2003).
15.10 **FILM:** The Core (2003).
17.45 Channel 4 News.
18.00 The Supervet at Christmas.
19.00 The Secret Life of the Zoo at Christmas.
20.00 **FILM:** Eddie the Eagle (2016).
22.00 Joe Lycett: I'm About to Lose Control and I Think Joe Lycett.
23.00 8 Out of 10 Cats Christmas Special.
00.00 John & Yoko: Above Us Only Sky.
01.40 The Crystal Maze: Celebrity Christmas Special.

BBC Four

19.00 Essential Royal Ballet.
20.00 Flying Scotsman from the Footplate.
21.00 Lost Home Movies of Nazi Germany.
22.00 The Sky at Night Guides: Comets and Asteroids.
23.00 Natural World: The Bat Man of Mexico.
23.40 **FILM:** Oasis: Supersonic (2016).
01.35 Britpop at the BBC.

Direct Move with us!
★ Removals ★ Freight and logistics ★ Storage ★ UK online shopping ★ Weekly UK-PT service ★

direct
TRANSPORT & REMOVALS
23 years!

Follow us on Facebook Contact us at: +351 282 313 966
info@directtransport.net www.directtransport.net

MONDAY 30/12/19

BBC One

06.00 Breakfast.
09.00 **FILM:** Planes: Fire & Rescue (2014).
10.15 **FILM:** Wallace & Gromit in The Curse of the Were-Rabbit (2005).
11.35 The Highway Rat.
12.00 Life in the Snow.
13.00 BBC News.
13.25 **FILM:** Indiana Jones and the Kingdom of the Crystal Skull (2008).
15.20 **FILM:** Shrek 2 (2004).
16.45 Top of the Pops New Year Special.
17.45 Pointless.
18.30 BBC News.
19.00 Snow Animals.
20.00 EastEnders.
20.30 Would I Lie to You? At Christmas.
21.00 The Trial of Christine Keeler.
22.00 BBC News.
22.30 Gavin & Stacey Christmas Special.
23.35 **FILM:** Iron Man 3 (2013).
01.35 Weather for the Week Ahead.
01.40 BBC News.

BBC Two England

06.05 Sign Zone: Mountain Vets.
07.05 This Farming Life.
08.05 The Great British Sewing Bee.
10.05 Roger Moore: Talking Pictures.
11.05 **FILM:** Escape to Athena (1979).
13.00 **FILM:** The Apartment (1960).
15.00 **FILM:** Some Like It Hot (1959).
17.00 Australia: Earth's Magical Kingdom.
18.00 Weasels: Feisty and Fearless.
19.00 Mortimer & Whitehouse: Gone Fishing.
19.30 Mastermind.
20.00 Only Connect Travel Special.
20.30 Christmas University Challenge.
21.00 Snow Cats and Me.
22.00 Frankie Boyle's 2019 New World Order.
22.45 The Best of 2010-2015 Wipe with Charlie Brooker.
00.15 Charlie Brooker's 2016 Wipe.
01.20 Sign Zone: The Apprentice.
02.20 Sign Zone: Countryfile.
03.15 Sign Zone: The Baby Has Landed.
04.15 This Is BBC Two.
05.55 Sign Zone: MasterChef: The Professionals.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 Judge Rinder.
10.30 Midsomer Murders.
12.30 ITV Lunchtime News; Weather.
12.45 **FILM:** Twister (1996).
14.55 Tenable.
16.00 Tipping Point: Lucky Stars.
17.00 The Chase Celebrity Special.
18.00 In for a Penny.
18.25 ITV Evening News; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Countrywise: Guide to Britain.
20.30 Coronation Street.
21.00 Alan Carr's Celebrity Re-Play 2019.
22.00 ITV News at Ten; Weather.
22.15 **FILM:** The Holiday (2006).
00.35 Ideal World.

Channel 4

07.40 Everybody Loves Raymond.
08.10 Everybody Loves Raymond.
08.40 **FILM:** Step Up All In (2014).
10.50 The Simpsons.
12.20 **FILM:** Edward Scissorhands (1990).
14.20 **FILM:** Congo (1995).
16.25 A Place in the Sun.
17.25 The Simpsons.
17.55 Channel 4 News.
18.00 Hollyoaks.
19.00 Great Canal Journeys.
20.00 Christmas Sales: Supershoppers Special.
21.00 Sarah Millican: Control Enthusiast.
22.05 **FILM:** Little Fockers (2010).
23.55 **FILM:** East Is East (1999).
01.35 **FILM:** Sleepless (2017).

BBC Four

19.00 Lucy Worsley's Fireworks for a Tudor Queen.
20.30 A Slow Odyssey: An Eagle's Flight.
21.00 Lost Home Movies of Nazi Germany.
22.00 Searching for Sam: Adrian Dunbar on Samuel Beckett.
23.00 Janet Baker - In Her Own Words.
00.30 TOTP2 New Year's Eve Special.
01.45 Arena: Make Me Up!

TUESDAY 31/12/19

BBC One

06.00 Breakfast.
09.00 Revolting Rhymes.
09.30 **FILM:** Chicken Run (2000).
10.50 Shaun the Sheep: The Farmer's Llamas.
11.20 **FILM:** The Railway Children (1970).
13.05 BBC News.
13.30 **FILM:** Paddington 2 (2017).
15.10 **FILM:** Shrek the Third (2007).
16.35 Gangsta Granny.
17.45 Pointless.
18.30 BBC News.
19.00 Celebrity Mastermind.
19.30 EastEnders.
20.05 Holby City.
21.05 Dame Edna Rules the Waves.
22.00 BBC News; Weather;
22.15 National Lottery Update.
22.20 The Graham Norton Show: New Year's Eve Show.
23.25 Craig David Rocks Big Ben Live.
23.55 New Year's Eve Fireworks 2019.
00.10 Craig David Rocks Big Ben Live.
01.00 Kevin Bridges: The Brand New Tour.
02.00 **FILM:** Point Break (1991).
04.00 Weather for the Week Ahead.
04.05 BBC News.

BBC Two England

06.55 This Farming Life.
07.55 The Great British Sewing Bee.
09.55 Wild Tales from the Village.
10.55 Gregory Peck: Talking Pictures.
11.30 **FILM:** The Big Country (1958).
14.10 War Films: Talking Pictures.
14.55 **FILM:** The Heroes of Telemark (1965).
17.00 Australia: Earth's Magical Kingdom.
18.00 Hippos: Africa's River Giants.
19.00 Mortimer & Whitehouse: Gone Fishing.
19.30 Christmas University Challenge.
20.00 Julie Walters: A Life on Screen.
21.00 **FILM:** Billy Elliot (2000).
22.45 Mock the Week Christmas Special.
23.15 Jools' Annual Hootenanny.
01.15 Best of Glastonbury 2019.
03.20 This Is BBC Two.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 Judge Rinder.
10.25 Midsomer Murders.
12.25 ITV Lunchtime News; Weather.
12.45 **FILM:** The Queen (2006).
14.45 Tenable.
15.50 Tipping Point: Lucky Stars.
16.55 The Chase Celebrity Special.
18.00 In for a Penny.
18.25 ITV Evening News; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 **FILM:** Spectre (2015).
22.45 ITV News; Weather.
23.00 Alan Carr's Celebrity Re-Play 2019.
23.55 Big Ben at Midnight.
00.10 **FILM:** Uncle Buck (1989).
01.50 Tenable.
02.40 Take Me Out Emergency Services Special.

Channel 4

06.05 **FILM:** The Four Musketeers (1974).
08.00 **FILM:** Swiss Family Robinson (1960).
10.25 **FILM:** Anna and the King (1999).
13.20 **FILM:** Ever After: A Cinderella Story (1998).
15.40 Christmas Sales: Supershoppers Special.
16.45 Channel 4 News.
16.55 **FILM:** Robots (2005).
18.30 Hollyoaks.
19.00 Amazing Spaces: Northern Lights Adventure.
20.00 Escape to the Chateau at Christmas.
21.00 The Last Leg of the Year.
23.05 Big Fat Quiz of the Year 2019.
01.00 **FILM:** Dodgeball: A True Underdog Story (2004).
02.35 Ramsay's Kitchen Nightmares USA.
03.25 Come Dine with Me.
05.40 Extreme Cake Makers.

BBC Four

19.00 John Wilson Orchestra at BBC Proms.
21.15 How Auld Lang Syne Took Over the World.
22.15 Vic & Bob's Big Night Out.
00.15 Detectorists.

WEDNESDAY 01/01/20

BBC One

06.00 Breakfast.
09.00 Revolting Rhymes.
09.30 **FILM:** Shaun the Sheep Movie (2015).
10.50 **FILM:** Inner Workings (2016).
11.00 **FILM:** Pete's Dragon (2016).
12.35 BBC News.
13.00 The Archbishop of Canterbury's New Year Message.
13.05 Seven Worlds, One Planet: Continents of Wonder.
14.05 The Snail and the Whale.
14.30 **FILM:** The Sound of Music (1965).
17.20 BBC News.
17.45 Miranda: My Such Fun Celebration.
18.55 Doctor Who.
20.00 EastEnders.
21.00 Dracula.
22.30 Mrs Brown's Boys New Year Special.
23.00 BBC News.
23.05 Match of the Day.
00.40 Top of the Pops New Year Special.
01.40 Weather for the Week Ahead.
01.45 BBC News.

BBC Two England

06.15 Sign Zone: See Hear on Tour: Staycation - Cornwall.
06.45 Sign Zone: Fake Britain.
07.15 This Farming Life.
08.15 The Great British Sewing Bee.
10.15 New Year's Day Concert Live from Vienna 2020.
12.45 **FILM:** The Thomas Crown Affair (1968).
14.25 **FILM:** The Magnificent Seven (1960).
16.30 Sign Zone: The Archbishop of Canterbury's New Year Message.
16.35 Final Score.
17.30 Romeo and Juliet: Beyond Words.
19.00 MasterChef: The Professionals Rematch 2019.
20.00 Only Connect Happy Hour Special.
20.30 Christmas University Challenge.
21.00 Earth's Tropical Islands.
22.00 Dara O Briain - Voice of Reason.
23.00 A Year in the Life of a Year 2019.
23.30 Frankie Boyle's 2017 New World Order.
01.45 Sign Zone: See Hear on Tour: Staycation - Cornwall.
02.15 **FILM:** Sign Zone: The Limehouse Golem (2016).
04.05 This Is BBC Two.

ITV London

06.00 CITV.
09.25 Britain's Favourite Walks: Top 100.
12.00 Countrywise: Winter Wonderland.
12.45 ITV Lunchtime News; Weather.
12.55 ITV Racing: Live from Cheltenham.
15.30 You've Been Framed!
16.00 Tipping Point.
17.00 The Chase.
18.00 Catchphrase.
18.40 ITV Evening News; Weather.
19.00 Emmerdale.
20.00 Coronation Street.
21.00 Bancroft.
22.20 ITV News and Weather.
22.35 **FILM:** The Hangover (2009).
00.35 Christmas with Ideal World.
03.00 Through the Keyhole.
03.50 ITV Nightscreen.

Channel 4

06.10 **FILM:** Carry On Cleo (1964).
07.45 **FILM:** The Parent Trap (1961).
10.15 Child Genius Vs Celebrities Christmas Special.
11.20 The Simpsons.
13.50 **FILM:** Shark Tale (2004).
15.40 **FILM:** Back to the Future Part II (1989).
17.50 Channel 4 News.
18.00 **FILM:** The Lion King (1994).
19.40 The Great Festive Bake Off.
21.00 **FILM:** Mission: Impossible - Fallout (2018).
23.50 **FILM:** Red 2 (2013).
01.50 Ramsay's Kitchen Nightmares USA.
02.40 Come Dine with Me.

BBC Four

19.00 New Year's Day Concert from Vienna 2020.
21.00 **FILM:** The Ipcress File (1965).
22.45 Talking Pictures: Michael Caine.
23.35 Inspector Montalbano.
01.10 Arena: American Epic.
02.10 The Sky at Night Guides: Comets and Asteroids.

THURSDAY 02/01/20

BBC One

06.00 Breakfast.
09.15 Animal Park.
10.00 Homes Under the Hammer.
11.00 Wanted Down Under.
11.45 The Customer Is Always Right.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 Escape to the Country.
14.45 Money for Nothing.
15.30 Garden Rescue.
16.30 The Repair Shop.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 Celebrity Mastermind.
19.30 EastEnders.
20.00 Best Home Cook.
21.00 Dracula.
22.30 BBC News.
23.00 Imagine: Lenny Henry: Young, Gifted and Black.
00.15 Comic Relief: Here We Go Again.
01.15 Weather for the Week Ahead.
01.20 BBC News.

BBC Two England

06.10 The Next Step.
07.00 This Farming Life.
08.00 MasterChef: The Professionals.
09.00 BBC News at 9.
10.00 BBC Newsroom Live.
11.35 **FILM:** The 39 Steps (1935).
13.00 Alfred Hitchcock: Talking Pictures.
13.40 Epics: Talking Pictures.
14.25 **FILM:** The Fall of the Roman Empire (1964).
17.15 Flog It!
18.00 Celebrity Antiques Road Trip.
19.00 Snow Cats and Me.
20.00 Only Connect Education Special.
20.30 Christmas University Challenge.
21.00 Earth's Tropical Islands.
22.00 I Love 1996.
22.30 Suits You Sir: The Inside Leg of The Fast Show.
23.15 The Last Fast Show Ever.
23.55 NFL This Week.
00.45 **FILM:** Operation Avalanche (2016).
02.15 Sign Zone: The Case of Sally Challen.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 Judge Rinder.
10.30 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
14.00 Celebrity Catchphrase.
15.00 Tenable.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 Cash Free Britain? Tonight.
20.00 Emmerdale.
20.30 Gino's Italian Express.
21.00 Bancroft.
22.20 ITV News; Weather.
23.05 Piers Morgan's Life Stories.
00.05 Ideal World.

Channel 4

06.05 Cheers.
07.25 The King of Queens.
08.15 Everybody Loves Raymond.
09.10 Frasier.
10.05 The Simpsons.
11.05 Undercover Boss USA.
12.05 Channel 4 News Summary.
12.10 **FILM:** Romancing the Stone (1984).
14.10 Countdown.
15.00 A Place in the Sun: Home or Away.
16.00 A New Life in the Sun: Where Are They Now?
17.00 Couples Come Dine with Me.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Last Minute Holiday Secrets Unpacked.
21.00 Big Fat Quiz of the Decade.
23.05 Celebrity Gogglebox 2019.
00.05 First Dates at Christmas.
01.05 Tom Allen Absolutely Live.

BBC Four

19.00 **FILM:** The Sound of Music (1965).
21.45 Talking Pictures: Julie Andrews.
22.30 Inspector Montalbano.
00.05 Jonas Kaufmann: Tenor for the Ages.
01.35 Daredevils and Divas: A Night at the Circus.

FRIDAY 03/01/20

BBC One

06.00 Breakfast.
09.15 Animal Park.
10.00 Homes Under the Hammer.
11.00 Wanted Down Under.
11.45 The Customer Is Always Right.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 Escape to the Country.
14.45 Money for Nothing.
15.30 Garden Rescue.
16.30 The Repair Shop.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 Celebrity Mastermind.
19.30 A Question of Sport: 50 Not Out.
20.00 EastEnders.
20.30 The Goes Wrong Show.
21.00 Dracula.
22.35 BBC News.
23.00 Graham Norton's Good Show Business Guide.
23.50 Fleabag.
00.20 Miranda: My Such Fun Celebration.
01.30 Weather for the Week Ahead.
01.35 BBC News.

BBC Two England

06.15 Wanted Down Under.
07.00 This Farming Life.
08.00 MasterChef: The Professionals.
09.00 BBC News at 9.
11.20 **FILM:** Rio Conchos (1964).
13.05 60s Icons: Talking Pictures.
13.50 **FILM:** South Pacific (1958).
16.15 Snow Chick: A Penguin's Tale.
17.15 Flog It!
18.00 Celebrity Antiques Road Trip.
19.00 Snow Cats and Me.
20.00 Only Connect Champion of Champions.
20.30 Christmas University Challenge.
21.00 Earth's Tropical Islands.
22.00 QI.
22.35 In Search of Dracula with Mark Gatiss.
23.35 **FILM:** What We Do in the Shadows.
00.55 **FILM:** True Story (2015).

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 Judge Rinder.
10.30 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
14.00 Celebrity Catchphrase.
15.00 Tenable.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Best Walks with a View with Julia Bradbury.
20.30 Coronation Street.
21.00 Bancroft.
22.00 ITV News at Ten; Weather.
22.45 **FILM:** Sherlock Holmes: A Game of Shadows (2011).
01.00 Ideal World.

Channel 4

06.05 Cheers.
07.25 The King of Queens.
08.15 Everybody Loves Raymond.
09.10 Frasier.
10.10 The Simpsons.
11.05 Undercover Boss USA.
12.05 Channel 4 News Summary.
12.10 **FILM:** The Jewel of the Nile (1985).
14.10 Countdown.
15.00 A Place in the Sun: Home or Away.
16.00 A New Life in the Sun: Where Are They Now?
17.00 Couples Come Dine with Me.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Jamie and Jimmy's Friday Night Feast.
21.00 Gogglebox Festive Special.
22.30 Richard Osman's World Cup of the Decade.
00.00 **FILM:** Attack the Block (2011).

BBC Four

19.00 **FILM:** A Hard Day's Night (1964).
20.30 TOTP: The Story of 1989.
21.30 Top of the Pops: Big Hits 1989.
22.30 Soft Cell: Say Hello, Wave Goodbye.
23.30 Smashing Hits! The 80s Pop Map of Britain and Ireland.
00.30 Depeche Mode at the BBC.

AWNINGS & BLINDS

m2m
BLINDS

- UPVC Windows & Doors
- Electric Radiators
- Towel Rails
- Glass Curtains
- Window Blinds
- Flyscreens
- Awnings

personalized service

T. 286 518 059 | M. 932 894 709
www.m2mblinds.com
m2mblinds@hotmail.com

DRAINS

Blocked Drains?
Call: **ANDY**

Tel/Fax 282 471 335
Mobile 918 647 305

Power Jetting | Camera Inspection
Drain Repair | Root Removal
Drain Reconstruction
New equipment for Improved Service:
Mini Digger with Operator
New Sewer Drains
Septic Tank & Soak-aways

DRAIN KING

GUARANTEED SERVICE 24 HOURS

BOOKS

ALGARVE
Book
CELLAR

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

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

282354310
Tue - Fri 9.30 - 5.00
Sat: 9.30am - 2.00pm
raymond.compton@gmail.com

HEATING & COOLING

FIRES OF PORTUGAL

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

www.firesofportugal.com
sales@firesofportugal.com
TEL: 289 489 958 MOBILE: 966 468 190

Chimney Sweeping across the Algarve €60 + IVA

OGRO WOODS FOGO MONTANHA hunterstoves GROUP WELL STRALER

BUREAUCRACY

NEED TAX ASSISTANCE / FISCAL REPRESENTATION?

Call the Experts:

Sovereign - Consultoria Lda,
Tel: +351 282 340480
Email: port@SovereignGroup.com
www.SovereignGroup.com

SOVEREIGN

CARPENTRY

BENSONS WOODLIVING
INTERIOR & EXTERIOR CARPENTRY

KITCHENS • WARDROBES • PORCHES • CARPORTS • SHEDS
DECKING • CLADDING • GARAGES GAZEBOS

Free quote & design for any carpentry project. Visit our website for our full portfolio of work.

www.bensonmadeiras.com
enquiries.woodliving@gmail.com
(+351) 968 967 347

INTERIORS & FURNISHINGS

The Curtain Centre
Carpets and Rugs

Made to Measure:
• Curtains • Blinds • Carpets • Rugs
• Tracks / Poles • Upholstery - All supplied and fitted

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

sales@theportugallnews.com

BEDROOMS EXTRA

Pre-Christmas
Sale

MLILY
The Legend of Comfort

GLOBAL PARTNER OF MANCHESTER UNITED

REDEFINING SLEEP

A better sleep means a better life.

A hybrid of pocket springs, and different grades of foam with removable covers and a **5 year guarantee.**

A MASSIVE 20% DISCOUNT ON ALL MLILY MATTRESSES



MLILY Dream +
Cool Comfort Gel, Hybrid X springs, Hybrid support springs, Flex support and Comfort foam



MLILY Aria with 2 free pillows
Cool Comfort Gel, Hybrid mini springs, Zoned support foam



MLILY Harmony 3000
Cool Comfort Gel, 3000 pocket springs, Flex support and Comfort foam



Offer available until Christmas & whilst stocks last

Lagos Tel +351 282762383, email: bedrooms@bedroomsextra.com

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

**MON TO FRI 9-5PM,
SAT 9.30 - 1PM**



We wish all of our customers a very Merry Christmas and Happy New Year from everybody at Bedrooms Extra.

BEDROOMS EXTRA

THE BED WAREHOUSE

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



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

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



FURNITURE WORLD

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



Turn your house into a home
www.furnitureworld.pt
 Tel: 282 798 263
 Urb. da Marateca, Lote 5, Chinicato, Lagos

OPTICIANS

Had your eyes tested this year?
 British qualified optician.

Eye exams ✓ Glasses ✓ Contact lenses ✓ Sunglasses ✓

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

Essilor
 SN&N OPTICO

POOLS & SPAS

ARTESIAN SPAS
 PLATINUM ELITE CLASS

Probably The Best
Hot Tubs
 Saunas & Swim Spas
 in the World

Quality - Design - Reliability - Service

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

LEAK DETECTION IS OUR SPECIALITY

SPECIAL OFFER

FREE + **GET 2 MONTHS FOR FREE**
 7 POINT DIGITAL POOL HEALTH CHECK

PAY FOR 10 MONTHS UPFRONT AND

Pools4U specialists in
LEAK DETECTION, MAINTENANCE & REFURBS

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

CALL NOW FOR A **FREE** QUOTE OR TO BOOK AN APPOINTMENT
TEL: 282 098 698
EMAIL: Sales@pools4u.eu

ISPE
 THE INSTITUTE OF SWIMMING POOL ENGINEERS

Pool Cover Specialists

30 YEARS **FACTORY DIRECT**

AQUA PURA LDA

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

40 years

NORBERTO POOLS

All you need for your swimming pool

New Construction • Repairs • Remodelling
 Maintenance • Heating • Covers

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

PURE POOLS

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

Covering the Algarve Showroom in Lagos
 Est. 1992

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

Pool Covers
Pool Equipment
Pool Heating
Salt Water Systems



www.salagua.com
 N125, Sítio do Troto, Almancil
 1,5km Direction to Faro
 Tel: 289 992 281
 salagua@salagua.com
 Call Us For Free Advice



No.1 in Hot Tubs in the Algarve



WELLNESS DREAMS
 ALGARVE

HOT TUBS
SAUNAS
STEAMROOMS
SWIM SPA'S

SERVICE MAINTENANCE REPAIRS
FOR ALL HOT TUBS

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



PROPERTY SERVICES



SOLARTEC
 Renewable energies
 & all things water

**A New Generation of Heating,
 Hot Water & Water Treatment**

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

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



www
theportugalnews.com



REMOVALS & STORAGE



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

NEW France-Portugal Service

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

RHA Road Haulage Association
 Please call us for a
no obligation free quote
 www.nwdf.co.uk | peter@nwdf.co.uk
 info@nwdf.co.uk

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

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



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

Refurbishment? • Inbetween houses? • Decorating? • Visitors arriving?



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

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

Algarve Express
 your next move

TRANSPORT & REMOVALS
UK-ALGARVE-UK
 LOCAL – NATIONAL – INTERNATIONAL – WORLDWIDE

ALGARVE SECURE STORAGE SERVICE

ALGARVE
 Algarve Express Transport & Removals
 Armazem 1-3, Caminho Do Cerro Do Galo,
 Almancil 8135-028, Portugal
 Mob (+351) 968807244
 Tel (+351) 289 393707
 sales@algarveexpress.com
 Open for collections Mon-Fri 8am-7pm
 & Sat 9am-12.00

ONLINE SHOPPING
UK TO PORTUGAL
FROM JUST
€4.99

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

To place an advert in this section
please call: 282341100
sales@theportugalnews.com

algarve REMOVALS

REMOVALS

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

STORAGE

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

ONLINE SHOPPING

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

Depots: Alcantarilha - Almancil - Tavira - Lagos

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

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



AIM
Removals & Storage

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

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

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

Direct
Transport with us!

- ★ Removals ★ Freight and logistics ★
- ★ Storage ★ UK online shopping ★
- ★ Weekly UK-PT service ★

direct 23 years!
 TRANSPORT & REMOVALS

Follow us on Facebook Contact us at: +351 282 313 966
 info@directtransport.net www.directtransport.net

U-STORE **SELF STORAGE**



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

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

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

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

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

STEELWORKS

Elmando Francisco
 Phone: +351 932 002 955
 E-mail: elmandof@gmail.com

Serralharia **Steel Works**

Automatismos **Automation**
 Portões Seccionados **Sectional gates**
 Manutenção geral **General handyman**
Maintenance

TV/SATELLITE

S.O.S. UK TV
 Immaculate Reception

HAVE IT ALL NIGHT LONG!
BBC, ITV, CH4 + CH5

Plus all UK freeview channels via Satellite or Internet
 Serving the Algarve for all of your television needs

Chris Whitman - 916 378 722
 ulstv@sosuktv.com | www.sosuktv.com

follow us on facebook

The latest news about Portugal delivered direct to your Facebook page daily 7 days a week

Don't miss anything Search 'The Portugal News' and 'like'

Skynet

TELECOMMUNICATIONS & AUDIO

"The Latest Equipment at the Best Prices"

All Satellites TV (English, French, German, Dutch, Spanish, Italian, Russian, Arabic...)
Digiboxes (SD Sky +, Sky HD, MultiCAM, PCMCIA, Freeview, Freesat HD)
Multicards

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

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

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

WEDDINGS

AW&B **ALGARVE WEDDINGS & BLESSINGS**

NATASHA LUCKMAN
 WEDDING PLANNER

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

ICE-CREAM BIKE HIRE

SCOOP

-Weddings
 -Corporate events
 -Private functions

www.scoopalgarve.com
 932 442 897

THE PORTUGAL News

Property search

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

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

Cinema

NEW THIS WEEK

Last Christmas- Stars: Madison Ingoldsby, Emma Thompson, Boris Isakovic.
Genre: Comedy, Drama, Romance. **Director:** Paul Feig. **Rating:** PG13. **Plot:** Kate is a young woman subscribed to bad decisions. Working as an elf in a year round Christmas store is not good for the wannabe singer. However, she meets Tom there. Her life takes a new turn. For Kate, it seems too good to be true.



Can you keep a secret? - Stars: Alexandra Daddario, Tyler Hoechlin, Kimiko Glenn.
Genre: Comedy, Romance. **Director:** Elise Duran. **Rating:** PG13. **Plot:** Thinking they're about to crash, Emma spills her secrets to a stranger on a plane. At least, she thought he was a stranger...Until she later meets Jack, her company's young CEO, who now knows every



humiliating detail about her. Based on the blockbuster NYT bestseller.

Cinema Listings

NOS Forum Algarve – Faro Star Wars; Jumanji; A Shaun the Sheep Movie; Cats; Qu'est-ce qu'on a encore fait au bon Dieu?; Charlie's Angels; Frozen II (PV).

NOS Mar Shopping - Loulé Can You Keep a Secret?; Star Wars (2D & 3D); Jumanji; A Shaun the Sheep Movie (PV); 21 Bridges; Bikes (PV); Knives Out; Frozen II (OV & PV).

Gran-Plaza NOS - Tavira Star Wars; Jumanji; A Shaun the Sheep Movie; Charlie's Angels; Knives Out; Frozen II (OV & PV).

Algarcine – Portimão The Aeronauts; Knives Out; Charlie's Angels; Frozen II (OV & PV); Le Mans '66; Maleficent: Mistress of Evil (PV); Joker.

Algarcine – Lagos The Aeronauts; Knives Out; Charlie's Angels; Frozen II (PV); Le Mans '66; Maleficent: Mistress of Evil (PV); Joker.

Algarcine Ria Shopping – Oihão The Aeronauts; Knives Out; Charlie's Angels; Frozen II (OV & PV); Le Mans '66; Maleficent: Mistress of Evil (PV); Joker.

Cineplace Algarve Shopping – Guia A Belle Époque (2D); Alice and the Mayor (2D); Can You Keep a Secret?; Jumanji (2D & 3D); A Shaun the Sheep Movie; Star Wars; 21 Bridges; The Aeronauts; Last Christmas; Bikes (PV); Frozen II (OV & PV); Knives Out.

Cineplace – Portimão Star Wars; Jumanji (2D); A Shaun the Sheep Movie; Last Christmas; 21 Bridges; Frozen

II (OV & PV); Knives Out; Charlie's Angels; The Addams Family (PV).

Estação Viana Shopping - Viana do Castelo Star Wars (2D & 3D); Jumanji (2D); A Shaun the Sheep Movie; 21 Bridges; Last Christmas; Frozen II (PV).

Cineplace Loures Shopping Star Wars (2D & 3D); Can You Keep a Secret?; Jumanji; A Shaun the Sheep Movie; 21 Bridges; The Aeronauts; Last Christmas; Bikes (PV); Knives Out; Charlie's Angels; Frozen II (OV & PV); The Addams Family; Joker.

Cineplace Leiria Shopping Alice and the Mayor (2D); Star Wars (2D & 3D); Jumanji; A Shaun the Sheep Movie; 21 Bridges; The Aeronauts; Last Christmas; Bikes (PV); Knives Out; Charlie's Angels; Frozen II (OV & PV); The Addams Family; Joker.

Cineplace Riosul - Seixal Star Wars (2D & 3D); Jumanji; A Shaun the Sheep Movie; 21 Bridges; The Aeronauts; Last Christmas; Bikes (PV); Qu'est-ce qu'on a encore fait au bon Dieu?; Frozen II (PV); Maleficent: Mistress of Evil (PV); The Addams Family.

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

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



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

North & Centre

EXHIBITIONS

The Nature of this Room Until 21 December, 4pm – 7pm, Lapso Galeria, Setúbal, www.viralagenda.com

Deep Deep Down, Far Far In (and Out) Until 28 December, Leal Rios Foundations, Lisbon, www.viralagenda.com

Pauliana Valente Pimentel Until 11 January 2020, Arquivo Municipal De Lisboa Fotográfico, Lisbon, www.viralagenda.com

Rui Sanches Until 12 January 2020, Galeria Do Torreão Nascente Da Cordoaria Nacional, Lisbon, www.viralagenda.com



Pop Art Stars. Until 5 January, Lisbon.

“NEW 18X” by the FLIPADOS Team Until 31 December, 3pm – 6pm, Vantag Galeria, Porto, www.viralagenda.com

Calouste: A Life, Not An Exhibition Until 31 December, Fundação Calouste Gulbenkian, Lisbon, Free entry, www.gulbenkian.pt

Claudia Mini Until 31 December, 7pm – 10pm, Colorida Art Gallery, Lisbon, Free entry, www.viralagenda.com

Elisa Strinna Until 3 January, Fidelidade Chiado 8, Lisbon, www.viralagenda.com

Pop Art Stars Until 5 January, 10am – 7pm, Cordoaria Nacional – Galeria do Torreão Nascente, Lisbon, Entry from €5, www.visitlisboa.com

Your Money and Your Life Until 5 January 2020, Galeria Avenida da Índia, Lisbon, www.viralagenda.com

Jaime Isidoro Until 5 January 2020, FACE – Museu Municipal de Espinho, Enspinho, www.viralagenda.com

Inner Space Until 5 January 2020, 10am – 6pm, Museu Nacional de Arte Contemporânea, Lisboa, Entry €4.50, www.visitlisboa.com

Ncod in Lis Until 10 January 2020, Galeria Reverso, Lisbon, www.viralagenda.com

Index: Landscape Past Future Until 11 January 2020, Praça Conde de Agrolongo 123, Braga, Free entry, www.viralagenda.com

The Narcissism of Minor Differences Until 11 January 2020, 10am – 7pm, Arquivo Municipal de Lisboa Fotográfico, Lisbon, Free entry, www.visitlisboa.com

Trienal de Lisboa. Economy of Means Until 13 January 2020, 11am – 7pm, MAAT, Lisbon, www.maat.pt

Empty Quarter #2 Until 18 January 2020, Galeria SALA 117, Porto, www.viralagenda.com

Miguel Palma. (Still) Modern Discomfort Until 19 January 2020, Museu Coleção Berardo, Belém, www.visitlisboa.com

The Horse and The Fish Until 20 January 2020, theLAB @ Catavino, R. do Bonjardim 1206, Porto

Island Thinking – Re-Act Contemporary Until 26 January, Museu de Angra do Heroísmo, www.viralagenda.com

Asian Luxury – Porcelain, Lacquer and Silk Until 26 January 2020, Museu Nacional de Arte Antiga, Lisbon, www.visitlisboa.com

We Transfer Sandokan Until 26 January 2020, 5pm – 9pm, POGO, Lisbon, www.viralagenda.com

Vasco Barata. Dreamers Never Learn Until 27 January 2020, 11am – 7pm, MAAT, Lisbon, www.maat.pt

Women's Time Until 31 January 2020, Museu de Lisboa – Terreão Poente, Lisbon, www.visitlisboa.com

BIG FOOD 20 December 2019 – 31 January 2020, 9.30am – 6pm, Igreja de São Vicente, Évora, Free entry, www.viralagenda.com

One More Day in Neverland Until 31 January 2020, 9am – 6pm, Câmara Municipal de Évora, Évora, www.viralagenda.com

Like Steel Until 31 January 2020, 9am – 6pm, Casa

Morgado Esporão, Évora, www.viralagenda.com

Livre(mente) Until 31 January 2020 – Museu Francisco de Lacerda, Calheta, www.viralagenda.com

FAIRS & FESTIVALS

Portuguese Handicrafts Fair 7 January 2017 – 28 December 2019, every Saturday, Campo Pequeno, Lisbon, Free entry, www.visitlisboa.com

Feira de Artesanato de Matosinhos Until 23 December, 10am, Jardim Basílio Teles, Matosinhos, Free entry, www.viralagenda.com

Cascais Rock Fest 24 & 25 January 2020, Casino Estoril, Cascais, Lisbon, Tickets from €49, www.ticketline.sapo.pt

Festival PLAY – Lisbon's Int. Kids Film Festival 8 February 2020 – 16 February 2020, Cinema São Jorge, Lisbon, www.visitlisboa.com

Festival de Jazz de Lisboa '20 1 March 2020 – 31 March 2020, Teatro Municipal São Luiz, Lisbon, www.visitlisboa.com

MARKETS

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

CCB Market – 1st Sunday of every month, Caminho Pedonal e Praça CCB - Belém Cultural Centre, Lisbon, Free entry

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

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

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

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

Handicraft and Antiques Market. Every Saturday 10am - 7pm, Mercado de Ribeira, Lisbon

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

Handicrafts Market Every Saturday, Praça da Galiza, Vila Nova de Cerveira

Mercado de Santana The largest Open Air Market in Portugal, Every Sunday, 8am - 1pm, Caldas da Rainha

MUSIC

Cirque Du Soleil 3-12 January, Altice Arena, Lisbon, Tickets from €45, www.everythingisnew.pt

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

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

Melanie Martinez 21 January 2020, 7.30pm, Campo Pequeno, Lisbon, Tickets from €25, www.everythingisnew.pt

Keane 25 January, 8pm, Coliseu do Porto, Porto, Tickets from €30, www.everythingisnew.pt

Explosions in the Sky 1 February 2020, 9pm, Aula Magna, Lisbon, Tickets from €26, www.everythingisnew.pt

Ghostemane 28 February 2020, 8pm, LAV – Lisboa ao Vivo, Lisbon, Tickets from €22, www.everythingisnew.pt

The 1975 7 March, Altice Arena, Lisbon, 8.30pm, www.everythingisnew.pt

Fat Freddy's Drop 29 March 2020, 8pm, Campo Pequeno, Lisbon, Tickets from €22, www.everythingisnew.pt

Bon Iver 15 April, Altice Arena, Lisbon, www.everythingisnew.pt

Nick Cave and the Bad Seeds. 19 April, 8.30pm, Altice Arena Lisbon, www.everythingisnew.pt

Guns N' Roses 20 May 2020, Passeio Marítimo De Algés, Lisbon, Tickets from €69

THEATRE & DANCE

Heidi 1 November 2019 – 14 June 2020, 3pm, Teatro Armando Cortez, Lisbon, www.viralagenda.com

Shrek the Musical 16 November 2019 – 2 February 2020, Auditório Casino Estoril, www.ticketline.sapo.pt

Carmina Burana by La Fura dels Baus 20 & 21 December, Campo Pequeno, Lisbon, Tickets from €17,50, www.visitlisboa.com



Shrek the Musical. Until 2 February 2020, Estoril.

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

NOTE: Events are correct at the time of going to press and according to information given to The Portugal News. However, events may be cancelled, delayed or fail to live up to their billing. Please send your events to events@theportugalnews.com by midday on the Monday before publication.

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



Corrida São Silvestre de Lisboa '19. 28 December, Lisbon.

The Nutcracker by the Russian Classical Ballet 21 December, 9.30pm, Auditório Jorge Sampaio, Sintra, Lisbon, Tickets from €18, www.ticketline.sapo.pt

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

Pinocchio 29 December, 4pm, Coliseu de Lisboa, Tickets €25, www.visitlisboa.com

WORKSHOPS & COURSES

Health Coaching 11 January 2020 – 22 March 2020, 9.30am – 6.30pm, Restelo, Lisbon, www.viralagenda.com

Mobile Photography Workshop 18 January 2020 – 25 January 2020, 2pm – 5.30pm, Escola Utopia, Porto, Price from €35, www.viralagenda.com

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

Sat Nam Rasayan – Art of Healing 26 January – 21 December, SER YOGA, Porto, www.viralagenda.com

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

SPORTS

Lisbon City Runners 1 January – 31 December, Lisbon, www.viralagenda.com

Nazaré Big Wave Challenge 1 October 2019 – 31 March 2020, Praia do Norte, Nazaré, Free entry, www.worldsurfleague.com

Corrida São Silvestre de Lisboa '19 28 December, Praça dos Restauradores, Lisbon, www.saosilvestredelisboa.com

Allianz CUP 22 January 2020, 7.45pm, Estádio Municipal de Braga, Tickets from €5, www.blueticket.pt

South

AUCTIONS

Auction House Algarve Online auction until 6 January. All items can be viewed at the auction house and through our online catalogue: www.ahalgarve.com, 289 832 380, info@ahalgarve.com

EXHIBITIONS

EXPATS – Collective Photo Exhibition Until 22 December 2019, 3pm – 7pm, Associação 289, Faro, www.visitalgarve.pt

Century of the Seas Until 28 December, 9.30am – 5pm, Ponta da Bandeira Fort, Lagos, Entry €3, www.visitalgarve.pt

Afro – Disiac' Until 28 December, 10am – 6pm, Cultural Centre, Lagos, Free entry, www.visitalgarve.com

The Art of Clay – Culture and Tradition of Roof Tile Markers Until 31 December 2019, Costume Museum, São Brás de Alportel, www.visitalgarve.pt

Salt Nativity Scene Until 6 January 2020, 10am – 1pm & 2pm – 6pm, Casa do Sal, Castro Marim, www.visitalgarve.pt

“Retrospective” Mário Prencipe 13 December 2019 – 4 January 2020, 9.30am – 12.30pm and 1.30pm – 5.30pm, João Bailote Municipality Gallery, Albufeira, www.visitalgarve.pt

Treasures of Nature by Sylvain and Tara Bongard Until 7 January 2020, Silves Castle atelierbongard@hotmail.com

Local Arts & Crafts Expo Open daily until 3 January, 10.30am – 4.30pm, Caldas de Monchique. 961 571 984 artatspa@gmx.com

Arte Natura - by Monika & Bernhard. Craftwork with natural materials, Caldas de Monchique, Daily 10am to 6pm, 962 815 386

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

FAIRS & FESTIVALS

New Years Eve in Lagos with Anselmo Ralph 31 December, Praça do Infante, Lagos

Querença Sausage Fair 19 January 2020, Querença – Chrch Square, Loulé, www.visitalgarve.pt

Contemporary Dance Festival 9 – 16 February 2020, Lagos

MARKETS

Loulé - Every Saturday

Quarteira - Every Wednesday

Lift Market Lagos - Every Saturday

São Brás de Alportel Market - Every Saturday

São Bartolomeu de Messines - 4th Monday of the month

Silves Flea Market - 3rd Saturday of the month

Almancil - 1st and 4th Sunday of the month

Odiáxere - 4th Monday of the month

Ferreiras - 2nd and 4th Tuesday of the month

Caliços Flea Market - 2nd and 3rd Saturday of the month

Quelfes - 4th and 5th Sunday of the month

Quelfes Flea Market - 4th and 5th Sunday of the month

Lagoa Flea Market Precinct of the FATACIL - 4th Sunday of the month

Pereiro - 4th Sunday of the month

Tavira - 3rd Saturday of the month

Santa Catarina - 4th Sunday of the month

Rogil - 4th Sunday of the month

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

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

MUSIC

Rodrigo Leão “The Method” 4 January 2020, 7pm and 9.30pm, Cultural Centre, Lagos

Trio Rui Caetano. 17 January, 9pm, 18 January 5pm, Quinta do Barradas, Tickets €12, www.cmsilves.bol.pt

Jazz nas Adegas – The Dixie Lab 24 & 25 January 2020, 9pm and 5pm, Quinta do Francês, Silves, Cost €12, www.visitalgarve.pt

Salvador Sobral 24 & 25 January 2020, 9.30pm, Cultural Centre, Lagos

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

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

Play with Music and Movement for Babies 4 January, 15 February & 21 March 2020, Municipal Library, Lagos



Rodrigo Leão
4 Jan 2020 - 7pm / 9.30pm
Cultural Centre, Lagos

Rodrigo Leão “The Method” 4 January 2020, Lagos

SPORT

Nutrição Desportiva 23 August – 31 December 2019, PentaDiet, Portimão www.viralagenda.com

THEATRE & DANCE

The Algarve – an educated journey 11 January 2020, 2.30pm, Centro Educativo do Cerro d'Ouro, Albufeira, Tickets from €10

No Planet B 17 January 2020, 8pm, Cultural Centre, Lagos

Móce dum Cabreste 1 February 2020, 9.30pm, Cultural Centre, Lagos

Traditional Creative Family Music and Dance 11 January, 22 February, 28 March 2020, Municipal Library, Lagos

WORKSHOPS & COURSES

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

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

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

Suraj Varma holistic visiting practitioner. 18 December – 3 January, Vila Vita Spa. www.vilavitaparc.com

Wine and perfume pairing. 28 December, from 7.30pm, Vlife Shops at Vila Vita Parc. Free entry. www.vilavitaparc.com

Street Art Lab 7 December 2019 – 30 May 2020, 10am – 5pm, LAC – Laboratório Actividades Criativas, Lagos, Cost €15, www.viralagenda.com

Library Nights 1 February & 7 March 2020, Municipal Library, Lagos

Life is Beautiful 4 January, 22 February & 21 March 2020, Municipal Library, Lagos

Laughter Yoga Workshop 18 January 2020, Municipal Library, Lagos

Library II Meditation and Relaxation Cycle 19 January, 15 February & 22 March 2020, Municipal Library, Lagos

Word Workshop 11 January 2020, Lagos



Sempre Natal 2 November – 21 December, 3pm – 8pm, Global Dança Academia de Dança, Porto, www.viralagenda.com

A Christmas Adventure – Santa's Grotto 28 November – 24 December, 10am – 1pm & 3pm – 7pm, Santo António Street (formerly ZARA), Faro

Óbidos Vila Natal 29 November 2019 – 5 January

Muthamis, Armação de Pêra and S. Bartolomeu de Messines, Free entry

Village of Dreams 6 December – 29 December, Cerca do Convento, Alcaidaria do Castelo, Largo D. Afonso III and Largo de S. Francisco

Animação de Natal 6 December 2019 – 4 January 2020, various locations in Lagos



2020, Óbidos, www.viralagenda.com

The Magic of Christmas 2019 ‘There was never a Christmas like this’ 29 November 2019 – 6 January 2020, República Square, Portimão, Free entry

Christmas Capital 29 November 2019 – 12 January 2020, Passeio Marítimo de Algés, Tickets from €20

Wonderland Lisboa 2019 30 November 2019 – 5 January 2020, Parque Eduardo VII, Lisbon

Natal Sustentável 2 December 2019 – 3 January 2020, 9am – 3.30pm, Centro Cultural de Vila do Bispo, Free entry, www.viralagenda.com

Alegria do Natal 6 December 2019 – 6 January 2020, 2pm – 8pm, Praça Al-

Natalândia Zoo de Lagos 6 December – 31 December, Parque Zoológico de Lagos

Christmas Street 14 – 24 December, 11am – 6pm, Rua Vasco da Gama, Quarteira

XMAS in the Night 21 December, 9.30pm, Altice Arena, Lisbon, Tickets from €20, www.blueticket.pt

Christmas Day Swim For Charity 25 December, Holiday Inn Algarve, 282 320 260

Medieval Paderne 28 December 2019 – 1 January 2020, 12pm – 9pm, Paderne, 289 598 801

New Year's Eve in Lagos 31 December, 10.30pm, Praça do Infante, Lagos

New Years Day Charity Swim 1 January 2020, Holiday Inn Algarve, 282 320 260



Announcements

BOOK WORMS closure is imminent - final reductions now in place. Closing date will be Friday 31 January. All books now just one euro!

HOT WATER without any sunshine needed: see more at www.shs-pt.com

PROFESSIONAL CLEANING Private Villas, Restaurants, Shops, Condominiums and Companies: info@nice-cleaning.com

Antiques

RESTORATION OF Antique Clocks. Has your precious clock been standing still for a while? I am Wout, graduated and registered clock mender. Call for a quote to repair your clock. Mobile: +31 631 288 411 Email: info@uurwerkplaats112.nl Website: uurwerkplaats112.nl

Auctions

AUCTION HOUSE ALGARVE
NEXT AUCTION
 - Online only Auction - Starts: Fri 20th Dec Closes: 2pm Mon 6th Jan

Viewing days:
 30th & 31st Dec 0900 - 1400h
 2nd & 3rd Jan 0900 - 1630h

- Antiques and Collectibles
- Furniture and Art
- Jewellery: Antique, Vintage & New
- Sports Equipment

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

Chimney Sweep

LOG BURNERS
FIRES OF PORTUGAL
 WOODBURNING FIRE SPECIALISTS
sales@firesofportugal.com
www.firesofportugal.com
 289 489 958 or 967 721 209

CHIMNEYSWEEP, for a quick dust free cleaning of your chimney using the new power sweep system
 Tel: 282330640 / 934927944

Education

ENJOYABLE PORTUGUESE courses (with focus on conversation) starting in January. Private lessons: 2 students together only pay for 1. Centro de Línguas de Lagos. Call 282761070. Email info@centrodelinguas.com.

Get 10% DISCOUNT when you submit the classified online.
www.theportugalnews.com

For Sale Private



ROUND POOL TABLE
 €3200. Can be delivered.
 Tel: 966006666

EX RENTAL Callaway and Taylormade Golf Clubs excellent condition 300 Euros Per Set Including Bag . Rod 969180644



POOL TABLE 7ft, refurbished with accessories. Can be delivered. €1200
 Tel: 966006666

Furniture

L&J Louise & Leon
 (Second hand furniture)
Art & Antique Brocante & Vintage Inside & Outside
 EN 125, between Almancil-Faro
www.fb.com/louiseleonmoves
www.louise-leon.com
 Mob: 918 831 211 / 914 798 796
 Tel: 289 394 161

Health & Beauty

Mirjam Seybold da Silva
Chiropody / Medical Pedicure
 Lagoa
 Tel. 916723964
info@pes-do-algarve.com
www.pes-do-algarve.com
 appointment necessary

CHIROPRACTIC AND SHOCKWAVE THERAPY
ORANGE MEDICAL CENTRE
 Albufeira
 Ritha Brask DC
 For appointments call: (+351) 961276465 or email: erik@wolters-chiro.com



CERTIFIED PEDICURIST Dutch, German, English & little Portuguese spoken. For appointment: 919 390 871 or email to yourfeet1@gmail.com visit: feetality.strikingly.com

HOMEOPATHY
 Sick & tired of feeling sick & tired?
 Alternative medicine
 • Acute and chronic illness
 • All ages
 • Bespoke solutions
 Based in Lagoa
 Home visits available
 Maria Whitehorn
 T: 936 691 209
Homeopathy-algarve-uk@hotmail.com

SHOULDER PROBLEM?
 PAIN-FREE treatment! Guaranteed
 Improvement or your money back.
 Dr. Bock. 966 706 606

Jobs Offered

MACKENZIE PORTUGAL is seeking to employ property consultants. For competitive salaries and opportunity to travel please send your CV: enquiries@mackenzie-realestate.com

GERMAN COMPANY seeking full-time English or German speaking Recruiter of skilled labour in Portugal for German market. Flexible hours/ work place.
 Tel: +351 968 824 131

SUNPOINT PROPERTIES (Ami 9545) in Praia da Luz Is seeking Sales Consultant & Property Lister OFFERS company car, training, great earning potential
 CV with photo to: susana@sunpoint.pt

Job Wanted

RELIABLE LADY cleans offices and private homes. Please contact: 932 330 148

FREELANCE CONSULTANT seeks opportunities in Real Estate, Sales/Marketing, Business Development, etc. International experience. Please Email your requirements/projects to: alterup4746@gmail.com

LOOKING FOR jobs/projects/sales/positions or other income possibilities on expenses-paid basis. Skilled & experienced. All Offers to: nohorsehockey@gmail.com

Kitchen Renovation

HIGH QUALITY KITCHEN RENOVATIONS
 100s of Door Styles & Colours
 Complete Qualified Professional Re-fit Service
 Tel: +351 966 521 828
newkitchendoorsalgarve@yahoo.com
www.homestyledoors.co.uk
 Facebook: Replacement Kitchen Doors Algarve

GEORGE & SON

Save thousands of Euros! Lots of door designs if needed.
 Don't buy a new kitchen until you've spoken to us! We can renovate your old kitchen at a very reasonable cost. Free, NO-obligation estimates. Call Jamie on 968 211 631 or 965 137 517 or email jamielkitchen83@gmail.com



Office, Media & Technology

INTERNET VIA SATELLITE. If PT/MEO and 4G don't work, we can help. More info: netinthesticks@gmail.com

Pets

Pet Park
Friendly, caring, affordable service.
 Spacious kennels. Cattery
 Lots of outdoor playtimes.
 Short and long stays.
 Call Caroline on: 282 011 092 or 92666 0465
 Email: petparq@gmail.com
 Sítio Varzea Do Farelo, Mexilhoeira Grande, 8500 160
www.petparkpethotel.com

Pet park is still open despite local road closure, contact us for details.

Property for Sale



PIPA BRAZIL. Villa in safe condominium. Build 2008. Good rental potential. 500m from Bahia das Golfinhas.
 Price: €164000.
 Info patrick.gerads@gmail.com
 967025157

PIPA BRASIL. Building plot in safe condominium. 600 sqm. License for 3 bed villa and pool. Mains, drains, elec on site.
 Price: €64000.
 Info patrick.gerads@gmail.com
 967025157

Property Services & Building

Algarve's No1 Renewable Energies Company
 Insulating Facade Covering
 Solar Panels
 Air Conditioning
 Heat Pumps
 Hot Water system
 Solar Pool Pumps
 Battery Storage Systems
 + 351 289 397 632
INFO@CASAVERDE-INT.COM
CASAVERDE-INT.COM

IMPIC Nº 80717
ALGARVE CONSTRUCTION
 .CO.UK

We are looking for a new project to get involved with in the New Year.
 Call or email us:
 00351 96 284 8744
 colintheworswick@gmail.com

Making Homes In The Sun

ALGARVE RESTORATIONS
 Qualified UK Electrician
 All electrical work and satellite solutions.
 Call Elliot 915 493 608

Algarve Roof & Property Renovations
 From leaks to roofs and balconies, to complete renewals. Guttering supplied and fitted. Flat roof specialists and complete property renovations inside and out. All maintenance work, painting, jetwash service.

Call Jason
 Tel: 960136445, 281324602.
 jasonash1970@gmail.com

LEAKING ROOFS & TERRACES. Problems solved 30 years experience in Algarve.
 Call 913 223 402

BUILDING WORKS
 All types carried out to a very high standard. 30 years experience throughout the Algarve

Shoreland Properties Lda.
 Tel. 913223402 or 282763000
 shorelandproperties@mail.telepac.pt
 www.shorelandproperties.com

ASPIRALGARVE
 Central Vacuuming System Specialist.
 Installation and technical assistance.
 Tel. 961 142 530
 aspiralgarve@hotmail.com

Property Wanted

DUNASDOURADAS
 Private Buyer Zone 1,2,3,4,5 two bedrooms plus apartment or town house.
 colinmetc@outlook.com

Removals & Storage

TW STORAGE TRANSPORT

- Storage
- Removals & Transport
- Lift & Handyman service
- Packing service & material
- International transport to Belgium & Holland

www.transwilly.net
 info@transwilly.net
 (+351) 919 753 710
 (+351) 282 449 126

U-STORE Lagos Self-Storage

Individual locked units Fully insulated premises

Daily access, Dry, Clean & Secure For Home & Business

282 798 490 / 917 010 365
 www.u-store-portugal.com
 info@u-store-portugal.com

Satellite

TV, HI-FI, Satellite repairs, Eastern Algarve.
 Experienced engineer.
 Tel: 964-721-714.
 www.trevortronix.com

Services offered

HANDYMAN Hourly/Price rate. No job too small. Fire Safety Protection Specialist (Domestic only). Central Algarve.
 Call 933 991 967

MAN & VAN. Light or heavy removals. Please call Blake for a quotation.
 Tel. 912601192/
 +44(0)7789873824.

STOPMOULDPT
 Breath Healthy Nuair Drimaster
 €485 Supply & Fitted
 Over 1 Million Installed
 www.stopmouldpt.com
 Mike: 913 265 080

SELL YOUR... Antiques, Collectables, Garden Ornaments, Architectural Salvage, Furniture, Full House Clearances.
 Contact Mark 914774438.

House Keeping

Builders Clean
 Spring Clean
 Regular Keeping
 Ironing

Over 10 years experience
 Central Algarve
 Contact 966 382 378

Transport

TRANSPORT PORTO, Lisbon, Algarve and anywhere in between, a fortnightly service one box to a full load, commercial goods, removals with packing service if required. Forwarding to England and Europe service from our depot in the Algarve, where storage is also available. Please phone David 919873075
 david@dlsremovals.com

Vehicles

CAR DELIVERIES between Algarve/UK & elsewhere in Europe. Experienced British driver (& Portuguese resident) will deliver your vehicle door to door. Please contact:
 styrell.trafalgar@gmail.com
 or 914245268(M)



RENAULT KANGOO
 Wheelchair transporter. RHD. Portuguese plates. Low mileage 22.000 Seats 4 and wheelchair. 7500 euros. Contact 914637371

OPEL ASTRAMOT, full service, new timing belt, good condition €800.
 965034258

View these pages online

Wanted

STAMPS! Send to *The Portugal News*, Apt. 13, 8401-901 Lagoa.

Website Design

COMPUTER SUPPORT
 computer repairs
 email issues
 internet access
 hardware & software

Call Chris Englefield on +351 936 544 998
HOME OR BUSINESS, WE COME TO YOU

TECHNI-CALL
 computer solutions
 technicall.com

Yoga

YOGA-ART-MASSAGES
 Av. Dr. Eduardo Mansinho 26, Tavira. +351 966 038 379
 Facebook : y.a.m shala
 Instagram : @y.a.m.shala
 www.yamshala.com

Dining Out

TASTE restaurant

Thursdays Live Music
Saturday Steak Night
 Closed Tuesdays

We've moved!
 Rua do Barranco, Carvoeiro
 Mob. 969 577 644
 www.tastecarvoeiro.com

Nepalese & Indian Cuisine
 Restaurant & TakeAway

GURKHA KITCHEN

Tel: +351 282 185 776
 Tel: +351 920 169 028

RUA DAS AMOREIRAS Nº14,
 8400-503, CARVOEIRO

LAGOA - ALGARVE
 N 37.09955, W 46958

CHEF'S KITCHEN
 food made with love.

OPEN FROM 17.30 (CLOSED TUESDAYS)
 (+351) 282 083 332
 WWW.CHEFSKITCHEN.PT

QUINTA DOS SANTOS
 Wine Farm | Craft Brewery | Tapas & Tasting | Guesthouse | Gallery

Telephone: +351 282 343 264
 Website: www.quintadossantos.com www.dossantoscraftbeer.com
 Address: 1 Rua do Pestana Golf, Sesmarias, Carvoeiro

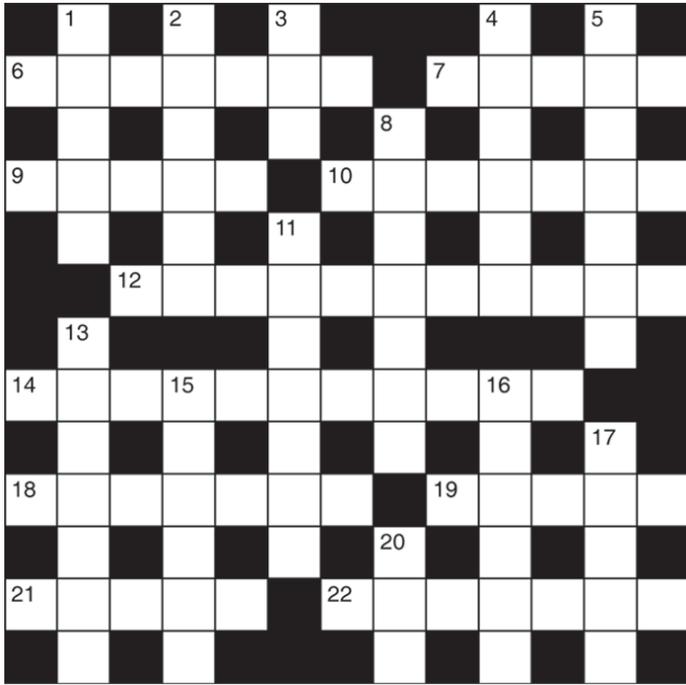
January Focus on HEALTH CARE

Doctors • Dentists • Therapists

If you have a relevant service to offer our readers you can place a FREE CLASSIFIED advert in The Portugal News this January.

Email your advert to
adproduction@theportugalnews.com

Adverts can only be placed by email and should not exceed 15 words. A picture can also be included. Only one free advert per advertiser may be submitted.



Last week's cryptic crossword solutions
Across: 4 Haddock; 8 Enlist; 9 Usurped; 10 Leader; 11 Sparse; 12 Near miss; 18 Tenement; 20 Enough; 21 Impart; 22 Adverbs; 23 In debt; 24 Assuage.
Down: 1 Decline; 2 Almanac; 3 Esteem; 5 Assassin; 6 Durban; 7 Crease; 13 In the bag; 14 Delayed; 15 Statute; 16 Anodes; 17 Bureau; 19 Ermine.

CRYPTIC CROSSWORD

ACROSS

- 6. Bill can sing well, it seems (7)
- 7. Get set again for the race (5)
- 9. The opposite of dons! (5)
- 10. Possibly a tropic fruit (7)
- 12. He's responsible for playthings (8-3)
- 14. With such locks there's safety in numbers (11)
- 18. A race between two poles and an arab (7)
- 19. Make staid entrances (5)
- 21. Quick! It's nearly all run away! (5)
- 22. Quite a distance, of course (7)

DOWN

- 1. This Jack has three crosses to bear! (5)
- 2. Idle baker? (6)
- 3. A cat having no heart to play (3)
- 4. It's frivolous having a tax about it (6)
- 5. Russian vessel (7)
- 8. Stimulating apparitions? (7)
- 11. Cleaner who expects to get money without working (7)
- 13. One who enjoys distinction without power? (7)
- 15. Smiled widely, having support (6)
- 16. Sends for instructions (6)
- 17. The mate's about to move the ship (5)
- 20. It's not sensible to stop up (3)

QUICKCROSSWORD

ACROSS

- 6. Part (7)
- 7. Candid (5)
- 9. Inclination (5)
- 10. Alike (7)
- 12. Growing up (11)
- 14. Chance (11)
- 18. Chief (7)
- 19. Criminal (5)
- 21. Luke-warm (5)
- 22. Fate (7)

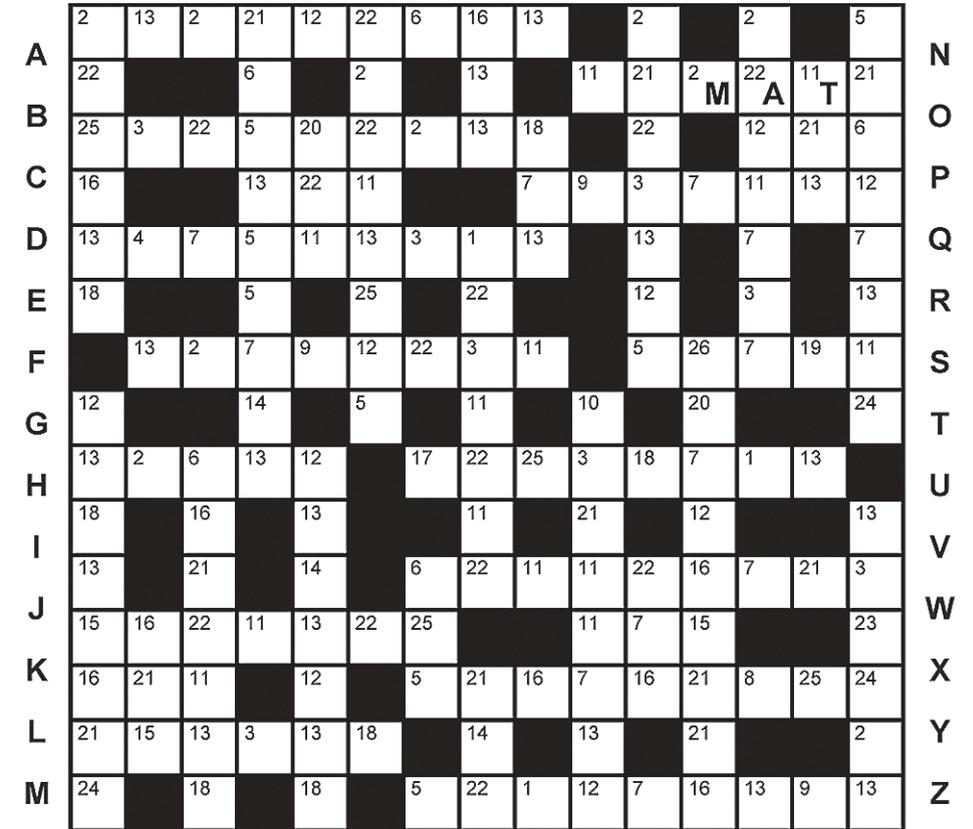
DOWN

- 1. Answer (5)
- 2. Crass (6)
- 3. Tier (3)
- 4. Commend (6)
- 5. Babyhood (7)
- 8. Disagree (7)
- 11. Tableland (7)
- 13. Dress (7)
- 15. Source (6)
- 16. Compact (6)
- 17. Circular

Last week's quick crossword solution
Across: 4 Operate; 8 Debris; 9 Conduct; 10 Openly; 11 Occult; 12 Ravenous; 18 Teltale; 20 Devoid; 21 Stroll; 22 Compute; 23 Lesser; 24 Prelude.
Down: 1 Adjourm; 2 Observe; 3 Violin; 5 Proposal; 6 Reduce; 7 Tackle; 13 Outdated; 14 Carouse; 15 Declare; 16 Devour; 17 Compel; 19 Lather.

CODEWORD

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



SUDOKU

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

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

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

Medium

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

Last week's solutions

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

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

SALE Everything is in the sale whilst stocks last **UP TO 75% OFF** **SALE**

Buy in store, online or order by email. We deliver... Better prices and quality than the UK and other EU countries.

🚚

Budens Shop, En 125, Rua Areias de Cima 2, 8650-070, Budens
 ☎ +351 282 697 791
 ✉ info@linen-etc.com

Lagoa Shop, En 125, P. Empresarial, Lote 3, 8400-431 Lagoa
 ☎ +351 282 071 674
 ✉ lagoa@linen-etc.com

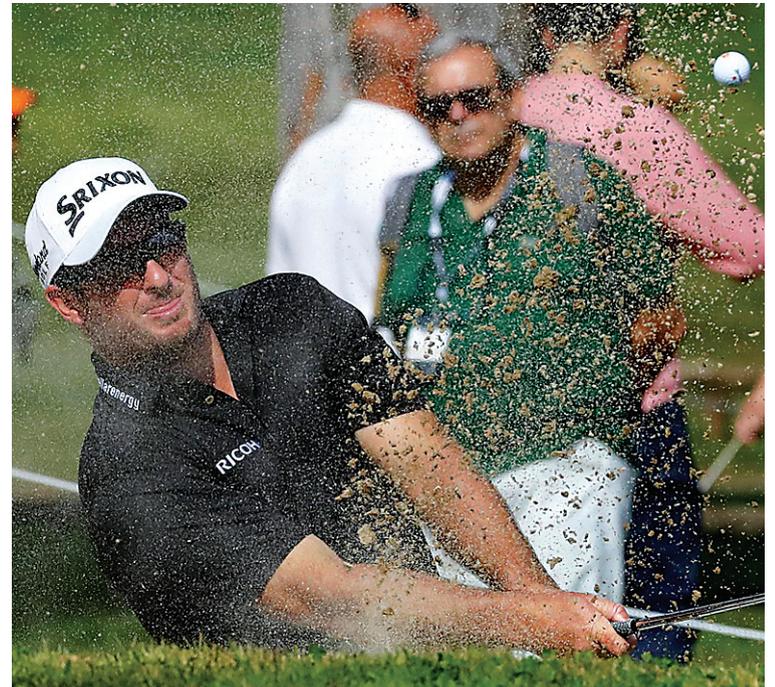
Fox sets sights on strong start to new season

Ryan Fox is looking to take the momentum he gained towards the end of 2019 into the 2020 Race to Dubai campaign as he makes his first start of the new season at this week's Australian PGA Championship.

The New Zealander earned his maiden European Tour title in 2019, winning the ISPS Handa World Super 6 Perth back in February after recording a convincing 3&2 victory over Adrian Otaegui in the final. But he struggled for form after that, failing to secure another top 30 finish until the 148th Open Championship at Royal Portrush Golf Club, where he finished in a tie for 16th. Low scores continued to evade Fox when he returned to action in September, with missed cuts at the Omega European Masters and the BMW PGA Championship sandwiching a joint-60th finish at the Porsche European Open. But he began to turn things around at the Alfred Dunhill Links Championship, where he shot a confidence-boosting 64

in the opening round. That was followed by top 20 finishes at the Italian Open and the Amundi Open de France in October and further impressive displays in Portugal and Turkey. Fox said: "It has been a much nicer end to the year. "If you take The Open out at Portrush, it was a very lean patch in the middle. "I was pretty desperate there for a while, even when I came back from a break after the Open it was still a bit of a struggle. "It was nice to find a bit of form in the back part of the season. "The Dunhill Links was the start of it for me, shooting a 64 in the first round - even though I didn't finish it off - it was the start of feeling better on the golf course. "Although I haven't quite put it together, the last six or eight events there's been some much better golf and a lot of positives

to take out of that." The 32-year-old is among a strong field gathered at RACV Royal Pines Resort for this week's event, with two-time defending champion Cameron Smith and Major winner Adam Scott also present. Fox will play his opening two rounds alongside Smith and American Cameron Champ and he is well aware of their considerable talents. He added: "I'm going to have a short game clinic from Cam Smith and a ball-striking clinic from Cam Champ - it'll be an interesting couple of days for sure. "There's a lot to play for this week. "It's a course I've played a lot, I know it fairly well and have had a couple of decent results in the past - so I'm looking forward to a good week." European Tour



Fox will play his opening two rounds alongside Smith and American Cameron Champ and he is well aware of their considerable talents

Quinta do Lago named top golf resort

The world-renowned luxury golf and lifestyle resort beat off competition from some of the biggest names in Portuguese golf to take the coveted number one position in the new poll.

Voted for by golfers across Europe, Quinta do Lago scored highly for its array of amenities both on and off the fairways, with website users heaping praise on its combination of world-class golf and lifestyle facilities.

Announcing the poll results,

Leadingcourses.com said: "The new ranking is something to be proud of as golfers really seem to value their experience at Quinta do Lago. We wish the resort continued success."

The award is the latest accolade to be bestowed on Quinta do Lago following another memorable year, with others including all three of its 18-hole championship golf courses - the North, South and Laranjal - featuring in Golf World magazine's

respected 'Top 100 Golf Courses in Continental Europe 2019' rankings for the first time in its history.

Sean Moriarty, chief executive at Quinta do Lago, said: "It's always an honour to receive any award, and for the resort to have been voted number one in Portugal by the people that count most, individual golfers, makes this news particularly gratifying.

"At Quinta do Lago, we are striving all the time to provide the best possible experience to our residents

Quinta do Lago's reputation for delivering an outstanding five-star golf experience has been further enhanced after the leading Algarve venue was named as the best golf resort in Portugal with 36-plus holes by users of the respected website Leadingcourses.com.

and guests - on and off the golf course - and we're determined to continue working hard and investing to maintain the resort's

status among Europe's elite golfing destinations." Set just 15 minutes from Faro airport in Portugal's famous Algarve region,

Quinta do Lago has been at the forefront of Europe's elite golf, sports and family destinations for nearly five decades.

DISCOUNT TEE TIMES



BEST GOLF IN THE ALGARVE
O melhor golfe do ALGARVE

MEMBERSHIP
Available w/ Unlimited Golf from **€167,00*** per month

Pestana GOLF & RESORTS PORTUGAL

- Gramacho PESTANA GOLF RESORT
- Vale da Pinta PESTANA GOLF RESORT
- Silves Golf PESTANA GOLF RESORT
- Alto Golf PESTANA GOLF RESORT
- Vila Sol PESTANA GOLF RESORT

BOOK NOW! Tel: +351 282 340 900 | www.pestanagolf.com
* Price mentioned considers an annual subscription.

Win With The Portugal News!

THE PORTUGAL News & PESTANA GOLF RESORTS

Congratulations!
Last month's winner of the Pestana Free Golf Round is:
Catherine Linsley
Terms and conditions apply

ALGARVE'S Nº 1 GOLF ACADEMY

6 Week Coaching Packages (6 x 1 hour sessions) Only €67.50 per person

Club fitting also available

GI
GOLF INTEGRATED ACADEMY
at Vila Sol
www.golfintegrated.com
Tel: +351 912 263 555

Tough draw for Portuguese quartet

The draw for the first knockout round of the UEFA Europa League has thrown up some difficult games for Benfica, FC Porto, Sporting and SC Braga.



CHRIS WRIGHT



Sporting were the only unseeded Portuguese team in the draw, but avoided the heavyweights

Porto have been handed the most difficult draw as they face Bayer Leverkusen, who dropped down from the Champions League having performed well against the likes of Atletico Madrid and Juventus. Benfica, who also failed to progress in the Champions League, face stiff opposition as they lock horns with Shakhtar Donetsk (Ukraine) who are rated above Manchester United and Tottenham Hotspur in the UEFA club coefficient ranking. SC Braga will travel to Scotland to take on Rangers, who proved what a threat they can be in the group stage of the Europa League by drawing with and beating Porto. However Braga's impressive form in Europe this season - eight wins, two draws and no defeats - means that they will not be overawed by the task.

Sporting were the only unseeded Portuguese team in the draw, but avoided the heavyweights as they were paired with Turkish outfit Istanbul Basaksehir. Europa League draw for Portuguese clubs: Shakhtar Donetsk v Benfica; Rangers v Braga; Bayer Leverkusen v FC Porto and Sporting v Istanbul Basaksehir. The first-leg matches will be played on 20 February 2020, with the second legs taking place a week later. As for other teams with a strong Portuguese interest, Olympiacos, coached by Pedro Martins and for whom José Sá, Daniel Podence and Rúben Semedo play, have an exciting match-up against last year's runners-up Arsenal, while Wolverhampton Wanderers under Nuno Espírito Santos take on Spanish La Liga side Espanyol.

5-year plan to develop women's football

The Portuguese Football Federation (FPF) have launched a development plan for women's football for the next five years, with €1.2 million for clubs and training for female leadership in sport.

The plan will have a "strong focus" on the first division of the Women's League, and results from "a study in which all the clubs in the championship were heard".

Among the conclusions is the lack of ideal training conditions and the lack of resources available to players and technical teams.

Thus, during this season and next, the FPF "will channel to clubs about

€1.2 million", an amount associated with the "commitment to development", namely through investment in the qualification of coaches and the creation of more training teams.

"It is a concern of the FPF to promote a better balance between the clubs that participate in the League, thus increasing the competitiveness and development of the players".

Currently, the newly promoted Benfica leads the championship with 11 wins out of 11 possible, with 74 goals scored and only one conceded, followed by Sporting, with a defeat and a goal

difference of +48.

At the other end of the table, Cadima have not yet scored a single point, scoring just seven goals against 105 conceded.

The plan also includes the training of female leadership in football, which was launched under the 'Portugal Football School' and which will take place between February and July 2020.

This training is aimed at "managers and leaders with experience in confederations, national federations, leagues or clubs", in addition to "all those who aspire to assume leadership and management functions" in the sport. TPN/Lusa

'Big three' back at the top

Benfica, Porto and Sporting are once again leading the way in the Primeira Liga.



CHRIS WRIGHT



Porto were looking to kick-start their bid for the league title against Tondela after the previous week's draw away at Belenenses

target a quarter-of-an-hour later, juggling the ball before finding the back of the net with yet another left-footed volley. Caio Lucas grabbed the fourth cutting in from the left before driving a low shot past the goalkeeper.

Porto were looking to kick-start their bid for the league title against Tondela after the previous week's draw away at Belenenses. Jesús Corona's cross had Tiquinho Soares angling a header into the far-post in the tenth minute, giving Porto the start they were craving for in front of their home crowd.

Soares got his second on the half-hour mark and Otávio made it 3-0 six minutes after the interval.

Sporting have struggled in the early part of the season but now find themselves in third place, albeit thirteen points behind leaders and arch-rivals Benfica, after winning 4-0 against Santa Clara thanks to goals from Luiz Phellype (2), Yannick Bolasie and Bruno Fernandes.

SC Portimonense drew 1-1 at home to Rio Ave, coming from behind courtesy of a Jádson strike and despite being down to ten men. Portimonense are at home to Sporting on Saturday at the Municipal Stadium, kick-off 5pm.

Benfica maintain a four point lead at the top with victory over Famalição at the Estádio de Luz whilst Porto got back to winning ways with a comfortable win over Tondela. Sporting leapfrogged Famalição, into third place, with a comprehensive win in the Azores.

Benfica manager Bruno Lage, just days after securing the club's passage into the Europa League with a 3-0 victory at home to Zenit St. Petersburg, was keen to add another positive result against Famalição. The Eagles took the lead through Carlos Vinícius six minutes before the break and Pizzi added a second three minutes after the restart. Pizzi was once again on



PEDRO MOREIRA

ALGARVE SURVEYORS

- ✓ Condition Surveys
- ✓ Project Management
- ✓ Formal Valuations
- ✓ Let us help you!



Certified Property Valuer PAI2015/072 - CMVM

Mob: 00351 918 68 3819 Tel: 00351289 399 208
 www.algarvesurveyors.com GPS: 37° 5'1.72"N 8° 1'58.76"W
 Office: Avenida José dos Santos Farias, n.º 139, Loja B, 8135-167 Almancil



sunpoint
PROPERTIES

Near Lagos - Beautiful villa set in a very private plot 6.251m² with beautiful countryside views

€415 000
Ref: V907



3 3 190m² 349m² 6251m² 1

www.sunpoint.pt | info@sunpoint.pt

282 763 646 | 915 000 799