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# The clock ticks for Portuguese businesses



Almost 50 percent of the companies say they do not have the financial conditions to remain in business for more than two months without additional measures to support them. (Photo: Lusa/Eduardo Costa) Full story P2.



Border with Spain to remain closed. P4



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# The clock is ticking for Portuguese companies

While the lockdown in Portugal continues to protect the health of citizens across the country, businesses of all sizes are struggling to survive.

Almost 50 percent of the companies say they do not have the financial conditions to remain in business for more than two months without additional measures to support them and about 12 percent of the companies have already resorted to additional credit.

Data provided by a survey produced by the National Statistics Institute (INE) and Banco de Portugal (BdP) has been collated to try to identify some of the main effects of the Covid-19 pandemic on business activity.

The INE and BdP have disclosed the main results of the Quick and Exceptional Business Survey - Covid-19, addressed to a wide range of micro, small, medium and large companies, representing the different sectors of economic activity in the country. It is based on a quick answer questionnaire on turnover, the number of employees, the use of public support instruments, liquidity availability, the use of credit and the prices charged.

According to the survey more than 80 percent of the companies remained in production or in operation last week, albeit partially.

“The results of the first survey week (week from 6 to 10 April), indicate that 82 percent of the companies remained in production or in operation, even if partially, 16 percent were temporarily closed, while 2 percent indicated that they had definitively closed”, according to the INE / BdP monitoring report of the impact of the pandemic Covid-19 on companies.

In sectorial terms, accommodation and catering is the sector that has seen the greatest impact due to the pandemic, with the highest percentage of companies closed temporarily (55 percent) and definitely (7 percent).

According to the data, 37 percent of the companies reported a reduction of more than 50 percent in turnover in the week from

6 April to 10 April, 37 percent of the companies reported reductions in turnover between 10 percent and 50 percent and the companies temporarily closed mostly report reductions over 75 percent.

Micro-enterprises and companies in the accommodation and catering sector were the ones that most frequently reported reductions of more than 75 percent in turnover.

Restrictions in the context of the state of emergency and the absence of orders / customers were reasons that had the greatest impact on almost all companies, points out the document.

With regard to staff actually employed, 61 percent of companies reported a reduction as a result of the pandemic, while 38 percent said there was no impact.

According to the survey, the proportion of companies reporting a reduction increases with the size of the company and by sector, the highest percentages of companies with reductions in personnel employed in accommodation and restaurants and in transport and storage are observed.

In relation to other public support measures recently implemented, “only a very small percentage of companies have already benefited from these measures, but there is a higher percentage that intends to benefit”. However, “a significant portion of the companies do not plan to use each of the measures considered individually”.

A significant percentage of companies have already resorted to the simplified ‘lay-off’, according to BdP / INE data.

As of 15 April simplified lay-off already covers more than 930,000 workers in Portugal.

The Minister of Labour, Solidarity and Social Security, Ana Mendes Godinho said: “At this point, the simplified lay-off has already reached 931,000 workers who have seen



The Praça dos Pescadores in Albufeira remains virtual and tourist attractions. (Photo: Lusa/Luís Forra)

their jobs maintained. It is showing that in some way, that the simplified ‘lay-off’ is serving as a cushion to maintain the jobs during this phase that we are going through”, she said.

The official also said that about 145,000 independent workers have already accessed the extraordinary support created also in the scope of measures to respond to the spread

## WEATHER

### April showers continue in Portugal

Sunday is expected to have the best weather across the country with the least chance of rain and highest temperatures

**Lisbon:** The heavy rain of the week is due to ease in the capital over the weekend with the best of the weather being on Sunday when temperatures will be up to 20 degrees with lows of 12 degrees. For the rest of the week the weather will remain unsettled with a slight chance of rain each day.

**The south:** Rain is predicted on Saturday in the south but is set to clear on Sunday when it will be feeling warm with highs of 23 degrees and lows of 13

degrees. The dry weather is set to continue for the rest of the week although cloud cover is to increase and winds are to become northerly.

**The north:** April showers are to continue in the north with a chance of rain expected for the entire weekend and the following week. The best of the weather is predicted to be on Sunday when temperatures are to reach highs of 18 degrees and lows of 10 degrees with only a 20 percent chance of rain.

### Portugal stresses “not time to weaken” WHO support

Portugal has stressed that the fight against the pandemic caused by the coronavirus requires that the World Health Organisation (WHO) be supported, not weakened, after the decision of the United States to suspend its contribution to organisation.

“The fight against the Covid-19 pandemic requires the work of all and the strengthening of multilateral organisations”, reads a message published in the official account of the Portuguese Ministry of Foreign Affairs on Twitter.

“It is not time to weaken the World Health Organisation, but to support it”, adds the text.

US President Donald Trump announced on Tuesday that he would suspend the country’s contribution to WHO, justifying the decision with the “mismanagement” of the pandemic caused by the new coronavirus.

“I order the suspension of funding for the World Health Organisation while a study is being conducted to examine the role of WHO in mismanaging and hiding the spread of the new coronavirus,” he said.

Donald Trump, who was speaking to journalists at the White House in Washington, said that the US contributes “400 to 500 million dollars a year” (between €364 and €455 million) to WHO, as opposed to about 40 million dollars (more than €36 million), or “even less”, which he said was China’s investment in that organisation.

The American decision was immediately criticised by UN Secretary-General António Guterres, who stressed that this “is not the time to reduce funding for operations from WHO or any other humanitarian institution that fights the SARS virus-CoV-2.

“My belief is that the World

Health Organisation must be supported as it is absolutely essential to the world’s efforts to win the war against the Covid-19,” said Guterres.

The European Union (EU) reacted to the decision by deploring it “deeply” and considering that “there is no reason to justify” this attitude, especially in the current context of the Covid-19 pandemic.

In a message published in his official Twitter account, the EU High Representative for Foreign Policy, Josep Borrell, deplors the measure and maintains that “there is no reason to justify this measure, at a time when its efforts are more than ever needed to help contain and mitigate the Covid-19 pandemic”.

“Only by joining forces can we overcome this crisis that knows no borders”, concluded the head of European diplomacy.

## N News in Brief

### Portugal could nationalise TAP airline

Portugal may need to nationalise its flag carrier TAP and other companies badly hit by the economic impact of the coronavirus outbreak. Both Prime Minister António Costa and Finance Minister Mário Centeno have publicly forwarded his possibility in recent days. TAP was partially privatised in 2015 and the state still holds a 50 percent stake. Last month, TAP said it would temporarily lay off around 90 percent of its employees because of the coronavirus crisis that led to a collapse in demand for travel.

### Portugal to expand Food Support Network due to demand

Portugal's government is to expand the country's Food Support Network in May by 30,000 people. The number of people its feeds through social canteens and food programmes will rise from 60,000 to 90,000 next month. This, according to Labour and Welfare Minister Ana Mendes Godinho, because the Covid-19 pandemic has brought on an increase in the number of requests for help. In related news the National Food Bank said it is currently receiving around 1,000 new requests for help every day.

### Deco says gas could drop to under €20 a bottle by June

Consumer watchdog Deco has said that the price of a bottle of gas could drop to under €20 per bottle by the end of May. It also said that this month, prices could drop from the current average of €26 per bottle, to closer to €23. This is related to successive drops in global oil prices noted since the end of 2019.

### March rainfall eases extreme drought

Rainfall last month has finally provided some relief for the dams of southern Portugal and eased the state of extreme drought in the Algarve and the Alentejo. According to the Met Office, rainfall was higher than normal in the Algarve and Baixo Alentejo in March. This reportedly significantly increased the percentage of water in the soil in these regions, where drought levels were deemed as very worrying.

### Ronaldo and Portugal squad give amateur clubs financial boost

Cristiano Ronaldo and his Portugal teammates have donated half of their bonus for qualifying for the Euro 2020 finals to help amateur football in the country that has been hit by the coronavirus shutdown. The Portuguese football federation said the money would go towards a fund that it hopes will reach €4.7 million to help amateur clubs survive the crisis. The federation last week decided to end the amateur season with immediate effect, declaring the season null and void without champions, promotion or relegation.

### Deadly olive tree disease across Europe 'could cost billions'

Researchers say the economic costs of a deadly pathogen affecting olive trees in Europe could run to over €20 billion. Xylella is considered to be one of the most dangerous pathogens for plants anywhere in the world. At present there is no cure for the infection. It can infect cherry, almond and plum trees as well as olives. As well as in Italy, the Xylella bacterium has now been found in Spain, France and Portugal.

### Golf Federation wants clubs to access tourism support measures

The Portuguese Golf Federation (FPG) has said it wants clubs in the sport to be included in the support measures for the tourism sector, in order to "ensure their survival" and "maintain hundreds of jobs". In a letter sent to the Government, now made public, the FPG also asks for the development of "specific support measures" for clubs, which it classifies as non-profit associations, and asks for the reduction of VAT applied to golf. It also wants golf to be "one of the first modalities to be practiced when the [current lockdown] measures are relaxed".



ly empty since the announcement on the state of emergency in Portugal forced the closure of many businesses

of the new coronavirus. Meanwhile, the International Monetary Fund (IMF) predicts a recession of 8.0 percent of the Portuguese economy and an unemployment rate of 13.9 percent in 2020, due to the Covid-19 pandemic, according to with the World Economic Outlook.

For 2021 the scenario is reversed, with the institution led by Bulgarian Kristalina Georgieva pointing to a recovery of 5.0 percent of GDP, an unemployment rate of 8.7 percent and inflation of 1.4 percent. In 2019, GDP growth was 2.2

percent and the unemployment rate was 6.5 percent. Finance Minister Mário Centeno said that the Government's estimates point to a 6.5 percent drop in annual GDP for every 30 business days while the economy is paralysed due to the Covid-19.

### DGS asks not to postpone scheduled vaccines

The Director-General of Health has asked the Portuguese not to postpone vaccinations, namely for children up to 12 months, pregnant women or the chronically ill, as it is "absolutely essential to prevent" other outbreaks besides Covid -19.

"At a time when we have Covid-19, and to avoid crowding, it is preferable to schedule the vaccination. But, if it is not possible, do not delay, go in person to the health unit because they are providing protected and non-covid care", said Graça Freitas at the daily press conference on the pandemic caused by the new coronavirus.

The official asked people not to "postpone vaccinations", especially in children up to 12 months, who with national vaccines can be protected from diseases such as measles, rubella or severe forms of meningitis.

### Waiting time on SNS Line 24 down to 30 seconds

The SNS 24 telephone line has been "operating normally" in the past few days and the waiting time last week was around 30 seconds, said the Minister of Health.

"Health line 24 continues to function normally, a trend that has continued in recent days. By 12 April they had received 10,943 calls, calls of all kinds not only regarding covid-19", said Marta Temido, at the daily press conference of the Directorate-General for Health (DGS) to update information about the pandemic caused by the new Coronavirus. The minister said that, in total, the SNS 24 line answered 9,903 calls on 12 April and that most users waited 30 seconds.

Marta Temido also said that the psychological assistance line registered almost 230 calls between citizens in general and professionals involved in fighting the pandemic.

Since 1 April, SNS 24 has provided a line of psychological counselling for health professionals, civil protection, security forces and the general population, taking into account the priority given to mental health in this period.

# Border with Spain to remain closed

The borders between Portugal and Spain will remain closed, at least until 15 May, announced the Minister of Internal Administration, with the border closure affecting both land and air travel.



The border between Portugal and Spain is to remain closed until May 15 to help prevent the spread of Covid 19

“In coordination with the Government of Spain, we approved the extension of border controls and the limitation to nine exclusive crossing points on our land border with Spain for another month, until 15 May”, said Eduardo Cabrita, in a press

conference. The control of land borders with Spain has been carried out since 11pm on 16 March at nine authorised crossing points. The operating border points are Valença-Tuy, Vila Verde da Raia-Verín, Quintanilha-San Vitero, Vilar Formoso-Fuentes de

Oñoro, Termas de Monfortinho-Cilleros, Marvão-Valência de Alcântara, Caia-Badajoz, Vila Verde de Ficalho-Rosal de la Frontera and Vila Real de Santo António-Ayamonte. Within the scope of border control, tourist and leisure travel between the two countries is

prevented, with only the transport of goods and cross-border workers being permitted. The resolution that prolongs the closure of borders between Portugal and Spain also includes the suspension of all flights between the two countries, one of the exceptions being aerial means of combating forest fires. The document states that, within the scope of the Special Rural Fire Fighting Device (DECIR), the international public tender for the leasing of 26 air vehicles is being concluded, making it necessary to allow the entry into the country and the departure of aircraft that integrate DECIR, as well as personnel assigned to the operation and maintenance of air resources. According to the resolution, all flights, from all airlines, commercial or private, between Portugal and Spain are suspended at Portuguese airports or aerodromes, with the exception of “State aircraft, the Armed Forces, the aircraft they integrate, including those that are intended to integrate the

Special Rural Fire Fighting Device, flights for cargo and mail transport, as well as flights of a humanitarian or medical emergency nature and technical charters for non-commercial purposes”. Eduardo Cabrita stressed that the Government is in line with the position expressed by the President of the Republic in the sense that the state of emergency be extended for a third period, from the 18 April until the beginning of May. The minister also considered essential the assessment that will be made this week by epidemiologists, stressing that “it is essential to continue this effort” and participate in the European debate that is underway for a gradual and coordinated strategy for the return of some economic activities. “Any gradual return to activities requires that there be great respect for social distancing to allow the protection of the most vulnerable, and that sustained steps are taken in the country and with all countries on a European scale,” he said.

## Portuguese “behaved well” over Easter

The official spoke to journalists after an audience with the President of the Republic, Marcelo Rebelo de Sousa, who called on the corporation to thank them for the work done in recent weeks.

“The President called us to convey the gratitude for the work that the GNR military has been carrying out during the state of

emergency,” said Luís Botelho Miguel to journalists after the meeting with Marcelo Rebelo de Sousa.

Questioned by the journalists, the commander-general said that although there are military personnel infected with Covid-19, this does not jeopardise the GNR’s operability, nor is it at stake even if the situation of

the state of emergency extends over time, and added that there have been no problems and that “the population is motivated”.

Regarding personal protection material Luís Botelho Miguel said that “the means are sufficient” and “are being distributed according to needs”.

In last week’s operation aimed at ensuring compliance with the tight circulation rules during the Easter period, 87 people were arrested by the PSP and GNR, of which 15 were infected with Covid-19.

“The operation went very well because of what was, once again, the good behaviour of society during this period,” the director of operations of the GNR told reporters at the press conference.

The GNR commander-general, Luís Botelho Miguel, said that there was “widespread acceptance by the population” of the confinement measures over the Easter period, due to Covid-19, and that the Portuguese “did well” and “stayed at home”.



In last week’s operation aimed at ensuring compliance with the tight circulation rules during the Easter period, 87 people were arrested by the PSP and GNR.

ENGLISH DENTAL SURGEON  
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# Criticism over lithium exploration announcement

The announcement of the request for the conclusion of the contract for the exploration of lithium in Serra da Argemela, which was recently published, is generating criticism, as it coincides with the period of the state of emergency.



The process regarding the mining can only be consulted during office hours which the Group for the Preservation of Serra da Argemela deems "unbelievable" during the current state of emergency in Portugal

The announcement by the General Directorate of Energy and Geology was published in Diário da República on 2 April and makes public that PANN, Consultores de Geociência, Lda., requested the signing of a concession contract for the exploration of lithium, tin mineral deposits, tantalum, niobium, tungsten, rubidium, copper, lead, zinc, gold,

silver, cesium, scandium, rare earths and pyrites, for an area called "Argemela", located in the parishes of Coutada and Barco, in the municipality of Covilhã, and in the parishes of Silvares and Lavacolhos, in the municipality of Fundão, district of Castelo Branco. The request covers an area of 403.7 hectares and stems from a 2017 notice, which has already motivated many complaints and opposition from the

local population and municipalities. In the current procedure, it is stated that all interested parties must comment within 30 days from the date of publication of the notice. Signed by the director-general of the General Directorate of Energy and Geology, the order is dated 10 March and was published in the Diário da República on 2 April, with the information that the process can be consulted

"within office hours", in the Directorate of Strategic Services and Promotion of Geological Resources of the Directorate-General for Energy and Geology, in Lisbon.

A situation that the Group for the Preservation of Serra da Argemela (GPSA) has already repudiated, underlining the fact that public consultation is scheduled for the time when the country faces restrictions imposed by the state of emergency and the mandatory confinement rules that dictate that contacts are reduced to the essential.

In a statement sent to the Lusa news agency and to which it gave the title "Covid-19 accelerates mining fever in Portugal?", GPSA classifies this situation as "unbelievable", stressing that it reveals "lack of humanism and understanding by the most elementary ethical principles that should govern a society".

"What harm would come to the world if this publicity were postponed to a more opportune date? In

compliance with the aforementioned Law, the measures of which had already been announced and discussed, at least since the Council of Ministers of 12 March, the postponement would not even have been an imperative?" asks this entity, which has been contesting the possible mining operation in Argemela.

GPSA also recalls that the process has been going on for some time and that "complaints have already been made, taking into account the knowledge of the location, elevation, proximity to villages and the Zêzere River", which pointed out "serious health and well-being consequences for the population".

The process for the mining concession for a farm in Serra da Argemela started in 2011, and in early 2017, the request for the granting of a concession by the company PANN - Consultores de Geociência Lda was published. After that, local population and mayors have protested

against the possible mining exploitation and political parties have also been taking positions to support the population. In April 2017, in response to questions raised by the socialist deputies elected by the Castelo Branco circle, the Government guaranteed that it will hear "populations and municipalities covered before making any decision".

In March 2018, the Assembly of the Republic unanimously approved a recommendation to the Government to suspend the process until there is a "thorough assessment of the situation for a new pronouncement".

At the beginning of 2019 it became known that the company that applied for the mining concession also submitted a request for "experimental exploration", which was unsuccessful, without calling into question the progress of the application for the 400 hectares, which will oblige the presentation of an Environmental Impact Study.

## Almost 1,500 child victims of crime in 2019

A total of 1,467 children were victims of crime in 2019, 532 more than in 2018, according to the annual report of the Portuguese Association for Victim Support (APAV).

The figures reveal that in 2019 an average of four victims per day arrived at APAV, representing 28 per week.

Of the total number of child victims of crime, 153 were between 0 and 3-years-old, 109 were between 4 and 5-years-old, 374 were between 6 and 10-years-old and 831 were between 11 and 17-years-old.

APAV statistics also reveal that among the crimes against children reported to the association are pornography of

minors (699), sexual abuse of children under the age of 14 (305) and crimes of rape (187).

Regarding the profile of the victims, the APAV data shows that 61.9 percent are female with an average age of 11 years and that in 27.3 percent of the cases the perpetrator is a father or mother.

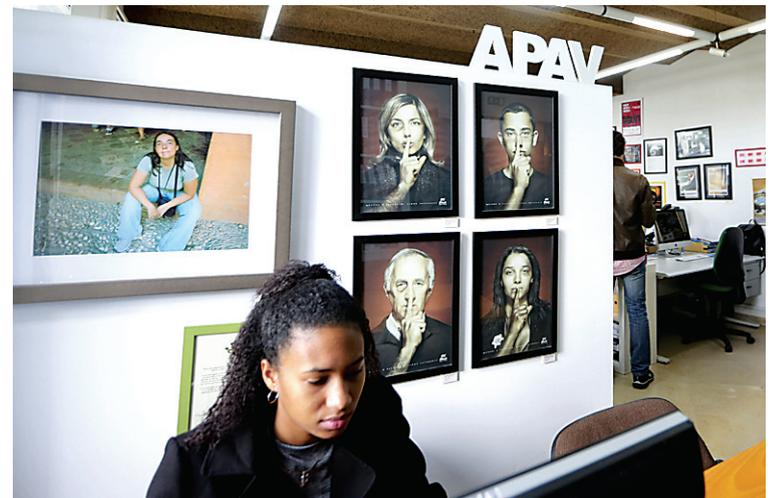
APAV annually discloses its statistical data based on a collection of the most accurate information and recorded 54,403 visits that allowed, in 2019, to monitor more than

11,000 victims.

This year APAV celebrates 30 years of existence, having provided support, since 1990, to more than 330,000 people.

In 2019, 54,403 calls were made to APAV's proximity services, namely Victim Support, Support Lines (Victim Support Line and Safe Internet Line), Specialised Networks and Shelters.

APAV supported victims from 273 municipalities, of the 308 existing.



The figures reveal that in 2019 an average of four victims per day arrived at APAV, representing 28 per week



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# New road signs introduced

New traffic and information signs, namely indicating areas of residence and circulation of vehicles with reduced emissions of pollutants, will come into force next week.

## NOVOS SINAIS, MAIOR SEGURANÇA



In a statement, the National Road Safety Authority (ANSR) said that it will carry out, as of Tuesday, the "New signs, greater safety" campaign

In a statement, the National Road Safety Authority (ANSR) said that it will carry out, as of Tuesday, the "New signs, greater safety" campaign to publicise the changes to the traffic sign regulation, which will come into effect on 20 April.

The new regulation introduces traffic signs indicating areas of residence or coexistence of vehicles and pedestrians, where the speed is 30 kilometres per hour.

Another new feature is the creation of zones with reduced emissions, where the transit of vehicles whose emissions are higher than a level defined in an additional panel by each municipality is prohibited.

Among the danger signs, there is the approach of a passage for a cycle and signs warning that the route could potentially be crossed by Iberian lynx

and amphibians.

In the new signs of obligation, the highlights are those that indicate a mandatory lane for motorcycles and a lane reserved for vehicles with a high occupancy rate.

As for road markings, dimensions are to be introduced with a view to "making them uniform".

The ANSR also indicates that new information signs, new symbols for tourist, and geographical, ecological and cultural indications will be introduced, as well as the graphic representation of the signals of drivers, traffic regulators and light signals.

These changes are the most significant since 1998 and are in line with the National Strategic Road Safety Plan - PENSE 2020.

Full details on all of the new signs can be found by visiting [www.ansr.pt](http://www.ansr.pt)

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## More than 200 companies want to produce masks

More than 200 companies have expressed their desire to produce "masks for community use" against covid-19 according to the Infarmed specifications and "some are in a position to do so already this week", revealed Secretary of State for Health.

"As for masks for community use, Infarmed today published the technical specifications for the production of these masks by the industry. More than 200 companies have shown a willingness to move forward with production and some are in a position to do so this week," said António Lacerda Sales.

The Minister of Health revealed on Monday that non-surgical masks can be used by the population in closed spaces and with a high number of people, such as supermarkets and public transport.

"In accordance with the basic principle of public health precaution and in view of the absence of

adverse effects associated with the use of a mask, its use can be considered by anyone in closed indoor spaces and with a high number of people," said Marta Temido.

The minister stressed that the use of masks in the community constitutes "an additional and supplementary measure" to those that already exist, such as social distance and hand washing.

The minister stressed that the social masks, which can be made of cotton or other fabric, will be generalised across to the population when the country returns to normality.

Marta Temido explained that there are three types of

masks: FFP2 and FFP3 respirators (with high particle filtering capacity) for healthcare professionals, surgical masks that prevent the spread of infectious agents and non-surgical or social masks.

According to the minister, surgical masks should be worn by people with symptoms of Covid-19 and by the most vulnerable, as well as professionals from more exposed groups such as firefighters, police and funeral service workers and stores.

Marta Temido stated that non-surgical masks are not certified devices, do not follow standardisation and can be made of different materials, such as cotton

or other textiles.

The DGS today stated that the use of masks by the population cannot "diminish the sustainability of access to masks by patients and health professionals", who constitute the priority groups for the use of surgical masks.

"According to the ECDC (European Center for Disease Control), there is no direct scientific evidence (evidence) that would allow the population to issue a recommendation for or against the use of non-surgical or community masks", reads the document signed by the general director of health, Graça Freitas.

## List of parishes affected by citrus pest to be published online

The Directorate-General for Food and Veterinary (DGAV) has established the mandatory publication of parishes affected by the citrus pest 'trioza erytrae' to be updated on its website.

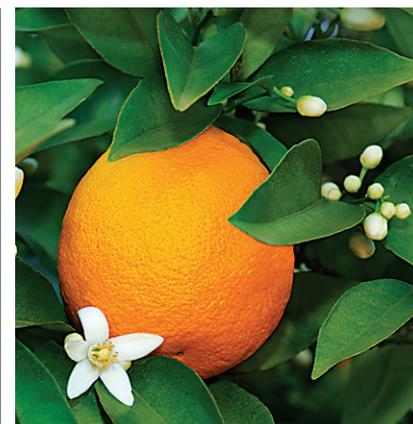
On January 31, DGAV published the list of parishes that make up the demarcated area affected by the insect, which mainly affects citrus fruits, but meanwhile officially confirmed the presence of the pest in the parish of Alcântara, in Lisbon.

Due to the "need for a permanent update of the information on the listings of the parishes that make up the demarcated area and the adoption of a more agile instrument for the publication of that information", in the dispatch

published it is mentioned that the map and the list of parishes fully covered and the parishes partially covered will be published on the DGAV site, as well as changes or updates to these areas.

The DGAV stresses that, by law, whenever the 'trioza erytrae' pest is detected in a new area, it is mandatory to widen the demarcated areas already established.

'Trioza erytrae', is an insect that causes serious damage to citrus fruits, and is also a vector of a disease caused by the bacterium 'Candidatus liberibacter', considered the most serious worldwide for these species, but which has not yet entered Europe.



**By law, whenever the 'trioza erytrae' pest is detected in a new area, it is mandatory to widen the demarcated areas already established.**

# Albufeira identified as Algarve coronavirus hotspot

The municipality of Albufeira, where there are 55 cases of patients infected with Covid-19, is for now the only one in the Algarve where the transmission of the new coronavirus may be circulating in the community, according to the regional health delegate.



Albufeira is the municipality of the Algarve where the most cases of patients with Covid-19 have been registered.

“For the past two weeks or so we have identified that this municipality is the one where the transmission of

the virus can circulate in the community. While in the other counties we always find a story, an epidemiological ‘link’, in Albufeira we already have enough cases where we couldn’t find that link”, said Ana Cristina Guerreiro.

The official added that Albufeira is the municipality of the Algarve where the most cases of patients with Covid-19 have been registered.

As it is a small municipality, but with a large population concentration, the Delegate of Health called for people to stay at home and restrict social contacts, measures she considered “fundamental to be able to contain the situation”.

The authorities, she acknowledged, had even considered creating a sanitary cord in Albufeira, however, she concluded that “such a drastic measure” would not be necessary.

“In recent days, new cases [in Albufeira] have been growing steadily but have not

skyrocketed,” she said, stressing that “the measures must be matched to the seriousness” of the situation and that the authorities remain vigilant.

At the moment, one of the major concerns of regional health authorities is to contain possible outbreaks of the disease in nursing homes and in farming communities, which are the places where, in the Algarve, more cases have appeared simultaneously.

As part of the screening campaign in nursing homes in the region, users and employees of 13 establishments in seven counties have already been tested in: Albufeira, Alcoutim, Faro, Loulé, Olhão, Portimão and Vila Real de Santo António. With regard to the number of migrants, mostly of Asian origin, who moved to rural communities in the Algarve “in large numbers” by this time coinciding with the beginning of the fruit harvest, positive cases were detected in groups in the municipalities of Tavira, Silves and Albufeira. Migrants, she said, are “a particular group”, for several reasons, including due to the difficulty in communication,

which means that they may not be as well informed as the Portuguese.

In this sense, the authorities “are very alert” to the emergence of outbreaks in these rural communities and continue to make efforts to improve communication, namely with the creation of information “in the languages that [migrants] perceive better”.

Without providing data on the number of migrants infected in Albufeira, the official said only that the “situation is different” from other municipalities, as there is a “history of contact with patients”.

The president of the Regional Health Administration (ARS) of the Algarve, Paulo Morgado, classified this last week as a week of “stability” in the region, which saw the increase in the number of cases in the Algarve, on average, “being less than 5 percent”.

In the areas dedicated to Covid-19 in health centres in the Algarve, where the mildest cases are followed, the number of daily visits “never exceeds” 20 and, in some areas, “it does exceeds 10”, he concluded.

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# CPLP concerned about pandemic impact on economies



As of 15 March this year, CPLP member states owed the organisation €3.8 million in arrears. (Photo: Lusa)

The executive secretary of the Community of Portuguese Speaking Countries (CPLP) has said that he is concerned about the impact that the pandemic may have, not only in humanitarian terms, but also in economic terms for the lives of those in the member states and the organisation itself.

“It is evident that with the impact of the coronavirus - and do not forget that the CPLP is present on the four continents - and with the fall in the price of oil, in some of the member states of the organisation this impact will be or is already quite accentuated”, said Ambassador Francisco Ribeiro Telles. This fact, “will have consequences on the CPLP’s own activity, through the resources that those states provide for the functioning of the organisation itself” added the leader, in statements to Lusa. The diplomat admitted that there may be reflections of the economic situation in terms of the “timely payment” of the obligations of each State, namely of its quotas for the CPLP budget, but “also for cooperation programmes”. Following the Covid-19 pandemic, oil prices in international markets dropped to less than \$30 a barrel, and with this the economic situation of “the vast majority of CPLP member states - namely Angola and Equatorial Guinea - it is worrying”, he stressed.

In addition to the economic situation, the executive secretary argued that it is also necessary to carefully monitor, for a few

more weeks, the spread of the pandemic in the African continent, given that at present there is no “prospect of the impact that the Covid-19 may have on African countries” and only after that make decisions.

As of 15 March this year, CPLP member states owed the organisation €3.8 million in arrears, with Brazil leading in value and São Tomé and Príncipe in the number of unpaid contributions.

According to official data to which Lusa had access and released at that time, Brazil owed €1,536,907.36 for two overdue annual contributions of €768,453.68 each, one referring to 2019 and the other in relation to the current year. In second place came Mozambique, with a total of €756,701.10 in debt to the CPLP for three arrears, relating to the years 2018, 2019 and 2020, each of €252,233.70.

But the member state with the largest number of overdue contributions was until then São Tomé and Príncipe, which did not pay the annual dues of 2018, 2019 and 2020, each of €41,808, and in addition to this, it still had €16,801,07 more, of unpaid contributions in 2017.

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# House prices increases slow to 0.4%



The residential price index grew 0.4 percent in March, showing a slowdown compared to the 1.8 percent variation registered in February

The residential price index grew 0.4 percent in March, showing a slowdown compared to the 1.8 percent variation registered in February and the lowest since the beginning of 2019, Confidencial Imobiliário announced.

According to the real estate consultant, the data obtained show “in the immediate moment a behaviour of stability on the part of the market”.

This is the lowest monthly variation since the beginning of 2019, when prices have shown monthly increases always above 1.0 percent, with August last year being the only exception, with a variation of 0.6 percent. Compared to March 2019, Confidencial Imobiliário’s Residential Price Index (IPR) registered a growth of 15.6 percent, still representing a decrease of 0.2 percentage points compared to the rate reached at the end of 2019.

However, the consultant considers that the values are “in line with the recent profile of the market”, since the annual variations of the index have been “consistently between 14.5 percent and 16.0 percent” over the last two years, due to the appreciation in the city of Lisbon, first, and later, the appreciation of the peripheries

and the city of Porto.

For the director of Confidencial Imobiliário, Ricardo Guimarães, quoted in a statement, the first results of the market already in a period influenced by Covid-19 “confirm something that could already be expected”, not surprising that “in a first phase there is a brake in the price growth”.

In a second phase, the official expects “that prices can remain stable, given that there is still much uncertainty about the duration of the pandemic crisis, with resistance from the owners to accept high discounts”.

“I admit that, later on, greater fluctuations in prices may be seen, much in the face of concrete cases of financial difficulty on the part of the sellers. Of course, everything will depend on the duration of the current pandemic”, adds Ricardo Guimarães. Confidencial Imobiliário’s IPR tracks the evolution of real transaction prices in the national housing market, based on data from the Residential Information System (SIR).

## Car production in Portugal falls 46.1% in March

Car production in Portugal fell 46.1 percent in March compared to the same month of 2019, caused by the pandemic of Covid-19, the Automobile Association of Portugal (ACAP) reported.

“The Covid-19 pandemic led to major disruptions in supply chains, distribution channels, availability of labour and continued activity by suppliers, which resulted in the progressive and inevitable closure of automotive production units operating in Portugal from the end of March,” the association said in a statement.

According to ACAP, in March 13,686 light passenger vehicles were

produced (47.1 percent less than in the same month of the previous year), 3,203 light commercial vehicles (-39.3 percent) and 207 heavy vehicles (-61.1 percent).

In the first quarter, there was a drop of 18.3 percent in automobile production in Portugal, for a total of 77,204 units manufactured, with drops of 20.5 percent, 4.5 percent and 36.4 percent in the production of passenger cars, light

commercial vehicles and heavy vehicles, respectively.

Of the total vehicles manufactured in Portugal until March, 98.1 percent were destined for the foreign market, with Europe absorbing 97.5 percent of exports.

Germany (19.4 percent), France (16.9 percent), Italy (15.7 percent), Spain (11.2 percent) and the United Kingdom (9.8 percent) were the main markets for Portuguese car exports.

With regard to the assembly of heavy vehicles in Portugal, ACAP says that a total of 35 units were assembled in March, 89.0 percent less than in the same month last year, with the accumulated drop in the first quarter of 84.2 percent, with only 169 vehicles assembled.

Of the 35 heavy vehicles assembled in March in Portugal, 30 (equivalent to 85.7 percent) were exported.



The Covid-19 pandemic led to major disruptions in supply chains, distribution channels, availability of labour and continued activity by suppliers, which resulted in the progressive and inevitable closure of automotive production units operating in Portugal



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## Cinemas loose more than 75% of revenue

In March, Portuguese cinemas saw a drop of more than 75 percent in the number of viewers and in revenue, compared to March 2019, due to the pandemic of the Covid-19, revealed the Instituto do Cinema and Audiovisual (ICA).

Movie theatres across the country closed gradually until 18 March, due to restrictive measures to contain the pandemic, and this was reflected in an abrupt drop in both the number of spectators and in box office revenues.

According to the ICA, in March there were 254,673 spectators on the cinema exhibition network, that is, 76.6 percent less than in March 2019, when more than one million entries were registered.

In box office revenue, €1.3 million were recorded in March this year, almost five times less than in March 2019, when €5.8 million were recorded.

Analysing the quarter, the ICA reports

that, between January and March this year, movie theatres totalled 2.5 million viewers (18.7 percent less than in the same period in 2019), and €13.7 million in gross box office revenue (17.4 percent less than in the same quarter of the previous year).

The most watched film in the quarter, which premiered in January, was “1917”, by Sam Mendes, with 328,000 viewers.

The most watched Portuguese film, which also hit theatres in January, was “The film by Bruno Aleixo”, by Pedro Santo and João Moreira, with around 23,900 spectators.

## 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, AHS day care centre for the elderly and more. Contact Maggie Cook 917 707 808.

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

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

**CARVOEIRO CAT CHARITY ASSOCIAÇÃO.** Located in Porches and run

entirely by volunteers. We are looking for some more volunteers to help in our shelter of 250 cats as well as some foster families for our cats. Call 918552788 or email ccc.carvoeirocharity@gmail.com

**ASMAA CHARITY & UP-Cycling Hub.** Volunteers are now needed for our shop. Wed, Fri and Sat 11.30am to 5pm, other days by appointment only. Tel 969 320 231, email info@asmaa-algarve.org. Rua J. Pereira Sampaio Bruno, Nº 53. Portimão (Behind Bombeiros).

**MADRUGADA ASSOCIAÇÃO** provides home-based, end of life, palliative care to patients and their loved ones free of charge. Your donations would be very welcome. Volunteers are also required. If you can help call us on 282 761 375 or visit our shops in Lagoa and Praia da Luz.

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

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

**WORN AGAIN** charity shop (formerly Tavira Treasure) Rua Almirante Cândido dos Reis, 134 Tavira 8800-357. Open every Monday and Saturday, 10am - 1pm. We also receive donations of clothing, books, household goods, small furniture. Contact Sara 967159010

**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 30k Lagos. Tel 912741857

**WOOFF** Almancil, Rua Cristóvão Pires Norte, open from 10am - 3pm on weekdays and 10am - 1pm on Saturdays, Tel 289356355, 917558121 or email: info@wooffcharityshop.com

## Community generosity bears fruit—and veg!

An association of expats and Portuguese residents has moved swiftly to donate boxes of fruit and vegetables to needy families on the Algarve's west coast.

Community association Amovate (the Associação Dos Moradores e Amigos do Vale Da Telha, or the Association of Residents and Friends of Vale da Telha) is a non-profit making charitable organisation, available for people of all nationalities who have links to the area on the coast near the town of Aljezur.

Recognising that families without land to grow their own food were facing extreme difficulties and hardship, Amovate decided to lend a hand. One of those ways, which

began on Wednesday, 15 April, involved the donation, collection and distribution of non-perishable goods.

From Wednesday, 15 April onwards, a box was available inside the entrance door (porch) of the Restaurante Fonte do Vale—conveniently located right at the heart of Vale da Telha—for people to leave any type of non-perishable goods. The restaurant's opening hours are midday to 9pm.

These donations will be collected by Amovate and then passed on for distribution.

Donations of money have already been received, and if you see this as your way of helping please contact info@amovate.com and your details will be passed onto



Two of the first fruit & veg boxes for distribution.

Amovate's treasurer, who will be happy to give the relevant bank details, so transfers can be made.

Amovate can be contacted via messaging on the Amovate Facebook page, or by email at: info@amovate.com

## Quinta do Lago pledges €500,000 to Algarve hospitals in fight against Covid-19

Quinta do Lago has joined forces with residents at the five-star Portuguese resort to donate more than €500,000 towards the cost of buying essential hospital equipment to fight the Covid-19 pandemic.

The exclusive golf and lifestyle family venue and around 500 residents of different nationalities reacted to the health crisis in the Algarve by pledging vital funds to help pay for urgent medical products and supplies at the region's three public hospitals in Faro, Portimão and Lagos.

Quinta do Lago contributed €50,000 towards the cost of buying badly needed equipment - including CT scanners, ventilators, Covid-19 testing kits, heart rate monitors, echocardiogram machines, blood-testing kits and personal protective equipment - with the rest of the money coming from private donations.

The money raised will go to the Algarve Biomedical Centre (ABC), the consortium which is leading many of the Algarve's initiatives to contain the pandemic, who will then supply the Algarve University Hospital Centre (which manages the hospitals) with the products needed to fight the pandemic.

In a further show of gratitude to health professionals, Quinta do Lago is also offering all healthcare and emergency service workers free takeaway coffee and breakfast every morning at its boutique café and juice bar PURE.

Sean Moriarty, CEO at Quinta do Lago, said: "We are very much indebted to the great work that these people are doing at our local hospitals. We currently have 500 residents staying at the resort, and everyone at Quinta do Lago is committed to supporting these hospitals over the following weeks to help



support them financially in their fight against Covid-19.

"The Covid-19 pandemic is something that is affecting all parts of society as it continues to escalate throughout Portugal, Europe and the rest of the world.

"Here at Quinta do Lago, our greatest asset is our community spirit, and we hope that this small donation we have made can help to rid us all of this terrible virus.

"In these unprecedented and challenging times, the resort is united against Covid-19, and I'm confident that we will all get through this difficult period so that our vibrant resort and community can return with a renewed zest for life."

Situated a 15-minute drive

away from Faro airport, Quinta do Lago boasts a combination of world-class golf and lifestyle facilities including three 18-hole championship golf courses and The Campus, a world-class sports hub designed for professionals and amateurs alike to keep fit.

Complementing the sports and leisure amenities is a choice of 13 first-class bars and restaurants that deliver a range of delicious world cuisines, including the acclaimed Bovino Steakhouse and recently-opened Dano's Sports Bar & Restaurant, and accommodation at the recently-acquired boutique The Magnolia Hotel. www.quintadolago.com

## Living the Dream

From propositioning a builder, to battling bureaucracy, and adapting to a slower pace of life in the sunshine; this is the refreshingly honest and often hilarious account of one couple's move from the rainy UK to the sunny Algarve in Portugal.

Alyson and Dave Sheldrake were determined to realise their dream of living abroad; so they ended their jobs, packed up everything they owned and moved to the Algarve to start a new life. Follow them as they battle with the Portuguese language, set up their own businesses, adopt a rescue dog and navigate the 'expat' world.

Part guidebook, mostly memoir; this book is for anyone who has ever wondered what moving abroad is really like; and is essential reading for anyone considering moving to Portugal.



## Algarve Bike Rides

Due to the ongoing CoronaVirus threat and the recommended measures in place, I don't plan to organise any bike rides for the time being. At the moment the most sensible plan is to stay home and stay healthy. When the situation improves I will aim to start the rides again. Stay healthy Paul

For more information please contact Paul Beesley on tel: 913226954, email: paul@algarvebikeholidays.com, or visit: www.algarvebikeholidays.com.



## Coronavirus help for elderly and vulnerable

During this Coronavirus crisis it is difficult for the elderly or vulnerable to do daily tasks and errands such as shopping, paying bills, keeping in touch with family on whatsapp or skype, etc. We will provide a free service in the Olhos de Agua and Asoteias area (Albufeira) during this crisis. We also give free nutrition and fitness assistance which is especially important at this time. If you are elderly or vulnerable and need help please call us: Fash 961 636 201

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

## Grow your own

Gardening tutor Sally Nex offers her top tips to help you start a thriving vegetable garden.



Sow Rocket direct into pre-watered drills in sun or shade, keep damp and they'll be up within two weeks - pickable as baby leaves within four. (Photo: iStock/PA)

**N**ow's the time to dig in and transform garden space into a flourishing veg patch - you could be harvesting in less than a month.

Gardening tutor Sally Nex, who teaches online lessons in self-sufficient veg gardening, says: "Judging from the unprecedented demand reported by mail order

seed companies for veg seeds, seed potatoes, onion sets and compost, we have all had the same thought.

"You can get some pretty fast results if you start now, and pickings within about three weeks for the fastest-growing veg." She offers her top suggestions for transforming outdoor spaces to beat the lockdown boredom and reduce reliance on the shops...

**Getting your veg garden ready**  
Whether setting up a veg garden from scratch or

scaling up an existing plot, gardeners will get far better results with good foundations, good soil and a favourable spot in the garden. Get this bit right, and the rest follows much more easily.

### Consider raised beds

You can get raised bed kits mail order, or if you're handy with a hammer and some nails, make your own by nailing 15cm planks to four uprights made of 5cm x 5cm wood. One layer of planks will do, though two is better. The smallest useful size for a raised bed is 1.2m x 1.2m, though make them bigger if you can (1.2m x 3m is a good workable size if you have room). Start with one and you can always add more later. You can place your raised bed direct on the grass or on to your patio. Add the soil: a 50:50 mix of garden soil and garden compost.

### Find some sun

You can grow veg among your ornamental plants, but if you're serious about feeding yourself, it's better to clear a proper veg patch or set aside a corner of your garden specifically for growing food. The best veg grow in sunny, sheltered spots. If your garden is exposed, put up a fence (temporary will do for now) on the windward side to keep the worst off. Once you've cleared your

site of weeds and large stones, tip on a barrow load per square metre of compost and fork this lightly into the top layer so it's ready to plant straight away.

### Give care to containers and window boxes

Growing your veg supply in containers is possible, but they do need extra mollycoddling to give their best.

You can increase your chances of success by choosing your largest containers - 35cm diameter is a minimum to keep even smaller veg happy, as anything less dries out too quickly. If you don't have a large container, make your own. Wooden boxes, old bread bins, even household furniture can be upcycled into veg gardens with a little imagination.

On windowsills, repurpose takeaway trays and household waste like plastic fruit cartons, yoghurt pots and ice-cream tubs, punch a few holes through the bottom and you're good to go.

### What to sow now

For those itching to get sowing, Nex's top five quick-hit veg to start today will create harvests in as little as three weeks' time:

#### 1. Peashoots

Sow thickly into takeaway trays on the windowsill or seed trays in the

greenhouse, cover with more compost and within three weeks you can snip sweet pea-flavoured shoots for salads.

#### 2. Rocket

The clue is in the name: sow direct into pre-watered drills in sun or shade, keep damp and they'll be up within two weeks - pickable as baby leaves within four.

#### 3. Radishes

Famous for double-quick results, sow classic red-rooted radishes like 'French Breakfast' or 'Cherry Belle' today and you'll have seedlings by next week and roots in four weeks' time.

#### 4. Cress

Worth growing just for the feel-good factor of watching your efforts pay off so quickly. Sow densely on to kitchen towel or compost and you'll have a harvest within a fortnight.

#### 5. Plug plant salads

Cheating, I know, but don't believe those who tell you you'll have baby-leaf salads in four weeks from seed: it's six to eight weeks' minimum. So fake it and buy in plug plants - easy as pie and you'll be eating lettuces from your back garden within the month.

For more information on Sally's Self-Sufficient Veg Gardening course from Learning With Experts, and other courses, visit [learningwithexperts.com](http://learningwithexperts.com). PA

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# Making your home feel more spacious

Feeling a tad claustrophobic at home? Try some handy hacks for freeing up space...

**W**hen you're spending more time than ever holed up at home, it's easy to feel as though the walls are closing in a little - which means a few space-gaining tweaks could be very welcome right now.

"We've all been thrown into a situation beyond any of our wildest dreams and we're having to act fast and calmly. As we enter this new way of living for the time being, it's important to remember that the home is our sanctuary, always has been and always will be," says Kelly Hoppen, international interior designer.

"But now the entire family has to live together 24/7, so we need to look at our spaces and make some changes that work for everyone."

If two are you are having to get used to working from home, you might have created a specific 'office area', whether it's an actual desk, corner or even the kitchen table. But with homeschooling thrown into the mix, as

well as having to keep children entertained all under one roof, the rule book has been thrown out the window.

"However big or small, spaces need to be kept as organised as possible. Kids of all ages need to be in a routine and it's essential to have areas in which they can play together and have alone time," suggests Hoppen. Could it be possible to gain a bit more breathing space within your four walls? You can't magic up an extension of course, but here are some tips that might help...

## Purge the playroom

Take a good look around (you may have to be a bit ruthless) and sort out toys, books and have a general clear-out and tidy-up.

"What's not used, give to charities (think local) as many families need drastic help during this uncertain time. It's important that kids aren't on their computers and watching TV all day. Get your kids to put together mood boards on Pinterest of what they

want their rooms to look like, and then try and do it as best you can by borrowing and moving things from room to room to make it exciting," says Hoppen.

## Consider corners

While you're busy yourself changing furniture around and decluttering, think about merging and stacking things into corners, to make the space feel freer overall.

Every room has at least three corners and if you go from floor to ceiling, there's the potential for shelving and corner units (a game-changer for storing stemware and chinaware, or keeping books, DVDs and 'life admin' boxes tidy and out the way), or use the space to stack chairs, or position a floor lamp or corner table.

## Think inside the box

Of course, having to spend so much time at home also means making sure everything around you has a home. "A lack of storage can make your home feel more cramped and often smaller," says Bethan Harwood, partner and home design stylist at John Lewis. "An easy way to add more storage is by investing in solution led furniture with built in 'secret' storage, such as

lidded ottomans and foot stools.

"They provide closed off storage so they can be filled with everyday items, and also double up as extra seating. These items are simple but functional and it's surprising how much you can fit inside them."

## Steal some space with extending furniture

Budget allowing, furniture that folds or extends means you can all sit together when you want to, but with the option to downsize when not in use.

"An extending table is always a favourite, but it doesn't need to be in the context of a dinner party. An extending table can easily be used as a home office space," says Harwood. "They give you the option to transform your dining area every morning into a much bigger area, so you can effectively work from home. Opt for tables where the leaves are stored within the mechanism for ease of everyday use."

## Make clever use of walls

We may be climbing the walls at moments - but our four walls offer a wealth of opportunity for maximising and enhancing space, and can easily be adapted to



We may be climbing the walls at moments - but our four walls offer a wealth of opportunity for maximising and enhancing space. (Photo: iStock/PA)

suit your style and taste. "If you feel like you've run out of floor space to work with, turn your attention to the walls," says Harwood. "Floating bookcases are a great way to add storage to the room without a bulky piece of furniture. Adding shelves to a home office or playroom can really maximise the space and you can also have fun with the way you style them," she adds. "Try colour coding the shelves, adding hanging plants and turning books to lie flat as a more interesting way to display them."

## Make the most of mirrors

And if you've still got a large gap gracing the wall, and want to stream the most from these lighter, longer days, Hoppen suggests one of the most effective ways to create space in the home is to play with mirrors. "The perfect tool for spatial illusion in every room! Place mirrors strategically, ideally opposite to a source or natural or artificial light," she says, "so as to create reflections and offer the room an airy, bright atmosphere." PA



One of the most effective ways to create space in the home is to play with mirrors. (Photo: iStock/PA)

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# Why Sri Lanka is a dream destination



A leopard in Wilpattu. (Photo: PA Photo/Explore)

The drive from Colombo to Wilpattu National Park offers a sumptuous taste of Sri Lanka at its finest. Roadside fruit vendors go about their business on the sandy earth, backed by tropical fields of coconut trees and palmyra palms. Beeping tuk-tuks and motorcycles glide by as we pass stretches of marshland and the occasional Buddhist shrine. We stop for hoppers served from a roadside shack. The dilapidated stall next door blares out the wavering tones of a Sri Lankan woman singing as we're served the rice flour pancakes with red hot chilli sauce, followed by restorative honey. It all feels effortlessly cinematic, but then again, Sri Lanka is that kind of place. In these coronavirus-stricken times, snapshots of Sri Lanka present welcome escapism, making it a strong contender for a dream holiday to book once this nightmare has come to an end. But life hasn't been easy for the country: terrorist bombings last Easter ground tourism to a halt, and now a pandemic is pushing

businesses to their very brink. People are clinging to the hope visitors will eventually return - and they should. Our journey from the sun-scorched dagobas (shrines) of Anuradhapura to the hazy turquoise ocean of the south is filled with hilly tea plantations, weathered Buddhist murals and national parks brimming with wildlife. The feel of the place is tropical, unhurried and untamed. Our first day starts with an early-morning safari at Sri Lanka's largest national park, Wilpattu, which in Sinhalese means Land of Lakes. The lushly green park is billed as a leopard-spotting alternative to the more famous Yala, further south, and is notable for being less crowded. In a lake dense with lotus flowers, we spot a mugger crocodile and herd of water buffalo sharing bathing space. Elsewhere a sambar deer as tall as an adult human holds our gaze and a golden jackal trots beside us before scampering out of sight. All of a sudden, our local tour leader Cham exclaims: "Look to

The teardrop island has been beset by challenges. But once the world starts to travel again, James Callery recommends it as the first port of call.

your three o'clock!" Our jeep pulls to a halt as he points us in the direction of a leopard slumped on the bough of an arched tree. After a couple of minutes, the magnificent creature slides down the trunk and marks his territory before disappearing into the forest. We stay the night at the nearby Mahoora, which claims to be the world's first carbon neutral mobile tented safari camp company and has sites across Sri Lanka. It measures the carbon footprint of guests by considering the distance they've travelled and the length of their stay. It then offsets the site's overall footprint by purchasing carbon credits from a global specialised carbon offset management company. The camp is almost 90% solar powered and uses a zero plastic and polythene approach in its servicing. While each of the 10 tents comes equipped with a hot-water shower, living room and toilet, the manager assures me that they can be completely stripped and removed in an hour, so that nature can easily be restored once they are gone. Three of the five Unesco World Heritage Sites that make up Sri Lanka's Cultural Triangle are within two and a half hour's drive of Mahoora and are not to be missed. Viewing the surrounding forest plains from the top of 200 metre-tall Sigiriya rock fortress, then marvelling at the time-worn Buddha statues of Dambulla's cave temples makes for an unbeatable morning. The southern hill country's tea plantations are some of the most obvious vestiges of colonial times in Sri Lanka. The region can be reached by taking the

spectacular rickety train journey from the Cultural Triangle's Kandy. This is a popular route for those making their way down towards the sleepy beaches of the south. Tea-making was introduced to the country by the British in the 19th century, when the island was called Ceylon, and is still going strong in the region today. Sri Lanka's highest town, Nuwara Eliya, is very much at the centre of this. Also known as 'Little England', it serves as a good base to explore the dramatic surrounding scenery, including Horton Plains National Park. A golf course, country clubs and a Tudor-style post office decorate an area where visitors can ride ponies and go boating on the lake. It is as though the village green described by the rock band The Kinks has been transported to a Sri Lankan setting. Many of Nuwara Eliya's residents are descended from Tamil migrant workers from South India, who were brought in for tea-making in its early stages. While Brits are very welcome here, the tea workers see the colonial era as a time that has passed, and from which they are now removed. Despite this, many of the tea estates still have their original British names. For those who would prefer to take in the scenery from more remote lodgings, there are tea estate bungalows scattered around the region, the first of which were built for the original British managers. From Nuwara Eliya's closest station, Nanu Oya, the same train line from Kandy takes you through to Ella, on perhaps the most scenic leg of the journey. The

town is surrounded by eye-catching hills and tea plantations, with air that freshens the lungs. "Ella once used to be a transition town, but now it has turned into a backpackers' paradise," notes Cham. He puts this down to nearby hikes such as Little Adam's Peak and Ella Rock, which showcase some of the best scenery in Sri Lanka. Having finally made our way down south, we find ourselves eating juicy butterfish and red snapper on Mirissa beach, overlooking the lapping waves. It is a beautiful palm-lined crescent that still attracts plenty of discerning travellers, despite its growing fame. At night, the beach is aglow with a fairy-lit stretch of bars and restaurants, where hermit crabs scuttle across the sand as you tuck into freshly-caught fish. Our final evening is spent in the port city of Galle, another south coast favourite on the 'Highlights' trail. Architecture recounts different periods of colonial rule: Dutch forces captured the city from the Portuguese in 1640 and the British arrived in 1796. As the light of the day fades, the ramparts of Galle Fort (another Unesco site) provide the perfect sunset viewing platform. Behind us, Sri Lankans play cricket on the rocky earth as visitors dangle their legs over the wall. We encounter a Buddhist Sunday school-, with children dressed in white following an orange-robed monk. As a young boy from the group lightly taps on a hand drum, we stop to chat with the children. The sea of kind, smiling eyes that greets us tells me that Sri Lanka's future is bright, and that the country will always pull through hard times.

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# Should you avoid certain foods while pregnant?

Experts explain that unless pregnant women are allergic to a food themselves, they and their baby should eat a full, healthy and normal diet.

**I**f there are lots of allergies in your family, should you steer clear of allergenic foods like eggs, fish and nuts while pregnant?

Speaking before Allergy Awareness Week, head of clinical services at Allergy UK, and allergy doctor Dr Joe FitzGibbon, who runs allergy clinics in Dublin and Galway, outline the current allergy advice for pregnancy and weaning... Warner says: "There's a lot of conflicting information around what advice to follow when trying to prevent your baby from developing allergies, even before they're born. The latest advice for expectant mums is that there's no need to avoid any particular foods (such as peanuts) unless they're allergic to them, as this hasn't been shown to prevent allergies.

"Omega-3 fatty acids (found in oily fish such as salmon, trout, mackerel and fresh - not tinned -

tuna) may help reduce the risk of eczema and allergic sensitisation (development of allergy antibodies) in early life. Try to include some of these in your diet, but remember that pregnant women shouldn't eat more than two portions of oily fish a week.

"There's no evidence that any particular foods can prevent allergy either when pregnant or when weaning your baby. Advice is therefore to eat a healthy, well-balanced diet, including plenty of vegetables and fruit to provide vitamins and minerals, as well as fibre. "With regards to weaning, when you and your baby are ready (from around six - but not before four - months of age), you may start to offer them solids including vegetables, fruit, protein and starchy foods. At this stage, you don't need to add salt or sugar to any foods or recipes.

"If your baby is considered at higher risk of developing

allergies, either through family history, severe eczema or other food allergies, research shows they may benefit from the earlier introduction of complimentary foods (solids), including food containing egg and peanut.

"If you have any concerns about your baby with regards to allergies or significant eczema, talk to your health visitor or GP." And FitzGibbon says:

"You'd imagine we'd have a simple answer to a simple question, but we don't. Considerable research has looked at how we can reduce the risk of allergy in children. Attempts have been made to intervene at all stages of development, to alter mum's diet while the baby's still in the womb; alter mum's diet while the baby's being breastfed; and looking at how and when to introduce new foods to the weaning infant.

"Some studies held early



The latest advice for expectant mums is that there's no need to avoid any particular foods (such as nuts) unless they're allergic to them, as this hasn't been shown to prevent allergies. (Photo: iStock/PA)

promise of a positive effect, but others showed no beneficial effect, or even a worsening effect. This was true for a range of dietary interventions, as well as supplement and probiotic use.

"The bottom line then, for both normal and high-risk

expectant mums, is they should eat a full and healthy diet. If they're high-risk (i.e. already have a child with severe eczema and food allergy), they could consider using one of the low-allergy infant formulae, as this could delay onset of eczema.

"When it comes to weaning, my advice would be to carry on as normal, and not to avoid any specific food for fear of allergy. Delaying the introduction of some foods may actually increase the risk of becoming allergic to them." PA

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# How to Stay Motivated, Healthy and Happy at Home



Set aside ten minutes in your day to move your body, yoga, dance, skip, lift weights...the choice is yours.

**W**hat a strange times we suddenly find ourselves in.

The global situation develops rapidly, advice changes daily. Scroll back six weeks and the future seemed very different indeed.

This abrupt, marked change to our daily lives and routines can be frightening and bring up feelings of anxiety, stress and even panic.

None of which are good for our immune systems, which we need to rely on even more right now. Some of us have lost incomes, not knowing when they will return, or even if our industries will exist in the same way. Some are working from home. Some homeschooling their children.

And some are among the most vulnerable, finding themselves confined to their homes and unable to mix freely in their communities. This is problematic for reasons beyond the physical. We humans are a social lot, by nature. When we find ourselves isolated for long periods of time, our mental health can suffer, which in turn affects us in a physical, bodily way too. Everything in our body is interlinked, so we need to think of our system as a holistic entity, with everything working in conjunction, and ideally, balance.

**Commune with nature.** Walking, running or cycling in nature (at a respectful distance from other nature-seekers, of course) relieves stress, bringing

much-needed clarity and calm. Not to mention the benefits to our immune systems from topping up the vitamin D supplies. Now this may not be possible if you are stuck in an apartment with no balcony, no garden, and you live in a city where you are not able to walk to somewhere that has nature. A study published in the International Journal of Environmental Research and Public Health found that even looking at pictures of nature can replicate these effects. Participants' stress levels decreased as their parasympathetic nervous system response was activated. So try watching a David Attenborough documentary or listening to a relaxing nature

Seven simple tools to alleviate stress and boost immunity.

**soundtrack.** Getting daylight every day is important for our circadian rhythm, immune health, and mental health, so even if you can't get outside, sit next to the window, tune into the birdsong and take some deep breaths.

## Move

Movement is so important for our immune system, but also for our mental health. Apart from your daily walk/exercise outside, can you set aside ten minutes in your day to move your body, yoga, dance, skip, lift weights...the choice is yours.

There are many free internet resources, even more so now. Maybe your favourite yoga teacher has moved their classes online, or you have always wanted to learn to dance.

There are gentle chair yoga classes if mobility is an issue, or even tune into Joe Wicks' PE classes in the mornings! Mix it up, move about, keep the endorphins pumping around your body, it'll thank you for it.

## Beautify your space.

If you are working from home, this means making yourself a workspace away from everything else, and making sure it doesn't cross over into your leisure area. Get some plants, clear up the clutter, light some candles, create space. No working from bed, scrunched over your

laptop.

And if you work from your pyjamas all day (no judgement here) at least have different nighttime, sleeping pyjamas you can change into.

## Write yourself a schedule

What would you like to achieve today? Maybe it's a day for video calling your entire contacts list. Or learning to tap dance. Homeschooling your child. Maybe you are working from home and you struggle with procrastination.

Whatever situation you are in, you can benefit from a little routine and structure. Shower, brush your teeth, get dressed as if you were going outside. Schedule in breaks, exercise, time outside and a clear end of day.

## Mark out your weekend.

Make sure this feels different to the 'work week.' Just because you can work at any time from your laptop, doesn't mean it's a good idea.

**Be strict.** Close the laptop, put the phone on aeroplane mode, mark out your leisure time. Save something for the weekend.

## Prepare for sleep

Try to go to bed and get up at the same time every day, even if you don't have to work at the moment. Having that routine is vital for a healthy sleep cycle. Sleep, along with other lifestyle factors such as daylight, exercise and a healthy diet, is vital for immune health. Listen to Neuroscience Professor Matt Walker's Ted Talks on sleep as a superpower, and how the lack of sleep can dull the immune response and aggravate the nervous system. Looking at a screen just before bed may keep you awake, so try a different routine. Meditation, reading, yoga - whatever you need to calm the mind.

## Take time out to breathe

You do this anyway (hopefully) but you can do it better. We breathe, as a reflex, something like 20,000 times per day. But we can breathe *consciously*, which calms down the nervous system, and has the happy

side effect of enabling meditation.

How? Put simply, when we concentrate our attention completely on the process of breathing, *we are not concentrating on anything else.*

We are not multitasking, looking at our phone, or jumping frantically from thought to thought, anxiety to anxiety, thinking about next week or next year or...you get the picture. Instead, we are simply breathing, nice and deeply, from the belly, and giving our minds a little break by concentrating on that process.

And that's it.

Mindfulness, meditation, whatever you want to call it - giving our minds a rest is as good for our mental health as going for a big jog through the countryside.

Meditation, or breath awareness, has another quick side effect, in that it calms down the nervous system, turning off the adrenal glands, and enabling the body to shift into its 'Rest and Digest' mode (the opposite to 'Fight or Flight'.)

So we start to digest our food properly, enable cellular repair...all from sitting quietly and breathing. Easy.

## Ignore all of the above

Sometimes. It is ok to be overwhelmed, ok to feel tired. If you need to stay in bed and watch films all day, then do it. If you need to turn your phone off because it seems like everybody else is doing inspiring things and are totally ok (they probably aren't) then turn it off. If you need to close the curtains and eat all the chocolate you bought to last through the apocalypse, go ahead. It is ok not to write a novel, not to learn a new language, or finally finish *The Count of Monte Cristo* (I have tried SO MANY TIMES.)

It is ok just to survive, to rest, to wait. Be as gentle and as kind to yourself as you would be to the people you love.

*Rachel is a yoga and meditation teacher based in Lagos. She has taken her yoga classes online, and caters for all levels - for more info email saltwateryogauk@gmail.com*

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The spacious living room features high ceilings, wood-burning stove and doors to the terrace and gardens, and the adjoining dining room has views to the Silves castle in the distance. The compact kitchen is well-equipped with plenty of cupboards.

There are 3 bedrooms and two family bathrooms plus a utility room. A corner of the spacious hall area is used as an office.

Outside is a covered entertainment area with cosy wood-burning fireplace and views over the valley and hills. The pool has a seating area and

jets, and is surrounded by paving with plenty of space to relax and soak up the sun. There is also a single car garage (which could easily be converted into a fourth bedroom) and separate workshop built into the hillside.

Extra features include air-conditioning in each room, shutters or security bars on all windows, and a fenced area of about 1,800m<sup>2</sup> around the house. The total plot size is 25,000m<sup>2</sup>.

Above the house are 2 flat terraces of land, both with water and electricity connections. Given the ample plot size, these could be ideal for a small scale rural tourism project with yurts or safari tents.

It is only 5km to Silves with all of its amenities. 45 minutes to Faro airport, 20 minutes to beautiful beaches and close to a selection of golf courses.

If you would like more information, photos or a HD video tour of this fantastic property (reference 2614) priced at €415,000, please visit [www.seatoskyhomes.pt](http://www.seatoskyhomes.pt).



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

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



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EC: D

**MONCARAPACHO**

Beautiful, Moorish style 3 bedroom / 3 bathroom villa (188 m<sup>2</sup>) with pool & large, automatic irrigated garden. Garage. Plot of 5240 m<sup>2</sup>.

Ref. LHV-1389 €595.000



EC: E

**TAVIRA**

Fully fenced, 2 storey 4 bedroom / 2 bathroom house (147 m<sup>2</sup>) with front garden & sunny patio located in Tavira. Plot of 209 m<sup>2</sup>.

Ref. LHV-1455 €335.000



EC: D

**TAVIRA**

Top floor 3 bedroom / 2 bathroom apartment (113m<sup>2</sup>) with sea view & 110 m<sup>2</sup> private roof terrace near center. Elevator. Underground parking.

Ref. LHA-1468 €310.000



EC: C

**TAVIRA**

Charming fully furnished 3 bedroom / 2 bathroom apartment (112 m<sup>2</sup>) with South facing balcony in the center. A/C & mosquito netting.

Ref. LHA-1495 €239.000



EC: IP

**TAVIRA**

Exclusive listing: Fully furnished 2 bedroom / 2 bathroom south facing top floor apartment with communal pool. A/C. Underground parking.

Ref. LHA-1494 €195.000

AMI-968



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Ref: V1466



**UNIQUE OPPORTUNITY**

Charming 3 bedroom villa, inserted in a fenced plot of 680 sqm, located only 10 minutes from the Moorish City of Silves and 10 minutes from the village of Messines. This very well maintained villa consists of 3 bedrooms with wardrobes (1 en-suite), 2 bathrooms, 1 toilet room, living room with wood-burner, dining room, spacious kitchen, pantry/laundry, several terraces with lovely countryside views, a garage, low maintenance garden, double glazing windows, mains water, with parking and

private entrance gate. Located 20 minutes from the Algarvean beaches, 10 minutes from several renowned golf courses, 15 minutes from the International Schools and 45 minutes from Faro International Airport-Algarve. An Opportunity not to be missed! Book your viewing with the Servesul Team!

**Area:** 148 sqm | 680 sqm  
**Bedrooms:** 3  
**Price:** €320,000



**Santa Barbara de Nexe – Luxury Villa with a view**

A luxury 5 bedroom detached villa. All bedrooms with en-suite, south facing heated infinity pool, full size tennis court. Large plot, mature garden. Good as a home or an investment.

Ref : FS119 Price : €1,600,000



**Central Vilamoura – 2 bedroom apartment with terrace and balcony**

A spacious first floor apartment with lift within walking distance of Millennium Club house. Two good size bedrooms and open plan lounge/dining area. Central Vilamoura. Good value.

Ref : FS300 Price : 289,000€



AMI 10185

For more details, please visit our website or call in the office

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Vilamoura 8125-429



**Old Village – 3 bedroom apartment with 2 terraces**

A Lovely apartment with 3 bedrooms, open lounge and kitchen, terrace facing the main swimming pool and a south facing roof terrace in the Old Village. Must see to appreciate.

Ref : FS208 Price : 360,000€



**Old Village – 3 bedroom apartment with communal swimming pool**

A renovated 3 bedroom apartment in the Old Village. It has a lovely south facing roof terrace with sea view. It is close to supermarket, cafes, restaurants and the fabulous Vilamoura Marina.

Ref : FS108 Price : €355,000



**OLD HOUSE IN A QUIET AREA VERY CLOSE TO LOULÉ**

Ref:A14-182 **210.000 €**

This old house is only 5 minutes from Loulé, integrated in a quiet area on a plot of almost 4,000 square meters where you can listen and see nature in all its beauty. The house is partially ruined and consists of seven rooms and a garage. Access to the property is by road and has a gateway to the land.

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**595.000 €**  
REF: SPV107

**B-**

**DETAILS**

**BEDROOMS**  
5+1 Bedroom

**BATHROOMS**  
4 Bathroom

**INTERIOR AREA**  
271m<sup>2</sup>

**TOTAL AREA**  
298m<sup>2</sup>

**LAND AREA**  
1,000m<sup>2</sup>

**5+1 BEDROOM VILLA FOR SALE IN CARVOEIRO**

Fantastic investment. This attractive detached villa of 298m<sup>2</sup> (271m<sup>2</sup> + 27m<sup>2</sup>) sits on a walled plot of 1,000m<sup>2</sup> which comprises of a driveway and carport and a lockable gated swimming pool with heat pump. Short stroll to restaurants & shops and 1km from the beach.



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**Ref: AA-734SN - LAGOS**

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SATURDAY 18/04

BBC One

06.00 Breakfast.  
10.00 Saturday Kitchen Live.  
11.30 Nadiya's Family Favourites.  
12.00 Football Focus.  
12.30 Homes Under the Hammer.  
13.00 BBC News; Weather.  
13.15 Bargain Hunt.  
14.00 FA Cup Rewind: Semi-Final Classics.  
15.00 Money for Nothing.  
15.45 Escape to the Country.  
16.30 Garden Rescue.  
17.15 BBC News; Weather.  
17.40 Pointless: The Good, the Bad & the Bloopers.  
18.25 Celebrity Mastermind.  
18.55 Catchpoint.  
19.25 Casually.  
20.15 Gavin & Stacey.  
20.45 Outnumbered.  
21.15 All Round to Mrs Brown's.  
22.00 BBC News; Weather.  
22.20 Match of the Day Top Ten Podcast.  
23.00 Match of Their Day.  
23.45 **FILM:** The Damned United.  
01.20 Weather for the Week Ahead.  
01.25 BBC News.

BBC Two

06.30 Gardeners' World.  
07.00 My First Festival: Easter.  
07.15 My First Festival: Vaisakhi.  
07.30 All Over the Place: UK.  
08.00 The Dengineers.  
08.30 Blue Peter: Happy Anniversary Henry!  
09.00 Deadly 60.  
10.00 Astronauts: Do You Have What It Takes?  
11.00 Operation Wild.  
12.00 Great British Menu.  
14.00 The #100K House: Tricks of the Trade.  
15.00 World Snooker: Crucible Classics.  
17.00 Talking Snooker.  
17.45 **FILM:** Porridge.  
19.15 The Many Faces of Ronnie Barker.  
20.15 Great Asian Railway Journeys.  
21.15 **FILM:** The Sense of an Ending.  
23.00 **FILM:** The Conversation.  
00.50 This Is BBC Two.

ITV London

06.00 CITV.  
08.55 The Rubbish World of Dave Spud.  
09.25 James Martin's Saturday Morning.  
11.30 James Martin's Islands to Highlands.  
12.30 Ainsley's Mediterranean Cookbook.  
13.30 ITV News and Weather.  
13.35 Love Your Garden.  
14.00 Midsomer Murders.  
16.00 Tipping Point: Lucky Stars.  
17.00 The Chase Celebrity Special.  
18.00 ITV News and Weather.  
18.30 Ninja Warrior UK.  
19.30 In for a Penny.  
20.00 Britain's Got Talent.  
21.20 Through the Keyhole.  
22.15 ITV News and Weather.  
23.30 **FILM:** Crank.  
00.05 Ideal World.

Channel 4

06.05 Mike & Molly.  
06.50 Everybody Loves Raymond.  
08.05 The Big Bang Theory.  
09.50 The Simpsons.  
11.45 Ramsay's Kitchen Nightmares USA.  
12.40 Four in a Bed.  
15.20 Mend It for Money.  
16.20 Animal Rescue School.  
17.20 Food Unwrapped Does Chocolate.  
18.15 Channel 4 News.  
19.00 Grand Designs.  
20.00 Great Canal Journeys.  
21.00 **FILM:** Star Trek Into Darkness.  
23.35 Ramsay's Kitchen Nightmares USA.  
01.15 The Simpsons.  
02.30 Hollyoaks.  
03.50 Location, Location, Location.

BBC Four

19.00 The Private Life of Cows.  
20.00 Coast Great Guides: Heart of England's South Coast.  
21.00 Twin.  
22.30 What a Performance! Pioneers of Popular Entertainment.  
23.30 Top of the Pops: 1989.  
00.30 Soul & Beyond with Corinne Bailey Rae & Trevor Nelson.  
01.30 Coast Great Guides: Heart of England's South Coast.  
02.30 The Private Life of Cows.  
03.30 Close.

SUNDAY 19/04

BBC One

06.00 Breakfast.  
09.00 The Andrew Marr Show.  
10.00 Sunday Worship.  
10.30 Wanted Down Under.  
11.15 Homes Under the Hammer.  
12.15 Bargain Hunt.  
13.00 BBC News; Weather.  
13.15 Songs of Praise.  
13.50 FA Cup Rewind: Semi-Final Classics.  
14.50 Money for Nothing.  
15.35 Escape to the Country.  
16.05 Garden Rescue.  
16.50 Penguins - Spy in the Huddle.  
17.50 BBC News; Weather.  
18.15 Countryfile.  
19.15 Antiques Roadshow.  
19.45 One World: Together at Home.  
21.15 Killing Eve.  
22.00 BBC News; Weather.  
22.30 **FILM:** The Deer Hunter.

BBC Two

06.05 Countryfile.  
07.00 Heavenly Gardens with Alexander Armstrong.  
08.00 The British Garden: Life and Death on Your Lawn.  
09.30 Saturday Kitchen Best Bites.  
10.00 Great British Menu.  
11.30 Hairy Bikers' Best of British.  
13.00 Your Home Made Perfect.  
13.50 Hugh's Wild West.  
15.00 World Snooker: Crucible Classics.  
17.00 Alex Higgins: The People's Champion.  
18.00 Inside the Factory.  
19.00 The Americas with Simon Reeve.  
20.00 Race Across the World.  
21.00 Stacey Dooley: Locked Up With the Lifers.  
22.00 Trigonometry.  
22.45 Limmy's Homemade Show.  
23.15 What We Do in the Shadows.

ITV London

06.00 CITV.  
07.30 Scrambled!: Mighty Mike.  
07.40 Scrambled!: Mighty Mike.  
07.50 Scrambled!: Mr Bean: The Animated Series.  
08.00 Scrambled!: Mr Bean: The Animated Series.  
08.15 Scrambled!: Ben 10.  
08.30 Scrambled!: The Epic Tales of Captain Underpants.  
08.55 Scrambled!: The Rubbish World of Dave Spud.  
09.10 Scrambled!: The Rubbish World of Dave Spud.  
09.25 James Martin's Islands to Highlands.  
10.20 Ainsley's Mediterranean Cookbook.  
11.25 John and Lisa's Weekend Kitchen.  
12.20 ITV News and Weather.  
12.30 Britain's Got Talent.  
13.50 **FILM:** Twister.  
16.00 Tenable.  
17.00 Tipping Point: Lucky Stars.  
18.00 In for a Penny.  
18.30 ITV News and Weather.  
19.00 The Family Chase.  
20.00 The Good Karma Hospital.  
21.00 Belgravia.  
22.00 ITV News and Weather.  
22.20 White Collar Boxing Undercover - Exposure.  
23.20 Ross Kemp: On the NHS Frontline.  
23.50 You've Been Framed! Ideal World.

Channel 4

06.00 Everybody Loves Raymond.  
07.15 The Big Bang Theory.  
08.25 Jamie and Jimmy's Friday Night Feast.  
09.30 Sunday Brunch.  
12.30 The Simpsons.  
15.00 **FILM:** Monster Trucks.  
17.00 Channel 4 News.  
17.50 **FILM:** Grease.  
20.00 Food Unwrapped Does Baking.  
21.00 Homeland.  
22.05 Gogglebox.  
23.00 **FILM:** Legend.  
01.25 **FILM:** Northern Soul.

BBC Four

19.00 Pubs, Ponds and Power: The Story of the Village.  
19.30 Canal Boat Diaries.  
20.00 Wild Arabia.  
21.00 A Midsummer Night's Dream.  
22.00 One-Hit Wonders at the BBC.  
23.30 Jago: A Life Underwater.  
00.20 Handmade in Bolton.  
00.50 Becoming a Lied Singer: Thomas Quasthoff and the Art of German Song.  
01.50 Utopia: In Search of the Dream.

MONDAY 20/04

BBC One

06.00 Breakfast.  
09.00 BBC News at 9.  
10.00 Daily Kitchen Live.  
10.45 Homes Under the Hammer.  
11.45 Close Calls: On Camera.  
12.15 Bargain Hunt.  
13.00 BBC News at One; Weather.  
13.45 Doctors.  
14.15 Father Brown.  
15.00 Escape to the Country.  
15.45 The Customer is Always Right.  
16.30 Antiques Road Trip.  
17.15 Pointless.  
18.00 BBC News at Six; Weather.  
19.00 The One Show.  
19.30 Panorama.  
20.00 EastEnders.  
20.30 Would I Lie to You?  
21.00 Death in Paradise.  
22.00 BBC News at Ten; Weather.  
22.45 Man Like Mobeen.  
23.10 Have I Got a Bit More News for You.

BBC Two

06.45 Night Force.  
07.15 Pointless.  
08.00 Sign Zone: MasterChef.  
09.00 Wonders of the Monsoon.  
10.00 BBC News.  
13.00 Curiosity.  
13.45 The Hairy Bakers.  
14.00 World Snooker: Crucible Classics.  
16.00 Eggheads.  
16.30 Len and Ainsley's Big Food Adventure.  
17.15 Flog It!  
18.00 Richard Osman's House of Games.  
18.30 The Farmers' Country Showdown.  
19.00 The Brecon Beacons with Iolo Williams.  
20.00 Mastermind.  
20.30 University Challenge.  
21.00 The Restaurant That Burns Off Calories.  
22.00 Inside No 9.  
22.30 The Mini Mash Report.  
22.45 Newsnight.  
23.25 Weather.  
23.30 Sacred Wonders.

ITV London

06.00 Good Morning Britain.  
09.00 Good Morning Britain with Lorraine.  
10.00 This Morning.  
12.30 Loose Women.  
13.30 ITV Lunchtime News; Weather.  
14.00 James Martin's Islands to Highlands.  
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 Coronavirus: Q&A.  
20.30 Love Your Garden.  
21.00 A Mother's Son.  
22.00 ITV News at Ten; Weather.  
22.45 Gordon, Gino and Fred: American Road Trip.  
23.45 All Elite Wrestling: Dynamite.  
00.35 Ideal World.

Channel 4

06.25 Cheers.  
07.15 Everybody Loves Raymond.  
08.05 Frasier.  
09.30 Come Dine with Me.  
12.00 The Steph Show.  
13.05 Sun, Sea and Selling Houses.  
14.10 Countdown.  
15.00 A Place in the Sun.  
16.00 Escape to the Chateau: DIY.  
17.00 Kirstie: Keep Crafting and Carry On.  
18.00 The Simpsons.  
18.30 Hollyoaks.  
19.00 Channel 4 News.  
20.00 Jamie: Keep Cooking and Carry On.  
21.00 Celebrity SAS: Who Dares Wins.  
22.00 A Very British Sex Shop.  
23.00 The Truth About Traveller Crime: Dispatches.  
00.00 Emergency Helicopter Medics.

BBC Four

19.00 The Joy of Painting.  
19.30 The Beauty of Maps.  
20.00 Pain, Pus & Poison: The Search for Modern Medicines.  
21.00 Expedition Volcano.  
22.00 Secrets of Orkney: Britain's Ancient Capital.  
23.00 The Marvellous World of Roald Dahl.  
00.00 The Renaissance Unchained.  
01.00 The Art That Made Mexico: Paradise, Power and Prayers.

TUESDAY 21/04

BBC One

06.00 Breakfast.  
09.00 BBC News at 9.  
10.00 Daily Kitchen Live.  
10.45 Homes Under the Hammer.  
11.45 Close Calls: On Camera.  
12.15 Bargain Hunt.  
13.00 BBC News at One; Weather.  
13.45 Doctors.  
14.15 Father Brown.  
15.00 Escape to the Country.  
15.45 The Customer is Always Right.  
16.30 Antiques Road Trip.  
17.15 Pointless.  
18.00 BBC News at Six; Weather.  
19.00 The One Show.  
19.30 EastEnders.  
20.00 Life and Birth.  
21.00 Our Girl.  
22.00 BBC News at Ten; Weather.  
22.45 Hot Property.  
23.20 Addicted: America's Opioid Crisis.

BBC Two

00.10 Killing Eve.  
00.55 Weather for the Week Ahead.  
01.00 BBC News.  
06.45 Close Calls: On Camera.  
07.15 Pointless.  
08.00 Sign Zone: MasterChef.  
09.00 Wonders of the Monsoon.  
10.00 BBC News.  
13.00 Curiosity.  
13.45 The Hairy Bakers.  
14.00 World Snooker: Crucible Classics.  
16.00 Eggheads.  
16.30 Len and Ainsley's Big Food Adventure.  
17.15 Flog It!  
18.00 Richard Osman's House of Games.  
18.30 The Farmers' Country Showdown.  
19.00 Race Across the World.  
20.00 Your Home Made Perfect.  
21.00 Inside the Factory.  
22.00 I'll Get This.  
22.45 Newsnight.  
23.25 Weather.  
23.30 The Restaurant That Burns Off Calories.

ITV London

06.00 Good Morning Britain.  
09.00 Good Morning Britain with Lorraine.  
10.00 This Morning.  
12.30 Loose Women.  
13.30 ITV Lunchtime News; Weather.  
14.00 James Martin's Islands to Highlands.  
15.00 Tenable.  
16.00 Tipping Point.  
17.00 The Chase.  
18.00 ITV News London; Weather.  
19.00 Doc Martin.  
20.00 A Very British Lockdown: Diaries from the Frontline.  
21.00 A Mother's Son.  
22.00 ITV News at Ten; Weather.  
22.45 Home Alone with Joel Dommett.  
23.30 Kate & Koji.  
23.55 Belgravia.

Channel 4

06.25 Cheers.  
07.15 Everybody Loves Raymond.  
08.05 Frasier.  
09.30 Come Dine with Me.  
12.00 The Steph Show.  
13.05 Sun, Sea and Selling Houses.  
14.10 Countdown.  
15.00 A Place in the Sun: Home or Away.  
16.00 Escape to the Chateau: DIY.  
17.00 Kirstie: Keep Crafting and Carry On.  
18.00 The Simpsons.  
19.00 Channel 4 News.  
20.00 The Great Celebrity Bake Off for Stand Up to Cancer.  
21.00 The Truth About Amazon.  
22.00 Shut-Ins: Britain's Fattest People.  
23.00 Gogglebox.  
00.00 Pokerstars Players Championship.  
01.00 Ramsay's Kitchen Nightmares USA.

BBC Four

19.00 The Joy of Painting.  
19.30 The Beauty of Maps.  
20.00 Pain, Pus & Poison: The Search for Modern Medicines.  
21.00 Expedition Volcano.  
22.00 Secrets of Orkney: Britain's Ancient Capital.  
23.00 The Marvellous World of Roald Dahl.  
00.00 The Renaissance Unchained.  
01.00 The Art That Made Mexico: Paradise, Power and Prayers.

WEDNESDAY 22/04

BBC One

06.00 Breakfast.  
09.00 BBC News.  
10.00 Daily Kitchen Live.  
10.45 Homes Under the Hammer.  
11.45 Close Calls: On Camera.  
12.15 Bargain Hunt.  
13.00 BBC News at One; Weather.  
13.45 Doctors.  
14.15 Father Brown.  
15.00 Escape to the Country.  
15.45 The Customer is Always Right.  
16.30 Antiques Road Trip.  
17.15 Pointless.  
18.00 BBC News at Six; Weather.  
19.00 The One Show.  
19.30 Garden Rescue.  
20.00 The Repair Shop.  
21.00 The Great British Sewing Bee.  
22.00 BBC News at Ten; Weather.  
22.45 In My Skin.  
23.15 Peter Kay's Comedy Shuffle.  
23.45 Catchpoint.  
00.15 Weather for the Week Ahead.  
00.20 BBC News.

BBC Two

06.45 Close Calls: On Camera.  
07.15 Pointless.  
08.00 Sign Zone: MasterChef.  
09.00 Wonders of the Monsoon.  
10.00 BBC News.  
13.00 Curiosity.  
13.45 The Hairy Bakers.  
14.00 World Snooker: Crucible Classics.  
16.00 Eggheads.  
16.30 Len and Ainsley's Big Food Adventure.  
17.15 Flog It!  
18.00 Richard Osman's House of Games.  
18.30 The Farmers' Country Showdown.  
19.00 The Hairy Bikers' Mediterranean Adventure.  
20.00 Great British Menu.  
21.00 Devs.  
22.00 Live at the Apollo.  
22.45 Newsnight.  
23.25 Weather.  
23.30 Front Row Late.

ITV London

06.00 Good Morning Britain.  
09.00 Good Morning Britain with Lorraine.  
10.00 This Morning.  
12.30 Loose Women.  
13.30 ITV Lunchtime News; Weather.  
14.00 James Martin's Islands to Highlands.  
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 Kate & Koji.  
20.30 Paul O'Grady: For the Love of Dogs.  
21.00 Our Queen at War.  
22.00 ITV News at Ten; Weather.  
22.45 Peston.  
23.40 Tenable.  
00.30 Ideal World.

Channel 4

06.25 Cheers.  
07.15 Everybody Loves Raymond.  
08.05 Frasier.  
09.30 Come Dine with Me.  
12.00 The Steph Show.  
13.05 Sun, Sea and Selling Houses.  
14.10 Countdown.  
15.00 A Place in the Sun: Home or Away.  
16.00 Escape to the Chateau: DIY.  
17.00 Kirstie: Keep Crafting and Carry On.  
18.00 The Simpsons.  
19.00 Channel 4 News.  
20.00 Location, Location, Location.  
21.00 Can Science Beat the Virus?  
22.00 Feel Good.  
22.30 Friday Night Dinner.  
23.00 Joe Lycett's Got Your Back.  
00.00 Wife Swap USA.  
00.50 Ramsay's Kitchen Nightmares USA.  
01.35 Couples Come Dine with Me.  
02.25 **FILM:** The Way Way Back.

BBC Four

19.00 The Joy of Painting.  
19.30 The Beauty of Maps.  
20.00 Michael Wood's Story of England.  
21.00 King Arthur's Britain: The Truth Unearthed.  
22.00 Archaeology: A Secret History.  
23.00 Amsterdam: An Art Lovers' Guide.  
00.00 **FILM:** Peggy Guggenheim: Art Addict.

THURSDAY 23/04

BBC One

06.00 Breakfast.  
09.00 BBC News.  
10.00 Daily Kitchen Live.  
10.45 Homes Under the Hammer.  
11.45 Close Calls: On Camera.  
12.15 Bargain Hunt.  
13.00 BBC News at One; Weather.  
13.45 Doctors.  
14.15 Father Brown.  
15.00 Escape to the Country.  
15.45 The Customer is Always Right.  
16.30 Antiques Road Trip.  
17.15 Pointless.  
18.00 BBC News at Six; Weather.  
19.00 The Big Night In.  
20.00 Clap for Our Carers.  
20.05 The Big Night In.  
22.00 BBC News at Ten; Weather.  
22.45 New Tricks.  
23.45 NewsCast; Weather.  
00.15 BBC News.

BBC Two

06.45 Close Calls: On Camera.  
07.15 Pointless.  
08.00 Sign Zone: Antiques Roadshow.  
09.00 Wonders of the Monsoon.  
10.00 BBC News.  
13.00 Curiosity.  
13.45 The Hairy Bakers.  
14.00 World Snooker: Crucible Classics.  
16.00 Eggheads.  
16.30 Len and Ainsley's Big Food Adventure.  
17.15 Flog It!  
18.00 Richard Osman's House of Games.  
18.30 The Farmers' Country Showdown.  
19.00 The Lakes with Paul Rose.  
19.30 The River Wye with Will Millard.  
20.00 Great British Menu.  
21.00 Devs.  
22.00 Live at the Apollo.  
22.45 Newsnight.  
23.25 Weather.  
23.30 Front Row Late.

ITV London

06.00 Good Morning Britain.  
09.00 Good Morning Britain with Lorraine.  
10.00 This Morning.  
12.30 Loose Women.  
13.30 ITV Lunchtime News; Weather.  
14.00 James Martin's Islands to Highlands.  
15.00 Tenable.  
16.00 Tipping Point.  
17.00 The Chase.  
18.00 ITV News London; Weather.  
19.00 You've Been Framed!  
19.30 Keeping Britain Fed? Tonight.  
20.00 The Martin Lewis Money Show - A Coronavirus Special.  
20.30 Secrets of the Driving Test: Gordon, Gino and Fred: American Road Trip.  
22.00 ITV News at Ten; Weather.  
22.45 Cristiano Ronaldo Meets Piers Morgan.  
23.40 Stuck on You: The Football Sticker Story.  
00.30 Ideal World.

Channel 4

06.25 Cheers.  
07.15 Everybody Loves Raymond.  
08.05 Frasier.  
09.30 Come Dine with Me.  
12.00 The Steph Show.  
13.05 Sun, Sea and Selling Houses.  
14.10 Countdown.  
15.00 A Place in the Sun.  
16.00 Escape to the Chateau: DIY.  
17.00 Kirstie: Keep Crafting and Carry On.  
18.00 The Simpsons.  
19.00 Channel 4 News.  
20.05 Grayson's Art Club.  
21.00 What's it Like to Catch Coronavirus?  
22.00 24 Hours in A&E.  
23.00 Celebrity SAS: Who Dares Wins.  
00.00 Ramsay's Kitchen Nightmares USA.  
00.55 Feel Good.

BBC Four

19.00 The Joy of Painting.  
19.30 The Beauty of Maps.  
20.00 How Britain Won the Space Race: The Story of Bernard Lovell and Jodrell Bank - Timeshift.  
21.00 Mark Kermode's Secrets of Cinema: Coming of Age.  
22.00 Lionel Richie at the BBC.  
23.00 Secrets of Silicon Valley.  
00.00 Novels That Shaped Our World.  
01.00 **FILM:** Hollywood's Brightest Bombshell: The Hedy Lamarr Story.

FRIDAY 24/04

BBC One

06.00 Breakfast.  
09.00 BBC News.  
10.00 Daily Kitchen Live.  
10.45 Homes Under the Hammer.  
11.45 Close Calls: On Camera.  
12.15 Bargain Hunt.  
13.00 BBC News at One; Weather.  
13.45 Doctors.  
14.15 Father Brown.  
15.00 Escape to the Country.  
15.45 The Customer is Always Right.  
16.30 Antiques Road Trip.  
17.15 Pointless.  
18.00 BBC News at Six; Weather.  
19.00 The One Show.  
19.30 A Question of Sport.  
20.00 My Family.  
20.30 Have I Got News for You.  
21.00 The Graham Norton Show.  
21.30 Peter Kay's Comedy Shuffle.  
22.00 BBC News at Ten; Weather.  
22.45 Kevin Bridges: The Brand New Tour.

BBC Two

06.45 Close Calls: On Camera.  
07.15 Pointless.  
08.00 Sign Zone: Antiques Roadshow.  
09.00 Wonders of the Monsoon.  
10.00 BBC News.  
13.00 Curiosity.  
13.45 The Hairy Bakers.  
14.00 World Snooker: Crucible Classics.  
16.00 Eggheads.  
16.30 Len and Ainsley's Big Food Adventure.  
17.15 Flog It!  
18.00 Richard Osman's House of Games.  
18.30 The Farmers' Country Showdown.  
19.00 The Lakes with Paul Rose.  
19.30 The River Wye with Will Millard.  
20.00 Great British Menu.  
21.00 Devs.  
22.00 Live at the Apollo.  
22.45 Newsnight.  
23.25 Weather.  
23.30 Front Row Late.

ITV London

06.00 Good Morning Britain.  
09.00 Good Morning Britain with Lorraine.  
10.00 This Morning.  
12.30 Loose Women.  
13.30 ITV Lunchtime News; Weather.  
14.00 James Martin's Islands to Highlands.  
15.00 Tenable.  
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18.00 The Simpsons.  
19.00 Channel 4 News.  
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21.00 What's it Like to Catch Coronavirus?  
22.00 24 Hours in A&E.  
23.00 Celebrity SAS: Who Dares Wins.  
00.00 Ramsay's Kitchen Nightmares USA.  
00.55 Feel Good.

BBC Four

19.00 Perfect Pianists at the BBC.  
20.00 Tunes for Tyrants: Music & Power with Suzy Klein.  
21.00 Top of the Pops: 1989.  
21.30 Sounds of the 70s - New Wave.  
22.00 Queen: Rock the World.  
23.00 Queen: The Legendary 1975 Concert.  
00.05 Rod Stewart Live at Hyde Park.  
01.05 Gregory Porter's Popular Voices.  
02.05 Tunes for Tyrants: Music & Power with Suzy Klein.

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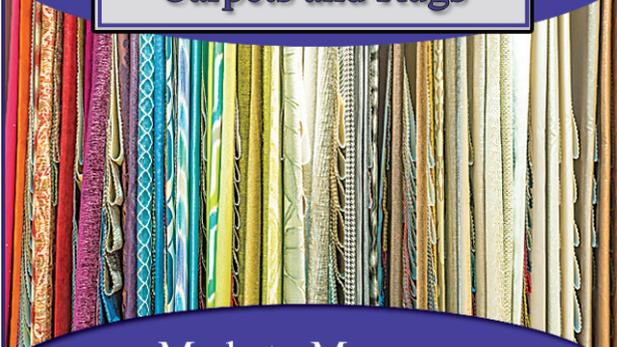
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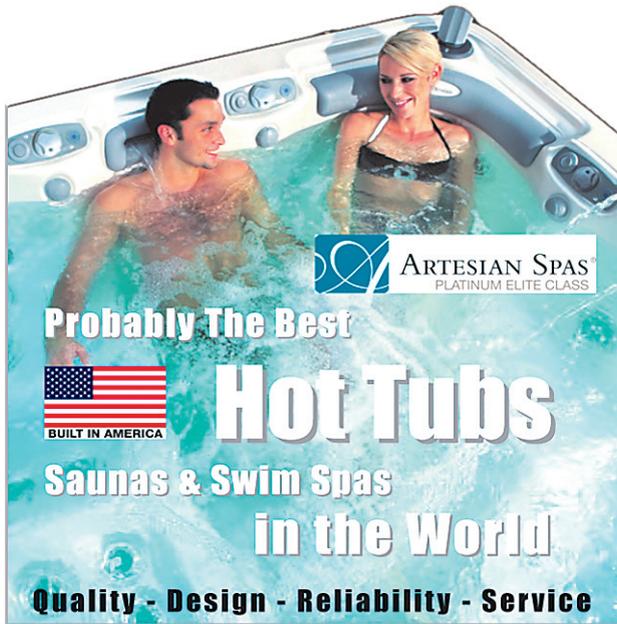
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# First drive of the Mercedes-Benz GLS

The seven-seater GLS is one of the largest cars available on the road, but what's it like to drive? Jack Evans finds out.

## What is it?

The Mercedes-Benz GLS sits atop the firm's range of SUVs as the most premium, luxurious and spacious of its off-roaders. It's billed as the S-Class of SUVs, hoping to mirror the opulence of the firm's most famous luxury saloon.

Now, it's been remodelled for 2020, with more technical additions and a sharper new look than before. But can this leviathan of the road offer more than just outright size?

## What's new?

Back in its third generation, the GLS arrives as an alternative to long-standing options like the Range Rover, or even newcomers like BMW's X7. It's longer than either of them - at 5.2 metres long - and at 2.2 metres wide, it's one of the largest cars available on the roads today. But why this shocking size? Space, of course, and the ability to give all three rows of passengers a high level of leg and headroom. There's just one engine available - which we'll get to shortly - while inside, it boasts all of Merc's very latest equipment. A comprehensive adaptive air suspension setup has been included too, in the hope of making the GLS as comfortable and refined as possible.

## What's Under The Bonnet?

As mentioned, there's just one engine to choose from here, a 3.0-litre turbocharged diesel unit in the GLS400d. Sending drive to all four wheels via a nine-speed automatic gearbox, it produces 325bhp and a healthy 700Nm of torque. Mercedes claims it'll send the GLS from 0-60mph in a smidge over six seconds, while flat-out it'll manage 148mph. Economy-wise, we're looking at up to 32.8mpg (depending on

which wheel size you opt for), while emissions sit a 213g/km CO2.

It's a brawny enough engine for the task in hand, that's for sure, with that decent slug of torque meaning that the GLS should never feel out of puff. We expect a hybrid version to join the fray soon, but for now, it's just this diesel - and that certainly seems like enough of an engine for most.

## What's it like to drive?

The first thing that strikes you when you set off in the GLS is the sheer size of the thing. It feels almost a postcode wide and just as long, which means it does take some time to adjust.

The ride also feels a touch on the firm side, despite the inclusion of Mercedes' latest adaptive suspension system which uses sensors to actively adjust to the road surface. Of course, it's not uncomfortable, but not quite as cosseting as you'd expect. But the engine is a real peach; refined and smooth, it suits the character of the car down the ground. The nine-speed automatic is also a standout feature, offering excellent responsiveness which leads you to wonder why so many others struggle in the same department.

Open roads are where the GLS feels at home, contrasting areas like the supermarket car park or on country roads where the car's overall bulk feels like a definite disadvantage.

## How does it look?

Despite being the size of Jupiter, the GLS doesn't look overly large out on the road. Mercedes has done well to disguise its generous proportions with plenty of styling touches. The front grille ties the car to the rest of the firm's



range of SUVs, while around the back it looks like a slightly stretched version of the smaller GLE.

It's a classy affair, mind you, and certainly reflects the car's tip-top status in Merc's range. Undercover shades like black and grey seem to suit it best, with lighter colours only helping to exaggerate the car's size even more.

## What's it like to drive?

Those who have spent time in some of Mercedes' smaller SUVs will feel at home in the cabin of the GLS. In fact, some may be disappointed that it plays so close to some of the firm's other SUVs, given that this seven-seater is meant to be the *creme de la creme*. That said, it remains exceptionally well kitted-out, with good quality materials used throughout bolstering an already-heightened sense of solidity.

There's space in abundance - as you'd expect from a car of this size - and that's the same for all three rows too. That's the same for boot space too, with a very reasonable 470 litres available with all three rows in place, rising to a cavernous 2,400 litres with everything folded down. It's easy to do that, too, thanks to buttons at the inside of the boot which carefully lower the seats.

## What's the spec like?

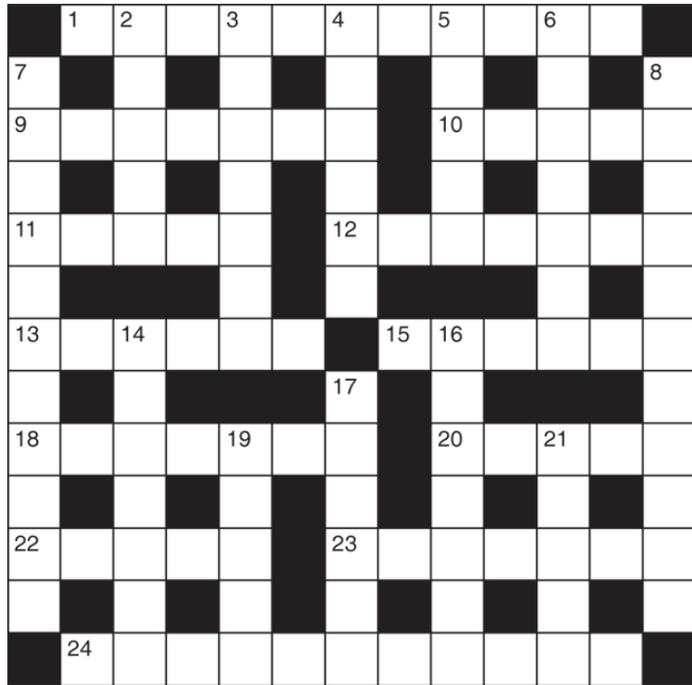
The GLS is a car bristling with new tech. It features Mercedes' latest MBUX operating system, relayed via a pair of 12.3-inch screens which sit together to form one seemingly seamless piece of glass. It incorporates a clever voice-operated system - activated by saying 'Hey, Mercedes' - which is one of the easiest and quickest of its type that we've experienced. The operating system is sharp to respond and relatively easy to

navigate. It might not be able to match BMW's infotainment for out-and-out ease of use, but it's still one which you can get up to speed within no time at all. The augmented satellite navigation - a particularly impressive function - it lays 'directions' out on the mapping, which 'point' you in the right way as you drive along.

## Verdict

The GLS is a true giant of the road, but it's a fitting top-end to Merc's range of SUVs. It might not have quite the truly rock-solid finish that you get in cars such as the BMW X7, but it's certainly well-built enough to justify its price tag. We do wish the cabin felt more elevated in terms of tech compared to other cars in the firm's range, but for those wanting to transport six other people in sublime comfort, then you could do far worse than opt for the Mercedes GLS.





**CRYPTIC CROSSWORD**

**ACROSS**

- 1. They provide the spirit of progress (6,5)
- 9. Chided a debater, perhaps (7)
- 10. Many rows of birds (5)
- 11. Fittingly test (3,2)
- 12. Getting level? (7)
- 13. Disturbance produced by a very loud fish (6)
- 15. Probably promising (6)
- 18. One of rank, perhaps (4-3)
- 20. Colours paving stones (5)
- 22. The way to defeat the East (5)
- 23. A cross in Italy shows where a composer is buried (7)
- 24. A gambler's faux-pas? (7,4)

**DOWN**

- 1. Is in good time but nearly loses a point (5)
- 3. Type of building well-known in architectural circles? (7)
- 4. Volume of business transactions (6)
- 5. Pawnbroker, relatively speaking (5)
- 6. My word! (7)
- 7. Yet it might be something in concrete (8,3)
- 8. An unfair comparison (2,4,2,3)
- 14. A firmly established sports meeting? (7)
- 16. Swarms over nests if disturbed (7)
- 17. Small ruler comes from Borneo (6)
- 19. Split caused when a hundred deserted (5)
- 21. Positional defence (5)

**QUICK CROSSWORD**

**ACROSS**

- 1. To be expected (11)
- 9. Momentum (7)
- 10. Frequently (5)
- 11. Hair dye (5)
- 12. Hell (7)
- 13. Empty (6)
- 15. Climbed (6)
- 18. Prolonged (7)
- 20. Urge (5)
- 22. Heather (5)
- 23. Briskly (7)
- 24. Brilliant (11)

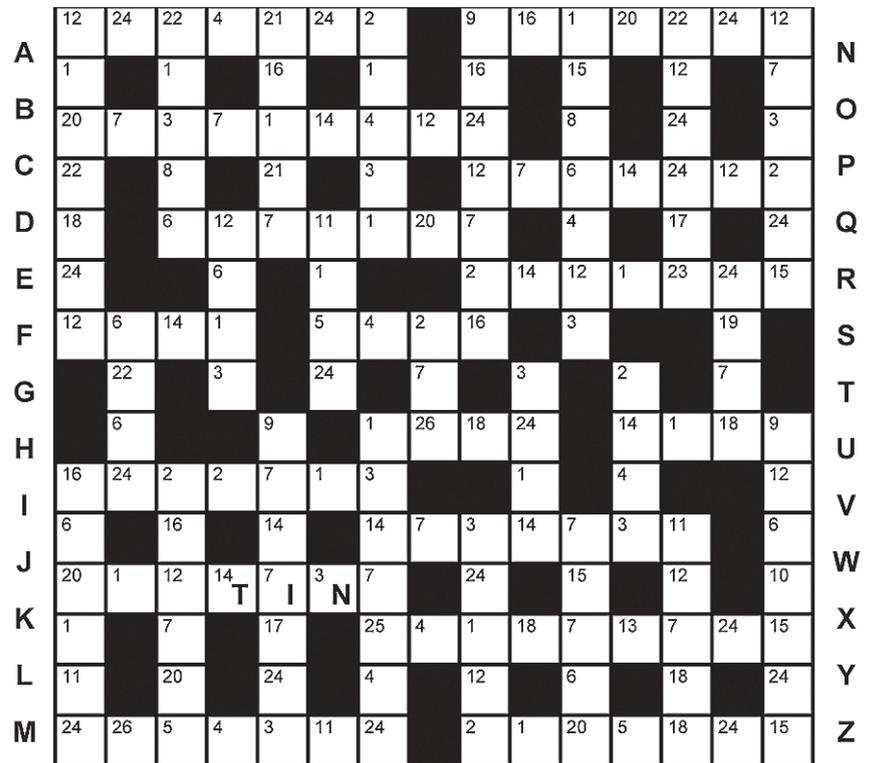
**DOWN**

- 2. Mature (5)
- 3. Slander (7)
- 4. Of the universe (6)
- 5. Haughty (5)
- 6. Word for word (7)
- 7. In disorder (11)
- 8. Without emotion (2,4,5)
- 14. Restrict (7)
- 16. Made cold (7)
- 17. Revolve (6)
- 19. Vagrant (5)
- 21. Heathen (5)

**Last week's quick crossword solution**  
**Across:** 1 Recipe; 4 Limpid; 9 Multitudinous; 10 Shorten; 11 Amuse; 12 Sully; 14 Beach; 18 Brain; 19 Reclaim; 21 Unimaginative; 22 Tamper; 23 Change.  
**Down:** 1 Remiss; 2 Colloquialism; 3 Point; 5 Imitate; 6 Pronunciation; 7 Dispel; 8 Funny; 13 Lineage; 15 Abrupt; 16 Train; 17 Impede; 20 Clash.

**CODEWORD**

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



**SUDOKU**

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

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

Medium

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

Hard

**Last Week's Codeword Solution**



**Last week's solutions**

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

**Can you crack a VINCICODE®**

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

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

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

• Any number dividable by 5 finishes with 5.

**For example :**

Let's crack ABC code when:

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

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

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

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

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

**Now your turn: Puzzle 80**

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

Find the code ABC where :

- A+ B+C=21
- A = C > B
- ABC ÷ 2, 3, 6

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

# Then came Seve

**N** NEIL CONNOLLY

On a day when I would have been extolling the virtues of a magnificently manicured Augusta National, excited that the golf season had been started in such a glorious fashion. With questions being answered like, did Tiger retain, does Rory look good in Green, so many questions unanswered. Fortunately for now the answers are postponed, not cancelled (yet).

**H**owever, there are a few players who would have given a lot, if not everything, to have been confined to 'barracks', locked down with limited access to public conveniences. Seve is the first player who comes to mind. Ironically, he would have been 63 on Thursday, the first round of the Masters this year. One of the reasons why Seve loved the Masters so much was because the week invariably fell across his birthday, meaning he would get to start the week with the Champions dinner, a very select group of guests indeed. He had been a member of the club since his 1980 win, and arguably was one of their most treasured members. Which is really something when you consider relations between the European Tour and US PGA Tour were very different back then, with the European Tour regarded as little more than a mobile country fair, with no real names coming out of the continent in the early eighties. The last European superstar was Tony Jacklin. The Ryder Cup was about to change and become the continental competition we now know it as, where prior to the inclusion of Europe, the GB&I teams just got drubbed, every time. Then came Seve. Nobody had seen anything like the flair he possessed, the charisma oozing from every pore and a competitive streak which would become the stuff of legend. Lifting European golf to a new height and then the Ryder Cup to the same level if not beyond. He has left a legacy which will be impossible to emulate; when you look at the most influential players Europe has given birth to in the following 40 years, every one falls short when measured against his record of wins, his weight of personality, leadership qualities and sheer audacity of exciting shot making and a never say die attitude. You were

never safe against him, no matter where he was on the course. Famously, the great Arnold Palmer wasn't excluded from his competitive genius in the World Matchplay Championship walking up the eighteenth at Wentworth. He stood one up in the match and might have been forgiven for feeling that he was going to progress to the next round. With his ball just off the front edge of the green, in two, and Seve somewhere out of sight, right and in the trees and about to play his third shot. All Arnie could do was wait for Seve's shot to be played. He then heard contact twice, the shot being hit and the ball hitting the flag and going into the hole. The King missed his eagle chip and then was dispatched on the first extra hole of the play-off. Almost every player Seve came up against has a story which they tell their Grandchildren about, about the time they played against Seve. He never flinched in competition, ever. Even when he was fighting his final battle with brain Cancer (he succumbed to the disease in May 2011) he was able to speak to the European Team prior to the September 2010 Ryder Cup and rouse the spirits in Montgomerie's Team room, so much so that every player in that team felt like they were playing for Seve. He wasn't well enough to be at the Ryder Cup that year and it would prove to be his last living influence on the Ryder Cup. A better sports story referencing leadership and respect within the game of golf must be a tough find. Seve died at age 54, and as I said would have been 63 last week. A cruel departure, too soon and such a loss. He was an idol for many and inspired generations of Juniors into the game. My golfing heroes are Jack, Tom and Seve, if pushed for a fourth Bernhard would probably get the nod. Fiona (my wife) asked me to write an uplifting story for this week's article. I



One of the reasons why Seve loved the Masters so much was because the week invariably fell across his birthday, meaning he would get to start the week with the Champions dinner, a very select group of guests indeed.

know that this isn't exactly what she had in mind but I hope that when it's put in perspective of us having to wait seven months to watch the Masters, it eases that particular discomfort a little? Stay safe and healthy and patient with one another!

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# Stirling Moss: A true sportsman

**N** CHRIS WRIGHT



A statue of Sir Stirling Moss stands without any floral tributes at Mallory Park circuit, Leicestershire, following his death aged 90, with fans unable to visit due to the Coronavirus lockdown. (Photo: Jacob King/PA Wire)

**L**ady Moss, who was at his bedside as he died, had nursed him through a long illness at their London home. "It was one lap too many," she told the Press Association agency. "He just closed his eyes."

His very name became a British byword for speed: "Who do you think you are..?" became popular among traffic police and, indeed, can still be heard today. He did indeed secure the Constructors' Championship for Vanwall, but missed the Drivers' crown for himself. Under modern rules he would have won it four times.

In 1958 during the Portuguese Grand Prix, which took place on the streets of Porto's Circuito da Boavista he showed an act of outstanding chivalry. The course began at the harbour-front "Esplanada do Rio de Janeiro", continued on "Avenida da Boavista" and then twisted its way through small neighbourhoods back to the start-finish line. The course took drivers at high speeds across tramlines, past small houses and over cobblestone streets thus making it extremely difficult to overtake. Moss's rival for the title,

Mike Hawthorn, faced disqualification for rejoining the race against the racing direction after spinning off the track. Hawthorn, who pushed the car himself and did not have assistance, was facing exclusion after bump-starting his engine and letting the Ferrari briefly mount a footpath

The finest Formula 1 driver never to win a World Championship, Sir Stirling Moss passed away last weekend at the age of 90.

going in the opposite direction to the circuit, an area not designated as race track. The situation was getting unpleasant, when Moss voluntarily stepped forward in his defence. At the time nobody could know how crucial this incident was to be, but in any case he would have derived no pleasure from seeing his rival denied points on a technicality. Hawthorn's second-place finish behind Moss gave him the championship. Because of the scoring system the title went to Hawthorn by one point, despite the fact that he had won only one race to Moss's four.

Stirling Moss remarked later, "To me, Mike shouldn't have been disqualified. I just felt that it was quite wrong that he should be disqualified. And I put forward the idea that he was still on the track, albeit the escape road, which they accepted. And it turned out that it lost me the title. But it's a case of what

winning means to you." Moss returned the following year to win the Portuguese Grand Prix at the Monsanto Park Circuit in Lisbon.

Stirling Moss always had a keen eye for a lady and after his terrible accident at Goodwood in 1962, he remarked it was the end of his F1 career, as 'he could no longer keep one eye on the gauges and still be able to spot a pretty girl in the crowd'.

A true sportsman, Stirling Craufurd Moss was born in West London on 17<sup>th</sup> September 1929. He was named after his mother's place of birth in Scotland and his middle name comes from her maiden name. His mother, Aileen, was a successful horsewoman and a descendant of a prominent Scottish family, the Craufurds, one of whose members, Robert "Black Bob" Craufurd, had been Commander of the Duke of Wellington's Light Division during the

Peninsular War in Portugal in 1810. Moss won sixteen Formula 1 Grand Prix races in a 14-year career. The current World Champion Lewis Hamilton wrote, "Goodbye to Sir Stirling Moss, the racing legend. I think it's important that we celebrate his incredible life and the great man he was. Saying goodbye is never easy and can be sad but he will always be here, in our memories and will continue to be a huge part of British motorsport's heritage. I certainly will miss our conversations. To be honest, it was such an unusual pairing, our friendship. Two people from massively different times and backgrounds but we clicked and ultimately found that the love for racing we both shared made us comrades. I am truly grateful to have had those special moments with him. Sending my prayers and thoughts to his family. May he rest in peace."

## Peter Bonetti: The Cat

Another British sporting icon to pass away over the Easter weekend was former England international goalkeeper Peter Bonetti.

The Chelsea stalwart died after a long illness at the age of 78. He was known for his safe handling, lightning reflexes and his graceful style, which earned him the affectionate nickname of "The Cat".

He made seven appearances for England and was part of the Three Lions squad that triumphed in the 1966 World Cup.

One of his international caps was against Portugal in December 1969 at Wembley when Jackie Charlton scored the only goal of the game from a corner taken by his brother Bobby Charlton.

In the 1971 UEFA Cup Winners' Cup Final replay, the first game finished 1-1, against Spanish giants Real Madrid in Athens an inspired performance from Bonetti helped the underdogs Chelsea to a remarkable 2-1 victory.

His last game in goal for Chelsea was against Arsenal in May 1979; his 729<sup>th</sup> appearance for the club, during which he had kept clean sheets in 200 matches, conceding one goal or fewer in more than two-thirds of the games.



Bonetti made seven appearances for England and was part of the Three Lions squad that triumphed in the 1966 World Cup



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