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Time to rediscover Portugal



The President of the Republic, Marcelo Rebelo de Sousa, has invited the Portuguese to "rediscover the charm" of Portugal's cultural heritage, through planning holidays in the country and visiting monuments. (Photo: Lusa/Mário Cruz) Full story P6.



Affordable living in Lisbon. P2



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Ready, steady, go? P32

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DIRECTORS
Paul Allen Luckman
publisher@theportugalnews.com

Madeline Luckman
copy@theportugalnews.com

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

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

Classifieds: +351 282 380 315

Sales: +351 282 380 310

Accounts: +351 282 343 653

Newsdesk: +351 282 380 313

General: +351 282 341 100

Email: info@theportugalnews.com

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GENERAL MANAGER

Daisy Sampson
Daisy@theportugalnews.com

SALES MANAGER

Sónia Seixas
sales@theportugalnews.com

ACCOUNTS MANAGER

Gaby Rodrigues
accounts@theportugalnews.com

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Making Lisbon an affordable place to live

Lisbon property owners are able to take advantage of a special programme aimed at helping those who are expected to lose significant income from being unable to rent out their properties for tourism, while also helping young people and families to access affordable housing.

Owners can now apply to the Renda Segura Programme to rent their houses to the Lisbon City Council, which will then sub-lease them at affordable prices, with an increase for those who have accommodation with licenses for tourism rentals.

The announcement was made by the Mayor of Lisbon, Fernando Medina (PS), at a press conference broadcast 'online'.

The mayor pointed out that the programme "is primarily aimed at city property owners looking for an income from their property", with "special conditions" for those who have "properties currently listed as Local Accommodation (AL)".

"We are all aware of the effort that many owners have made in the rehabilitation of properties for Local Accommodation. We also know that, unfortunately, as a result of the situation we are experiencing, tourism will be one of the activities that will take longer to recover", noted the mayor.

The Câmara de Lisboa will, therefore, pay more for the rent to the owners of AL properties - which will also be reflected in the rent to be paid by the tenant - in order to "keep the furniture inside these properties", which "will then be sub-leased in the same conditions for young people and middle-class families", explained Fernando Medina. These houses, which will be rented according to the prices stipulated in the Affordable Income Program of the municipality, will allow "to increase the stock of affordable rental properties" in the capital and also aim to allow more people to live in the centre of Lisbon, stressed the mayor.

"This pandemic we are experiencing has made the urgency of accelerating the transition to a greener, more sustainable city with less pollution even more evident. We know that the best way to do this is to make

people live closer to their jobs, closer to the place where their children study. Closer to the place where they can have access to culture, commerce, leisure", he argued.

Fernando Medina also underlined that the municipality will pay "attractive rents" to the owners, who will be exempt from risks, since it is the Lisbon City Council that will pay the lease amount "on time" and who will be "managing the tenant risk of the sublet" of a house.

"It is a fixed, constant income, paid on time, without risks, without complications without hassles", defended Medina, adding that these properties are exempt from IRS, IRC and IMI.

In addition, the municipality may "pay up to three years' rent in advance", for those who choose an annual payment, "a very important support that is aimed at those who have immediate costs", such as carrying out small works, or "who need additional revenue". According to the "rent reference values", the maximum limits to be paid by the municipality will be €450 for a T0, €600 for a T1, €800 for a T2, €900 for a T3 and €1,000 for T4 houses or larger.

These values vary, however, depending on the parishes where the properties are located and the council will opt for the most economically advantageous proposals, the municipality's official source told Lusa. The rent increase for AL owners will be 10 percent, including in cases where the council already pays a maximum amount of rent, the same source said.

Applications for the first 300 properties can be submitted by the owners through the website www.rendasegura.lisboa.pt until 30 June. On September 15, the Lisbon City Council will open a second phase of candidacies, until October 30, said Medina, refusing to advance figures.

The mayor also called for candidates to be



Houses, which will be rented according to the prices of rental properties in the capital. (Photo: EPA/Mario C)

quick in submitting proposals. "The sooner they bid, the sooner we can make the contracts, the sooner the owners receive the rent, the sooner we will make the houses available to young people and middle class families," said the mayor at the press conference. The Renda Segura Programme, approved by the chamber on 12 March, with the vote in favour of the PS and the abstention of all other parties, will have an annual cost of around €4 million for the municipality and the contracts have a term of at least five years. According to a statement, the municipality intends to have "more than 1,000 homes, by the end of the year, to make available as Accessible Income".



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News in Brief

Number of Covid-19 cases could be 10 times higher

The number of positive Covid-19 cases in Portugal could be five to ten times higher than official figures show. According to the lead investigator at the Champalimaud Foundation in Lisbon, this is largely the result of the high number of people who show no symptoms of the coronavirus despite having been infected. The study follows similar ones conducted internationally and another pilot project recently held in Loulé which made similar findings.

Portugal extends flight restrictions

Portugal has extended flight restrictions to destinations outside of the Schengen space until 15 June. The decision, published in the Government Gazette, allows for a number of exceptions. Among them are non-Schengen countries in Europe such as Norway, Liechtenstein, Switzerland and Iceland and Portuguese-speaking countries. The United Kingdom, the United States, Venezuela and South Africa are also included due to the high number of Portuguese nationals living in these countries.

Tourists cancelling bookings

Almost 80 percent of tourist accommodation in Portugal has reported cancellations of bookings scheduled for the months of March to August of this year. According to a survey conducted by Statistics Portugal, the cancellations have mainly been made by national guests, followed by Spanish, French, German and British guests. Madeira had the highest proportion of establishments with reservations cancelled, followed by the Azores, Lisbon and the Algarve.

Cocaine seizures soar

The amount of cocaine seized by Portuguese officials topped ten tonnes last year, soaring by 90 percent when compared with 2018. The amount of cocaine confiscated also exceeded the total seizures of cannabis, with arrests also up to just under 600, which is also the highest number for the past five years. According to PJ police, traffickers continue to use Portugal's vast coastline to smuggle drugs into the country.

Ryanair 'revaluating its operations in Portugal'

Irish low-cost airline Ryanair has said it is revaluating its operations in Portugal, and admitted there could be redundancies and a reduction of its fleet in the country. These measures, the airline said, result from the sharp decrease in demand caused by the Covid-19 pandemic. Speaking to Lusa News Agency Ryanair executive president Eddie Wilson said the company would have to reduce its work force by around 3,000 jobs, "some of them probably in Portugal". Ryanair also said it will be resuming its operations from July.



stipulated in the Affordable Income Program of the municipality, will allow "to increase the stock of affordable (Cruz)

WEATHER

Feeling like summer in Portugal

The sun is back and the temperatures are on the rise in Portugal with mainly clear skies and high temperatures predicted across the country.

Lisbon: Over the weekend sunshine is expected on both days with average daily highs of 29 degrees and lows of 17 degrees, although it may feel cooler thanks to northerly winds. From Monday the thermometers are on the rise with temperatures set to peak at 32 degrees and warm nights as lows only drop to 18 degrees.

The south: It will be feeling like summer has arrived in the south this weekend with daily highs of 33 degrees predicted and nightly lows only falling to 21 degrees. The blue skies are to continue for the rest of the week and the temperatures will remain stable with highs of 31 and lows of only 22 degrees.

The north: It will feel mild and warm over the weekend in the north with slight cloud cover expected and north westerly winds. From Monday the temperature is to rise to average daily highs of 26 degrees while it will drop in the evenings to 16 degrees and winds will be from the east.



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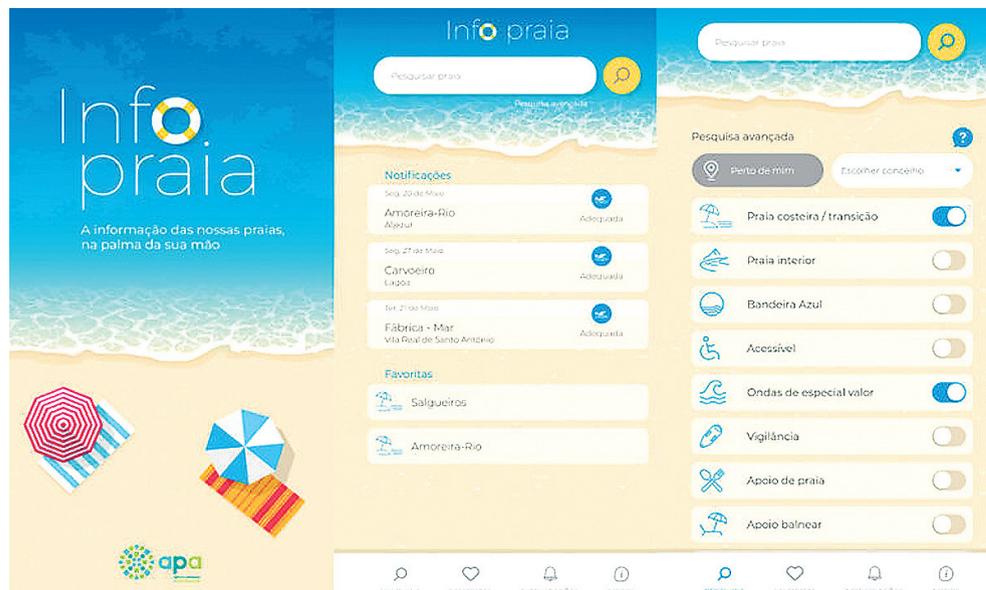
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Beaches app declared safe

A new app to help beach users to find out how crowded their local beach in Portugal is has been launched amid controversy regarding data protection.



Beaches will reopen on 6 June and the public is being encouraged to download the Info Praia app to see if their beach of choice is full or still has space.

Following criticism from the digital rights association D3, the Portuguese Environment Agency says that information regarding excessive permissions was from a test version of the new Info Praia app. According to the Portuguese online newspaper Observador, the Portuguese Environment Agency (APA) says that the Info Praia app is completely safe for users.

“All information collected, [about]

location and favourite beaches, is stored exclusively on the user’s device and no personal information is transmitted to third parties or the APA”, says this entity in response to criticisms made by the association for Digital Rights D3.

The same entity adds that “the application does not require a user registration, thus it does not collect any personal data”. The only permission that is requested from the user, at the time of installation, is the location, for the

purpose of the proximity and indication of route directions via Google Maps”, says the APA. Observador mentions that the Portuguese Environment Agency, as the entity responsible for the Info Praia application, takes its users’ right to privacy seriously. “The Info Praia app is made available with the commitment to ensure the quality of service and navigation in safety and in absolute respect for the protection of the privacy of its users.” In a statement sent to Observador,

D3 stated that the Info Praia app, “did not have its code open and available, asked for excessive permissions, and did not even provide a privacy policy”.

At issue, was mainly information that was on the Google Play (or Play Store) page. In this platform for downloading applications, when accessed through the browser, it was said that in order to work in some versions of the app, authorisations were considered as access to the microphone or to the user’s photos or phone information. The APA responded to the questions sent by Observador, clarifying that “the versions that were made available to the public” did not request these accesses. “It is clarified further, avoiding any doubts that still existed, that the Beta version [trial version] was removed, which was not available to the general public, as can be confirmed in the Play Store.”

The Info Praia app was mentioned by the Prime Minister, António Costa, during the presentation of the rules for attending the beaches during the upcoming bathing season as one of the solutions for control. According to the executive, the Info Praia app provides updated information continuously and in real time, being one of the

measures implemented to consult the traffic light system on the beaches remotely.

In less than a day, the application made it on the list of the most installed in iOS application download stores, the App Store (Apple), and Google Play, Android.

The Info Praia app was launched in 2019. Initially, the goal was to allow quick consultation on beaches and bathing water quality. The APA informs that the information provided by the Portuguese Environment Agency is complemented by the daily weather forecast data provided by the service of the Portuguese Institute of the Sea and Atmosphere, IP.

Beaches will reopen on June 6 and the public is being encouraged to download the app to see if their beach of choice is full or still has space.

The new rules at beaches include requiring groups to stay 1.5 metres apart, deck-chairs only being booked for the morning or afternoon, and beach sports of two people or more are not be allowed.

The Prime Minister stated that police would not be enforcing these rules, but asked people to adhere to measures by themselves.



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On this floor there are 2 double bedrooms and 1 bathroom accessed via a hallway from the living room, in the main hall there is also a guest WC and stairs leading to the first and basement floors.

The open staircase built in wood leads to a mezzanine and the master suite which provides a private and spacious retreat including a large private bathroom and terrace with views over the neighbourhood gardens.

In the basement is a large garage of 83m2 with an automatic garage door, laundry area, technical room with pool pump and wc. This basement could be used for multiple purposes including to create an additional bedroom or annexe.

A low maintenance garden surrounds the house where the main feature is a circular heated pool, newly tiled and fitted.

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Time to rediscover Portugal

The President of the Republic, Marcelo Rebelo de Sousa, has invited the Portuguese to “rediscover the charm” of Portugal’s cultural heritage, through planning holidays in the country and visiting the monuments they may not have visited for a long time.



President Marcelo Rebelo de Sousa has called on the Portuguese people to visit cultural and heritage sites in Portugal this summer. (Photo: Lusa/Mário Cruz)

The head of state made his statement following a visit to the Torre de Belém, in Lisbon, during which he was accompanied by the Minister of Culture, Graça Fonseca.

Marcelo Rebelo de Sousa asked the Portuguese to “do what many people don’t do on a daily basis, which is to know what is fundamental in Portugal’s heritage”, noting: “Foreigners visit, they know, and we suddenly realise that we haven’t known or visited these sites for many years, many, many years, which is unforgivable”.

“It’s not just a question of travelling around Portugal in June, July, August and September, stay in Portugal and plan your holidays in Portugal, but take the opportunity to do cultural tourism, with children and young people”, he added.

The President of the Republic reinforced the invitation to the Portuguese to “return to what were visits from the past and, in some way, rediscover the charm” of Portugal, “also in the cultural heritage of the country, which is very rich”.

Meanwhile, for those who are unable to visit Portugal in person this year there have been a number of initiatives launched across the country to bring Portugal into

the homes of potential tourists from across the globe.

Turismo do Algarve have organised a virtual tour of the Algarve region (www.algarvepromotion.pt) simulating a five-day stay with participants having access to a programme of activities that will guide them through a set of diverse experiences on offer, from Aljezur to Alcoutim.

This new tool presents visitors with an intense programme of activities that will allow them, each day, to discover a specific area of the Algarve.

“The objective of this initiative is to continue to nurture the proximity and interest that the sector’s agents and international media maintain for the Algarve and, in a way, by sharpening their desire to experience everything that they already know virtually, in the near future”, explains João Fernandes, president of Turismo do Algarve. “As we do when we receive professionals in the region, we try to focus the visit on authentic experiences, where there is an opportunity to meet and interact with local life, and valuing the sustainability component, which is increasingly present in tourism in this region.”

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Government questioned about control of international travellers

The CDS-PP political party has questioned the Minister of Internal Administration regarding the control over the entry into Portugal of passengers on international flights, wanting to know how the quarantine period is inspected.

According to the CDS, “recent news reports that passengers coming from international flights, whose entry had been barred because they did not meet the necessary requirements to be admitted in the national territory, ended up being admitted by SEF at Humberto Delgado Airport, due to the fact that Space Equated to Temporary Installation Centre (EECIT) is closed”.

The party recalls that the Minister of Internal Administration, Eduardo Cabrita, announced that

the temporary installation centre at Lisbon airport will be under construction until the end of May.

The party also points out that “SEF sources have informed” them that at Lisbon airport “dozens of passengers have had easy access for entry over the past few weeks, coming from countries where Covid-19 is spreading widely and without the capacity to check whether or not they will comply with the 14 quarantine days in Portugal”.

The party wanted to know if the Minister of Internal

Administration is aware of the “entry into Portugal of passengers coming from international flights that do not meet the necessary requirements to be admitted” and asks “where are the passengers who normally would be placed in the EECIT”.

The deputies also asked Eduardo Cabrita “how does SEF control compliance by these passengers with the 14-day quarantine period in the national territory”.

At the time of going to press MAI had not responded to the questions.



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Volunteer firefighters receive an extra €4 per day

The voluntary firefighters that integrate the permanent Civil Protection devices, will see their payments increased this year by €4 a day, taking their daily total to €54.



According to MAI, this pay rise corresponds to an increase of 8 percent in relation to 2019

In a statement, the Ministry of Internal Administration (MAI) said that this year's financial directive was approved by the Government and recorded

several changes compared to 2019, one of which was the increase in the amount of daily amounts to be transferred to firefighters, from €50 to €54. According to MAI, this figure

corresponds to an increase of 8 percent in relation to 2019 and aims to "compensate the special availability of the firefighters and the financial fragility in which they find themselves,

in the context of combating the Covid-19 pandemic". The financial directive for 2020 is the annual document that regulates the State's contribution to expenses resulting from interventions by fire departments under the three permanent provisions of the National Emergency and Civil Protection Authority (ANEPC), namely the Integrated Protection Operations Device and Relief (DIOPS), Special Rural Fire Fighting Device (DECIR) and Joint Protection and Relief Device in Serra da Estrela (DICSE). MAI also stresses that the financial directive for this year also contemplates an increase of 10 percent in the value of the contribution with food for the personnel of the fire brigades and now

includes these expenses in the period of activation of the DICSE. The Ministry, under Eduardo Cabrita, underlines that, within the scope of the National Operations Plan for the coronavirus, of the ANEPC, the expenses resulting from the activation of the relief and health support device were included in the financial directive. According to MAI, expenses incurred on logistical support bases are also covered, in order to guarantee compliance with the rules established to reduce the risk of contagion and the spread of the Covid-19 disease. DECIR 2020 foresees a mobilisation of 11,827 operatives during the most critical period of fires and the

greatest commitment of means, between 1 July and 30 September, of which 5,660 are firefighters. The MAI also indicates that, in 2019, expenditure on fire brigade personnel, within the scope of DECIR, amounted to around €26 million, while expenditure on food totalled around €800,000. Last year, expenses with vehicle replacements and repairs, as well as expenses from damage to equipment, amounted to approximately €7.5 million. The financial directive, which came into force at midnight on 15 May, was approved by the Secretary of State for Internal Administration, Patrícia Gaspar, after hearing the Portuguese Firefighters League.

Dr. Cris Piessens comes to Carvoeiro

Dentist Dr. Cris Piessens has begun a new chapter in his career with a move to Carvoeiro in the central Algarve.

The dentist, who has 34 years of experience in dental implants, will now be working in the bright, modern and conveniently located clinic in Carvoeiro, working with Dr Marcus Letsch.

Dr Cris explained: "I am moving into new period of my career and I am looking forward to working together with Dr Marcus as a team as I believe that together we are stronger".

Over the decades Dr Cris has grown his reputation for professional dentistry in the Algarve and is known for his specialisation in dental implants. In the new location he will continue to work with all clients both

old and new, continuing with the work he has become renowned for.

"This is a very positive move for me and while I have closed one door, I have opened another to the future," said Dr Cris.

The clinic in Carvoeiro is well located at the entrance to the town, complete with private parking, and is easy to find for those who have not visited the area previously.

All of the equipment at the clinic is of the very high standard patients of Dr Cris have come to expect and the clinic will also be shortly bringing in a 3D digital scan.

"This is a great step forward for me, I am still able to offer clients from across the Algarve a great dental service while working in a modern clinic in a fantastic location."

Dr Cris is taking appointments for dental treatments, following all of the precautions relating to health and safety and Covid 19. Patients are required to make an appointment and to wear a mask when entering the clinic.

For further information about Dr Cris, please visit www.algarvedentalimplants.com or call 912 986 126

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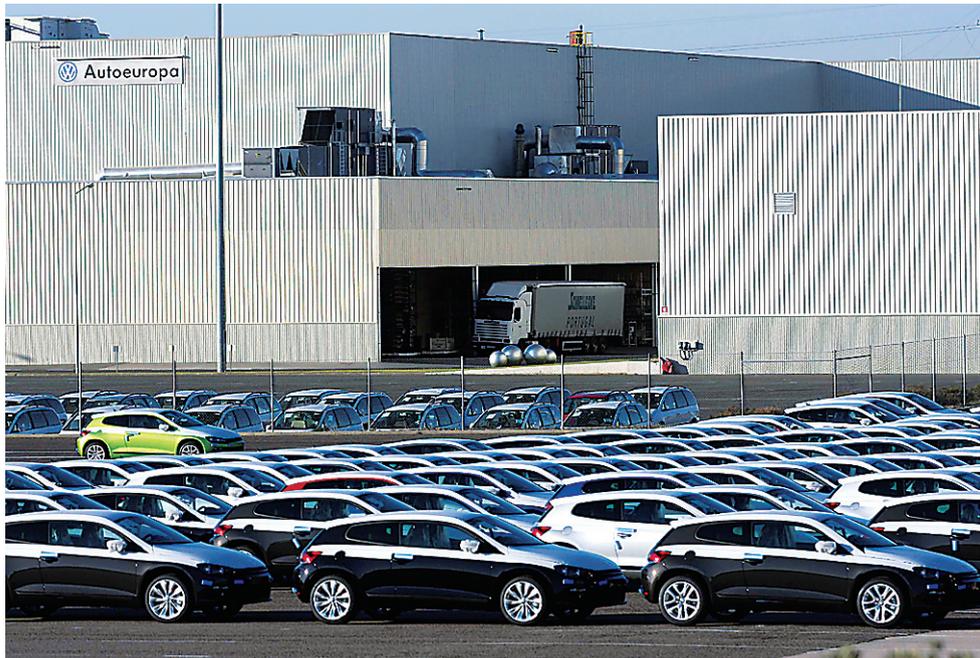
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Portugal aims to produce more Volkswagens than Germany

Autoeuropa's director general, Miguel Sanches, is looking to the Portuguese Palmela plant to produce more Volkswagen vehicles than Germany.



If they start to be produced in Portugal, "it is true that the distance to Germany is a little greater", but "with an advantage: the borders are never closed, nor are they subject to incidents", pointed out the head of the Government.

“We have to create the conditions for more Volkswagen vehicles to be made in Portugal than in Germany, it is the challenge we have”, said Miguel Sanches. Previously, António Costa spoke with the director general of Volkswagen Autoeuropa about

the production chains in Europe and the location of the engine factories, on which the Palmela plant depends.

The prime minister argued that “the distance is exactly the same” if the engines come from Poland to Portugal.

If they start to be produced in

Portugal, “it is true that the distance to Germany is a little greater”, but “with an advantage: the borders are never closed, nor are they subject to incidents”, pointed out the head of the Government. “We need volume, because the engine factories are installed

next to the factories of greater volume”, stressed Miguel Sanches.

The director general of Autoeuropa also mentioned that 70 percent of Autoeuropa's production is destined for the markets of Germany, Italy, Spain, the United Kingdom and France.

During a visit to the plant Marcelo Rebelo de Sousa expressed “gratitude to Autoeuropa, its competence, its excellence, its quality, its capacity to adapt to the time we live in, to what it has created in the social environment and what it's doing for the country”.

The head of state extended this thanks to all those in industry, agriculture, commerce and services “who are working to overcome difficult times and build a better Portugal” and to all those who at this time “are working across the country, without fear, without anguish, without anxiety”.

“Autoeuropa is an example, there are many, many examples throughout the country. We hope that the example of Autoeuropa will be an example that can be used across Europe as well.

Here is the example of collaboration between Germany and Portugal. European level must be an example of the collaboration of all who form the European Union”, he added. Marcelo Rebelo de Sousa reiterated the message that, in the current context of the Covid-19 pandemic, the European Union must respond with solidarity and affirming the values that were at the basis of the European project. After a six-week break, Autoeuropa workers returned at the end of April to find out about the new health and safety procedures to be adopted at this stage and car production has resumed.

On 11 May, an official source from Autoeuropa confirmed to Lusa that a worker from Volkswagen Group Services, a Volkswagen group company that provides services at the Palmela plant, “tested positive for Covid-19”.

However, “the contagion chain did not occur at the factory and according to the technical guidelines of the General Directorate of Health, the patient is considered to be of low risk”,



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The Lounge is offering clients a new way to enjoy a restaurant experience with lunches and dinner served in a private and safe space.

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Currently parties of between six and 10 people are able to book out The Lounge for a leisurely lunch or dinner of their choice, making this an ideal solution for anyone looking



for a restaurant experience but in a private setting.

The team at The Lounge comply fully with all regulations regarding Covid-19 to protect guests and staff at all times and as soon as restrictions are lifted

they will be able to welcome larger groups for any events, including birthday parties, baby showers and celebrations with full event planning possible.

While the service offered at The Lounge is highly personalised, the cost per head has been designed to be affordable for all budgets with prices at around €20 per head and a wide range of menus and food options available.

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For further information about The Lounge, email thelounge@outlook.com or call 910 370 723.

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Fox Fast Finish

Mark Fox, ably supported by friends and members of East Algarve Walking Football, helped raise 3200 euros for the Community in Crisis Appeal (Olhão) and Families in Need (Tavira). On a static rowing machine installed at Tavira's Black Anchor Irish pub. 'Foxy', as he is affectionately known, put in a stellar performance and covered a staggering 21kms 97mtrs in 89mins 8secs, even speeding



(LtoR) Chris Wright, Mark Fox and Jonathan Syed.

up over the last couple of kilometres! Through his magnificent support and with generous donations of food and cash the Community in Crisis Appeal, organised by EAWF in partnership with Associação Causa Vibrante and SC Olhanense, is supporting in excess of thirty families in the area. Although the lockdown is gradually being lifted, the absence of a vibrant tourist economy will have far reaching effects and as Mark Fox said, "we are fortunate to live in such a wonderful place and the help we can give a community in its hour of need will have to be maintained for the foreseeable future."

Goods can be delivered to the José Arcaño Stadium, Olhão (behind McDonalds on the EN125) - every Monday between 11am and 1pm. A welcoming cup of coffee and homemade cakes are on offer so why not come along and have a chat; everyone welcome.

Food and household essentials can also be dropped at the Centre Algarve Special Needs Complex (on the Olhão road just outside Moncarapacho) - Monday to Friday between 10am and 4pm.

To support the Olhão initiative go to:
www.walkingfootballalgarve.com
 Email: jonathan@walkingfootballalgarve.com
christopher.wright@hotmail.co.uk
 Donations can be transferred via: Associação Causa Vibrante IBAN PT50 0045 7104 4032 0557 5371 3

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.

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

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

THE DONKEY SANCTUARY Refugio dos Burros charity shops have opened in Ferragudo and Carvoeiro and Lagoa with temporary opening hours, 10am - 2pm Monday to Friday and 10am - 1pm Saturday. Come along there's lots of bargains and all new summer stock. As we have had no income at all for the last few weeks we would welcome any donations. For more info call Chris 966 033 127

CARVOEIRO CAT CHARITY ASSOCIAÇÃO. Located in Porches and run entirely by volunteers. We are looking for some more volunteers to help in our shelter of 250 cats as well as some foster families for our cats. Email:

ccc.carvoeirocatcharity@gmail.com or call 918 552 788.

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

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

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

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

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

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

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

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

WWF Our Planet's Future Summit

Students from Nobel Algarve took part in the first ever "virtual" WWF Our Planet's Future Summit on 11 and 14 May, organised by WWF and Globeducate as the first in a series of online sustainable education events.

The students from Nobel Algarve took on the role of Experts of the Oceans Biome at this summit, putting forward a compelling, well-researched case for managing ocean industries and the threats of fish farming. The team included Michael Borges de Sousa, Alekzander Musk, Nicole Fagan, Philippine Cailleux, and Rafael da Cruz Silva joined the cross-school World Leaders delegation.

Students from six schools across Spain, Italy and Portugal met as a diverse group of 30 twice during the week, beginning with a briefing from WWF Education Manager Matt Larsen-Daw, and were split into a World Leaders group and six smaller Biome expert groups to focus on their expert areas.

Dawid Botha, Deputy Head of College at Nobel Algarve and Global



Perspectives Teacher, said: "It was a real honour to be part of this event and to see our students perform with such confidence and maturity in what, even for many adults, was a high-pressure environment. We are fortunate to have this partnership with a world leader in sustainability education and what was so rewarding was to see how the students didn't want the event to end - they were completely engaged and motivated and saw the real potential for change."

Matt Larsen-Daw, Education Manager for WWF said: "The young people did themselves proud with an excellent and nuanced set of presentations that really did delve into the complexities of some issues. The world leaders were very impressive - both in their grasp of issues but especially in their willingness to work together and workshop ideas."

Portugal Walks

Tuesday, 26 May - Let's Walk from Tunes: A really interesting and scenic walk of about 2.5 hours - a few ups and downs but not too difficult! 10am start. Meet in front of the train station at Tunes. The best and easiest way to access Tunes is to drive up the IC1 from the EN 125 and take the first exit for Tunes and then follow the train signs.

Tuesday, 2 June - Let's Walk from Poço Barreto: A fairly easy walk of about 2 hours through unspoilt countryside and orange groves with good views all round. 10am start. Meet at the Café Sustelo, Poço Barreto, the village is on the main road between Silves and Algoz, the café is on the left and parking by the train station to the right.

You must respect social distancing while walking please; there is a charge of 5 euro p.p and all are very welcome.

Because of new rules numbers are now limited please SMS either Julie 965 753 033 or Chris 913 011 537 (both also on Whatsapp) to let us know that you will be coming - thank you! Further details www.portugalwalks.com

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How your daily tea habit really is boosting your health

The Tea Advisory Panel (TAP) found 80 percent of people say tea provides relief from daily problems and stresses.

TAP says tea contains natural plant substances, including polyphenols, caffeine, and amino acid L-theanine (a building block of protein) which act on the body and mind. A recent major review found L-theanine improves the ability to manage stress and anxiety, and earlier studies have shown it triggers various parts of the brain linked with relaxation and mental focus to light up, helping us deal with distractions. "We often turn to tea when in need of a boost or to help us handle stress," says dietitian Dr Carrie Ruxton. "Whether it's a comforting mug of tea with family, or the peaceful ritual of brewing up some tea leaves in your favourite teapot, tea always seems to do the trick. Yet we know from the science that it's not our imagination, as there are now several studies pointing to the mental health benefits of drinking tea every day." "Tea may contribute to immune function, partly due

to a beneficial effect on the gut microflora. It's a pleasant, comforting drink and can help us feel better during this time of stress and uncertainty. Enjoying four to six cups daily is good for our physical and mental health." Want more proof, here are some top reasons to make another cup of tea:
1. It may reduce or delay dementia risk
 A study of 957 elderly Chinese people found consistent drinking of black/oolong tea reduced the risk of cognitive disorders by 53%, and for green tea by 43%. The findings also suggested those genetically at higher risk of developing Alzheimer's disease may reduce this by as much as 86%. "This health benefit is likely to be due to the catechin content of tea," says Bond.
2. It enhances cognition and memory
 A review of 49 human studies found two ingredients in tea - L-theanine and caffeine - in combination are associated with improved

attention, memory and alertness more than either ingredient on its own.
3. It helps reduce depression and anxiety
 Another 2018 study found long-term tea consumption among elderly people was associated with reduced symptoms of anxiety and depression. Theaflavins, compounds found in black tea, have been found to reduce depression and prevent memory impairment. Theaflavins have also been shown to reduce anxiety by increasing dopamine turnover in the brain.
4. It lowers the risk of cardiovascular problems
 A review published in 2012 found regular tea consumption could reduce the risk of heart and circulation problems by up to 20%. Some studies have found this effect could even be as high as 45%. In one 2019 study of 208 patients, tea-drinking was linked with reduced arterial disease compared with soft drinks, which were linked with increased arterial disease.

5. It helps prevent type 2 diabetes
 Studies also indicate the beneficial effect of being a regular tea-drinker in relation to type 2 diabetes - particularly green tea. A study published recently by Cambridge University Press, of 12,017 people aged 20-70, found daily tea-drinking reduced diabetes risk in women by 32%. Dark tea reduced the risk by 45%.
6. It helps with weight management
 "This is thought to be because of the catechin content in tea and because of positive changes in the gut bacteria thanks to tea drinking," says Bond, who explains that tea catechins are believed to increase activation of brown adipose tissue, which helps the body get rid of energy (calories).
7. It helps tackle high blood pressure
 A study published in 2012 found drinking black tea could have a 10% effect in reducing blood pressure, while separate research



found regularly drinking green tea could reduce the risk of high blood pressure by 46%. "Tea and its compounds have been shown to help relax smooth muscle and reduce inflammation in arteries, which may help to explain these effects on blood pressure," explains Bond.

8. It's good for oral health
 "There's evidence tea can combat bad breath and reduce inflammation, bone reabsorption and the growth of bacteria associated with gum disease," says Bond. One study found tea helped with a 40% reduction in dental decay risk. PA

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Letting go of fear

Feeling safe during the current international crisis is difficult for everyone.



These are unprecedented times and it is natural to experience worry and stress, but there are things that you can do to help release some of the fear and worry. One of the most important things to remember is that it is okay to feel whatever

you are feeling; there is no right or wrong way to experience this difficult situation. You may feel nervous, distressed, bored, sad, lonely, angry or frustrated, and all of this is completely natural. Remember that the pandemic is a temporary situation (though it may not feel like it) and that these

feelings will also pass. Try to channel the feelings into something positive if you can. If you are angry, you may be able to use this energy to do something active, if you are lonely, send a message to a friend or neighbour. It's hugely important to stay connected to people. We are sociable creatures, and at a time when we need to stay physically distant from one another, it is more vital than ever to reach out emotionally. Helping other people is proven to reduce our own stress and improve our wellbeing. If you are well and able, offer to help a neighbour. Even just by picking up the phone and chatting to someone, you are benefiting too. Video calls

are a wonderful way to stay in touch with loved ones, and social media, for all its faults can be an excellent way to connect with loved ones, and make new friends! Talk openly about your feelings when people ask how you are. Don't feel that you are being self-centred by being honest! I have noticed that people seem to be much more comfortable to talk about their mental health at the moment, which I hope is something positive that can continue once lockdown ends. Be selective about what you absorb. Try to avoid negative stories in the media; what we watch and read impacts our thinking more than we realise.



GLENN HARROLD
FBSCH DIP C.H.

Make sure that your information is coming from reputable and reliable sources, and limit your intake to once or twice per day. Creativity is hugely helpful at this difficult time. If there is a hobby that you rarely get time to do, now is your moment! Being creative with your hands is enormously calming and mindful; when you are focused in this way you are not thinking about the past or worrying about the future but living completely in the moment. If you don't have a creative project in mind, there is a wealth of information online, including free art classes, DIY projects and craft ideas to keep you busy. If you are lucky enough to have an outdoor space, nurturing plants is an excellent way to channel your energy and get some vitamin D to boost your immune system. Any gardener will tell you that planting seeds is an act of hope. By the time they bloom and fruit, hopefully all this will be over! It seems obvious, but eating well and exercising are vitally important to your wellbeing, whether or not there is a pandemic! Keep to a routine if possible, and be kind to your body. It's easy to use alcohol as a crutch during stressful times, but it's important to avoid drinking more than usual, as alcohol increases anxiety and disrupts

healthy sleep. Another good exercise is to remember to breathe! So stop for a few minutes each day, close your eyes if you can and start by taking slow, deep breaths in through your nose and out through your mouth in a circular breathing motion, and as you do this you will naturally start to relax. So take a moment each and every day to breathe slowly and deeply in through your nose and out through your mouth, just breathing away and fear, tension, worry and anxiety out with every outbreath. Just feeling yourself letting it all go as you exhale and allow your mind to completely clear. This is a very empowering way to relax and recharge your mind and body, so make it a daily habit. Doing this for five or ten minutes a day will help you feel so much calmer. If you are having difficulty sleeping, this is totally understandable! Make your bedroom into a haven of calm. Keep it clean and tidy, change the bedding frequently and remove all distractions, particularly those with screens! Mobiles, tablets and televisions give off blue light, which is proven to disrupt sleep, so turn them off at least an hour before bed. Reduce your caffeine intake, and create a wind-down routine to get you into a relaxed state. You may also find it helpful to try my free meditation app Relax & Sleep Well, which has been downloaded 3 million times and has been the number one app for insomnia in over 50 countries.

You can download it here:
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You can also stay up to date with my blog which includes tips and advice on well-being: www.glennharrold.com



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Are you part of the chicken wing cult?

There's something immensely tactile about eating chicken wings. The deep orange of Buffalo sauce streaking your forearms, nubbly, crispy bits of fried coating to nibble off, a stack of stripped wings piling ever higher in a basket in front of you.

“People who love chicken wings are crazy for chicken wings,” says Ben Ford, one half of street food chicken wing outfit and restaurant, Wingmans. “It’s a cult,” adds his co-founder David Turofsky. They’ve known each other since they were kids growing up in north London, but started working together after Turofsky returned from a year ostensibly studying in America. In fact, says Ford with a laugh, “he came back with this fiendish appetite for chicken wings.” “And buffalo sauce, generally,” adds Turofsky, proudly. The timing was ideal. “I was looking for a break,” says Ford, who has a background in food, “and David was looking for someone who could cook.” In June 2015, they embarked upon their first festival, British Summertime, leaping from a “no trading history to one of the biggest summer festivals in London,” remembers Ford. “We had a very sleepless 11 days - five guys cramped into the back of an Airstream trailer - learning what it was to run a street food business.” “Everyone loves chicken, particularly wings!” buzzes Turofsky. “When you get a good wing, and it’s got the right crunch-to-meat ratio...” ruminates Ford. “It’s got a nice crispy outside skin and juicy flesh...” The key to great wings, they argue, is to follow in the great American tradition and toss them in sauce. “It’s huge in America,” says Ford. “You order wings, they toss the wings in the sauce, they

serve them in a bucket or a basket - and no one here was doing that.” Sauce is crucial. If you’re more used to ordering a bucket of wings than snipping wing-tips, marinating and deep-frying your own at home though, Turofsky’s top tip, jovially yelled down the phone, is to “cook with love!” On the more practical side, Ford recommends, as you’re cooking meat on the bone, you invest in a meat thermometer. It’ll help you get the oil you’re frying in, and the chicken you’re eating, up to the correct temperature. “Make sure there’s clear running juices, and no blood on the bone,” he adds. Remember to cook safely, too. “For people who don’t have a mini deep-fat fryer at home, frying in oil in a saucepan can be dangerous at times,” says Ford, “so we suggest making sure you have a big enough pan and you’re not over-filling it.” Sauce and combo wise, Turofsky says “don’t be afraid to experiment” either. “Even if it doesn’t quite work,” chips in Ford, “you still have a portion of chicken wings in front of you.” And there’s not much wrong to be found with that.

Beijing Block Party chicken burger recipe (Serves 4)

4 skinless, boneless chicken breasts
Oil, for brushing
125ml Roasted Sesame Dressing (see below)
Salt and black pepper
For the Asian slaw:
1 cucumber
200g daikon
1 large carrot
2 spring onions
30g fresh coriander leaves

100ml rice wine vinegar
50g caster sugar
2tsp sesame oil
For the Shanghai mayo:
50ml Shanghai Sauce (see below)
150ml Japanese mayonnaise (or just mayo)
For the garnish:
4 seeded brioche buns, halved
1 baby gem lettuce, leaves separated
100g crushed roasted peanuts
A few sprigs of fresh coriander, chopped
4tsp togarashi spice blend
For the Roasted Sesame Dressing:
Makes 500ml. Blend all of the ingredients together, loosen with water if needed, sieve to remove sesame seed husks. Season. Store in the fridge in a closed container and use within five days.
400ml mayonnaise
250g black or white sesame seeds, toasted
50ml mirin
25ml apple juice
1tbsp sesame oil
25ml rice wine vinegar
Salt and black pepper
For the Shanghai Sauce:
Makes 500ml. Combine all of the ingredients in a saucepan and boil. Once bubbling remove from the heat and leave to infuse. Strain into a suitable container and close. Store in the fridge and use within seven days.
200ml dark soy sauce

200ml light soy sauce
100g honey
100g soft dark brown sugar
50ml sesame oil
100ml rice vinegar or distilled vinegar
1/2 head of garlic, roughly chopped
50g fresh root ginger, peeled and roughly chopped
Bunch of coriander stalks, chopped
Bunch of spring onions, white ends only, roughly chopped

1. Shred all the slaw vegetables and coriander into long, thin strips. Mix the vinegar with the sugar and sesame oil until the sugar has dissolved. Pour over the slaw, add a pinch of salt and allow to sit and soften slightly.
2. Stir the Shanghai sauce into the mayo and keep chilled. Preheat a griddle pan over a high heat. Butterfly the chicken breasts and brush with oil. Heavily season with salt and pepper. Add the chicken to the griddle pan. Once the chicken has changed colour around the edges, flip over and brush with some of the sesame dressing. Continue to brush with the dressing and turn until fully cooked and golden, and the core temperature is 75oC.
3. Toast the buns and spoon a little of the Shanghai mayo on the



The Honey Monster chicken wings. (Photo: Dan Jones/PA)

bottom half. Add a lettuce leaf and the grilled chicken. Top with the slaw and add more sesame dressing. Sprinkle over the crushed peanuts, coriander and togarashi.

The Honey Monster chicken wings recipe (Serves 4)

1.25kg chicken wings, tip removed, drums and flat separated
2tsp celery salt
2tsp ground white pepper
1tsp freshly ground black pepper
2tsp garlic granules
2tsp salt
For the sauce:
200g golden caster sugar
100g honey
Zest of 2 1/2 lemons
Large piece of fresh root ginger, peeled and thinly sliced
2 large shallots, finely chopped
75g butter
Black pepper, to taste

1. In a large bowl combine the wings with the dry spices and let marinate in the fridge for at least one hour or up to four hours - keep chilled until ready to cook.
2. Preheat the oven to 180oC Gas 4. In a small saucepan bring 150ml water to the boil with the sugar. Add the honey, zest of two lemons and the ginger to the syrup. Allow to reduce slightly until the syrup takes on both

3. Soften the shallots in a small pan with the butter. Pour the syrup onto the softened shallots and mix together. Line up the wings on a wire rack over a baking sheet and bake for 15 minutes.
4. After 15 minutes, brush the wings with the glaze and continue to cook, applying fresh glaze every five minutes for a further 15 minutes. Reserve some glaze to serve.
5. Put the wings in a bowl and toss with a little reserved glaze ensuring they are fully coated.
6. Arrange in a serving dish and garnish with the remaining lemon zest and five to 10 twists of black pepper.



Lunch from 12 pm - 14.30 pm with a new menu concept. Dinner 18 pm - 22 pm. At both times we do take away.

We are closed on Tuesdays.

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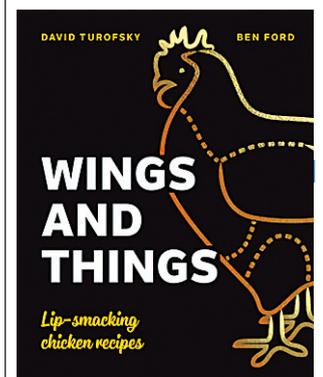
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Wings And Things: Lip-smacking Chicken Recipes by David Turofsky and Ben Ford, photography by Dan Jones, is published by Quadrille.

Why you really don't need to be an 'expert' to start gardening

Are you frightened of your garden? Terrified of killing your plants and overwhelmed by the sheer choice of species?



Herbs growing in pots. (Photo: iStock/PA)

Gardening expert and author Charlie Hart is here to help with his new book, *No Fear Gardening*, aimed at budding gardeners who simply don't know where to start. And even if you're a total beginner, with just a tiny balcony or a small courtyard, you can ease into gardening and find relatively quick success, he promises. "The most important thing is to make sure you're enjoying yourself," says Hart. "Don't fall into the trap of thinking only experts can garden - and follow your instinct."

Forget needing to be an 'expert'
In fact, he adds: "Don't get too caught up in the rule.

People get caught up in a terrible flurry, start reading online and look at how to do this and that. Seeds want to grow. All you have to do is give them sun, water and soil. "I have grown cordon tomato crops and haven't pinched out the leader or taken the little side leaves out as they grow. I get a messy, sprawling plant but I still get plenty of tomatoes. This 'expert-itis' puts people off gardening."

Or being a control-freak...
Things don't have to look perfect, either. "Don't worry about the garden being a bit out of control. As a species, we try to control everything. All the fun is in letting it go a bit. Win that battle in your mind," says Hart. "I would rather have a

slightly messy but abundant and productive garden, than a wonderfully tidy but sterile one."

Think about an easy menu
"For people who just want to potter, there's nothing as motivating as the chance of a decent meal at the end of it. Rather than growing from

a catalogue picture, grow with a menu in mind. Grow what you enjoy eating, not what everybody else is growing," Hart suggests. "The easiest fruits are berries and currants. You can get a large yield of raspberries, for instance, out of a relatively small amount of space." Standard veg which are easy include potatoes, while carrots are better started off later because that reduces problems with carrot fly, he observes.

Don't forget herbs
"Parsley is easy, and it will stand through the winter when other herbs have vanished or are feeling sorry for themselves," says Hart. "Given the potential reward, I'd strongly advise people to grow basil. Start the seed off in trays on a windowsill and let them grow on. I don't pot them on. I treat them like some people treat lettuce. "Once they reach a suitable height and it's warm

enough outside, I plant them straight from the tray into the ground. Think of basil as a shrub rather than a standard herb. "If you can plant it in a pot with a reasonable root run, it should be all right, if you have a sunny spot." Don't forget perennials such as rhubarb, which over the years will give you greater reward for smaller investment, he notes.

Grow up as well as out
"Think about your small space not just horizontally but vertically. There's nothing to say you can't train a vine up a drainpipe, or why you can't grow all sorts of soft fruit and train it in such a way that it doesn't steal all the light from the rest of the garden." Veg such as climbing beans will make the most use of your vertical space, Hart recommends.

Don't let a small garden put you off
Tomatoes are great for

small spaces, says Hart. "Of all the plants I grow, tomatoes give me the most pleasure. They are good for a small garden. They love the sun and you can grow bush varieties in a container and move it around to find the sun during the day. "Grow them in a big tub. They want a good root run and they are quite hungry. Good varieties include *Gardeners' Delight*." The simplest thing to grow is salad, which can be grown in small containers or even an old piece of gutter. Of all the salads, the easiest to grow is rocket, he reckons.

Start with easy flowers
"My go-to flowering plant is a pelargonium. They're very pretty and you can get varieties with citrus-scented leaves, which are glorious. They're fairly bullet-proof in summer and they are easy to propagate, so if you have one plant you can make several more without leaving the house. They will also be happy on a windowsill - they don't need to be put outside - and are drought tolerant. "Some easy flowers can be edible" Hart adds, "such as marigolds, which can be used in place of saffron, as can sunflowers as a food colouring."

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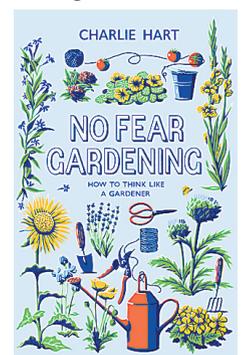
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No Fear Gardening: How To Think Like A Gardener by Charlie Hart is published by Constable. Available now.

Creating a Scandi 'relaxed rustic' vibe at home

You've got to hand it to the Scandinavians – they know how to live, with their uncluttered homes and effortlessly stylish sophisticated spaces.

Relaxed rustic' is their cool new update on traditional country decor - and it's not hard to fall for the look, which seems tailor-made for the soothing, tranquil settings we all crave in these current stressful times. It takes inspiration from nature, and there's something truly comforting about reflecting the great outdoors in our homes, when our freedom to roam is so limited. "We need spaces where we can switch off, feel comfortable and instantly relax, especially at the moment," agrees Niki Brantmark, author of *Relaxed Rustic: Bring Scandinavian Tranquility And Nature Into Your Home*, a beautifully illustrated guide to the style. "Generally, we're seeking more 'rustic' touches because they bring texture,

depth and warmth to the home while helping to maintain a wonderfully calm feel," explains the British-born interiors guru, who lives in Sweden and runs an award-winning blog, *My Scandinavian Home*. Here's three ways to conjure pastoral perfection at home...

Rustic revival
Homestead is one interpretation of new rustic, but banish any thought of this being a bare bones Little House On The Prairie look. Instead, this is an elegant, fresh approach which puts the spotlight on wood - highlighting its natural grain, tones and textures and allowing it to enhance a carefully curated interior, where each item has been chosen with care. "The colour palette should echo rich autumnal browns

- think of horse chestnuts - and offset those with calm neutrals, beige, white and subtle grey," explains Brantmark.

Brantmark advises being guided by the 'less is more' principle, as having fewer items means each can be given more space, and they can become individual home 'stars' in their own right.

Rustic Tip: Give rooms a timeless feel with a mix of well-crafted furniture, from a variety of different eras and made from beautiful materials. You don't have to buy new; instead source from charity shops, flea markets and auctions.

Contemporary country
This look proves you don't have to own a classic country cottage with roses around the door to live in rustic style - any modern space can be adapted to conjure a country dynamic

and feature rustic-chic details.

"Think clean lines, striking monochrome and rugged stone surfaces reminiscent of snowy, weather beaten landscapes," says Brantmark.

"Graphical homes play with contrast: sharp black and charcoal-coloured features are silhouetted by white walls and ceilings. The look is softened with warm textures such as cosy sheepskins, cowhide rugs, stacked firewood and foliage gathered from the surrounding countryside." **Rustic Tip:** Ramp up the light. Long dark winters are a fact of life in Scandinavia, so making the most of natural light is a priority there. Cotton or linen blinds instead of heavy curtains - especially in summer - allow more light to flood through windows and won't block any view of the great outdoors.



Living room in Homestead style. (Photo: James Gardiner/ CICO/PA)

Snug sanctuary

If you've fallen in love with rustic but a full revamp is out of the question, why not conjure a cosy nook which reflects elements of the natural world? "It's about creating an oasis of comfort and calm," says Brantmark. "Plants, flowers, feathers and collections of pebbles all play a part in connecting the home with its environment, and creating a sense of continuity between the outside and

inside." **Rustic Tip:** Colour is gradually seeping into Scandinavian homes but be sparing with bright shades. Earthy, calm soothing tones - such as gentle greys, soft blues, pale greens or subtle shades of brown - are the way forward. *Relaxed Rustic: Bring Scandinavian Tranquility And Nature Into Your Home* by Niki Brantmark, photography by James Gardiner. Available now.

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Leishmaniasis... not caused by a mosquito bite

This very common disease in the Algarve and much of Portugal is transmitted by the bite of the sand fly (not a mosquito), is not usually curable, and can be fatal.



It can take months to years to develop the disease following infection. It is not generally contagious, but if an infected dog fights a non-infected dog, transmission via blood can occur. It is believed that 65% of dogs in the Mediterranean basin have been infected by the time they are 3 years old. Rarely, cats can be infected too. The cats more likely to catch it are those with immune system diseases like FIV or FELV (cat leukaemia). It is also a zoonosis - people (usually the immunocompromised) can catch it from a sand fly bite. The frequency of human infection varies from country

to country, being a large problem in malnourished, poverty-stricken or war-torn places. Signs of the disease in dogs include scaly thick grey skin, inflammation of the eyes, long gnarly claws, bone marrow problems, nose bleeds, and organ failure. **Diagnosis** can be complicated. It usually involves blood tests and possibly lymph node/ conjunctiva/bone marrow biopsy. **Treatment** varies depending on temperament of the dog and also financial considerations. Treatment involves medications to suppress the parasite, drugs to

(where indicated) make the eyes comfortable and/or support kidney function, and multiple blood tests to check progress. The medications are typically injections twice daily for a month or liquid in the food for a month. There are also tablets (allopurinol) that are taken daily for the long term. The injections tend to have a lower relapse rate than the liquid, but some dogs find they sting and can create lumps. Some dogs never relapse, effectively living a normal life. Others relapse repeatedly or have disease that progresses irrespective of what we do; these have a worse long-term prognosis. **Prevention**- There are various things we can do to reduce the chance of your dog catching leishmaniasis. Understanding the behaviour of the sand fly is very important - we can modify the lifestyle of the dog to reduce the chance of being exposed.

- Sand flies are most active between dusk and dawn. They sleep during the day. Keeping your dog indoors from dusk reduces the risk.
- Sand flies are only active if the temperature is more than 9 degrees; there is a lower rate of transmission in winter, but the risk is not zero - the winter of 2018-9 was quite mild.
- They are weak fliers - they struggle to make it upstairs

(renowned UK parasitologist and vet Ian Wright describes them as being like Daleks). Thus, having the dog sleep upstairs is recommended. Some, but by no means all, flea and tick collars repel sand flies. One of the most sophisticated brands prevents 75% of the bites - better than the competition. It lasts about 7 months. Several spot-on pipettes on the market also repel the pesky fly - but read the small print carefully - some protect for a month, others only 2 weeks. In the last few years, at least 2 vaccines against leishmaniasis have come onto the market, both of which claim approx 75% efficacy. They do not prevent infection; rather they prevent the infection becoming full-blown disease. The closest analogy would be to an AIDS vaccine - HIV is still contracted, but does not develop. Given that the disease does have such a bearing on global human health, the quest for a cure is ongoing. One day, there will be one, which also works for dogs. Until then, the best we can do is try to prevent it in the first place. *For further advice and information, please contact 124 Vet by calling 282 338 407, emailing 124vet@algarvevet.com or visiting www.algarvevet.com*

Have you seen?

Black-winged Stilt - *Himantopus himantopus*



This elegant wading bird breeds widely in southern and western Portugal, overwintering mainly in the Algarve and the Tagus and Sado estuaries to the south of Lisbon. It can be found in any shallow wetland, freshwater or salty, both on the coast and inland. Saltpans, such as those found in the Castro Marim Reserve, are particularly favoured as breeding areas, although pairs have bred successfully even at small village water treatment plants.

Formerly regarded mainly as a summer visitor, the population still includes a proportion of birds which have spent the winter in Africa. Numbers have increased substantially in Iberia since the 1980's as this opportunistic species has taken advantage of artificial habitats like reservoirs and rice fields. Black-winged Stilts, or close relatives, occur widely across warm temperate to tropical zones across the globe. Within their respective ranges there is a surprising degree of nomadism, resulting in birds being discovered in unlikely places. For example, one ringed in Portugal was recovered in Hungary. Extralimital breeding also occurs occasionally, even as far north as the British Isles. Such events may increase as a result of global warming. Unlike many wading birds which probe mud for their prey, the stilt's fine, pointed bill has evolved to take its invertebrate food from the water's surface or below with a firm grip, but flying insects are also pursued or sometimes plucked out of the air with a vertical jump. In the breeding season Black-winged Stilts remain gregarious, nesting in loose colonies. Birds pair only for one season. Interactions within a group, involving various forms of display, are complex and not fully understood. Pairs defend their nest sites vigorously, calling stridently. At other times of the year flock sizes are usually small, but larger aggregations can occur. I once counted over 4000 at a shallow lake in Pakistan.

Although adapted to sites without cover in hot countries, stilts are not averse to seeking a little shade when the opportunity beckons. In Crete I came across one sitting quietly on the edge of a coastal lagoon, the long legs folded beneath the body, in the shadow cast by a large domestic goose. It wasn't going to move, for me or anything else!

Alan Vittery

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SATURDAY 23/05

BBC One

06.00 Breakfast.
10.00 Saturday Kitchen Live.
11.30 The Great Food Guys.
12.00 Football Focus.
13.00 BBC News; Weather.
13.15 Bargain Hunt.
14.15 FA Cup Final Classics.
15.45 Escape to the Country.
16.45 Garden Rescue.
17.30 BBC News; Weather.
17.50 Celebrity Mastermind.
18.20 **FILM:** Finding Dory.
19.50 Pointless Celebrities.
20.40 Casually.
21.30 Mrs Brown's Boys.
22.00 BBC News; Weather.
22.20 MOTD Top 10-FA Cup Finals.
23.00 Match of the Day.
23.45 **FILM:** Their Program.
01.20 Weather for the Week Ahead.
01.25 BBC News.

BBC Two

06.45 Marrying Mum and Dad.
07.15 Wild & Weird.
07.30 All Over the Place: UK.
08.00 Blue Peter: Awesome Competition Alert!
08.30 Deadly 60.
09.00 Six Robots & Us.
10.00 Ice Age Giants.
11.00 Back in Time for the Factory.
12.00 Nadiya's British Food Adventure.
12.30 Hairy Bikers' Best of British.
13.15 The Great British Sewing Bee.
14.15 Orson Welles: Talking Pictures.
15.00 **FILM:** Citizen Kane.
17.00 Hugh's Wild West.
18.00 Flog It!
19.05 Guess Who's Coming to Dinner?
19.35 Joan Collins: Talking Pictures.
20.20 Great Asian Railway Journeys.
21.20 Citizens of Boomtown: The Story of the Boomtown Rats.
22.55 The Story of Top of the Pops 1978.
23.45 Top of the Pops 1978: Big Hits.
00.45 **FILM:** The Age of Shadows.
02.55 This Is BBC Two.

ITV London

06.00 CITV.
09.25 James Martin's Saturday Morning.
11.30 James Martin's Islands to Highlands.
12.25 Ainsley's Mediterranean Cookbook.
13.20 ITV News and Weather.
13.30 How to Keep Your Dog Happy at Home.
14.00 Dickinson's Real Deal.
15.00 Tenable.
16.00 Tipping Point.
17.00 1989 Liverpool v Arsenal Title Decider - ITV Football Classic.
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.
22.30 **FILM:** The World Is Not Enough.
00.50 Ideal World.
03.00 Babushka.
03.50 ITV Nightscreen.

Channel 4

06.05 Everybody Loves Raymond.
07.20 The Big Bang Theory.
08.50 The Simpsons.
12.20 Ramsay's Kitchen Nightmares USA.
13.15 Four in a Bed.
15.50 A Place in the Sun.
16.50 Grand Designs.
17.50 Channel 4 News.
18.20 Old People's Home for 4 Year Olds.
19.20 Dunkirk: The New Evidence.
20.20 Dunkirk: The Forgotten Heroes.
21.30 **FILM:** Pitch Perfect 3.
23.15 **FILM:** Slumdog Millionaire.
01.25 The Last Leg: Locked Down Under.
02.20 Hollyoaks.
03.15 60 Days in Jail.

BBC Four

19.00 Primates.
20.00 Masters of the Pacific Coast: The Tribes of the American Northwest.
21.00 State of Happiness.
21.45 State of Happiness.
22.35 **FILM:** Educating Rita.
00.30 Talking Pictures: Michael Caine.
01.20 Top of the Pops: 1989.
02.20 Masters of the Pacific Coast: The Tribes of the American Northwest.
03.20 Close.

SUNDAY 24/05

BBC One

06.00 Breakfast.
09.00 The Andrew Marr Show.
10.15 Politics England - Live from Salford.
10.45 Saturday Kitchen Live Eid Special.
11.45 Sunday Worship.
12.15 Bargain Hunt.
13.00 BBC News; Weather.
13.15 Songs of Praise.
13.50 Points of View.
14.05 Escape to the Country.
15.05 Money for Nothing.
15.50 Garden Rescue.
16.50 Spy in the Wild.
17.50 The Best of RHS Chelsea Flower Show.

18.50 BBC News; Weather.
19.15 Countryfile.
20.15 Antiques Roadshow.
21.15 Killing Eve.
22.00 BBC News; Weather.
22.30 FA Cup's 50 Greatest Moments.

BBC Two

06.10 The Instant Gardener.
06.55 The A to Z of TV Cooking.
07.40 Countryfile.
08.35 Gardeners' World.
09.35 Landward.
10.05 Beechgrove.
10.35 **FILM:** Great Expectations.
12.30 The Hairy Bikers' Comfort Food.
13.00 The Unnatural History of London: Natural World.
13.50 Sacred Wonders.
14.50 John Wayne: Talking Pictures.
15.35 **FILM:** She Wore a Yellow Ribbon.
17.15 Flog It!
18.15 Animals at Play.
19.15 Burma with Simon Reeve.
20.15 Dragons' Den: Best Ever Pitches.
21.15 The Ranganation.
22.00 Dave.
22.55 Maysans M.C.

ITV London

06.00 CITV.
07.35 Scrambled!: Mighty Mike.
07.45 Scrambled!: Mighty Mike.
07.55 Scrambled!: Mr Bean: The Animated Series.
08.10 Scrambled!: Mr Bean: The Animated Series.
08.20 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.
10.25 Ainsley's Mediterranean Cookbook.
11.25 John and Lisa's Weekend Kitchen.
12.25 Love Your Garden.
12.55 ITV News and Weather.
13.00 Dickinson's Real Deal.
14.00 Britain's Got Talent.
15.15 Tenable.
16.15 Tipping Point.
17.15 ITV Evening News; Weather.
17.45 **FILM:** Jurassic Park.
20.15 The Family Chase.
21.15 Little Boy Blue.
22.15 ITV News and Weather.
22.35 Tommy Cooper Forever.
23.30 Absolutely India: Mancs in Mumbai.

Channel 4

06.00 Everybody Loves Raymond.
07.15 The Big Bang Theory.
08.30 Jamie and Jimmy's Friday Night Feast.
09.30 Sunday Brunch.
12.30 The Simpsons.
13.30 **FILM:** Megamind.
15.25 A Place in the Sun.
16.10 Coast vs Country.
17.15 Penelope Keith's Hidden Villages.
18.15 Channel 4 News.
18.45 Reasons to Be Cheerful with Matt Lucas.
19.15 How to Go on Holiday This Summer.
20.15 The Fantastical Factory of Curious Craft.
21.15 Walking with Elephants.
22.15 Gogglebox.
23.20 Ramadan in Lockdown.
23.25 **FILM:** East Is East (1999).

BBC Four

19.00 BBC Young Musician.
20.00 Cairngorms: A Year in the Wild.
21.00 How Quizzing Got Cool: TV's Brains of Britain.
22.00 Revisor by Crystal Pite and Jonathan Young.
23.30 Russia - A Century of Suspicion: A Timewatch Guide.

MONDAY 25/05

BBC One

06.00 Breakfast.
09.00 BBC News.
10.00 Jay Blades' Home Fix.
10.45 Homes Under the Hammer.
11.45 Close Calls: On Camera.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.30 Father Brown.
14.15 Escape to the Country.
15.15 Money for Nothing.
16.15 Garden Rescue.
17.00 Antiques Road Trip.
17.45 Pointless.
18.30 BBC News at Six; Weather.
19.00 **FILM:** Paddington 2.
20.40 EastEnders.
21.10 Normal People.
22.00 BBC News; Weather.
22.35 Bad Education.
23.35 Have I Got a Bit More News for You.

BBC Two

06.00 Ross Kemp and Britain's Volunteer Army.
06.45 Your Chelsea Flower Show.
07.30 Sign Zone: Primates.
08.30 The Week in Parliament.
09.00 Spring: Earth's Seasonal Secrets.
10.00 BBC News.
13.00 Big Dreams Small Spaces.
14.00 Fred Astaire and Ginger Rogers: Talking Pictures.
14.50 **FILM:** Top Hat.
16.30 My Life on a Plate.
17.15 Flog It!
18.00 Animal Park Families.
18.30 Eggheads.
19.00 Code-Breakers: Bletchley Park's Lost Heroes.
20.00 Inside the Factory: Keeping Britain Going.
21.00 Monkman & Seagull's Genius Adventures.
22.00 **FILM:** Suburbicon.
23.40 Coronavirus: A Horizon Special - Part Two.
00.40 54 Hours: The Gladbeck Hostage Crisis.

ITV London

06.00 Good Morning Britain.
09.00 Good Morning Britain with Lorraine.
10.00 This Morning.
12.30 Loose Women.
13.45 ITV Lunchtime News; Weather.
14.00 Judge Rinder.
15.00 Tenable.
16.00 Tipping Point.
17.00 The Chase.
18.00 In for a Penny.
18.30 ITV Evening News; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Coronavirus: Q&A.
20.30 Grow Your Own at Home with Alan Titchmarsh.
21.00 Little Boy Blue.
22.00 ITV News at Ten; Weather.
22.20 Tommy Cooper Forever.
23.15 1989 Liverpool v Arsenal Title Decider - ITV Football Classic.
00.10 All Elite Wrestling: Dynamite.

Channel 4

06.30 Cheers.
06.55 Cheers.
07.20 Everybody Loves Raymond.
08.10 Mike & Molly.
09.05 Frasier.
10.30 Come Dine with Me.
12.00 Channel 4 News Summary.
12.05 Come Dine with Me.
13.05 A New Life in the Sun.
14.10 Countdown.
15.00 A Place in the Sun.
16.00 Work on the Wild Side.
17.00 Couples Come Dine with Me.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.30 Food Unwrapped.
20.00 Grayson's Art Club.
21.00 Celebrity SAS: Who Dares Wins.
22.00 Mo Gilligan's All Star Happy Hour.
22.45 Gogglebox.
23.50 Emergency Helicopter Medics.

BBC Four

19.00 The Joy of Painting.
19.30 Danceworks: Firedance - Latin Fever.
20.00 Andrew Marr's History of Modern Britain.
21.00 The Cult of Sunday Night.
21.30 All Creatures Great and Small.
23.10 Hurricanes and Heatwaves - The Highs and Lows of British Weather.
00.10 Everything Is Connected - George Eliot's Life.
01.10 The Joy of Painting.

TUESDAY 26/05

BBC One

06.00 Breakfast.
09.00 BBC News.
10.00 Jay Blades' Home Fix.
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 Garden Rescue.
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 The A Word.
22.00 BBC News at Ten; Weather.
22.45 Bad Education.
23.45 Killing Eve.
00.25 A Question of Sport: The Best of Weather for the Week Ahead.
01.00 BBC News.

BBC Two

06.30 Jay Blades' Home Fix.
07.15 Garden Rescue.
08.00 Sign Zone: The Repair Shop.
09.00 Summer: Earth's Seasonal Secrets.
10.00 BBC News.
13.00 Letterbox.
13.30 Big Dreams Small Spaces.
14.30 Talking Pictures: Robert Mitchum.
15.05 **FILM:** The Magnificent Ambersons.
16.30 My Life on a Plate.
17.15 Flog It!
18.00 Eggheads.
18.30 Animal Park Families.
19.00 The Other Side of Dunkirk.
20.00 Springwatch 2020.
21.00 Vienna Blood.
22.30 Sara Pascoe vs Monogamy.
22.45 Newsnight.
23.25 Weather.
23.30 What's the Matter with Tony Slattery?

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 Judge Rinder.
15.00 Tenable.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Doc Martin.
20.00 Who Wants to Be a Millionaire?
21.00 Little Boy Blue.
22.00 ITV News at Ten; Weather.
22.45 The Queen: Inside the Crown.
23.45 Secrets of the Driving Test.
00.10 Ideal World.

Channel 4

06.30 Cheers.
07.20 Everybody Loves Raymond.
08.10 Mike & Molly.
09.05 Frasier.
10.30 Come Dine with Me.
12.00 Channel 4 News Summary.
12.05 Come Dine with Me.
13.05 A New Life in the Sun.
14.10 Countdown.
15.00 A Place in the Sun.
16.00 Work on the Wild Side.
17.00 Couples Come Dine with Me.
18.00 The Simpsons.
19.00 Channel 4 News.
20.00 Bake Off: The Professionals.
21.00 A Very British Hotel Chain: Inside Best Western.
22.00 First Dates Hotel.
23.05 Ramsay's 24 Hours to Hell and Back.
00.00 Ramsay's Kitchen Nightmares USA.
00.55 Joe Lycett's Got Your Back.

BBC Four

19.00 The Joy of Painting.
19.30 Danceworks: Ballet Black - The Waiting Game.
20.00 Michael Wood's Story of England.
21.00 Men at the Barre - Inside the Royal Ballet.
22.00 Unprecedented.
22.30 Ballet Boyz Deluxe.
23.30 Dance on **FILM:** BBC Introducing Arts.
00.30 Roman Britain: A Timewatch Guide.
01.30 The Joy of Painting.
02.00 Danceworks: Ballet Black - The Waiting Game.
02.30 Men at the Barre - Inside the Royal Ballet.
03.30 Close.

WEDNESDAY 27/05

BBC One

06.00 Breakfast.
09.00 BBC News.
10.00 Jay Blades' Home Fix.
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 Garden Rescue.
16.30 Antiques Road Trip.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 Soul Boy - Our Lives.
20.00 The Repair Shop.
21.00 The Great British Sewing Bee.
22.00 BBC News at Ten; Weather.
22.45 Bad Education.
23.45 Richard and Jaco Take on the World.

BBC Two

06.30 Jay Blades' Home Fix.
07.15 Garden Rescue.
08.00 Sign Zone: Your Home Made Perfect.
09.00 Autumn: Earth's Seasonal Secrets.
10.00 BBC News.
13.00 Letterbox.
13.30 Big Dreams Small Spaces.
14.30 Christopher Lee: Talking Pictures.
15.05 **FILM:** My Favorite Wife.
16.30 My Life on a Plate.
17.15 Flog It!
18.00 Eggheads.
18.30 Animal Park Families.
19.00 The Other Side of Dunkirk.
20.00 Springwatch 2020.
21.00 Vienna Blood.
22.30 Sara Pascoe vs Monogamy.
22.45 Newsnight.
23.25 Weather.
23.30 What's the Matter with Tony Slattery?

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 Judge Rinder.
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 Absolutely India: Mancs in Mumbai.
20.30 Paul O'Grady: For the Love of Dogs.
21.00 Little Boy Blue.
22.00 ITV News at Ten; Weather.
22.45 Peston.
23.45 Tenable.
00.35 Ideal World.

Channel 4

06.30 Cheers.
07.20 Everybody Loves Raymond.
08.10 Mike & Molly.
09.05 Frasier.
10.30 Come Dine with Me.
12.00 Channel 4 News Summary.
12.05 Come Dine with Me.
13.05 A New Life in the Sun.
14.10 Countdown.
15.00 A Place in the Sun.
16.00 Work on the Wild Side.
17.00 Couples Come Dine with Me.
18.00 The Simpsons.
19.00 Channel 4 News.
20.00 Location, Location, Location.
21.00 Britain's Unsung Heroes.
22.00 8 Out of 10 Cats Does Countdown.
23.05 Celebrity SAS: Who Dares Wins.
00.10 Walking with Elephants.
01.05 Ramsay's Kitchen Nightmares USA.

BBC Four

19.00 The Joy of Painting.
19.30 Danceworks: Ballet Black - The Waiting Game.
20.00 Michael Wood's Story of England.
21.00 Men at the Barre - Inside the Royal Ballet.
22.00 Unprecedented.
22.30 Ballet Boyz Deluxe.
23.30 Dance on **FILM:** BBC Introducing Arts.
00.30 Roman Britain: A Timewatch Guide.
01.30 The Joy of Painting.
02.00 Danceworks: Ballet Black - The Waiting Game.
02.30 Men at the Barre - Inside the Royal Ballet.
03.30 Close.

THURSDAY 28/05

BBC One

06.00 Breakfast.
09.00 BBC News.
10.00 Jay Blades' Home Fix.
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 Garden Rescue.
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 Clap for Our Carers.
20.05 Football, Prince William and Our Mental Health.
21.00 The Real Marigold Hotel.
22.00 BBC News at Ten; Weather.
22.45 Question Time.
23.45 The Coronavirus Newscast; Weather.

BBC Two

06.30 Jay Blades' Home Fix.
07.15 Garden Rescue.
08.00 Sign Zone: Our Coast.
09.00 Winter: Earth's Seasonal Secrets.
10.00 BBC News.
13.00 Letterbox.
13.30 Big Dreams Small Spaces.
14.00 **FILM:** Mr Blandings Builds His Dream House.
16.30 My Life on a Plate.
17.15 Flog It!
18.00 Eggheads.
18.30 Animal Park Families.
19.00 Lockdown Culture with Mary Beard.
19.30 War Walks.
20.00 Springwatch 2020.
21.00 QI.
21.30 The First Team.
22.00 Live at the Apollo.
22.45 Newsnight.
23.25 Weather.
23.30 Monkman & Seagull's Genius Adventures.

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 Judge Rinder.
15.00 Tenable.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 New You've Been Framed!
19.30 Back to Work: Is It Safe? Tonight.
20.00 Britain's Brightest Celebrity Family.
20.30 Martin Clunes: My Travels and Other Animals.
21.00 The Murder of Rhys Jones: Police Tapes.
22.00 ITV News at Ten; Weather.
22.45 Piers Morgan's Life Stories.
23.45 Tenable.
00.35 Ideal World.

Channel 4

06.30 Cheers.
07.20 Everybody Loves Raymond.
08.10 Mike & Molly.
09.00 Frasier.
10.30 Come Dine with Me.
12.00 Channel 4 News Summary.
12.05 Come Dine with Me.
13.05 A New Life in the Sun.
14.10 Countdown.
15.00 A Place in the Sun.
16.00 Work on the Wild Side.
17.00 Couples Come Dine with Me.
18.00 The Simpsons.
19.00 Channel 4 News.
20.05 Britain's Best Parent?
21.00 First Dates Hotel.
22.05 **FILM:** The Imposter.
23.55 Travel Man: 48 Hours in Madrid.
00.30 Pokerstars Players Championship.
01.25 Ramsay's Kitchen Nightmares USA.

BBC Four

19.00 The Joy of Painting.
19.30 Danceworks: Maria Pages - An Ode to Flamenco.
20.00 Pride and Prejudice.
21.00 Earth from Space.
22.00 Unprecedented.
22.30 Chasing the Moon.
23.20 Invasion! With Sam Willis.
00.20 Sleuths, Spies & Sorcerers: Andrew Marr's Paperback Heroes.

FRIDAY 29/05

BBC One

06.00 Breakfast.
09.00 BBC News.
10.00 Jay Blades' Home Fix.
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 Garden Rescue.
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.
21.00 Not Going Out.
21.30 Have I Got News for You.
21.30 Peter Kay's Car Share.
22.00 BBC News at Ten; Weather.
22.45 The Graham Norton Show.
23.15 **FILM:** Young Adult.
00.45 Weather for the Week Ahead.
00.50 BBC News.

BBC Two

06.30 Jay Blades' Home Fix.
07.15 Garden Rescue.
08.00 Sign Zone: Hubble: The Wonders of Space Revealed.
09.00 A Bear with a Bounty: Natural World.
10.00 BBC News.
13.00 Letterbox.
13.30 Big Dreams Small Spaces.
14.00 **FILM:** Mr Blandings Builds His Dream House.
16.30 My Life on a Plate.
17.15 Flog It!
18.00 Eggheads.
18.30 Animal Park Families.
19.00 Rick Stein's Road to Mexico.
20.00 Springwatch 2020.
21.00 Gardeners' World.
22.00 Later - with Jools Holland.
22.45 Newsnight.
23.15 Weather.
23.20 **FILM:** Trumbo.
01.20 Sign Zone: The Best of RHS Chelsea Flower Show.
02.20 Sign Zone: Great American Railroad Journeys.
03.20 This Is BBC Two.

ITV London

06.00 Good Morning Britain.
09.00 Good Morning Britain with Lorraine.
10.00 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
14.00 Judge Rinder.
15.00 Tenable.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 Birds of a Feather.
20.30 Vera.
22.25 ITV News at Ten; Weather.
23.15 **FILM:** The Hobbitt: The Battle of the Five Armies.
01.25 Ideal World.
03.00 ITV Nightscreen.

Channel 4

06.30 Cheers.
07.20 Everybody Loves Raymond.
08.10 Mike & Molly.
09.00 Frasier.
10.30 Come Dine with Me.
12.00 Channel 4 News Summary.
12.05 Come Dine with Me.
13.05 A New Life in the Sun.
14.10 Countdown.
15.00 A Place in the Sun.
16.00 Work on the Wild Side.
17.00 Couples Come Dine with Me.
18.00 The Simpsons.
19.00 Channel 4 News.
20.00 Joe Lycett's Got Your Back.
21.00 Gogglebox.
22.00 The Last Leg: Locked Down Under.
23.05 Smack the Pony.
02.30 Come Dine with Me.
04.45 Car S.O.S.

BBC Four

19.00 Classic Quartets at the BBC.
20.00 Top of the Pops: 1989.
20.30 Kermodie and Mayo's Home Entertainment Service.
21.00 Top of the Pops: 1989.
21.30 Rock 'n' Roll America.
22.30 Classic Albums: The Crickets - The "Chirping" Crickets.
23.30 It's Only Rock 'n' Roll: Rock 'n' Roll at the BBC.
00.30 Singer-Songwriters at the BBC.
01.30 Country Music by Ken Burns.
02.20 Rock 'n' Roll America.
03.20 Close.

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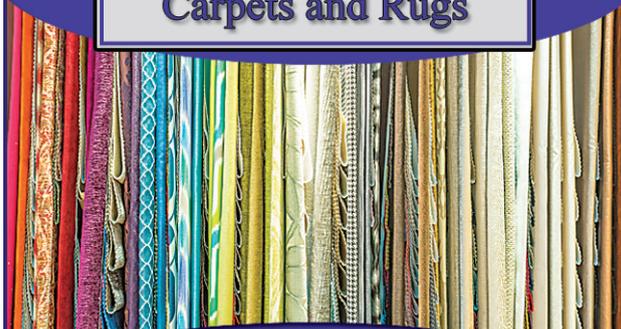
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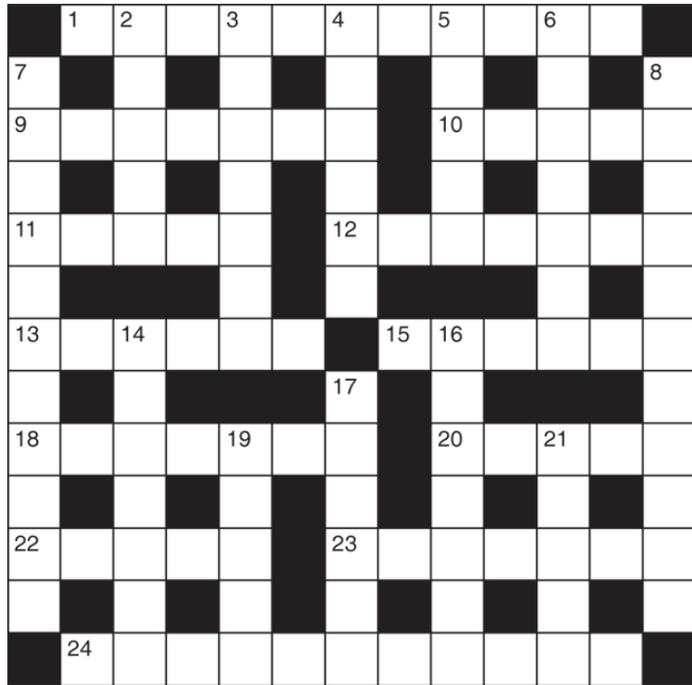
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CRYPTIC CROSSWORD

ACROSS

1. Is it worn by a master builder? (6,5)
9. The object in rent is to make an investment (7)
10. It fell to Newton to notice gravity (5)
11. Did some pressing (5)
12. Jumps high in a supple way, perhaps (5,2)
13. I should be when small (6)
15. A change in rents at the back (6)
18. Word of praise (7)
20. After getting bail somehow, I find an excuse (5)
22. Eliminate whole ages with one note (5)
23. It's wrong to give people a hand like this (7)
24. A deep malady (11)

DOWN

2. It's due to love taking wing (5)
3. Part of a lathe that could be altered (7)
4. What a snake may do to make one nervous (6)
5. Native American making some tomahawks (5)
6. A reply showing wit or spite perhaps (7)
7. Used when lying low? (11)
8. Trustworthy, but guilty (11)
14. Willing to try a new blend of tea (7)
16. Doesn't go out to support a wrong action (5,2)
17. Sailor joins a Scotsman on the roads (6)
19. Requirements of necessity (5)
21. One can't imagine being without them (5)

QUICK CROSSWORD

ACROSS

1. Many-sidedness (11)
9. Thrive (7)
10. Step (5)
11. Fat (5)
12. Encroachments (7)
13. Agreement (6)
15. Head cushion (6)
18. Impartial (7)
20. Coach (5)
22. Retinue (5)
23. Agony (7)
24. Unavoidably (11)

DOWN

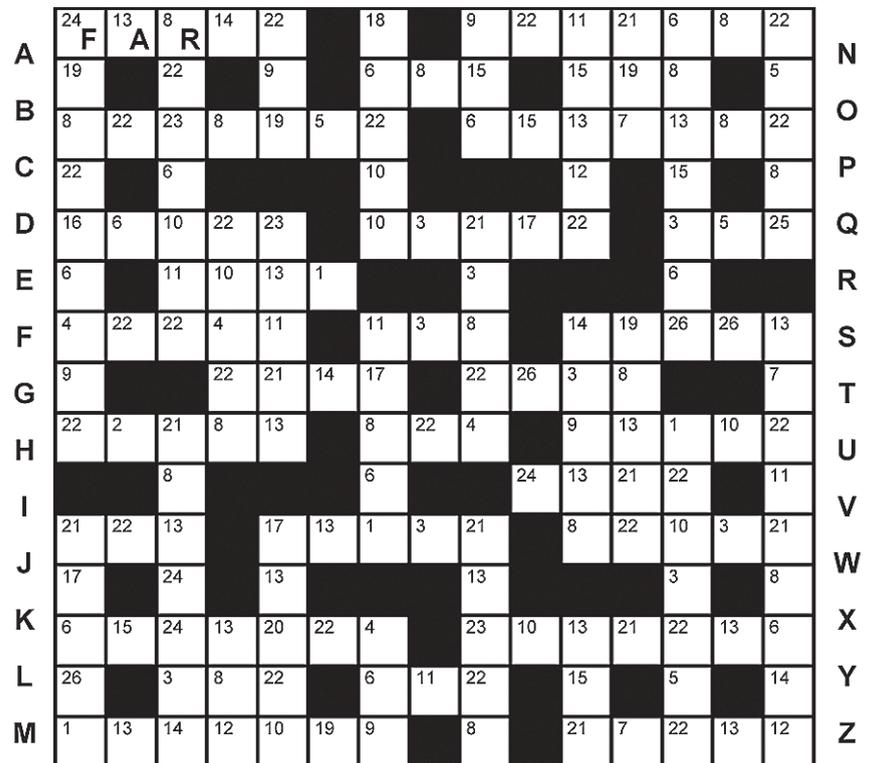
2. Eat away (5)
3. Wise (7)
4. Scorching (6)
5. Also-ran (5)
6. Labour (7)
7. Chance (11)
8. Reliable (11)
14. Rival (7)
16. Whole number (7)
17. Begg (6)
19. Scope (5)
21. Test (5)

Last week's quick crossword solution
Across: 1 Incoherent; 7 Reign; 8 Reversed; 10 Demolish; 11 Rasp; 13 Greedy; 15 Tureen; 17 Oral; 18 Dialogue; 21 Stilton; 22 Cynic; 23 Insistence.
Down: 1 Idiom; 2 Conclude; 3 Harass; 4 Rove; 5 Narrate; 6 Prodigious; 9 Dependence; 12 Publican; 14 Elation; 16 Linnet; 19 Genie; 20 Etui.

Last week's cryptic crossword solutions
Across: 1 Short story; 7 Irate; 8 Painter; 10 Ganglion; 11 Feed; 13 Amazon; 15 Bottle; 17 Troy; 18 Show over; 21 Retrial; 22 Talon; 23 Team spirit.
Down: 1 Spain; 2 Overlook; 3 Tiptoe; 4 Trip; 5 Retreat; 6 Ringmaster; 9 Red herring; 12 Hot water; 14 Apostle; 16 Philip; 19 Valet; 20 Film.

CODEWORD

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



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

Medium

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

Hard

Last Week's Codeword Solution



Last week's solutions

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

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 452

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= 11
- C > A > B
- ABC ÷ 1

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

Pollen and progressing your game

It's great to be back coaching. And it's even better that the weather has turned, and it feels like spring at last. The shorts are actually out today; first time coaching in shorts this year, long may it continue.



NEIL
CONNOLLY



So as we ease back into the game of golf, what better way to do so than to enlist yourself into a series of lessons

Well I'm not sure you've noticed, I know Fiona has, that the pollen count must be off the charts right now. The combination of lots of rain, warm weather and now sun must be a nightmare for anybody that

has hay fever. I really hope that this passes soon. So outside coaching with these new guidelines for safety doesn't really seem to make much difference. I've just completed a short game bootcamp this morning and the only thing that seems to be different is that I'm not

used to talking or coaching for four hours in the morning. I guess that will come with time as I ease back into the coaching routine. The world of tournament golf has taken baby steps into a post coronavirus era with McIlroy, Fowler, DJ, and Wolff playing a match last

Sunday evening. No crowds, no caddies, just four guys carrying their bags and having some banter while they did so. Which does beg the question, is this the new norm for golf tournaments for the foreseeable future? I know that it was great to watch the guys play golf in this format, but really will the Ryder Cup work without the thunderclap on the first tee? Or not being able to read the size of the gallery's cheer as to what happened out onto the golf course? I guess the question that you really need to ask is would you rather it be in that format or not at all? I'm totally undecided and will watch the next series of events on the European Tour and PGA Tour with some interest to see if it works. As I'm sure you will too. So as we ease back into the game of golf, what better way to do so than to enlist

yourself into a series of lessons where the impact financially is minimal to your pocket but the impact on your golf game is enormous. What we're talking about here is the fundamentals package of lessons where, for one hour over the course of six weeks we cover every element of the game from the basics up. There is something for everyone; week one long game, week two putting, week 3 chipping, week four full whole shot routine, week 5 pitching, week six to finish back to the long game. The cost of this six-hour coaching package is €67.50 including balls hit during the session. We have been running these courses now in the Algarve for the last five years, and have improved the golfer who's been playing for the last 30 years and the player that is never picked a golf club up in the

first place. After all, it's exceedingly rare that I find a player who has all the fundamentals in place and doesn't need to work on the basics. As I say, it's a great way to get you working on the areas of your game which need the most work, at a price which doesn't hurt the finances. Now that the weather has turned, we can run these courses regularly through the summer with little worry about rain stopping play. Have a think about it - the number that you need to contact is 912 263 555 and we are based at Vila Sol Golf Club. What's the worst that could happen other than you learn something new about the game that perhaps you hadn't thought of? We hope to hear from you soon and look forward to working with you in the future. In the meantime, stay safe and healthy.

Back into the swing of things

The golf courses in the Algarve returned to activity at the beginning of the month, hoping to attract the usual practitioners of the sport with the resumption of travel and the gradual opening of borders.

With strict health protocols in place, the more than 40 courses in the region want to prove that it is safe to play in what was considered the best golf destination in Europe in 2020 by the British magazine Today's Golfer. At a time that would correspond to the peak of

demand for the sport - the months of March, April and May are the ones that usually concentrate the largest number of rounds on the Algarve golf courses, in addition to September and October, the Algarve courses reopen in full safety conditions for

practitioners and employees of sports facilities. This is guaranteed by the compliance, for each course, of the guidelines defined in the Portuguese Golf Federation plan for the reopening of the business. The president of Turismo

do Algarve, João Fernandes said: "This is a sign of the effort of the golf industry in the region, and of its resilience, in following the demanding dynamics that the

pandemic situation has created since it was decreed. Following the recommendations of the Federation, the National Council of the Golf Industry and the Directorate-

General for Health, we send the message that it is possible to return to playing with confidence in our courses, which in 2019 accounted for more than one million rounds".

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Ready, steady, go?

N CHRIS WRIGHT

Plans for the resumption of the Primeira Liga in early June are taking shape despite the misgivings of some clubs regarding the relocation of fixtures.



Marítimo (Madeira) are hoping that they can still utilise the Estádio dos Barreiros and avoid relocating

The Portuguese Football Federation (FPF) and the Primeira

Liga revealed that the detailed reports on the stadiums of Paços de Ferreira, CD Aves, Rio Ave,

Tondela, Portimonense and Vitória Setúbal were sent to the General Directorate of Health and

are now awaiting authorisation as to their suitability in meeting the strict operational requirements. Belenenses (Lisbon), Famalicao, Moreirense and Santa Clara (Azores) stadiums have been ruled out. Belenenses and Santa Clara have already announced that they will play their 'home' games at the Cidade do Futebol in Oeiras (Lisbon). Famalicao has an agreement to play at Barcelos, the home of Gil Vicente, whilst Moreirense will play at Guimarães. The plan also provides for a maximum of 185 people in the stadiums during the games with an area to be allocated for monitoring body temperature for those

having access to the technical area. A maximum of eighty-five people will be allowed in the technical zone, including players, technical staff, the refereeing team, League delegates, security personnel, anti-doping doctor and video referee technicians. Marítimo (Madeira) are hoping that they can still utilise the Estádio dos Barreiros and avoid relocating, despite requiring away sides to fly out to the island for games. The top-flight mainstays have threatened to challenge the division's comeback if they are forced to relocate from their home ground, citing the stadium's exemplary facilities and Madeira's

comparatively low infection-rate. Director of Football, Briguel said, "Our stadium fulfils all of the requirements, it is one of the more modern stadiums in the entire division and Madeira has the COVID-19 situation under control. If we're forced to stay in mainland Portugal, with players confined to hotel rooms, we're running a greater risk. Furthermore, we'd be at a bigger disadvantage in comparison to our opponents." Despite concerns, it will be Portugal's Directorate-General of Health, already reviewing the nation's football grounds, who'll have the final say on which stadiums the Primeira Liga can use.

Joy and despair

Whilst SC Farense fans were celebrating the elevation of their team to the Primeira Liga their fierce rivals SC Olhanense, just down the road, were taking to the streets of Olhão in protest at the Portugal Football Federation's (FPF) decision to promote Vizela and Arouca from the Campeonato Portugal to the Segunda Liga.

As well as protest banners appearing all over the area, the Algarve Football Association (AFA) has strongly supported the Olhão club's campaign for justice as Olhanense having a better points-to-games ratio than Arouca.

The AFA says it understands that "this is a period of difficult resolutions and that, therefore, there must be a greater dialogue between all the parties involved".

The six clubs of the Campeonato Portugal, most

affected with the cancellation of the competition, requested a meeting with Fernando Gomes, President FPF, but on arrival at the Cidade do Futebol, Lisbon, were met by José Couceiro (National Technical Director) Carlos Lucas (Director of Competitions), and Luís Sobral (Deputy General Director).

Having travelled some 600kms the group were unhappy that Fernando Gomes was not present and walked out of the meeting

after just a couple minutes.

Last Saturday hundreds of Olhanense fans joined a cavalcade of motorcycles and cars plus the club bus as it wound its way along the EN125 and Avenida da República before creating a carnival atmosphere in the market waterfront area with a cacophony of blaring horns and lively music. Everywhere there were banners proclaiming "QUEREMOS JUSTIÇA" (We Want Justice). CW

N Sport in Brief

Suspension extended until November

Former Sporting star Gelson Martins has had his six month suspension, for pushing a referee, 'frozen' for the period of 13 March to 30 June and will therefore not be able to return to action for Monaco until November. The Cape Verde born winger received his suspension in March for pushing a referee during a 3-1 defeat against Nimes in February. The referees' union in France condemned the incident as "shameful, intolerable, unbearable, indefensible, inadmissible and should not happen on a football pitch."

England wonderkid set to leave Benfica?

17-year-old forward Jeremy Sarmiento is a transfer target for Europe's top clubs and faces international tug-of-war. The Madrid born youngster has dual British and Ecuador citizenship and has played for England at U16, U17 and U18 levels. He has a year remaining of his contract at Benfica and the former Charlton Athletic youth player is on the radar of top clubs in England, Germany, Spain and France.

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