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Illegal migrants crossing to the Algarve increasing



Police inspect the boat that 22 migrants were travelling in, after they were intercepted arriving by boat at Vale do Lobo beach on 15 June. (Photo: EPA/Luís Forra) Full story P2.



Madeira to pay for tourist Covid-19 tests. P4



PM promoting tourism for Portugal. P4



Formula 1 in the Algarve? P6



New contract for Jesus. P32

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Illegal migrants crossing to the Algarve increasing

The Algarve is increasingly being sought after by illegal immigrants as a gateway to the European continent and in recent months this trend has been rising.

Over the past six months the Algarve region has seen 48 illegal immigrants from North Africa entering the country, with the last case recorded on 15 June in Vale do Lobo, when a vessel with 22 Moroccan migrants was intercepted.

In December 2019, a group of eight immigrants arrived on the Algarve coast and in January this year 11 Moroccan citizens were detected off the island of Armona, in the municipality of Olhão.

On 6 June, seven migrants from North Africa were detected off Olhão, and on 15 June a vessel with 22 men, allegedly of Moroccan origin, was intercepted when the crew prepared to disembark at Vale do Lobo beach.

In light of this new emerging trend, the Minister of Internal Administration, Eduardo Cabrita, said in January this year that it was "premature" to consider that this was a new migration route to Portugal.

"It is very premature. There were tens of thousands of arrivals in Spain and we will not be able to draw any conclusions from the most recent arrivals in Portugal. We are attentive, I am in talks with Spanish and Moroccan authorities, and I hope to establish, in the coming weeks, a direct meeting with my Moroccan counterpart on several topics, including this one", said Eduardo Cabrita. Eduardo Cabrita underlined that, at the moment, Portugal has three legal migration agreements pending with Morocco, India and Moldova.

"What we want with Morocco is to open a mechanism for legal and prepared migration," he said, arguing that illegal immigration should be the object of investigation and legal treatment.

The Chief of the General Staff of the Armed Forces, Admiral António Silva Ribeiro, in

December last year, said that Portugal must be "very attentive" to the possibility of becoming a route of entry for migrants.

"We have to be attentive. We have to be very attentive to that possibility because it is not very different to go to Spain or to go to the Algarve, it is just a matter of choice," he said. In that sense, he added, it is necessary that the police authorities -SEF, the Maritime Police and the Republican National Guard, namely through the Coastal Control Unit - maintain the monitoring of such phenomena, as well as border surveillance. In turn, the Mayor of Olhão, António Manuel Pina, revealed his concern for this growing trend and called for a correct framing of the situation, which, in his opinion, should not be attributed to the status of refugee.

"It is true that we have to be welcoming, we are humans just like these Moroccan citizens, but we also should not confuse, in my opinion, these cases with citizens and migrants in the Mediterranean, in Syria, in Libya, where there are, in fact, fleeing from war and deplorable life situations, with these situations", said the mayor of Olhão.

As long as they are not considered illegal immigrants and returned to their countries, groups of migrants will continue to try to reach the Algarve coast in boats, said Pina who is also the president of the Intermunicipal Community of the Algarve (AMAL).

António Miguel Pina said that the various cases of small boats that have arrived in the Algarve with migrants on board since last year, and the interception of the latest vessel with 22 migrants, allow us to think that there is an organised structure for illegal immigration to the south coast of Portugal. "This new arrival only reinforces our concerns, which have already been expressed to the Minister of Internal Affairs,



António Pina has called for "an appropriate response" to the granting of refugee or exile statutes that allows these

because those who arrived a week ago were from the same location as the others from the previous year".

António Pina said he disagrees with the possibility of these young people being considered exiles or political refugees, because the situation in Morocco, the country from which they say they come from, "is different from the situation in the Mediterranean, with people from countries where there is war", such as Syria or Libya. António Pina has called for "an appropriate response to be quickly given to cases of illegal immigration, which is their return to their country" of origin, instead of the granting of refugee or exile statutes that allows these citizens to remain in Portugal.



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News in Brief
Lagos Mayor calls for “punishments” for Covid-19 rule flouters

Hugo Pereira, Mayor of Lagos, has called for “punishments” following an illegal party, held on 7 June in Odiáxere, which has already infected 16 people with Covid-19. Speaking to news outlet Sul Informação, the mayor called for “greater attention, on behalf of everyone”, for “compliance with the rules and, above all, more penalties for those who do not comply”. According to Mayor Pereira, the organisers of the event have been identified by the GNR.

Portugal ranked third most peaceful country in the world

Portugal has once again been ranked as the third most peaceful country in the world. The latest Global Peace Index has placed Iceland as the most peaceful country in the world, a position it has held onto since 2008. It is joined at the top of the index by New Zealand followed by Portugal, Austria and Denmark. For the second year in a row, Afghanistan was ranked as the least peaceful country in the world, followed by Syria, Iraq, South Sudan and Yemen.

Portugal-Britain tourism ‘air bridge’ talks going well, says PM Costa

Prime Minister António Costa has revealed negotiations between Portugal and Britain on an “air bridge” that would allow British tourists to dodge a mandatory Covid-19 quarantine upon returning home are still in progress and going well. Britain, which is Portugal’s leading source of tourism, introduced a 14-day self-isolation rule for travellers arriving from abroad, including returning nationals.



...to be quickly given to cases of illegal immigration, which is their return to their country” of origin, instead of the citizens to remain in Portugal. (Photo: EPA/JJ Massey)

“As long as this is not done, it gives the signal that this is possible, because nothing happens. These 22, in our opinion, even begin to configure some possibility of extra aid. This very small vessel, with 22 people, is the same size as the one in which seven people came in previously and this raises the concern that a more fixed route to help illegal immigration may have already been created here”, he said. The President of AMAL has now called on the Government to “give a clear signal to these

citizens” that they may not be considered exiles and will be returned to their countries of origin, because “only in this way will it be possible to give an adequate response to discourage others” from also trying to cross in the future, he defended. Asked if the appearance of the 22 migrants intercepted on Monday in court could be a sign of the change in attitude of the Portuguese authorities, António Pina replied that he will “wait to understand what the final outcome of the case will be”.

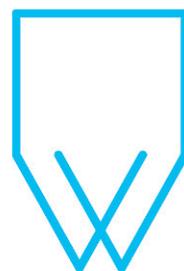
WEATHER
Summer weather returns

It will be feeling distinctly like summer in Portugal this week with blue skies and high temperatures returning and the best of the weather in the south of the country.

Lisbon: It is to be warm and dry in the capital over the weekend with temperatures averaging highs of 28 degrees and lows of 17 degrees. On Monday the thermometer is set to rise to 31 degrees and all cloud cover is to disappear by Tuesday to leave bright, sunny and hot weather for the remainder of the week.

The south: It will be feeling hot this weekend in the south with temperatures set to peak on Sunday at highs of 35 degrees with nightly lows of 20 degrees. As the week progresses the temperature is to remain high with average peaks of 32 degrees and nightly lows of 22 degrees.

The north: Over the weekend cloud cover is to remain with a slight chance of rain on Sunday in the north. By Monday the clouds are to clear and temperatures are on the rise to average highs of 25 degrees and nightly lows of 15 degrees while winds will remain north westerly for the rest of the week.


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Madeira plans to pay for tests in Lisbon for tourists

The Government of Madeira intends to establish a protocol with an entity in Lisbon and fund the carrying out of screening tests of Covid-19 for passengers travelling to the region.

The cost of the tests, to be borne by the region, will be around €30 for each analysis.

“We are working to achieve another very important thing, which is to enable passengers coming to Madeira to carry out

the test, at the expense of the government, in Lisbon, which will facilitate and prevent” the spread of Covid-19 in the region, said

Miguel Albuquerque.

The chief of the Madeiran executive stressed that as of 1 July, passengers disembarking at Madeira and Porto Santo airports must carry a negative test result carried out in the previous 72 hours.

If they do not have the document, the test will be carried out in the regional airport infrastructures, “at the expense of the Regional Government”, and the passenger must wait up to a maximum of 12 hours for the result. The reinforcement of health teams related to this functionality is being prepared, said the politician. Miguel Albuquerque said that the executive already bears the costs of this test in relation to various groups, “such as students and people who have no financial means”.

“It would be good to include everyone who wants to travel to Madeira, because that would make everything easier,” he said.

The assumption of expenditure in relation to tourists, “in these initial months” is justified by the importance of the sector in the archipelago: in the opinion of Miguel Albuquerque, it is preferable “to assume these costs and have the beginning of the development and reopening of tourism than to be spending this money on unemployment benefits”.

The idea is being worked on by the Secretary of Health for Madeira and will allow visitors to be able to carry out the tests “in centres or in clinics in Lisbon”, at the same price.

“This is an example for Europe and civil aviation on how to develop connections and, again, mobility”, he highlighted. Madeira, he underlined, “cannot take unnecessary risks”, especially when “one of the main assets it will offer is to be a region that has almost zero active cases of Covid-19”.



Miguel Albuquerque said that as of 1 July, passengers disembarking at Madeira and Porto Santo airports must carry a negative test result carried out in the previous 72 hours. (Photo: Lusa/Homem de Gouveia)

Costa defends that Portugal is a safe destination for tourists

The prime minister has spoken out again to defend that Portugal is a safe destination for tourists, claiming that it is one of the European countries that has carried out the most tests and has the best indicators in controlling Covid-19.

In a brief interview with CNN, António Costa told the American television network that in Portugal a protocol was signed between the health authorities and representatives of the hospitality industry in order to guarantee safety and hygiene conditions for those who visit the country.

“Portugal was one of the countries that has tested the most per million inhabitants and has reliable numbers. Now, trust is an essential factor in choosing a holiday destination”, said the prime minister.

During the interview, which lasted about three minutes, CNN reporter

Fred Pleitegen highlighted that Portuguese tourism has been hit hard by the Covid-19 pandemic and added that the Portuguese economy is very dependent on tourist demand.

He also stated that Portugal was one of the countries that imposed early confinement measures to help fight

against the spread of the new coronavirus and that the Portuguese authorities are being viewed as a “success” story in controlling the pandemic.

In the report, in addition to mentioning that those arriving at Lisbon airport are subject to temperature control, a German couple is interviewed at Largo Portas do Sol, in the parish of Santa Maria Maior, in Lisbon, who said they feel safe on their visit to Portugal.

On 15 June, at the presentation of the new campaign for Turismo de Portugal, the prime minister left a message targeting the domestic market.

António Costa invited the Portuguese to take holidays “inside” the country to allow them to take advantage of the privilege of visiting or rediscovering the country that for three consecutive years - 2017, 2018 and 2019 - was considered the best tourist destination in the world.

“If we have the privilege of living in the best destination in the world, then we should enjoy it,” he argued.

“We have to protect our

health, but we also have to protect incomes, jobs and companies and make these territories live, which all help to make Portugal the best destination in the world and which depend a lot on whether or not there are tourists,” he said.

Before, the Minister of Economy and Digital Transition, Pedro Siza Vieira had already emphasised the message that this was an opportunity for the Portuguese to be tourists in their own country and also an opportunity to invest in Portuguese companies.

The campaign “TuPodes, Visita Portugal”, presented by the President of Turismo de Portugal, Luís Araújo, represents an investment of €2 million and will be running until the end of the year. The campaign was launched with a film starring by tourists of various nationalities, who have already visited Portugal and who appeal to the Portuguese to let themselves be filled with the desire to explore the sounds, landscapes, culture or gastronomy of the country.



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António Costa invited the Portuguese to take holidays “inside” the country to allow them to take advantage of the privilege of visiting or rediscovering the country



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Formula 1 a possibility for Portugal



According to press reports, the possible dates for the race to come to Portugal are believed to be 27 September and 4 October.

Ross Brawn admitted that circuits such as Imola (Italy), Portimão (Portugal) and Hockenheim (Germany) could host events later this year, promising a final decision before the end of July. Ross Brawn said: "There are a

number of good European tracks where we could add another one or two races on to make sure we have a comprehensive season. We're not going to declare it yet, as it's still a work in progress." According to press reports, the possible dates for the race to come to Portugal are believed to be 27

September and 4 October. In an online vote launched on Twitter by the official Formula 1 account, the Algarve was voted as the place where fans would be most excited to see an F1 race take place in 2020. With 42.9 percent of the total vote, the region beat off competition from Imola

F1 sporting director Briton Ross Brawn has admitted that Portugal is being considered as an alternative for the revised 2020 World Cup calendar.

with 30.9 percent, Mugello with 12.3 percent and other by 7.6 percent from a total of 84,295 votes. Meanwhile, the Mayor of Portimão, Isilda Gomes, has said that holding a Formula One World Championship in the Algarve would be "an excellent promotion", not only for the region, but for Portugal as a whole. "Obviously it would be an excellent moment for Portugal, but we have to be careful because we are only talking in the field of hypotheses, because there is still nothing concrete", warned the mayor. In the opinion of Isilda Gomes, "it is premature to talk about the realisation of an F1 race" at the Autódromo Internacional do Algarve, even though those responsible for the decision consider the Algarve circuit as an alternative to other regions. "They are good indications, but we are still in the realms of hypotheses", she said. For the mayor, the staging of a

Grand Prix in the municipality of Portimão, "would be excellent for everyone, due to the projection that the event has worldwide, being a great engine in the dynamisation of the region and the country", even with the restrictions imposed on sporting events due to the Covid-19 pandemic. "Bearing in mind that the whole event moves thousands of people, I think it would be excellent for the country, even if the existing conditions were maintained due to the Covid-19 pandemic", she concluded. The start of the F1 World Championship was scheduled for 15 March, in Australia, but the race was cancelled due to the Covid-19 pandemic. In total, 13 of the 22 races of the season have been cancelled or postponed, but championship officials hope to have a calendar of 15 to 18 races by the end of the year. The last Portuguese GP was held at Estoril in 1996.

Algarve 2020 approves first projects to combat pandemic

The Operational Programme of the Algarve (CRESC Algarve) 2020 has approved the first applications for financing companies with relevant investments in combating the Covid-19 pandemic.

In a statement, the Regional Coordination and Development Commission (CCDR) Algarve, which manages the programme, said that the ten projects will

allow "an investment of more than €3 million" with the aim of creating or maintaining "several dozen jobs", with a "contribution of €2 million from European

Union funds". This support is aimed at small companies that "identified opportunities provided by the pandemic and created, converted or adapted their services for the production and marketing of masks, visors, advertising or even in the certification of products".

According to the CCDR/Algarve, these companies bet on "new or improved investments, services, manufacturing methods, logistics or distribution" related to fighting the pandemic.

A factory unit planned for São Bartolomeu de

Messines, in the municipality of Silves, under an Italian Portuguese investment, is one of the projects contemplated, intended for the "labelling and sterilisation of medical devices and other hospital articles and equipment".

Another of the approved projects concerns a custom textile production business in Albufeira, which has since been converted into a surgical mask assembly line, but which needs remodelling works, the acquisition of an automatic mask machine and an individual packaging system.

CCDR also lists "a project

aimed at producing a 70 percent alcoholic gel for hand disinfection, a non-corrosive bactericide for application on surfaces in contact with food and a surface sanitiser, with alcohol and bactericide, without chlorine, for application in various spaces and surfaces".

The other approved projects "are centred on the acquisition of equipment or reinforcement of the productive capacity for the production of masks, visors, barriers, partitions, advertising and various supports intended for commercial

establishments", continues the note.

The CRESCALGARVE 2020 Operational Programme launched three notices designed to support projects in all areas of activity associated with Covid-19, for which it reserved an indicative amount of €12 million, in order to respond to immediate and medium-term needs of companies and institutions in the Algarve.

Currently, a few dozen applications are being considered, and more approvals should be known by the end of this week, concludes the CCDR.

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Dr. Cris Piessens is no longer working in the clinic in Albufeira.

Two months after selling his clinic, Dr. Cris Piessens decided not to continue working in Albufeira.

No longer being considered as part of the staff and experiencing daily a radical change in the team spirit, he decided that the only possible decision was to step out of the project.

Costa states that Centeno is a possibility for the Bank governor

The prime minister has said that Mário Centeno is in with a chance of taking up the role of governor of Banco de Portugal, saying that he has all the personal and professional skills necessary.



João Leão has been inaugurated as Minister of State and Finance in place of Mário Centeno. (Photo: Lusa/Mário Cruz)

António Costa was speaking at the Palace of Belém after the brief inauguration ceremony of João Leão as Minister of State and Finance in place of Mário

Centeno. Asked if Mário Centeno could be proposed by the Government to assume the role of governor of Banco de Portugal, succeeding Carlos Costa, the prime minister

replied: "It is a hypothesis". "Professor Mário Centeno has all the conditions from a personal and professional point of view. He has all the skills to exercise the functions of governor of Banco de Portugal. The governor of Banco de Portugal [Carlos Costa] has already recognised him. No one has any doubts on this matter", he added. Regarding the process of appointing the new governor of Banco de Portugal, Costa said that he will speak with the new finance minister, João Leão, and with the current holder of the position, Carlos Costa. "As I always said, I will never make a decision without first listening to the different political parties. I did not like the way the previous government [PSD / CDS-PP] decided to renew the current governor without listening to anyone. I always said I would not do it, therefore, I will listen to everyone at the right moment", he declared.

The dialogue between António Costa and the parties about the new governor of Banco de Portugal is scheduled for the end of this month. The Prime Minister did not give any details as to the reason for the departure of Mário Centeno from his Government, instead he highlighted the fact that "for the first time in 46 years of democratic life, Portugal had a finance minister who served a full four-year legislature and still stayed for the next". "We have to respect that everything has a cycle in life. This was an end of a cycle for Dr. Mário Centeno, which I respect and understand. What is very important is that his departure does not mark any break or any reversal of the policy followed," he said. António Costa added that the fact that João Leão, until now Secretary of State for the Budget, succeeded Mário Centeno showed "a gesture of continuity".

Home sales recover 23%

House sales in Portugal increased 23 percent in May, compared to the previous month, after a 53 percent drop in April, according to the Housing Sales Volume Index of Confidential Imobiliário.

According to the report, "this resuscitation caused the month of May to reduce the slope to 41 percent compared to the activity levels recorded in the pre-covid (January), in a clear recovery in face of the 53 percent decrease that was observed in April".

These are the first results of the new Housing Sales Volume Index, to monitor the behaviour of housing sales in mainland Portugal.

April was the month with the greatest loss of activity compared to January, although a reduction in sales was noted as of February, with transactions falling by 6 percent compared to the previous month.

In March, this decrease worsened to 17 percent, when containment measures were adopted.

The biggest retraction occurred in April, with a decrease of 53 percent.

"Even so, this means that, in full confinement, the market was able to maintain an activity level of around half of the pre-covid, which is still remarkable. It is a sign of his resilience, now confirmed by the results of May, a month that, with just a few days of deflation, already shows monthly recovery in sales and reduces the slope compared to the pre-covid level", says, in a statement, the director general of Confidential Imobiliário, Ricardo Guimarães.

Fique em Casa e Faça Yoga

This Sunday, when we celebrate the 6th International Day of Yoga amidst Covid-19, is the perfect time to practise Yoga! Millions are doing Yoga world-wide in their homes and discovering that they are not only fitter and more flexible, but also calmer and happier. That's because this ancient Indian gift to the world - Yoga - which literally means "union", not only unites the physical, emotional, mental and spiritual energies within an individual; it also unites the individual's energies with the higher vibratory frequency and consciousness of the universe. As Quantum Physics testifies, the universe is conscious vibratory energy; when our energies are harmoniously aligned with it, there is no longer any resistance and the body thrives in perfect health, as nature meant it to be. It also brings a deep sense of well-being and joy as we trust life and go with the flow, with gratitude and positivity. This is exactly what a pandemic-anxious world needs today as people try to cope with fear, financial anxiety and loneliness.

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highly effective immunity booster that strengthens the body's lymphatic and immune system. Instead of "stress baking" or "TV-binging", a few minutes of gentle breathing exercises

(Pranayama) and stretching exercises (Asanas) will rejuvenate the internal organs, lower stress, strengthen the nervous system, detoxify the body and open up energy pathways,

expediting healing. Yoga cleanses the lungs, stimulates the glands, balances hormones, improves blood circulation and nutrient absorption. The brain releases more GABA (gamma-

aminobutyric acid), replacing anxiety with equanimity, leading to restful sleep, which is crucial for healing and immunity.

From a physical workout to a restful mental break or even a spiritual experience - Yoga offers it all. People at peace with themselves are the secret to a healthy and harmonious world. And, the best part is - anyone can do Yoga anywhere, regardless of one's lifestyle or health condition! So, join our online Yoga sessions this weekend: 'Workplace and Stress Management Yoga' this Saturday; the Portuguese Yoga Confederation's session on Sunday morning; and a live Yoga session at India House on Sunday evening (details at www.facebook.com/IndiaInPortugal/). Check out Yoga videos and useful Yoga information on our Embassy website (www.eoilibon.gov.in)

I invite you all to join the global healing process by integrating wellness in your lives and embracing Yoga from the comfort of your homes. Happy International Day of Yoga!

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Marcelo “astounded” that Novo Banco needs more capital

The President of the Republic has said that he was “astounded” by the news that Novo Banco will need more capital than expected for this year due to the impact of the Covid-19.



The money received by Novo Banco to recapitalise totals €2,978 million since 2017.

“I don’t usually comment on specific cases relating to banking institutions. I

heard the news, I was astounded by it, but I don’t really comment on that type of news, so as not to be

getting into the concrete situation of financial institutions,” said Marcelo Rebelo de Sousa.

Novo Banco’s executive president, António Ramalho, said in an interview with *Jornal de Negócios* and *Antena 1*, that “the deterioration of the economic situation leads to slightly additional capital needs” to those estimated for this year and that this were communicated to the Resolution Fund. The money received by Novo Banco to recapitalise totals €2,978 million since 2017, after on 8 May the Government confirmed that a new capital injection was made through the Bank Resolution Fund. The amount transferred this week was made under

the mechanism agreed in the sale of Novo Banco to Lone Star, in 2017, according to which the Resolution Fund compensates the bank for losses in assets with which it was in Banco Espírito Santo’s resolution. However, since the Resolution Fund, an entity financed by banks operating in Portugal, does not have the money necessary for capital injections at Novo Banco, every year it asks the State for money, to which it must return the loan over 30 years. This time, of the €1,037 million that the Resolution

Fund placed in Novo Banco, €850 million came directly from the State. Also in 2018, of the €1,149 million placed at Novo Banco, €850 million came from a loan from the Treasury. In 2017, of the €792 million injected, €430 million came from a public loan. In total, Novo Banco has already received €2,978 million from the Resolution Fund to recapitalise, of which €2,130 million were from Treasury loans. The Government expects the Portuguese economy to decline 6.9 percent in 2020 and to grow 4.3 percent in 2021.

Ride tall and with a smile

Now it is time to get out and about, enjoy some fresh air and nature while maintaining some social distancing.

When you ride a horse you will always have a suitable distance from another rider, it is standard practise.

If you venture out into the large pinewood bordering the Pinetrees stables you will notice that this year nature is bountiful: There are far more birds than usual, beetles scuttling about, busy ants, and you will notice the fragrance of herbs such as thyme or French lavender comes wafting through the air.

A trek through the pinewoods maybe just what you need to clear the head and forget your troubles, letting your spirits soar, whilst being in the company of a kind and generous

horse. Whether doing a gentle trot, an exhilarating canter or perhaps just a walk admiring the countryside you will no doubt return inspired.

Pinetrees Riding Centre also is well known internationally for the training of riders by owner and qualified trainer Bev Gibbons, who has been teaching riding since 1973. Perhaps now is the opportunity to take up the reins again for former riders? Bev also has a specialisation in teaching special needs.

At Pinetrees there are rides to suit all levels of riders and even supply the riding gear included in the price. If you are a resident in the Algarve you can even get some special rates for 10 hour packages. See contact details on advert page 18

Mini Golf comes to Mar Shopping

Grasshopper Mini Golf has opened at Mar Shopping Algarve, located next to the main entrance in front of Starbucks.

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Walking football makes a welcome return

East Algarve Walking Footballers have girded their loins, strapped up knees and ankles as they undertaken a series of training sessions at

the José Arcanjo Stadium in Olhão. Sessions have to be pre-booked - 50+ Tuesdays; 60+ Wednesdays ; 70+ Thursdays

and every precaution is undertaken including sanitising of equipment and footballs. Social distancing is observed and only training and skills

practise take place. Chris Wright, president EAWF, said, "We appreciate that we are dealing with the older age groups and have therefore taken on board all requirements of the Directorate-General of Health. Sessions are limited to ten players and the exercises and training schedules will gradually ease players back to point where we hope we can start playing in a few weeks time." The Monday morning collection of food and cleaning products for distribution to the vulnerable continues at the José Arcanjo Stadium (behind McDonalds on the EN125) between 11am and 1pm. www.walkingfootballalgarve.com



Getting in trim after the lockdown

Quinta dos Poetas reopens in July with New International Standard Croquet Court

The Quinta dos Poetas - Nature Hotel & Apartments located in Pechão in the municipality of Olhão, has just completed the construction of the only active international standard natural grass croquet lawn in the Algarve (the second in Portugal). Quinta dos Poetas will be the home of the Algarve Croquet Club, the first croquet club to be formally registered in Portugal. A Portuguese Association is currently

being formed with other venues in Portugal. This Association is expected to be recognised by the World Croquet Federation, thus opening doors for significant international interest and development. There are already contacts with clubs in Spain, Egypt, Canada, Finland, Germany, Sweden and the United Kingdom. If you want to practice this sport you

should contact Algarve Croquet Club (<https://www.algarvecroquetclub.com>) or Hotel Quinta dos Poetas (<https://www.quintadospoetas.com>). The Hotel Rural has 22 Rooms and 9 Apartments, and will reopen in July with several safety and comfort measures for its guests and employees, having already adhered to the "Clean & Safe" seal of Portugal Tourism Department.

The new way of Church continues for All Saints Anglican Church Almancil

For the past two weeks Churches in the Algarve have been open for their Congregations but one church - All Saints Anglican Church Algarve in Almancil, who traditionally worship at ASCA (Associação Social e Cultural de Almancil) have decided to continue their worship services live and online for the time being. "Our first virtual online Worship was on 5 April - Palm Sunday and during the weeks following our local Congregation has grown, and old friends, family and Ministers no longer in the Algarve have become regular members of our

new local and international online Congregation. Suddenly travel time and location are no longer an issue" Says Janet Martin, All Saints Warden in Almancil. Rev'd Mike Clarkson, Priest of All Saints Almancil, speaking through a video link says "Our "Zoom Technical Team" has become more effective each week and this approach to Church has allowed me to introduce new techniques and presentations into the Service. I now regularly use short videos to tell a story or introduce a message or talk about the

exciting upcoming Alpha experience. In addition, our Bishop based in London is able to preach and talk to each one of the Congregation directly - and all from the safety of his and our own homes" Throughout the lockdown All Saints Anglican Church Almancil has introduced a system of Virtual House Groups. Under a number of nominated geographical coordinators, congregation members from Tavira to Messines are contacted regularly to ensure everyone is healthy, safe, and cared for and to provide a much needed

welcome voice for those on their own. One of the surprises from these Virtual House Groups is the positive and supportive feedback regarding the live worship and their preference to continue with this "new" way of Church through phones, laptops and PCs. Join us on Sunday Morning at 10.30am to experience a Church for the 21st Century. Contact Ann Stubbings : 93 480 9369 for how to join, or email: Secretary@allsaintsalgarve.org. For more information, email: secretary@allsaintsalgarve.org or on facebook [allsaintsalgarve](https://www.facebook.com/allsaintsalgarve)

The Beats is back!



It's been over a year since Frankie Beats left the Afternoon Show on KISSFM, but recently you may have heard him back on-air filling in for shows and at Live Events on the popular station. "It's great to be back in the Algarve" says Frankie whilst explaining his departure from the Afternoon Show. "It's been a tough year, but i'm over it now, I struggled over trolls who went out of their way to damage me, it really got me down, they were very nasty and I wasn't expecting that" This week Frankie, who is 43, released a book "Frankie Goes to Portugal" which is getting support from bands like The Corrs and people in the music industry globally. The book is available in all good book stores and on Amazon (search Frankie Beats) for €11. "For years I have struggled over Fake News from Ireland and I never had a voice to defend myself". Frankie explains how growing up he battled

depression which took over his life and lead him down a bad path. "I was getting into trouble at 18 and then life was a blur, from then on I worked hard to get to where I am and I never gave up". In 2018 Frankie won the award for world's number 1 pop radio show and then landed the roll at KISSFM. "I felt sad leaving my radio show back then, but emotionally I needed to step away, writing the book has finally given me peace and a new energy. People in the Algarve are the best as is everyone at Kiss and I'm glad to be back where I belong." Frankie Beats returns to KISSFM soon with his "Breaking Music Show" with New Music First and interviews from the likes of The Weeknd, J Balvin and more. He can also be seen DJing in Albufeira 66 on the strip and at the Hangover Bar. Frankie is offering readers of **The Portugal News** a free copy of his book for the next 2 days at www.beats.ie/freebook

Portugal Walks

Tuesday, 23 June - Lets Walk on the Barrocal: A fabulous walk on the limestone above Loulé, totally unspoilt. Fairly easy with a couple of gentle climbs and one descent - about 2.5 hours of fun! 10am start. Meet at the Café Rocha on the main Loulé to Salir road. Drive to Loulé and follow the signs for Salir, you pass through the lights at Tor (after 5km) and then a further 3km brings you to the café on the left-hand side. Chris 913 011 537. All are welcome, please just come along wearing shoes suitable for country walking. There is a nominal charge of 5 euro p.p. this includes a donation to charity, full details on www.portugalwalks.com. This is the last walk of the season - let's make it a great one!

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Five tips to keep pets cool

The temperatures are on the rise and while pet owners may be enjoying time outside in the sunshine, pets themselves may be struggling with the heat.



If your pet is outside, make sure there's a shady area they can go to escape the sun.

your dog or cat to make sure they don't chew them - the stuff inside can be really harmful. With rabbits and guinea pigs, it's best not to put this in their hutch or run, but next to it instead.

Top tip: You can buy cool mats for pets to lie on which have a special gel inside that stays cold.

Avoid the heat

Where possible, you should avoid taking your pet (particularly dogs) outside during the warmer hours and avoid exercising them then. As a general rule, try to avoid the sun when it's at its hottest (around 12pm - 3pm).

Top tip: Walk your dog early in the morning and late in the evening to avoid the warmest parts of the day. Check the pavement before you go for a walk to make sure it's not too hot - if you can't hold your hand on it for more than a few seconds, your dog definitely won't be able to walk on it.

Keep up with grooming

Giving your pet a regular brush can help keep them cool because it gets rid of all the dead hairs stuck in their coat, leaving them a little lighter!

Top tip: Remember to use the right tools for your pet and pets with longer fur will likely need brushing every day.

Provide shade

If your pet is outside, make sure there's a shady area they can go to escape the sun. If there's no natural shade in your garden, you might want to think about a tent or gazebo to provide shelter (or even just a sheet!).

Top tip: Pop a sheet over your rabbit or guinea pig run so they have somewhere shaded to go while they enjoy the garden.

Keep their bed cool

On warmer days, you can put an ice pack wrapped in a towel in your pet's bed to help keep it (and them) cool. Always supervise

Imagine being in the heat in a coat you can't take off. Sound uncomfortable? Well, that's what our furry friends are having to deal with right now!

It's not just dogs who struggle in warmer weather. Cats and small furries (especially ones who live outside, like rabbits and guinea pigs) can also be affected by the heat.

Here the PDSA have put together some tips to help your four-legged friend stay cool.

Water, water and more water

The most important thing to remember is to always make sure your pet has access to clean, fresh, cool water. Ideally, their water should be kept in a shaded area where it won't warm up in the sun.

Top tip: Pop a few ice cubes in your dog or cat's water bowl to help their water stay cool throughout the day. You can also buy dog toys that go in the freezer to keep them cool.

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SUSIE was born Jan 2019 is a medium-sized doberman mix. A bit shy, but is becoming more confident everyday. Email cadelacarlot@gmail.com

Have You Seen?

Thekla Lark (*Galerida theklae*)



There are two crested larks, confusingly similar in appearance, resident in Portugal and both are common in their preferred habitats. In the Algarve the Crested Lark *Galerida cristata* is a bit of a 'beach bum', occupying weedy areas and dunes at the back of the sands. The Thekla Lark, on the other hand prefers more hilly, broken ground. To add to the confusion, in the extreme south-west of the Algarve Theklas dominate right down to the coast, as at Boca do Rio. In the undulating plains of the northern provinces, both species occur, with Theklas inhabiting ridges, rocky outcrops, the sides of river valleys and open woodland. In agricultural areas, Crested Larks are more likely to be found, although both species will take advantage of winter stubble. Even experienced birdwatchers sometimes have problems separating the two. Crested Larks in this part of their range are a warmer brown; Theklas usually colder grey/brown. But in summer juvenile Theklas are as brown as Crested! I have found the most reliable features to be the stronger facial pattern of Thekla and its shorter, broader based bill. Plumage apart, the calls are subtly different to the trained ear (Thekla's is slightly 'flutier'), but a very good rule of thumb is the almost unrivalled tameness of Thekla. Any dog walker on a rural track will have encountered Thekla Larks, which can be approached to within a few metres. Crested Larks are noticeably shyer here, although this does not seem to apply in some other parts of its range.

Whilst the Crested Lark has a wide distribution in Continental Europe, western Asia and Africa, the Thekla Lark is 'our' bird, confined to Iberia and North Africa. It is highly sedentary and thought to be monogamous. Males perform song flights throughout the breeding season, and sometimes in winter. They circle slowly with fluttering beats of their rounded wings, sometimes hovering in one spot for a while, and then plunge vertically to the ground or a low perch. The song content combines fluty notes with whistles and varied phrases incorporating excellent mimicry of other species found in the area. Unlike some other members of the family, like the Skylark, Theklas do not form flocks outside the breeding season, remaining in pairs or small family groups throughout the year. *Alan Vittery*

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Recycle in style in the garden

Gardeners on a budget can follow these expert tips on recycling old items to boost their gardening kit.

Now is a great time to revamp your garden but if you're on a tight budget, don't forget the items you already have on hand that you can recycle as pots, cloches and canetoppers. There's myriad uses for plastic bottles, cans, jars, loo roll and corks, which will save you plenty of money in the long run. Which? Gardening, the Consumers' Association magazine, reports 83 percent of its members have reused items rather than send them to landfill. The most popular were woody prunings as plant supports, plastic bottles for watering, and paths made out of old bricks. Almost a third have used a bucket as a planter and a quarter use old tights as plant ties. So, what else can you do? Here are 8 ideas:

Make the most of old furniture

You can make large planters out of everything from old drawers to baths, sinks and toilets. Some people use wheelbarrows, chimney pots and car tyres

to display their plants. For people with smaller plots, re-use old cans, drilling drainage holes in the bottom, and paint them in colours of your choice, before planting them up with colourful plants. You could also use wellies, teapots and other old containers as plant pots.

Make your own watering can

Home-made watering cans are ideal for smaller pots and indoor plants, says award-winning garden designer Joe Perkins. "Using a small drill bit, start by drilling holes into the lid of a large plastic bottle. Make sure you hold the lid in place securely using a workbench or something similar to support it. And that's it! You have a very useful watering can with a fine spray," he advises.

"They can be used for seed trays, more specifically salad crops, as they're ideal when space is tight, or if you're growing on a windowsill or balcony."

Be adventurous with plant supports

As well as using long twigs from prunings, gardeners have also supported plants with old tent poles, climbing frames and even scaffold poles. Which? Gardening found.

Use old corks as cane toppers

Instead of buying plastic tops for canes, save the corks from your wine bottles and use those instead. Just create a small groove in the cork at one end and press it hard on to the cane.

Deter pests with recycled homeware

Don't chuck your old net curtains - they will protect your crops against carrot fly. If you have a pond and you want to discourage herons, fish out your old CDs and attach them with string to a line that runs over the pond. The reflection and movement of the CDs should keep birds at bay.

Be adventurous with kitchen items

Gardeners use the end of wooden spoons as dibbers, carving knives for weeding, colanders as hanging

You could use wellies, teapots and other old containers as plant pots. (Photo: iStock/PA)



baskets and cups and mugs as pots. Which? Gardening research found. Think outside the box and old cutlery and crockery can find its place in the garden. And don't forget lolly sticks, which can become useful plant labels.

Use loo rolls and plastic fruit punnets

You can start seedlings off from toilet roll tubes and you won't need to remove the cardboard when planting them out as it will biodegrade quickly, Perkins says. Put the tubes into old plastic fruit containers. They make great seed starter

trays as they already have drainage holes and a lid to protect them, he advises.

Create a compost scoop

Old plastic milk bottles or detergent containers

(anything with a handle) can be converted into compost scoops by cutting just below the handle and downwards, creating a scooping shape, notes Perkins. PA/TPN

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How to work colour into your home



Green is said to evoke feelings of balance, tranquillity and renewal. (Photo: Catherine Gratwicke/RylandPeters&Small/PA)

Colour has well and truly invaded our homes. In fact, no interiors scheme is complete these days

without at least a dash of a punchy shade! That might sound pretty scary, though, if you're still clinging to neutrals and

The duo behind destination decor brand Rockett St George have delved into colour in their new book.

quaking at the thought of plunging into the dizzy array of colours on offer. Step forward self-confessed colour-addicts Lucy St George and Jane Rockett, the duo behind chic interiors destination, Rockett St George. They're on a mission to help us transform our homes with a host of hues, and reveal their secrets and personal inspirations in their new book, *Rockett St George: Extraordinary Interiors In Colour*. Check out their guide to four of the most fashionable shades for rooms...

Let the sunshine in
"A splash of yellow will catch the eye, set the heart racing and make you smile", declare the pair. "Yellow's associated with feelings of joy, optimism, happiness and warmth. It can lift your spirits like a sudden ray of sunshine

and is believed to promote clear thinking and quick decision-making." Their own favourite shade on the yellow spectrum is mustard, which they describe as "an earthy hue that's both sophisticated and a wonderful way to inject an uplifting spirit into your home". Work the colour: Black can make a perfect neutral backdrop for strong colours like yellow or orange. "It makes them pop and allows furniture, textiles and artwork to shine through and become the stars of the show," they explain. If bold sunny shades seem too vibrant and make you want to reach for your sunglasses, consider opting for more subtle sandy-yellow shades as an alternative to creams.

Seduce with pink
Pinks are enjoying huge popularity in decor right now - particularly the soft,

pale tones. "The gentler shades of pink encourage calmness and love, while stronger shades, such as hot pink, go hand in hand with feelings of joyfulness and creativity," enthuse the duo. Our passion for pink is nothing new, they point out, as the shade has been a constant favourite as a decorative choice throughout the decades, from ice-cream pastel pinks in the Fifties, to the hot pinks of the Eighties. Rockett and St George took inspiration from earthy pinks characteristic of Moroccan homes for the pink shades in their paint collection for Craig & Rose. Their nude/pink shades include Broderie, Gladstone Grey and Bohemia (Chalky Emulsion Paint, £35 for 2.5L). Work the colour: For living rooms and bedrooms, the duo recommend "nude and pale pinks with warm undertones to make you feel nurtured and safe". Work or studio spaces, meanwhile, are the perfect place to experiment with "brighter pinks, which are flamboyant and expressive, ideal for creating impact".

Go green and gorgeous
"Green is fabulously versatile. Whether you prefer soft sage, rich emerald or deep forest green, this crowd-pleaser of a colour can be adapted to suit just about any style of interior," the decor-lovers declare. Green is said to evoke feelings of balance, tranquillity and renewal, and studies have shown that it's the most restful colour for the human eye. It's totally synonymous with the 'green' movement and

eco initiatives that are on the rise right now too. Work the colour: Dark greens work wonders in living rooms and bedrooms, or anywhere else in the home where you want to relax and have "a little respite", advise the colour gurus. "Brighter punchier greens are perfect for energising a busy area such as the kitchen or hallway," they also suggest. "Green accents in the shape of plants or cacti will bring your decor to life and - added bonus - act as a natural air-refresher for the home." Bring on the balance with a touch of green.

Dive into blue
"Blue is the coolest of all the colours in the spectrum and conjures up feelings of reliability and stability," says Rockett. "Due to its associations with nature - think of clear summer skies and turquoise ocean - blue can also inspire feelings of serenity and contentment." Blue, she points out, is a stress-busting colour with a masculine edge, but that doesn't mean blue is just for boys, of course! Work the colour: Bold blues, the pair suggest, particularly suit home offices, children's playrooms, hallways and bathrooms. Darker blues project a sense of sophistication and tranquillity, and can work as the perfect backdrop for art collections and decorative displays. Extracted from *Rockett St George: Extraordinary Interiors In Colour* by Jane Rockett and Lucy St George, photography by Catherine Gratwicke, published by Ryland Peters & Small. Available now. PA/TPN

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What parents need to know about measles

Measles is not only uncomfortable, itchy and rather unsightly, the virus can sometimes be really dangerous too.



disease], and so we've seen increasing cases of measles across Europe in recent years." Parents should be particularly wary of measles notes Shepherd, as it can lead to "serious complications" in childhood, including meningitis and pneumonia, sometimes with fatal consequences.

How do you catch measles?

Much like the common cold, measles is easily spread via tiny droplets that come out of the nose and mouth. "It's usually transmitted from person to person by coughing, sneezing, or direct contact with body secretions," says Shepherd. You can catch measles by breathing in these droplets, or touching a surface that the droplets have settled on and then placing your hands near your nose or mouth, as the virus can survive on surfaces for a few hours.

What are the obvious signs and symptoms?

If you've been around someone with measles, you

might not know if you've caught the virus until two weeks later. "Early signs are fever, cough, cold symptoms and sore eyes due to conjunctivitis. You will often, at this stage, find spots inside the cheeks which are a white or grey colour, known as 'Koplik's spots'," Shepherd explains. After a few days, the characteristic measles rash appears. "Look out for a bright red rash, starting on the head and neck before spreading to the rest of the body."

How is it treated?

There are several things you can do to help relieve the unpleasant symptoms of measles, and reduce the risk of spreading the infection. "The usual first aid measures will apply, giving paracetamol or ibuprofen to relieve aches and pains and help lower temperature. It is also important to stay well hydrated by drinking plenty of water," says Shepherd. It can also be helpful to close any curtains to reduce light sensitivity while you're

getting over the worst of it. Most cases of measles will settle on their own over about 10-14 days, and once you have had measles, your body builds up resistance to the virus, so it's highly unlikely you'll get it again. That said, you should contact your GP as soon as possible, if you suspect that you or your child may have measles. "It is very important that medical advice is sought quickly if there are any signs of complications arising," warns Shepherd. "Worrying features would include difficulty breathing, chest pain, coughing up blood, drowsiness, confusion or fits. "In this situation, antibiotics will often be needed to treat the complicating bacterial infection and, in severe cases, hospitalisation is required."

What can you do to prevent catching measles?

Measles can be prevented by having the measles, mumps and rubella (MMR) vaccine.

"The measles vaccine should have been given during childhood as part of MMR but the vaccine can be given at any age, if it has been missed," say Shepherd, who stresses that having an extra vaccination will not cause any harm. "Vaccination against measles is vital, both to protect an individual person and also to develop a high level of immunity in the population, in order to prevent the virus spreading. "There's also an injection that can be given in special circumstances called Human Normal Immunoglobulin, which is a concentration of antibodies against the measles virus," he adds. "This may be given within six days of known exposure to the measles virus to babies under six months, unvaccinated pregnant women, or people with weakened immune systems." If you already have measles, then the best thing to do is wait out the unpleasant symptoms, and stay away from others where possible.

PA/TPN

Although most common in young children, measles can potentially affect anyone who has not been vaccinated against it. While fatalities are thankfully rare, cases of measles have now reached the highest this decade, according to the World Health Organisation. So what do people - and particularly parents - need to know? We spoke to Dr Paul Shepherd, a GP with Push Doctor, to find out what you should do if you or a family member contracts the infectious virus...

What is measles?

Measles is an infectious disease caused by a virus, and it's known as being quite unpleasant and severe. "It used to be a common illness, especially in children, until the introduction of the measles vaccine, given as part of the MMR vaccine in infancy," says Shepherd. "However, the MMR vaccine uptake reduced following the flawed research of the discredited Dr Andrew Wakefield [who proposed a link between the MMR jab and autism and bowel

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Preparing for an operation

There may be a team of professionals taking care of the main event, but how can we help ourselves when waiting for surgery?



Surgery isn't just a physical ordeal - it's a mental one too. This can include coming to terms with a diagnosis, anxiety about the procedure, and coping with the recovery phase. (Photo: iStock/PA)

(drmegarroll.com) says there's been a number of studies looking at the impact of stress on healing. "We know chronic stress leads to significantly longer healing periods, so there is a profound physical benefit of taking care of our emotional and psychological health before and after surgery," says Arroll. CPOC is producing a series of patient resources which you can find online (cpoc.org.uk/patients), but there's a lot to be said about thinking beyond the basics and considering what's going to work best for you as an individual too.

Body and mind

Surgery isn't just a physical ordeal - it's a mental one too. This can include coming to terms with a diagnosis, anxiety about the procedure, and coping with the recovery phase. It's normal to experience these things, and acknowledging them can be immensely beneficial, as it puts you in the driver's seat for managing them. "Of course it's an anxiety-provoking time, and planning around that is very important," says Arroll. McNally agrees physical health and emotional wellbeing go hand in hand when preparing for surgery. "There are several aspects to that," she says. "But for the patient themselves, there are some physical things and some mental things they can really work on."

If you're experiencing heightened anxiety, there's lots you can do to help yourself. "Certainly don't berate yourself for feeling that level of anxiety," says Arroll, who suggests allowing yourself to say "this is a difficult thing to go through", and "treating yourself with a huge amount of compassion whilst working through those thoughts. Even being aware of those thoughts is helpful." If you're worried about things going wrong, CBT-based exercises can help. "One way to deal with that, in terms of CBT," she continues, "is to look at the evidence which you'll have from your surgeon, as you'll have to sign a consent form outlining the

Thousands of people will be waiting for surgery of some sort right now - yet preparing for it isn't something we talk about much. We don't mean the core basics, like remembering the 'nil by mouth' rule before your general anaesthetic, and wriggling into compression stockings. I'm talking about getting operation-fit on a wider level. After all, we wouldn't dream of running a marathon without putting considerable thought into our training and recovery regimes, so why not take a similar approach when

we've got a major health event like surgery on the cards? Of course, a team of professionals will take the lead for the main event. But beyond the operating table, you're in charge - and taking a proactive approach can be immensely beneficial.

How can you help yourself?

"People get a lot of benefit from feeling they're contributing [to their health] and not just being passive, and there's evidence it gets them out of hospital quicker," says Mrs Scarlett McNally, consultant orthopaedic surgeon and

Royal College of Surgeons (RCS) Council member. McNally also works with the Centre for Perioperative Care (CPOC), which is dedicated to improving perioperative care (the medical term for pre and post-surgery care). It's very important, she stresses, and has a significant impact on patient outcomes. "For example, if people stop smoking for four weeks before surgery, it reduces the complications of the operation by 19 percent. That's a significant number," says McNally. Psychological wellbeing is important too. Dr Meg Arroll, a psychologist and author at Ten Harley Street



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risks of the procedure. So, try to look at that as objectively as you can." This can help keep your thoughts focused on real probabilities, rather than spiralling or catastrophising. Talking to other people who've been through similar procedures can be helpful too - but Arroll notes it's important to seek positive stories, not just the negative ones (people are often more likely to share negative experiences than positives ones, especially on the internet). "Relaxation exercises are also brilliant," adds Arroll. "And some people find hypnotherapy very beneficial." A few minutes of mindfulness meditation, breathing exercises and yoga - there's so much you can try. Maybe treat yourself to a massage - whatever works for you.

Keep moving

How active you can be depends on your individual health, and it's crucial to

listen to your own body and doctor here. But generally, having surgery doesn't mean we should be holed up indoors and only thinking about bed rest. "I've done a lot of work around exercise, encouraging people to just get up and go for a walk every day and move around, then their hearts and lungs are better to get them through the operation," says McNally. "That's a really important thing for people to do - and it's also important for their own wellbeing. Getting outside for a walk gets your heart rate up, you'll get endorphins from the exercise and boost serotonin in your brain, so you feel better, you feel more in control. You're trying to do something to feel better."

The same applies during recovery. Your surgeon and physiotherapist will advise on activities you need to avoid, or exercises to help build strength back up - and it helps to focus on what you

can do, rather than what you can't.

"You may not be able to go to the gym, but research suitable, safe activities, you can do - there are so many YouTube videos of things like exercises and stretches you can do in your chair, for example," says Arroll. "Make sure you're safe, have a chat with your surgeon. It depends on your procedure, but [a lot of the time] they want you to be active, as that promotes healing and recovery, but in a safe way."

Get ready for recovery

Nutrition is fundamental for optimal health, and even more important when our bodies are healing, which takes up a lot more energy. As well as ensuring you're eating well before the surgery, think about what you'll be eating during the recovery phase. You may not be able to get out to the shops or lift pots and pans for a while - so plan ahead. "You might want to have some healthy microwave



Maybe there's a book you want to read but never had the time, or boxsets you really want to see - now's your chance. (Photo: iStock/PA)

meals available for example, so you aren't going to struggle," says McNally. It's all about making things as easy and comfortable for yourself when you leave hospital. "You might want to have your fluffy socks handy, that you can get on easily when you can't really bend down, for example," says McNally. "Or your nice fluffy blanket for when you do

want to rest, so you don't have to rummage." Psychologically, lots of people find recovery tougher than waiting for surgery. You might be a lot more isolated than usual, which along with not being as mobile and active as usual, can be a shock to the system. "Don't be afraid to reach out and tell people what you need," says Arroll. "Even if it's just asking a

friend to send you a daily text. "And have things ready to occupy your mind. You're not going to feel like it all the time, but maybe there's a book you want to read but never had the time, or boxsets you really want to see - now's your chance," Arroll adds. "Don't feel guilty, give yourself full permission to do that."

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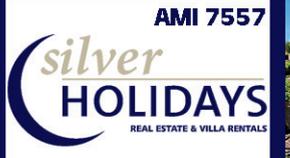
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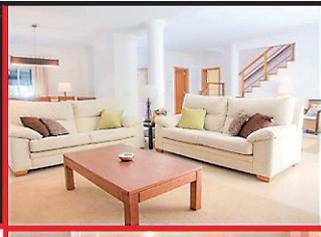


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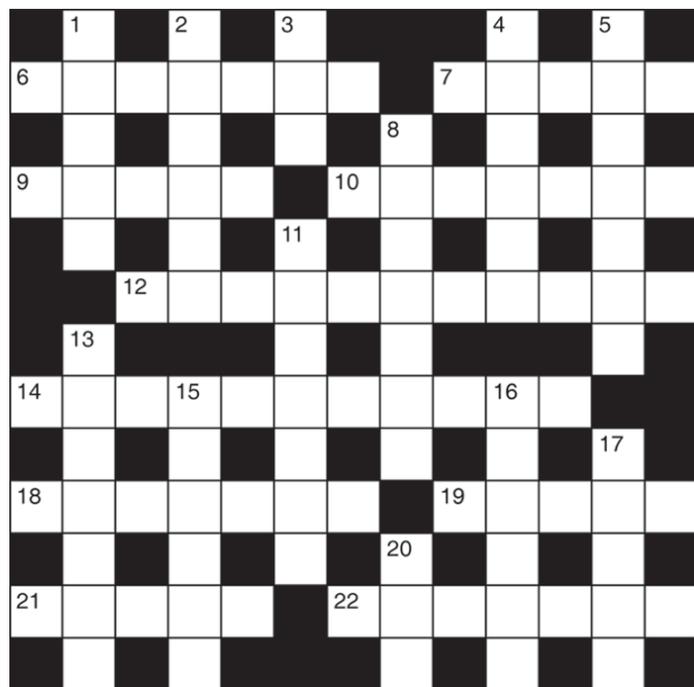
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Last week's cryptic crossword solutions
Across: 6 Hailing; 7 Juror; 9 Bed; 10 Love knots; 12 Performance; 15 Suit himself; 17 Architect; 19 Baa; 21 Relay; 22 Spartan.
Down: 1 Babel; 2 Ale; 3 Unto; 4 Turntable; 5 Contact; 8 Hearts; 11 Went ahead; 13 Feints; 14 Quarter; 16 Satan; 18 Copy; 20 Ore.

CRYPTIC CROSSWORD

ACROSS

- 6. Sick person not having legal force (7)
- 7. Begin to show evil spirit (5)
- 9. Tough writer? (5)
- 10. Study hole in cliff that curves inwards (7)
- 12. Dart is given publicity (11)
- 14. It's suitable to take for oneself (11)
- 18. Presage the closing down of the harbour (7)
- 19. Country may take the rubber (5)
- 21. Find out how fifty work for their money (5)
- 22. Sediment as a basis of justification (7)

DOWN

- 1. The tales he tells are not exactly entertaining (5)
- 2. Frank has the ability and got things done (6)
- 3. & 20Dn. Attempt at victory in the cold season (6)
- 4. Fights hurdles? (6)
- 5. Study opening into nunnery (7)
- 8. Hold on in act (7)
- 11. Giving assistance with something to eat? (7)
- 13. He raises objections to real problem after work (7)
- 15. Give up work and go to bed (6)
- 16. Language partly learnt on guesswork (6)
- 17. Looks after what rational beings have (5)
- 20. See 3 Down

QUICK CROSSWORD

ACROSS

- 6. Terse (7)
- 7. Demise (5)
- 9. Disprove (5)
- 10. Counterstroke (7)
- 12. Disgrace (11)
- 14. Brackets (11)
- 18. Swell (7)
- 19. Mistake (5)
- 21. Silly (5)
- 22. Join (7)

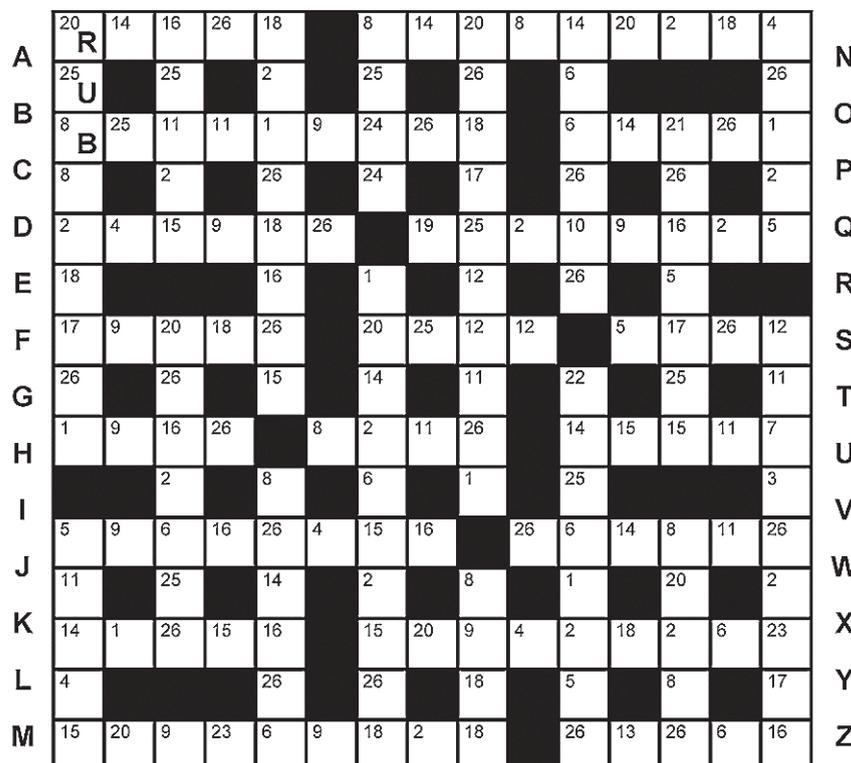
DOWN

- 1. Strength (5)
- 2. Charge (6)
- 3. Employ (3)
- 4. Pious (6)
- 5. Post (7)
- 8. Violinist (7)
- 11. Feign (7)
- 13. Prominent (7)
- 15. Lengthen (6)
- 16. Mission (6)
- 17. Compel (5)
- 20. Deity (3)

Last week's quick crossword solution
Across: 6 Devotee; 7 Vocal; 9 Say; 10 Prominent; 12 Discourtesy; 15 Proposition; 17 Rearrange; 19 Cry; 21 Slate; 22 Flaccid.
Down: 1 Delay; 2 Low; 3 Bear; 4 Cognition; 5 Earnest; 8 Amount; 11 Disparity; 13 Casual; 14 Orderly; 16 Grain; 18 Gulf; 20 icy.

CODEWORD

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



SUDOKU

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

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

Medium

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

Hard

Last Week's Codeword Solution

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

Last week's solutions

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

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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 360

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=15
- C>A>B
- ABC ÷ 2, 3, 6
- AB>3BC

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

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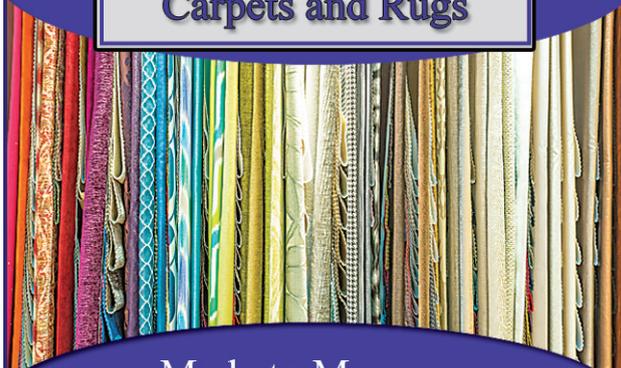
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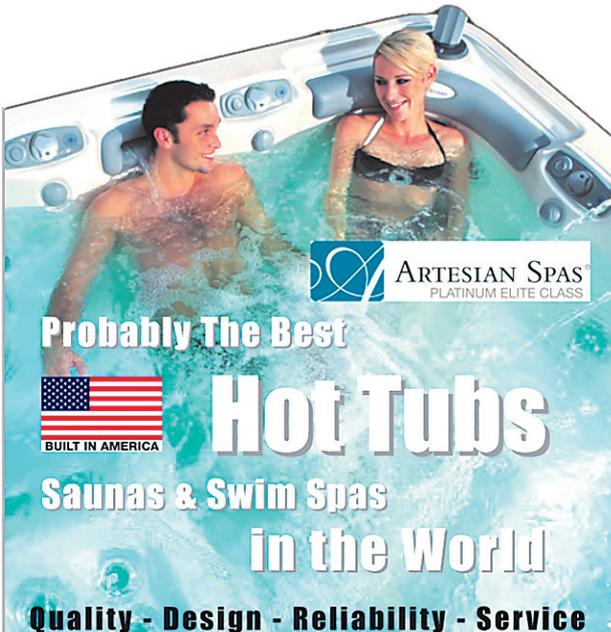
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SATURDAY 20/06

BBC One

06.00 Breakfast.
10.00 Saturday Kitchen Live.
11.30 The Great Food Guys.
12.00 Football Focus.
13.00 BBC News; Weather.
13.15 Euros Rewind.
16.00 Escape to the Country.
16.35 The Bidding Room.
17.20 **FILM:** Big Hero 6.
18.55 BBC News; Weather.
19.15 Match of the Day Live.
21.45 Peter Crouch: Save Our Summer.
22.15 BBC News; Weather.
22.35 Match of the Day.
23.50 France '98 - The Three Musketeers.

BBC Two

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

FILM: Bears.

09.45 Back in Time for the Factory.
12.00 Nadiya's British Food Adventure.
12.30 Hairy Bikers' Best of British.
13.30 My Life on a Plate.
14.15 Money for Nothing.
15.15 Wanted Down Under.
16.00 The Great British Sewing Bee.

17.00 Your Home Made Perfect.
18.00 Cricket: England v West Indies Greatest Matches.
19.00 Inside Central Station.
20.00 Tutankhamun in Colour.
21.00 **FILM:** I Am Not Your Negro.
22.30 Black Hollywood: "They've Gotta Have Us".

23.30 Black Hollywood: "They've Gotta Have Us".
00.30 Black Hollywood: "They've Gotta Have Us".
01.30 This Is BBC Two.

ITV London

06.00 CITV.
09.25 James Martin's Saturday Morning.
11.35 John and Lisa's Weekend Kitchen.

12.40 ITV News and Weather.
12.50 ITV Racing Live: Royal Ascot.
17.05 ITV News and Weather.
17.30 The Masked Singer US.
18.30 Ninja Warrior UK.
19.30 Alan Carr's Epic Gameshow.
20.30 **FILM:** Skyfall.
23.10 ITV News and Weather.
23.30 Play to the Whistle.
00.30 You've Been Framed!
01.00 Ideal World.
03.00 Babushka.
03.50 ITV Nightscreen.

Channel 4

06.00 Cheers.
07.20 Everybody Loves Raymond.
07.45 Everybody Loves Raymond.
08.10 Everybody Loves Raymond.
08.30 The Big Bang Theory.
09.00 The Big Bang Theory.
09.30 The Big Bang Theory.
10.00 The Simpsons.
12.25 Couples Come Dine with Me.
13.55 Four in a Bed.
16.00 Four in a Bed.
16.35 A Place in the Sun.
17.35 Grand Designs.
18.30 Channel 4 News.
19.00 Best of Crufts.
20.00 The Great British Dig: History in Your Back Garden.
21.00 **FILM:** Book Club.
23.00 **FILM:** Gifted.
00.55 Ramsay's Kitchen Nightmares USA.
01.45 Hollyoaks.
02.40 Four Rooms with Sarah Beeny.
03.35 Grand Designs Australia.
04.30 Car S.O.S.
05.25 Jamie: Keep Cooking and Carry On.
05.50 Jamie's Comfort Food.

BBC Four

19.00 This Farming Life.
20.00 Earth's Natural Wonders.
21.00 The Young Montalban.
22.50 **FILM:** Philomena.
00.20 Top of the Pops: 1989.
00.50 Top of the Pops: 1989.
01.20 This Farming Life.
02.20 Earth's Natural Wonders.
03.20 Close.

SUNDAY 21/06

BBC One

06.00 Breakfast.
07.45 Match of the Day.
09.00 The Andrew Marr Show.
10.15 Politics England - Live from Salford.
10.45 Sunday Morning Live.
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 Euros Rewind.
16.05 Garden Rescue.
16.50 The Bidding Room.
17.35 Spy in the Wild.
18.35 BBC News; Weather.
19.00 Countryfile.
20.00 Antiques Roadshow.
21.00 The Luminaries.
22.00 BBC News; Weather.
22.30 Match of the Day 2.
23.35 Jack Whitehall's Father's Day.
00.05 Weather for the Week Ahead.
00.10 BBC News.

BBC Two

06.20 The A to Z of TV Cooking.
07.05 Countryfile.
08.00 Gardeners' World.
09.00 Landward.
09.30 Beechgrove.
10.00 Saturday Kitchen Best Bites.
11.30 Remarkable Places to Eat.
12.30 Best Bakes Ever.
13.15 Barry Norman: Talking Pictures.
14.00 **FILM:** The Magnificent Seven.
16.00 Andy Murray: King of Queen's.
17.00 Inside Monako: Playground of the Rich.

18.00 Inside the Factory: Keeping Britain Going.
19.00 Thatcher: A Very British Revolution.
20.00 Dragons' Den: Best Ever Pitches.
21.00 Stacey Dooley Investigates.
21.45 When Louis Met the Hamiltons.
23.05 Mayans M.C.
01.00 **FILM:** Leviathan.

06.00 CITV.
07.30 Scrambled!: Mighty Mike.
07.40 Scrambled!: Mighty Mike.
07.50 Scrambled!: Mr Bean: The Animated Series.
08.00 Scrambled!: Lego NinjaGo.
08.15 Scrambled!: Ben 10.
08.30 Martin & Roman's Sunday Best!

09.25 James Martin's Islands to Highlands.
10.20 John and Lisa's Weekend Kitchen.
11.20 Love Your Garden.
12.20 Grow Your Own at Home with Alan Titchmarsh.
12.50 ITV News and Weather.
13.00 Britain's Brightest Celebrity Family.

13.35 The Masked Singer US.
14.35 Dickinson's Real Deal.
15.30 Tenable.
16.30 Alan Carr's Epic Gameshow.
17.30 Tipping Point: Lucky Stars.
18.25 ITV Evening News; Weather.
18.50 The Chase Celebrity Special.
19.50 **FILM:** Tomb Raider.
22.00 ITV News and Weather.
22.20 Cilla: The Lost Tapes.
23.15 Last Laugh in Vegas.
00.10 Ideal World.

Channel 4

06.00 Everybody Loves Raymond.
06.25 Everybody Loves Raymond.
06.50 The Big Bang Theory.
08.30 Bake Off: The Professionals.
09.30 Sunday Brunch.
12.30 The Simpsons.
15.30 Couples Come Dine with Me.
16.30 Celebrity Deal or No Deal: Joan Collins.
17.35 A Place in the Sun.
18.30 Channel 4 News.
19.00 Escapote to the Chateau.
20.00 Lost Pyramids of the Aztecs.
21.00 **FILM:** All The Money in the World.
23.35 A Deadly Union.
00.30 Ramsay's Kitchen Nightmares USA.
01.20 Couples Come Dine with Me.
02.15 The Supervet.

BBC Four

19.00 Who Do You Think You Are? Highlands: Scotland's Wild Heart.
21.00 Hamlet: Royal Shakespeare Company.
00.00 Dames of Classic Drama at the BBC.
01.00 A Very British Renaissance.
02.00 Classic EastEnders.
03.35 Close.

MONDAY 22/06

BBC One

06.00 Breakfast.
09.00 BBC News.
10.00 Your Money and Your Life.
10.45 Homes Under the Hammer.
11.45 Caught Red Handed.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 The Heights.
14.15 Father Brown.
15.00 Escape to the Country.
15.45 The Bidding Room.
16.30 Antiques Road Trip.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 Hunting the Neo-Nazis - Panorama.
20.00 EastEnders: Secrets from the Square.
20.30 Would I Lie to You?
21.00 The Luminaries.
22.00 BBC News at Ten; Weather.
22.45 I May Destroy You.
23.15 Peter Crouch: Save Our Summer.
23.45 A Question of Sport.
00.15 Weather for the Week Ahead.
00.20 BBC News.

BBC Two

06.45 Bargain Hunt.
07.30 Sign Zone: Monkman & Seagull's Genius Adventures.
08.30 The Victorian Slum.
10.00 BBC News.
13.00 Chase the Case.
13.45 Euros Rewind.
16.30 Len and Ainsley's Big Food Adventure.
17.15 Flog It!
18.00 Eggheads.
18.30 Greatest Escapes to the Country.
19.00 Thatcher: A Very British Revolution.
20.00 Your Home Made Perfect.
21.00 The Choir: Singing for Britain.
22.00 I'll Get This.
22.45 Newsnight.
23.25 Weather.
23.30 Stephen: The Murder That Changed a Nation.

00.30 A House Through Time.
06.00 Good Morning Britain.
09.00 Good Morning Britain with Lorraine.
10.00 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
14.00 Dickinson's Real Deal.
15.00 Tenable.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Birds of a Feather.
20.30 Grow Your Own at Home with Alan Titchmarsh.

21.00 Broadchurch.
22.00 ITV News at Ten; Weather.
22.45 Euro 96 England v Germany - ITV Football Classics.
23.45 All Elite Wrestling: Dynamite.
00.35 Ideal World.

ITV London

06.00 Good Morning Britain.
09.00 Good Morning Britain with Lorraine.
10.00 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
14.00 Dickinson's Real Deal.
15.00 Tenable.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Birds of a Feather.
20.30 Grow Your Own at Home with Alan Titchmarsh.

21.00 Broadchurch.
22.00 ITV News at Ten; Weather.
22.45 Euro 96 England v Germany - ITV Football Classics.
23.45 All Elite Wrestling: Dynamite.
00.35 Ideal World.

Channel 4

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

BBC Four

19.00 Books That Made Britain: The Joy of Painting.
19.30 Hidden Killers of the Edwardian Home.
20.00 Ancient Invisible Cities: Athens.
22.00 Against the Law.
23.25 Prejudice and Pride: The People's History of LGBTQ Britain.
00.25 Brighton: 50 Years of Gay.
00.55 Cleopatra and Me: In Search of a Lost Queen.
01.25 Books That Made Britain.

TUESDAY 23/06

BBC One

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

BBC Two

06.45 Coast.
07.15 The Bidding Room.
08.00 Sign Zone: The Repair Shop.
09.00 The Victorian Slum.
10.00 BBC News.
13.00 Chase the Case.
14.30 Euros Rewind.
16.30 Len and Ainsley's Big Food Adventure.
17.15 Flog It!
18.00 Eggheads.
18.30 Greatest Escapes to the Country.
19.00 Thatcher: A Very British Revolution.
20.00 Your Home Made Perfect.
21.00 The Choir: Singing for Britain.
22.00 I'll Get This.
22.45 Newsnight.
23.25 Weather.
23.30 Stephen: The Murder That Changed a Nation.

00.30 A House Through Time.
06.00 Good Morning Britain.
09.00 Good Morning Britain with Lorraine.
10.00 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
14.00 Dickinson's Real Deal.
15.00 Tenable.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Doc Martin.
20.00 Who Wants to Be a Millionaire?
21.00 Alexander Armstrong's Land of the Midnight Sun.
22.00 ITV News at Ten; Weather.
22.45 Unbelievable Moments Caught on Camera.
23.45 Ross Kemp: Living with Dementia.

00.30 A House Through Time.
06.00 Good Morning Britain.
09.00 Good Morning Britain with Lorraine.
10.00 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
14.00 Dickinson's Real Deal.
15.00 Tenable.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Birds of a Feather.
20.30 Grow Your Own at Home with Alan Titchmarsh.

ITV London

06.00 Good Morning Britain.
09.00 Good Morning Britain with Lorraine.
10.00 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
14.00 Dickinson's Real Deal.
15.00 Tenable.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Birds of a Feather.
20.30 Grow Your Own at Home with Alan Titchmarsh.

Channel 4

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

00.05 Ramsay's Kitchen Nightmares USA.
00.55 Couples Come Dine with Me.
01.45 **FILM:** Dracula Untold.

BBC Four

19.00 Books That Made Britain: The Joy of Painting.
19.30 Hidden Killers of the Edwardian Home.
20.00 Ancient Invisible Cities: Athens.
22.00 Against the Law.
23.25 Prejudice and Pride: The People's History of LGBTQ Britain.
00.25 Brighton: 50 Years of Gay.
00.55 Cleopatra and Me: In Search of a Lost Queen.
01.25 Books That Made Britain.

WEDNESDAY 24/06

BBC One

06.00 Breakfast.
09.00 BBC News.
10.00 Your Money and Your Life.
10.45 Homes Under the Hammer.
11.45 Caught Red Handed.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 The Heights.
14.15 Father Brown.
15.00 Escape to the Country.
15.45 The Bidding Room.
16.30 Antiques Road Trip.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 The Repair Shop.
20.00 The Great British Sewing Bee.
22.00 BBC News at Ten; Weather.
22.45 Match of the Day.
00.05 Staged.
00.45 Weather for the Week Ahead.
00.50 BBC News.

BBC Two

06.45 Greatest Escapes to the Country.
07.15 The Bidding Room.
08.00 Sign Zone: Springwatch 2020.
09.00 The Victorian Slum.
10.00 BBC News.
11.15 Politics Live.
13.00 Chase the Case.
13.45 The Best Dishes Ever.
14.15 Euros Rewind.
16.30 Flog It!
17.30 Match of the Day Live.
19.00 Thatcher: A Very British Revolution.
20.00 Nadiya's Summer Feasts.
21.00 **FILM:** On Chesil Beach.
22.45 Newsnight.
23.25 Weather.
23.30 Stephen: The Murder That Changed a Nation.

00.30 A House Through Time.
06.00 Good Morning Britain.
09.00 Good Morning Britain with Lorraine.
10.00 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
14.00 Dickinson's Real Deal.
15.00 Tenable.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Bradley Walsh & Son: Breaking Dad.
21.00 Benidorm.
22.00 ITV News at Ten; Weather.
22.45 Peston.
23.45 Tenable.
00.35 Ideal World.

00.35 Ideal World.
06.30 Cheers.
07.25 Mike & Molly.
08.05 The Big Bang Theory.
09.00 Frasier.
10.30 Come Dine with Me.
12.00 Channel 4 News Summary.
12.05 Come Dine with Me.
13.05 A New Life in the Sun.
14.10 Countdown.
15.00 A Place in the Sun: Home or Away.
16.00 Sun, Sea and Selling Houses.
17.00 Four in a Bed.
17.30 Come Dine with Me.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Bake Off: The Professionals.
21.00 24 Hours in A&E.
22.00 Celebrity Gogglebox.
23.05 Ramsay's 24 Hours to Hell and Back.
00.05 Ramsay's Kitchen Nightmares USA.
00.55 Couples Come Dine with Me.
01.45 **FILM:** Dracula Untold.

00.05 Ramsay's Kitchen Nightmares USA.
00.55 Couples Come Dine with Me.
01.45 **FILM:** Dracula Untold.

ITV London

06.00 Good Morning Britain.
09.00 Good Morning Britain with Lorraine.
10.00 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
14.00 Dickinson's Real Deal.
15.00 Tenable.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Bradley Walsh & Son: Breaking Dad.
21.00 Benidorm.
22.00 ITV News at Ten; Weather.
22.45 Peston.
23.45 Tenable.
00.35 Ideal World.

Channel 4

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

00.05 Ramsay's Kitchen Nightmares USA.
00.55 Couples Come Dine with Me.
01.45 **FILM:** Dracula Untold.

BBC Four

19.00 Books That Made Britain: Bristol Sin City.
19.30 The Joy of Painting.
20.00 Buddha: Genius of the Ancient World.
21.00 Scandalous! The Tabloid that Changed America - Storyville.
22.40 Blood and Gold: The Making of Spain with Simon Sebag Montefiore.
23.40 Prejudice and Pride: The People's History of LGBTQ Britain.
00.40 Books That Made Britain: Bristol Sin City.
01.10 The Joy of Painting.
01.40 Pride and Prejudice.
02.15 Buddha: Genius of the Ancient World.
03.30 Close.

THURSDAY 25/06

BBC One

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

BBC Two

06.45 Greatest Escapes to the Country.
07.15 Bargain Hunt.
08.00 Sign Zone: Your Home Made Perfect.
09.00 The Victorian Slum.
10.00 BBC News.
13.00 Chase the Case.
13.45 Best Bakes Ever.
14.30 Euros Rewind.
16.30 Len and Ainsley's Big Food Adventure.
17.15 Flog It!
18.00 Eggheads.
18.30 Greatest Escapes to the Country.
19.00 Thatcher: A Very British Revolution.
20.00 Remarkable Places to Eat.
21.00 Qi.
21.30 The First Team.
22.00 Match of the Day.
22.45 Newsnight.
23.25 Weather.
23.30 Racism in the Ranks.
00.00 Dragons' Den: Best Ever Pitches.

00.00 Dragons' Den: Best Ever Pitches.
06.00 Good Morning Britain.
09.00 Good Morning Britain with Lorraine.
10.00 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
14.00 Dickinson's Real Deal.
15.00 Tenable.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 You've Been Framed!
19.30 Ross Kemp: Living with Painkiller Addiction.
20.00 Britain's Brightest Celebrity Family.
20.30 The Martin Lewis Money Show: Live.
21.00 Unbelievable Moments Caught on Camera.
22.00 ITV News at Ten; Weather.
22.45 Euro 2016 - Wales v Belgium: ITV Football Classics.
23.45 Tenable.

00.00 ITV News at Ten; Weather.
22.45 Euro 2016 - Wales v Belgium: ITV Football Classics.
23.45 Tenable.

00.00 ITV News at Ten; Weather.
22.45 Euro 2016 - Wales v Belgium: ITV Football Classics.
23.45 Tenable.

ITV London

06.00 Good Morning Britain.
09.00 Good Morning Britain with Lorraine.
10.00 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
14.00 Dickinson's Real Deal.
15.00 Tenable.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 You've Been Framed!
19.30 Ross Kemp: Living with Painkiller Addiction.
20.00 Britain's Brightest Celebrity Family.
20.30 The Martin Lewis Money Show: Live.
21.00 Unbelievable Moments Caught on Camera.
22.00 ITV News at Ten; Weather.
22.45 Euro 2016 - Wales v Belgium: ITV Football Classics.
23.45 Tenable.

Channel 4

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

00.05 Ramsay's Kitchen Nightmares USA.
00.55 Couples Come Dine with Me.
01.45 **FILM:** Dracula Untold.

BBC Four

19.00 Books That Made Britain: The School That Tried to End Racism.
19.30 Educating Yorkshire.
20.00 Celebrity Gogglebox.
00.05 Extreme E: How to Build a Racing Car.
19.00 Books That Made Britain: The Joy of Painting.
19.30 Tessa of the D'Urbervilles.
20.00 Boy George's 1970s: Save Me from Suburbia.
21.00 **FILM:** Glastonbury.
00.15 Art of Persia.
01.15 Books That Made Britain: The Joy of Painting.
01.45 Boy George's 1970s: Save Me from Suburbia.
02.15 Close.

FRIDAY 26/06

BBC One

06.00 Breakfast.
09.00 BBC News.
10.00 Your Money and Your Life.
10.45 Homes Under the Hammer.
11.45 Caught Red Handed.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 The Heights.
14.1

Announcements

HOT WATER without any sunshine needed: see more at www.shs-pt.com

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Porto go clear as Benfica slump continues

N CHRIS WRIGHT

Benfica made it four draws on the trot as they surrendered a two goal lead at Portimonense. FC Porto went top after beating Marítimo whilst SC Braga's shock defeat at home to Boavista enabled Sporting to move into third place with a single goal victory over P.Ferreira.



Sporting took the field with a string of young names in their matchday squad and registered their first win since the lockdown

Benfica, still recovering from the team bus attack, stormed to a 2-0 lead inside the first half-an-hour in what was looking to be a comfortable win against relegation threatened Portimonense. The Eagles started brightly as Pizzi stepped up to silence his critics and hammer in Rafa Silva's cutback before Lucas Possignolo failed to intercept Pizzi's ball into the box to allow André Almeida all the time and space to volley past Portimonense's Japan international keeper Shuichi Gonda. Dener initiated the fightback

for Paulo Sérgio's team twenty minutes after the break, rising highest from a Bruno Tabata corner to head home and reduce the arrears. Júnior Tavares grabbed a vital point for the Portimão team with a wonder-strike from the edge of the box that floated into the top-left corner. Benfica were left to rue 'what might have been' as they recorded their worst sequence of consecutive draws since 2008. For Portimonense it was a vital point as they strive to climb out of the drop zone. FC Porto moved two points clear at

the top of the Primeira Liga when Jesús Corona netted after just six minutes. The Mexican international wing-back surprised Marítimo's Brazilian keeper Charles with a looping volley that proved to be the only goal of the game. The Dragons were reduced to ten men when Alex Telles picked up a second yellow five minutes from time. The victory was a welcome relief for Porto fans who had seen their team drop five points in their previous two games. SC Braga made it two consecutive defeats, since the re-start, when they lost at home to Boavista. A penalty, converted by Bueno, thirteen minutes after the break was enough to secure an unlikely victory for the team from Porto. Sporting took the field with a string of young names in their matchday squad and registered their first win since the lockdown comeback defeating Paços de Ferreira 1-0 at the Alvalade after another positive Jovane Cabral display. The Cabo Verde winger hit a thundering free-kick in-off the underside of the crossbar to secure all three points for the hosts and move them level on points with Braga behind Porto and Benfica. On Monday SC Portimonense have yet another vital home game, this time against Marítimo (Madeira) whilst on Tuesday Benfica entertain Santa Clara (Azores) and FC Porto host local rivals Boavista at the Estádio Dragão.

Jesus signs new contract in Brazil

Jorge Jesus has finally ended speculation over his future by extending his contract with South American champions Flamengo.



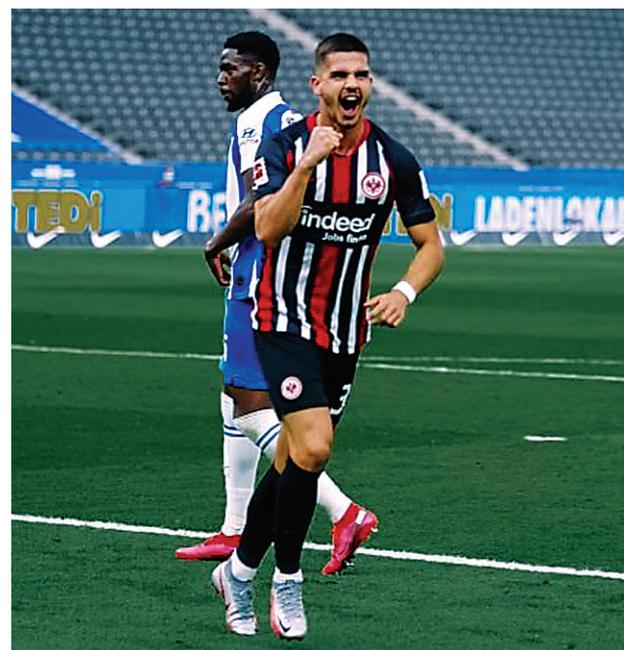
Jesus' achievements has made him a huge favourite among supporters and since arriving in Brazil

The veteran Portuguese, who enjoyed success with Benfica before taking charge at Lisbon rivals Sporting, was nearing the end of the 12-month deal he signed last year. He made history by leading Flamengo to five major titles - the Copa Libertadores, the Brasileiro, the Brazilian Super Cup, the Recopa

Sul-Americana and the Guanabara Cup. Jesus' achievements, particularly in winning the Copa Libertadores, has made him a huge favourite among supporters and since arriving in Brazil, Jesus has presided over 51 games, with 38 wins, nine draws and just four losses; scoring 118 goals and conceding 45. **CW**

André Silva on fire in Germany

Portugal international André Silva continues his sensational form for Eintracht Frankfurt with a brace of goals in the 4-1 victory at Hertha Berlin in the Bundesliga.



Former FC Porto winger André Silva, currently on-loan from AC Milan, now has nine goals in his last twelve appearances for Frankfurt. **CW**

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