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Government to invest in national infrastructures

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The Government led by Luís Montenegro is aiming to invest in Portuguese infrastructures, in various fields. P4 (Photo: Maksym Kaharlytskyi/Unsplash)

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Police begin sharing health advice



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The Directorate-General for Health (DGS) and the National Republican Guard (GNR) are beginning several actions to share good health practices among the population during the summer season, mainly due to the heat.



In a note, the authorities involved explain that these actions are part of the summer campaign of the “Health Promotion Project”, launched in July 2024, which aims to train police officers to share good health

practices among the population. In the actions that are now beginning, considering the high temperatures felt in mainland Portugal, the focus will be the need for hydration for all ages, with a special focus

on the elderly population belonging to risk groups.

The project aims to reach all regions of the country, promoting “a preventive health culture in proximity to communities”.

In view of the heat wave, the DGS emphasises the importance of intensifying this joint work, taking advantage of the GNR’s proximity to the community to facilitate the population’s adherence to good health practices, promoting health literacy, and allowing citizens to make more informed decisions, in addition to reducing social isolation.

To develop this campaign, GNR military personnel received training provided by the DGS, focusing on the physiological impact of heat, communication strategies and behavioural activation, as well as preventive measures to be adopted during this seasonal period.



Weekend Weather

A hot weekend is approaching

Lisbon:

No clouds are forecast for Saturday with highs of 31 degrees and lows of 18 degrees. On Sunday, the temperatures will register highs of 29 degrees, and on Monday, the temperatures will stay the same. From Wednesday, the temperatures will rise with highs of 30 degrees.

The north:

The sun will be shining on Saturday with highs of 36 degrees. On Sunday, some clouds may appear and temperatures are to drop to 33 degrees, while it will rise on Monday with highs of 34 degrees. On Wednesday, temperatures will stay at 34 degrees, while being cloudy.

The centre:

Intermittent sunshine and clouds are expected over the weekend with highs of 37 degrees on Saturday and of 37 degrees on Sunday. On Monday and Tuesday, there will be some slight cloud cover and thermometers are to hit highs of 36 degrees on Monday. From Wednesday the temperatures will remain the same.

The south:

The sun will be shining on Saturday with highs of 29 degrees and lows of 20 degrees. On Sunday, some cloud cover is expected with highs of 30 degrees and lows of 19 degrees. From Monday, it will be feeling cooler with daily highs of 29 degrees; however, the temperature may rise on Wednesday.





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Video Award

The Portugal News received an award in Best Video in the Media Category in the Chambre de Commerce et d'Industrie Franco-Portugaise (CCIFP).

On 26 June 2025, CCIFP hosted its inaugural Festival du Film Micro e PME, a celebration of innovation, creativity, and entrepreneurship within the micro and SME business community.

Held in Setúbal, the evening began with a red-carpet reception and champagne welcome at Casa da Baía, before guests were chauffeured by sponsored vehicles from Santogal Setúbal in BMW to the main venue: the Quinta do Patrício, nestled atop the Arrábida mountain range, offering views over the city and bay.

Forty companies participated in this event, each showcasing a short video representing their brand, mission, or story. The films were grouped into twelve business categories and voted on live by attendees via a dedicated event.

As media partner to the CCIFP, The Portugal News was represented by the Head of Social Media, Filip Struven and Sales & Marketing Manager, Debra Cunha Kriek.

TPN competed in the Media Group with a video that Filip Struven describes as a conceptual approach, which presents a visually symbolic and deeply personal short film. Through the use of the human form, natural elements, and creative lighting, the piece explored the idea of belonging, in Portugal, in one's craft, and within oneself. Filip Struven considered that the video was a striking artistic risk that stood out for its depth and originality.

Portugal following labour cost trend

In the first quarter of 2025, hourly labour costs increased by 3.4% in the Eurozone and 4.1% in the European Union (EU), compared to the same period in the previous year.

According to data from Eurostat, the EU statistics office, Portugal recorded an increase of 4%.

At the sectoral level, the market recorded more significant increases. In the Eurozone, costs grew by 3.8% in the construction (4.7%) and services (4.3%) sectors. In the EU, the panorama is similar. Market sectors grew by 4.4%, with sharp increases in construction (5.2%) and services (4.7%). Among the sectors with the highest wage increases are professional, scientific and technical activities (7.4%) and real estate (6.1%).

When it comes to non-wage costs, professional, scientific (6.2%) and construction (5.5%) activities led the



increase. On the other hand, electricity and gas supply recorded the smallest variation (1.1%). Eastern European

countries led the most significant increases. In contrast, Malta (1.6%) and France (1.9%) had the smallest

increases. In Portugal and Italy, the variation was around 4%, in line with the European average.

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Government plans to improve infrastructure



Bruno G. Santos

The Government, led by Luís Montenegro, is aiming to invest in Portuguese infrastructures in various fields.



In the new Government's programme, there are described plans for infrastructures, with

the promise of investing in mobility, and energy. The plan is to finish the works that were suspended for decades.

New airport
While the location of the Luís de Camões Airport was already announced, the Government states that the

works are set to start soon. There will also be a reinforcement of the national airport network. The Government also wants to start working on the TAP privatisation, a measure that has been under major discussion in the Parliament and public opinion.

Improvements in the railway
When it comes to the railway, the Government wants to finish the high-speed connections between Porto and Lisbon; Porto and Valença; and Lisbon and Caia. There are some works to be done in the connection between the metropolitan network as well, namely expanding it to the Setúbal municipality, in the so-called Margem Sul.

Road works
The road works, postponed a lot of times in Central Portugal, between Viseu and Coimbra are set to be finished soon. The work to be done is on a road, with a highway profile, that links

both cities. The current road is called IP3 and is believed to be one of the most dangerous roads in the country, that will become safer for drivers, once the works are finished.

Enhancing port facilities
The Government is starting the Portos 5+ programme to improve the Portuguese ports' infrastructure. The requalification of the infrastructures will allow to promote the mobility through the sea, as well as improve exportations.

Clean energy
Since the 28 April blackout, the Government has become more concerned about the energy in the country. Within this scope, the Government wants to increase the capacity of the electric network. The connection between Portugal and the European network is set to start, as well as the integration of renewable energies.

New public infrastructures
To reinforce territorial

cohesion and to promote services of proximity, the Government is aiming to construct new public infrastructures. The impact of these works will be set on health, education, justice and security fields. For example, the Parliament has already approved a measure aiming at the urgent construction of the new Algarve hospital.

More digital competitiveness
The Government is aiming to improve the 5G network, as well as promote data centres and technological networks. There will also be a regulation to promote technological investment in the country.

Working on planning
The creation of an instrument to help plan and coordinate major public investments is set to happen. This will allow the Government to study the coherence, efficiency and impact of public investment.

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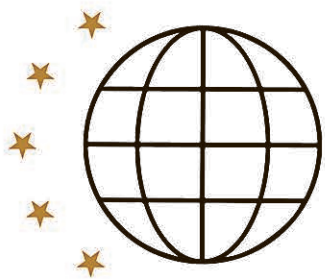
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New airport	The construction of the Luís de Camões Airport is set to start, as well as the Government working on a reinforcement of the Portuguese aerial network.
High-speed railway	Promoting high-speed connections between Lisbon-Porto; Porto-Valença and Lisbon-Caia.
Road works in Centre Portugal	Conclusion of the works done on the highway between Viseu and Coimbra.
Reinforcing Portuguese ports	The programme "Porto 5+" reinforces the capacity of national ports.
Reinforcing electricity network	Working on Portuguese electric network and the interconnections with European connection.
Investment in public infrastructures	The Government aims to invest in public infrastructures, such as Health, Education, Justice and Security.
Modernisation of technological network	The works will mainly be done in the communications field, such as data centres.
Coordinating public investments	Creation of a national instrument for planning and coordination of major public investments.



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New plans for Lagos public transport



At the last meeting of the Lagos City Council, the Strategic Plan for Urban Transport in Lagos (A Onda) was approved.



In a statement, the local authority said that “the study was based on the need to analyse and adapt the network to current mobility standards”, identifying “the service operating scenarios and terms of reference that will form the basis for the necessary contracting” that will carry out the “operation of municipal

public transport over the next seven years”.

At present, according to the local authority, A Onda covers all the parishes in the municipality and serves almost the entire population; however, the study points to “the need to introduce some changes.” The changes aim to respond to certain ‘legal obligations,’

for example, the need to increase bus frequency, particularly at weekends. On the table are proposals such as “the expansion of the network to cover the areas of Boavista, Atalaia and Porto de Mós; the alteration of line 4, which serves the parish of Luz; the extension of line 5 to Colégio; and the alteration of line 8, which serves Monte Rui-vo, Cotifo and Arão.” The proposed network consists of 11 lines, which will “ensure almost total territorial coverage”, serving more than 96% of the population, “living less than 400 metres from a bus stop.” The municipality thus aims to “increase the number of trips by 4.4%, the number of kilometres travelled by 12.9% and the number of seats available annually by 12.5%.” “As for the characteristics of the fleet, three scenarios are presented, with the most conservative one predicting that at the start of operations, 35% of vehicles/buses will be powered by clean energy, a figure that will increase to 51% from 2026 onwards,” the municipality reveals in a statement.

Family doctors for 22,000 more in the Algarve



The Algarve Local Health Unit (ULS) will hire 13 new doctors specialising in General and Family Medicine (MGF) for the Algarve, to guarantee a family doctor for around 22,750 users in the region and reduce the lack of coverage by 21%.

The 13 doctors now placed within the scope of the competitive procedure for hiring doctors specialising in MGF will be integrated into the three Health Centre Groups (ACeS) in the Algarve: eight in ACeS Central, three in ACeS Barlavento and two in ACeS Sotavento, revealed the ULS.

“This reinforcement translates into a direct impact on reducing the number of people without a family doctor, which is currently estimated at around 106,000 users in the region”, highlighted the institution.

With this, “more than 21% of users currently without a family doctor” will now have regular monitoring.

This is “a significant advance in the response capacity of primary health care”.

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New hourly river crossing



The river connection between Cais do Ouro, in Porto, and Afurada, in Gaia,

has already resumed, according to the president of Transportes Metropolitanos do Porto (TMP). According to Marco Martins, the

pilot project will last four months and will have a boat with capacity for 20 people, which will connect the two banks of the Douro River every hour, in each direction. The service begun at 7.30am on 27 June, in Afurada, and there are scheduled to be "13 trips in each direction from Monday to Thursday, 15 trips on Friday, 13 on Saturday and 11 on Sunday," he specified, clarifying that these connections may be subject to adjustments if demand for river transport increases. The trips will end at 8pm from Monday to Thursday. From Friday to Sunday, the last boat will leave the pier at 10pm.

Each trip "lasts about seven minutes, when by car, on a day with no traffic, it lasts between 20 and 30 minutes and by public transport about 50 minutes," he highlighted.

The president of TMP said that being able to launch this pilot project on the eve of the São Pedro da Afurada festivities was "a race," considering that the city governments of Porto and Vila Nova de Gaia returned this responsibility to the Porto Metropolitan Area on 29 May. This connection - which will be available until the end of October - will also serve to conduct "a real study of demand".

TMP intends to understand the potential flow of this connection, both for residents of the two cities and for tourists, in order to later "launch a competition" for this river crossing.

In addition to being able to use the Andante pass (metropolitan and municipal) and the Andante Z2, there will be a ticket on board, costing 2.25 euros.

The crossing between Cais do Ouro and Afurada, carried out by the vessel Flor do Gás, was suspended in 2020, but the crossing was resumed in the summer of 2022, on an exceptional basis, during the festivities of São Pedro and the Marés Vivas Festival.

Over 80% of bathing water in Portugal "excellent"

More than 82% of the water used for bathing in Portugal, from beaches to rivers, was considered to be of excellent quality for this purpose in 2024, according to a report released by the European Environment Agency.

According to the report on the quality of bathing water, samples were collected from 673 locations in Portugal, 512 of which were in the coastal area.

Of these samples, 556 (82.6%) are of "excellent" quality, 73 (10.8%) are of

"good" quality and only 9 (1.3%) are of "poor" quality. Twenty samples (3%) were not classified.

The classification is based on two microbiological parameters: the presence of Escherichia coli bacteria and intestinal enterococci.

Of the 673 sites analysed, 633 are being monitored continuously and 25 more have been identified.

Only two sites have experienced changes in the quality of the water for bathing. In the last 30 years, 1995 had the worst

classification for coastal waters. Even so, most of the samples collected showed "excellent" values for bathing.

The data collected includes mainland Portugal and the archipelagos of Madeira and the Azores.



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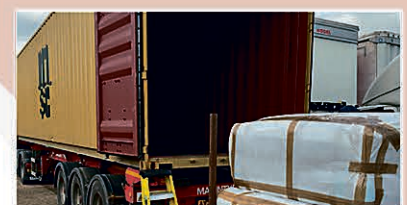
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Air Force to provide emergency medical transport



Emergency medical air transport is being provided, by aircraft and teams from the Air Force, until the public tender launched by INEM obtains approval from the Court of Auditors.



“From 1 July, the emergency medical air transport service will be provided

by aircraft and medical teams from the Portuguese Air Force,” said a joint statement from the

Ministries of National Defence and Health. According to the Government, this

solution found by the two ministries, guarantees the National Emergency Service to the Portuguese, until the international public tender for the contracting of the INEM emergency medical helicopter service (SHEM), awarded in March to the company Gulf Med Aviation Services, obtains approval from the Court of Auditors and can be operationalised under the best safety conditions. On Wednesday, the Minister of Health admitted that there were constraints to having emergency medical helicopters in Portugal from 1 July, but she expected that these difficulties would be overcome.

“We are finalising solutions so that by 1 July, the emergency medical system will continue to have the aircraft we need in the country”, stated Ana Paula Martins in Porto. On the occasion, the

minister also highlighted that the issue of helicopters was a matter of “great importance” that concerned the Government, claiming that, given that the contract is awaiting approval from the Court of Auditors, the executive would have to be able to “overcome these problems and find solutions to meet its needs”.

On 5 June, the National Institute of Medical Emergencies (INEM) guaranteed that it had alternative scenarios for the eventual impossibility of the contract for the four emergency medical helicopters coming into effect on 1 July, due to a lack of approval from the Court of Auditors. “These scenarios may involve using the current operator or others that meet the conditions required by INEM”, explained INEM at the time in response to the Lusa news agency, following the warning from the Civil Aviation

Pilots Union (SPAC) that the helicopters would not be operational in July. The international public tender for the contracting of INEM’s emergency medical helicopter service was awarded to the company Gulf Med Aviation Services Limited on 26 March, after a procedure conducted by the Ministry of Health’s Shared Services (SPMS). The contract signed between the State, through the National Institute of Medical Emergencies (INEM), and the company GulfMed Aviation provides for four H145 D3 helicopters with certified crews, including pilots fluent in Portuguese. The international public tender was awarded to the company based in Malta for approximately 77.4 million euros. INEM’s emergency system provides for four operational bases with helicopters in Macedo de Cavaleiros, Viseu, Évora and Loulé.



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Azores to give housing support

The Ponta Delgada City Council has opened applications for the allocation of 70 supported rental homes, in a bid to address ongoing difficulties in accessing adequate housing.

According to Pedro Nascimento Cabral, the initiative is part of the Local Housing strategy (ELH) and falls under the national “1st Right” housing support programme.

“This measure aims to ease the challenges many residents face in securing suitable accommodation by offering rental properties at rates more aligned with household income,” said Cabral (PSD), in a statement issued by the council. The 70 properties available include 32 in the parish of Arrigues, 24 in São José, 12 in São Sebastião, and one each in Ginetes and Santa Clara.

Applications are now open under the “1st Right – Housing Access Support Programme,” designed to assist individuals and families lacking access to adequate housing

or living in vulnerable conditions.

The allocation process will follow the rules outlined in the Municipal Regulation for Access and Management of Social Housing under the supported Rent scheme. This regulation governs the criteria, conditions, and procedures related to the management and occupation of the council’s social housing in Ponta Delgada.

The selection process will prioritise applicants based on a scoring system defined in the municipal regulation. Households will be ranked and assessed in accordance with various social and economic factors, ensuring a fair and transparent approach to housing allocation.

This initiative marks another step forward in the council’s efforts to support the right to housing and reduce social inequality by ensuring that vulnerable families have access to secure, affordable homes in the municipality.

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UK



Abortion Reform

The UK has passed a new legislation preventing women for being arrested or prosecuted for later-term abortion. This is the biggest reform to British abortion laws in nearly 60 years, having been approved by parliament in a 379 to 137 vote, giving women the freedom to carry the procedure out without needing to fear legal repercussions.

USA



AI Test

A team of doctors from the US, UK, and Switzerland have developed an artificial intelligence tool that can predict which men with prostate cancer will benefit from a drug that halves the risk of dying. At the annual meeting of the American Society of Clinical Oncology, the world's largest cancer conference, the AI test will be unveiled.

Canada



Ancient Rocks

Located in Quebec's Nunavik region, around 40 kilometres south of Inukjuak, a rock formation from the Nuvvuagittug has been established as the oldest on Earth. These date back to 4.3 billion years, giving scientists an unprecedented glimpse into Earth's early history during its very first ion, the Hadean, just a few hundred million years after it was formed 4.5 billion years ago.

Brazil



National Employment

The Annual Industrial Survey by the statistics bureau IBGE has revealed that Brazilian industry created 910,900 jobs from 2019 to 2023, an increase of 12 percent. During this period, the number of people employed in the food industry rose by 373,800, bringing the total number of workers to two million.

Spain



Fuel Prices

In Spain, fuel prices have reached their lowest value of the year, with diesel now averaging €1,358 per litre, a plunge of 6.6 percent since the start of 2025. According to the European's Union's weekly oil bulletin, unleaded 95 petrol stands at €1.457, while diesel prices dropped 0.22 percent last week alone and petrol fell by 0.07 percent.

The Netherlands



Drunk Cycling

A survey on behalf of insurer Univé has found that over half of people in the Netherlands have at one time ridden a bike under the influence of alcohol, and 25 percent of those reckon cycling while drunk is normal. However, the Telegraph has reported that in 2023, some 2,000 cyclists had suffered a brain injury as a result of a fall when drunk.

Czech Republic



Beverage Industry

The average consumption of beer in Czechia has dropped to 126 litres per person, announced in a study by Czech Beer and Malt Association, toppling the nation's title as beer capital of the world. This decline has been attributed to a slight increase in a tax on draft beer, which went from 15 percent to 21 percent this year.

Finland



Defence Satellites

Finland has signed a preliminary agreement with Iceye to obtain its first satellites dedicated to national defence. The deal with the domestic technology firm comes amid growing state support for the Finnish space sector, and earlier this month, Business Finland allocated over €41 million to support its research and development.

Namibia



Hydrogen Energy

Hylron, a Namibian start-up, is investing into the creation of a new hydrogen energy production plant intended for use as a green fuel for heavy industry as well as for export. The facility, which is targeting a production of 10 to 12 million tonnes of hydrogen per year by 2050, is designed to work off the electricity provided by local solar and wind power.

Taiwan



Temple Remains

A demolition of a site in Taichung has uncovered the remains of a Zen Buddhist temple from Taiwan's Japanese colonial era, along with a stone stele bearing the name of one of its abbots. Following an on-site inspection last month, Taichung's Cultural Heritage Department coordinated with the property agent to assess the building's cultural value.

Japan



International Tourism

Recently, the Tokyo municipal government released its figures on tourism for 2024, reporting that Kyoto hotels accommodated 8.21 million foreign travellers that year. This represents the first time foreign tourists outnumbered Japanese nationals (8.9 million) at the hotels, and a 53.2 percent increase from the previous year.

Antarctica



Cosmic Detector

The cosmic particle detector ANITA has just registered an unusual burst of radio signals from the ice of Antarctica, which scientists suggest could be a hint at the existence of new particles, or interactions between particles currently unknown to physics. These radio waves were detected by the device at steep angles of 30 degrees below the surface of the ice.

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1. Madeira

Harvest Trends

In 2024, Madeira's top crop was potatoes, with 17,353 tonnes produced, followed by sugarcane and sweet potatoes. While potato output increased, bananas and grapes declined. Agricultural revenue reached 149.8 million in 2023. Fishing volumes fell sharply, especially tuna. Aquaculture saw lower gilthead bream production but higher sales revenue.

2. Azores

Housing support

Ponta Delgada City Council in the Azores has opened applications for 70 affordable rental homes under the "1st Right" housing programme. The initiative aims to support families struggling to access adequate housing. Properties are available across several parishes, with allocations based on criteria set out in the municipal social housing regulations.

3. Abrantes, Santarém

Emergency Expansion

Abrantes has launched an Advanced Fire Station in Tramagal to improve emergency response for residents and industrial workers. The six-month pilot includes a fire engine, ambulance, and a team of firefighters. Backed by the local council and AHBVA, the initiative aims to reduce response times and enhance safety in the region.

4. Pedrógão, Leiria

Prehistoric Walk

On 6 July, guided walks at Pedrógão Beach in Leiria will explore fossil remains and dinosaur footprints. Part of the "Domingar nos Museus" initiative, the free sessions at 10am and 3pm are led by experts Anabela Veiga and Bruno Silva. Registration is required via museudeleiria@cm-leiria.pt or 244 839 677.

5. Viana do Alentejo, Évora

Heritage Reimagined

An old flour mill in Viana do Alentejo has been transformed into Moagem – Industrial Lodge, a boutique hotel blending industrial architecture with modern design. With 17 rooms, a wellness area, and a fire-focused restaurant, the €3.5 million project preserves the building's heritage while offering guests an authentic and contemporary Alentejo experience.

6. Coimbra

Video Game Addiction

Researchers at ISMT in Coimbra have adapted the Game Addiction Scale-7 into European Portuguese, giving mental health professionals a tool to assess game addiction in youth. The scale helps identify warning signs like isolation, mood changes, and withdrawal. Findings show higher addiction levels in young males, highlighting the need for early prevention and public health changes.

7. Viseu

Water Shortages

São Pedro do Sul has joined the multi-municipal water supply system managed by Águas do Douro e Paiva to improve water quality and reliability without raising tariffs. The move addresses recurring shortages and allows for high-level water transport by the company, while local distribution remains under municipal control. Other Viseu-region councils are expected to follow.

8. Viana do Castelo

Desfile da Mordomia

Within just two days, 1,000 women registered for the 2025 Desfile da Mordomia of the Romaria d'Agonia, prompting early closure of sign-ups. Most participants are from Viana do Castelo, with others from across Portugal and abroad. Ages range from 14 to 85, and all must meet traditional costume standards for the 14 August event.

9. Vila Real

Douro Emergency

José Luís Carneiro, Socialist Party leadership candidate, urged immediate government aid for small grape producers in Douro, calling the situation a "social emergency." Following talks with winegrowers, he pledged a parliamentary proposal addressing low grape prices, economic decline, and legislative reforms. He also advocated for a territorial development pact to revitalise the region.



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Lisbon pioneers reusable cup system

The city of Lisbon will open up the first two points of a reusable cup system from Thursday, supported by a deposit and return model that aims to combat waste, the company TOMRA announced.



The first two points will be in operation on Thursday in Praça do Príncipe Real and on Friday in Praça de São Paulo and will be operating in historic kiosks in the city. The initiative, which is the result of a collaboration between Lisbon City Council, TOMRA Reúse, a circular economy solutions company, and AHRESP - Associação da Hotelaria, Restauração e Similares de Portugal, aims to combat plastic waste. It also aims to reduce

emissions and introduce a smart reuse model in the city's restaurant and nightlife sector. "Consumers receive their drinks in reusable cups, upon payment of a deposit [0.60 cents] that is fully refunded upon return, simply by tapping their card or mobile phone at the collection point," the company explained in a statement. According to the statement, the "system is powered by TOMRA's 'Rotake' technology, a complete reuse model that includes digital tracking, cup collection, sanitisation

and redistribution." The company also says that TOMRA manages the entire life cycle of the cups to ensure efficiency, hygiene and environmental performance. Full implementation of the reusable cup system is scheduled for October 2025. According to the company, around 25,000 cups are used every night in Lisbon's entertainment areas. "Despite many cups being sold as 'reusable,' until now there was no system that ensured the effective collection, cleaning and



recirculation of these containers," the statement says. The implementation of the system follows the 2024 regulation by Lisbon City Council that bans the use of disposable plastic cups. The system was presented

during the "Lisbon to Reuse" summit at the Museum of Design and Fashion (MUDE). By October, the city will introduce a standardized "Lisbon cup" for all participating bars and establishments in the

central neighbourhoods, with 17 return points planned for the Baixa region. According to the company, Lisbon is the first European capital to implement a city-wide reusable cup system.

A step forward for CCTV in Coimbra

Coimbra City Council has launched a public tender for the installation of 38 video surveillance cameras in the Baixa and Parque Verde areas, representing an investment of around €400,000 by the municipality.

The investment, which has a 60-day execution period, will increase the current video surveillance system from 17 cameras to a total of 55, focusing on the downtown of Coimbra, the municipality said in a press release sent to Lusa news agency.

The public tender comes after the former Minister of Internal Affairs announced, in February, the approval of the installation of 38 cameras (the automatic reading of license plates of six cameras, which are part of the system without this functionality, was not validated).

The Coimbra City Council announced the "long bureaucratic process" to expand the video surveillance system, which will focus on "the areas with the highest crime rates, according to statistical data from the Coimbra Metropolitan Command of the PSP", focusing mainly on the city's downtown area.

In addition to the Baixa,



the system will also include cameras near the Pedro e Inês bridge, whose glass structure has been the target of vandalism in the past, and at points in Parque Verde, on the right bank.

In the Baixa, the new cameras will cover points such as the Arnado region, Terreiro da Erva, Rua da Sofia, Estação Nova, Avenida Fernão de Magalhães and several of the narrow streets of the so-called Baixinha.

Quoted in the press release, Mayor José Manuel Silva stressed that this will be "a

fundamental step towards the security of the urban area of Coimbra".

The process took about two years, with approval from the Ministry of Internal Affairs at the beginning of this year, following an opinion from the National Data Protection Commission.

After approval by the Government, the expansion of the system also received a favourable opinion from the Central Regional Coordination and Development Commission (CCDRC), in an initiative that also involved the PSP.



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Improved access to medicines



The National Health Technology Assessment System (SiNATS) has contributed over the last decade to improving access to medicines, promoting the sustainability of the SNS and reducing waste, but decision times to finance medicines remain very long.



These are the conclusions of a study that assessed the effectiveness of SiNATS, created in 2015, and which were presented at the conference “From the Past to the Future: The Revolution in Health Technology Assessment”,

in Lisbon, promoted by Exigo Consultores, which prepared the analysis.

The director of Exigo, Jorge Félix, told Lusa that the aim of the study was to assess the effectiveness of the system in relation to the seven objectives

outlined: Maximising health gains and improving the population's quality of life, contributing to the sustainability of the National Health Service and ensuring the efficient use of public health resources.

Other objectives include monitoring the use and effectiveness of technologies, reducing waste and inefficiencies, promoting and rewarding the development of relevant innovation and promoting equitable access to technologies. Overall, “the assessment is quite positive”, with many of the objectives achieved, but there are aspects that need to be improved, such as the assessment and decision-making times on public funding for medicines, which are generally very long, exceeding 18 months in most cases.

Decision-making

“Unfortunately, the decision-making time of Infarmed and the

Ministry of Health is excessively long, although there are some mechanisms that mitigate access, such as early access programmes, but this is still one of the areas that the Ministry of Health needs to improve”, he argued.

The study indicates that the median time between marketing authorization and public funding was 30.6 months for innovative drugs and 29.7 months for non-innovative drugs.

It highlights that, despite the advances with the creation of SiNATS, “The number of decisions produced by Infarmed is consistently below the number of authorizations for new drugs by the EMA [European Medicines Agency], which generates a growing misalignment between the drugs approved at European level and those effectively accessible in Portugal”.

When it comes to health spending, Jorge Félix said that “it is under control”, at around 6.5%

of the gross domestic product. Between 2012 and 2023, SNS expenditure on drugs increased from around 2.2 million euros to around 3.6 million, but the proportion of public spending on drugs remained stable, around 20%.

“This proportional stability, despite nominal growth, suggests sustainable management of public spending on drugs”, highlights the study.

Regarding equitable access to technologies, Jorge Félix said that there is “a mixed situation”. Some indicators point to progress, particularly in orphan drugs, intended for rare diseases.

However, in certain pharmacotherapeutic groups, such as oncology drugs, “there is a certain lack of access and equity”, he highlighted.

On the other hand, he stressed, “there is some evidence” that the system has been effective in reducing waste and inefficiencies.

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98% of children in Portugal vaccinated

Portugal remains an international reference for vaccination, with 98% to 99% of children vaccinated in their first year of life.



According to the 2024 annual report of the National Vaccination Programme of the Directorate-General for Health, “Coverage remains very high up to six years of age, generally reaching or exceeding the target of 95%”. The DGS highlights that 86% of children born between August 2024 and March 2025 in mainland Portugal were vaccinated against the Respiratory Syncytial Virus (RSV) during the first seasonal immunisation campaign. According to the health authority, “the high coverage achieved contributed to a substantial reduction in hospitalisations due to RSV in children up to six months of age”. The report also indicates an increase in vaccination coverage for the first and second doses of the measles, mumps and rubella (MMR) vaccine between 2023 and 2024. In two years, the increase went from 98% to 99% and in six years it went from 95% to 96%.

Different results

According to the report, vaccination coverage against HPV (human papillomavirus)

infections in girls remained high, exceeding the 90% target. In boys, the trend observed in recent years of progressively increasing vaccination coverage in the different age groups under analysis continues, approaching that achieved in girls and exceeding the 90% target in the 15-year-old group.

For the combined vaccine against tetanus, diphtheria, pertussis and polio (DTPaVIP), coverage of 93% was achieved in children who were six years old. The data also indicate that, in the N. meningitidis serogroup B (MenB) vaccine, 97% of children who turned two years old had received the complete three-dose schedule.

Regarding vaccination against whooping cough during pregnancy, the data estimate that, in 2024, approximately 80.4% of eligible pregnant women were vaccinated with the Tdpa vaccine. In 2024, 370 cases of suspected adverse reactions to vaccines included in the PNV were reported, which, given the total number of vaccines administered that year, corresponds to approximately 12.8 cases of ADR [reported adverse reactions] per

100,000 vaccines administered. Of these, 215 were considered serious, which is equivalent to 7.5 cases of serious ADR per 100,000 vaccines administered.

The DGS emphasises that “the notification of a suspected ADR does not imply, in itself, a causal relationship between the administration of the vaccine and the reported event”, and that each case requires an individualised technical assessment, carried out by experts from the national drug authority (Infarmed).

Results by municipality

For the first time, the 2024 Annual Report of the PNV has the vaccination results broken down by municipality. The Director-General of Health, Rita Sá Machado, states in the document that the results disaggregated by municipality make “some of the geographic asymmetries visible that constitute potential strategic targets for action, not only by teams of health professionals, but also by all relevant partners, including civil society, who are motivated to develop initiatives that contribute to this legacy that belongs to and for everyone”.



The DGS also released the Report of the Seasonal Vaccination Campaign for the autumn-winter 2024-2025, which recorded almost 4 million vaccines administered in SNS units and community pharmacies. This campaign was reinforced with the introduction of the high-dose flu vaccine for the population aged 85 and over,

which also achieved very high vaccination coverage. The maximum vaccination coverage occurred in the population aged 85 and over. And minimum vaccination coverage was observed in the population aged between 60 and 64 years, both in vaccination against COVID-19 and against influenza.

48% children up to three years old in day care

The day care coverage rate has increased in recent years, but only 48% of children under three years old were enrolled in 2023, according to a national study, which highlights that this offer “is still not for everyone”.



There are more and more children attending day care and more and more places available, but there are still regions where families continue to have difficulty finding a solution, reveals the report ‘Annual Education Balance 2025’, a

research work developed by Edulog, the ‘think tank’ for Education of the Belmiro de Azevedo Foundation.

More children in day care

Between 2018 and 2023, the number of children up

to three years old enrolled in day care grew by 13.8%. Access has become more democratic with the free Creche Feliz program, launched in 2022, say researchers, showing that there is now a higher proportion of students whose parents do not have higher education, “a sign of the rapid diversification of the socioeconomic context and cultural capital of families”.

“The coverage rate has increased, but day care is still not for everyone”, warns the study released today, which shows that only 48% of children under three years old were enrolled in 2023, a year in which the coverage rate reached 55%, with 130,787 places available.

Of the more than 130,000 places, only 87% were actually occupied, because demand does not always match supply. The families that feel this gap the most are those in the regions of Lisbon and Porto, as well as in the southwest of Alentejo and the Algarve.

The study also warns of possible flaws in the pedagogical quality of these professionals, since only about 6% of the curriculum of the Bachelor’s Degree in Basic Education is dedicated to the age group of children under three years old.

Increasing access to education

This analysis, which looks

at Education from day care to higher education, concludes that families have increasing access to the education system and that participation rates at all levels of education continue to increase.

Universal education is closer to becoming a reality in both early childhood education, as well as in elementary and secondary education: All children between the ages of 6 and 14 are already attending elementary school and about 90% of young people of regular age were enrolled in secondary school in the 2022/2023 school year.

Data by municipalities

However, the research-

ers point out that there are still “territorial and socioeconomic imbalances”, since the supply is concentrated in large urban centres and there is still a “lack of response in regions with low population density”.

In preschool, 94% of children aged three to five were enrolled in a school, with schools in the centre registering the highest percentage of children in preschool (99.9%), followed by the Autonomous Region of Madeira (98.3%) and Alentejo (98.1%), in contrast to the Setúbal Peninsula, where the school enrolment rate is the lowest in the country (83.1%)

easyJet creates two new routes from Portugal

easyJet creates two new routes, in Portugal, one between Lisbon and Tirana, the capital of Albania, and other from Porto to Split, in Croatia.



The new route between Lisbon and Tirana, the capital of

Albania, takes place twice a week, on Tuesday and Saturday, and will be available until 30 August.

In a press release, easyJet revealed that “with this new route, easyJet continues to expand its

network of destinations from the Portuguese capital, providing Portuguese passengers with more options for summer getaways, in a city full of history, life and diversity”. Earlier this month, easyJet began flying from Lisbon to Palermo and until 23 September, direct flights are available on Tuesdays and Fridays between the Portuguese capital and the Italian city.

From Porto to Split

The flight will happen twice a week, on Mondays and Thursdays, this new route gives travellers the opportunity to explore unique landscapes, paradisiacal beaches and a city rich in history and culture.

The new connection comes in the year in which easyJet celebrates the 10th anniversary of the opening of its base at Francisco Sá Carneiro Airport, reinforcing the company's commitment to the development of the North region.

easyJet began operations in Porto in 2007 and, since then, has transported more than 23.4 million passengers. The airline currently operates 27 routes from Porto Airport, connecting the city to 12 countries, including France, Switzerland, Germany, the United Kingdom, Italy, Spain, Morocco, Croatia, Cape Verde, the Czech Republic and Luxembourg, as well as domestic destinations

Funchal and Porto Santo. This summer, the airline will operate an average of 56 daily flights to and from Porto, offering a capacity of over 3 million seats for the fiscal year 2025. The new route to Split joins this expanded portfolio, offering another attractive option for a unique Mediterranean holiday.

Also, in response to the growing demand for tropical destinations, easyJet launched flights to the island of Sal in Cape Verde in October, a strategic direct connection that strengthens ties with Portuguese-speaking communities, with 2 flights per week in July and August, on Mondays and Thursdays.

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Most qualified young people earn more in Portugal



The most qualified young people earn more and have an easier time finding work, concludes the report 'Annual Balance of Education 2025', a research project developed by Edulog, the Belmiro de Azevedo Foundation's 'think tank' for Education.

The study shows that a worker with a master's degree earns around 80% more than someone with only the 12th grade and, in the case of graduates, the salary difference is 45%. However, researchers warn of the low number of children from disadvantaged families in master's degrees. In recent years, the number of young graduates and those with master's degrees has increased, but the transition to a master's degree still "constitutes a crucial axis of inequality among higher education graduates", points out the study released that analysed the evolution between 2018 and 2023.

Around 40% of graduates immediately move on to a master's degree (five percentage points more than in 2018), but this transition "depends greatly on the context of the graduates, with important consequences in terms of equity", emphasise the researchers, pointing out that there are more men

continuing their studies. It is also more common to see students from universities than from polytechnic institutes enrolling in master's degrees: 58% of students from public universities compared to only about a quarter from the public polytechnic system. "Inequality is also visible in the different transition rates between graduates with at least one parent with higher education and other graduates. This difference (from 48% to 37%) has increased in the last five years," say the researchers.

In the same sense, early dropout is more visible among young people who are the first in their family to attend higher education, a phenomenon visible in undergraduate, master's and higher technical and professional courses (CTeSP). Students "from more disadvantaged socioeconomic backgrounds and from less educated families face additional challenges, such as less

family support, fewer cultural resources and greater economic difficulties," warn the researchers, who add that "the dispersion of rates between the two cycles will also not be unrelated to these transition differences."

Finding work
In addition to the more qualified young people earning better salaries, there are also fewer and fewer of those who face difficulties in finding work.

"While the unemployment rates of high school graduates, bachelor's degrees and master's degrees were relatively similar before the pandemic, in recent years, master's degree holders have had unemployment rates around 40% lower than those of high school graduates," the researchers say.

Unemployment rates among higher education graduates were below 6% and professionals with master's degrees fell to values close to 4.7%, while the working population with a 3rd cycle of basic education continued to have higher unemployment than before



the COVID-19 pandemic and CTeSP holders had rates above 10%. These figures hide the areas where graduates continue to have more difficulty finding work - social services, information and journalism areas and architecture and construction - as opposed to graduates in the health area, who have unemployment

rates of only 1.2%. The study also shows that graduates in the areas of mathematics and statistics, engineering, computer science, science and education tend to be below or close to the 2% unemployment rate threshold. However, researchers emphasise the impact of

education from an early age on future job market value. The future begins to take shape as soon as children are able to attend day care and preschool, then move on to choosing between a scientific-humanistic or professional education in secondary school and, finally, access to bachelor's and master's degrees.

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Designer Outlet Algarve new shopping area opens



With new stores such as Le Creuset, Jack & Jones, and Be On Time, the new area is being celebrated with show cooking, shows and experiences for the whole family



Designer Outlet Algarve, operated by ROS Retail Outlet Shopping and part of the Ingka Group

Shopping Complex, has officially opened the doors to its new shopping area, marking a new chapter in strengthening its positioning as a premium

shopping destination in the south of the Iberian Peninsula. The expansion represents an increase of 4,000 square metres of gross leasable area

(GLA) and translates into an even more diversified portfolio, with the integration of renowned national and international brands. For now, visitors will be able to visit the new Le Creuset, Jack & Jones and Be On Time stores. New Balance will join on 2 July, and other highly anticipated openings will follow throughout the month, including Under Armour, Elmas Phill and Barbour, as well as other brands currently under negotiation. With this addition to its offering, Designer Outlet Algarve now has over 80 fashion and lifestyle stores, in an environment inspired by typical Algarve villages

and with an open-air environment designed to provide unique experiences for residents and tourists. Its strategic location in Loulé, next to MAR Shopping Algarve and the only IKEA store in the south of the country, makes the centre a prime stopping point for those visiting the region. “This inauguration symbolizes the culmination of a strategic project for Designer Outlet Algarve, which reinforces its premium positioning and significantly expands the range of brands available. We are growing in a sustained manner, attentive to the needs of an increasingly demanding and

cosmopolitan consumer”, says Thomas Reichenauer, Co-founder and General Manager of ROS Retail Outlet Shopping. “This new phase represents our commitment to local economic development, sustainable tourism and long-term value creation. Designer Outlet Algarve is a strategic asset for Ingka Centres in Portugal, due to the way it combines commercial attractiveness with a differentiated consumer experience, in an environment designed for people and communities”, highlights Mário Barros, Cluster Operations Manager of Ingka Centres for Southwestern Europe.

New Chinese car brands for Portugal



The Chinese car brands Nio and Firefly will be imported to Portugal by JAP Group, which has scheduled their debut for the last quarter of this year

The two electric brands have different target audiences, with Nio focusing on a higher segment, while Firefly is “oriented towards the urban and digital public”.

The entry of the two brands, from the same group, comes after JAP Group was also chosen to enter the Portuguese market by Foton and GAC.

Nio’s director for Europe, Thijs Meijling, highlighted that

the European continent is “a fundamental pillar” of its strategy and has “strong potential for intelligent and user-centric mobility”.

“Nio represents the future of premium mobility and we are proud to lead its entry into Portugal,” said Jan Oehmicke, CEO of JAP Group, in a statement.

With an exclusively electric offering, Nio also has solutions such as battery swapping stations in about three minutes, a solution that JAP Group says is under analysis, “and could be introduced to Portuguese customers in the future.”



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Can AI dream? Why creativity is the human edge in the age of algorithms

N Kamila Sitwell

"Sometimes I ask ChatGPT to help me think," says Natalie Turner with a smile. "Not to replace me, but to provoke me."

For many, artificial intelligence feels like a tsunami - powerful, relentless, and potentially dehumanising. However, for Natalie, an innovation expert, TEDx speaker, and author of *Yes, You Can Innovate*, the conversation about AI is not solely centred on automation or algorithms. It's about posing more profound questions: What is uniquely human? Why do we still matter? And where does genuine, original creativity stem from? "It's easy to believe that AI is going to make us all obsolete," she says. "But here's the thing - AI can't dream. It can't stand on a beach at sunset and feel its heart break. It doesn't know what it's like to fall in love or to lose someone you love. It has no body. It has no soul."

AI can analyse, summarise, and generate astonishing content in milliseconds. But can it dream? Can it care? As intelligent systems transform workplaces and automate everything from emails to strategic reports, many ask a confronting question: What's left for humans to do? According to Natalie Turner, quite a lot.

"In a world of intelligent systems, the most valuable intelligence is still human," she says. "Our creativity, our empathy, our ability to imagine

what doesn't yet exist - that is our edge. That is irreplaceable." Born in the UK and now residing in Portugal, Natalie's career has spanned continents and industries. From strategic marketing and design thinking to advising global organisations on cultivating innovative cultures, she has always had one foot in business and the other in ideas.

In 2009, she created The Six 'I's® of Innovation, a methodology that incorporates humanity into the innovation process through six core capabilities: Identify, Ignite, Investigate, Invest, Implement, and Improve. Used by companies worldwide, it places Purpose at the heart of the innovation journey - a system designed not just for inventors or tech entrepreneurs, but for anyone who wishes to solve problems, create value, and thrive during disruption.

"When you're aligned with a deeper reason for what you do, you become more creative," she explains. "You stop simply reacting, and start imagining. You stop trying to keep up—and start shaping what comes next." Natalie is a bridge-builder between logic and feeling, leadership and artistry, technology and the soul. Her recent TEDx Talk in Marvila, Lisbon, explored the idea that



"Purpose is the human algorithm for innovation" - a phrase that resonates in a world hungry for meaning.

"Purpose gives us direction.

It's what fuels our creativity. And when we're disconnected from that, it's not just bad for innovation - it's bad for our wellbeing."

This isn't abstract philosophy. Natalie sees it through her work with Women Who Lead, a growing community dedicated to authentic connection, mutual support, and leadership development. "So many women I meet are in transition - relocating, redefining themselves, wondering what's next. They need space to reconnect with their creative essence, not just their job title."

Her events seamlessly blend networking with personal and professional development, often leading conversations towards courage - how to pivot careers, launch something new, or tell a story that's been burning inside. Speaking of stories, Natalie has written a new one - literally. Her debut novel, *The Red Silk Dress*, scheduled for publication in autumn 2025, is a sweeping tale set across Cambodia, Malaysia, and France, following a woman's

journey of identity, longing, and transformation. While it marks a shift from business writing, the heart remains innovation, just expressed through narrative.

"I've always believed innovation is about creating something new that adds value," she says.

"Fiction just does it in a different language. It's how we explore who we are, what we care about, and where we're going. Writing fiction has been about giving myself permission to create without a brief - to dream freely."

It's a return to creativity's essence: not just problem-solving, but soul-work - the inner drive to make meaning, imagine different worlds, and give voice to what cannot always be said out loud. So, where do we start reclaiming our creativity in the age of AI?

"First, we stop outsourcing our imagination," Natalie says.

"AI is brilliant at amplifying what we already know. But true innovation requires dreaming beyond the data. That's a human superpower."

Second, she urges embracing emotional intelligence as a core capability, not a soft skill. "Empathy, storytelling, influence - these build cultures, movements, and brands that actually matter."

Finally, she reminds us that creativity does not require perfection - only courage. "It's about taking small risks every day: sharing your ideas, changing your approach, or speaking your mind. That's where innovation begins."

Looking ahead, Natalie envisions herself continuing to navigate between worlds - business and art, strategy and story. "I want to keep opening doors," she says. "For women. For leaders. For anyone who feels like they have something meaningful to contribute - but maybe haven't found the space to express it yet." For those who feel overwhelmed by change or left behind by technology, she offers this reassurance: "You are not replaceable. You are not irrelevant. You are creative. And that matters more than ever." Natalie Turner is an innovation specialist, speaker and author of the award-winning book *Yes, You Can Innovate* and the creator of The Six 'I's® of Innovation methodology. She is also the founder of Women Who Lead and a recent TEDx speaker. Her debut novel, *The Red Silk Dress*, is scheduled for publication in autumn 2025. More at natalie-turner.net.

About Kamila Laura Sitwell

Kamila is a dedicated advocate for entrepreneurial community development and empowerment. She helps midlifers reinvent with purpose through career pivots, slow travel, relocation, and freedom-first living. Founder of Portugal's largest women's network and *The Epic Midlife*.



Community Lead Portugal | Multi-Award-Winning Entrepreneur |
Bestselling Author | Founder of HerFreedomBusiness.com |
Co-Founder of Algarve Women's Network

Airbus teams up with critical software for high-tech centre in Portugal

N Paulo Lopes

In a move that reinforces Portugal's growing role in aerospace and digital innovation, Airbus and Portuguese technology company Critical Software have announced the launch of a new technology centre in Portugal.



Revealed during the prestigious Paris Air Show, this strategic partnership marks a significant step toward developing the next generation of aviation software systems.

The centre will focus on preparing and advancing the onboard IT systems of future aircraft, ensuring they are smarter, safer, and more connected than ever before. As aviation enters a new digital era, where autonomy, real-time

connectivity, and energy efficiency are becoming essential. This initiative positions Portugal as a key contributor to the global aerospace innovation landscape.

Critical Software

Critical Software, a leading Portuguese tech firm specializing in mission- and safety-critical systems, brings extensive expertise in sectors like aerospace, defence, automotive, and energy. Their longstanding collaboration with Airbus and proven track record in complex software development make them an ideal partner for this venture. Airbus, as one of the world's largest and most forward-looking aerospace companies, will provide the scale, resources, and vision necessary to ensure the centre drives impactful innovation. The new centre aims to recruit

highly qualified engineers and software developers, contributing to local employment and strengthening Portugal's reputation as a hub for specialized talent in advanced technologies. It also reinforces the importance of nurturing a national ecosystem capable of contributing to global industrial and technological challenges. Working on future aircraft software systems critical to the safety, efficiency, and digital transformation of future aircraft. These systems are expected to support the evolution of intelligent cockpits, next-gen flight controls, predictive maintenance tools, and increased automation. In addition, the centre will support Airbus's wider goals around sustainability and decarbonization, with software

playing a crucial role in optimizing fuel efficiency and aircraft performance.

This announcement is not just a win for the Portuguese tech sector, it's a reflection of Portugal's rising profile in strategic industries, from aerospace to software engineering. It also confirms how international companies are increasingly recognizing the value of investing in Portugal's skilled workforce, stable business climate, and innovation capacity. By combining Critical Software's engineering excellence with Airbus's global aerospace leadership, the new technology centre sets the stage for transformative work that could shape the future of flight. More than a business deal, it's a bold step into the future of aviation engineered in Portugal, for the world.

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How to manage a war conflict?

Leading an entire country for a few years is a steep learning curve, but it's useful experience.

N Gwynne Dyer

Being in power for a dozen years makes most leaders arrogant and careless, but some remain more or less functional. Being in power for more than thirty years just makes you stupid. Consider Cambodia's Hun Sen and Iran's Supreme Leader Ayatollah Ali Khamenei. Hun Sen began as a Khmer Rouge commander and went on to rule Cambodia effectively as an absolute dictator for 36 years. (He is by far the country's richest man and his personal guard rivals the national army in size.) He passed the prime ministership on to his son, Hun Manet, two years ago, but he really still rules.

Thailand vs Cambodia

There is an old history of military confrontations between Thailand and Cambodia, but relations have been stable since Hun Sen came to power. In fact, there were close links between him and the Shinawatra family that has dominated democratic politics in Thailand for half of this century.

So, when there was a shoot-out on the Cambodian-Thai border a couple of weeks ago, the Thai prime minister, Paetongtarn Shinawatra, got on the phone to calm things down with Hun Sen. (She called him 'uncle' because her father and the Cambodian leader had been so close.)

Only one Cambodian soldier was killed in the incident, but who wants a war? She criticised the Thai regional commander, who she said "just wanted to look tough," and added that if Hun Sen wanted anything, she would "take care of it."

This is how grown-ups in power manage random incidents that can cause serious trouble: apologise (whether your side was in the wrong or not), lay on the flattery, give everybody an off-ramp. And keep it as

private as possible. Instead, Hun Sen put the entire 17-minute conversation on his website. Its effect, and most likely his purpose, was to humiliate Prime Minister Shinawatra and stir up outrage among Thai ultra-nationalists. We can probably therefore assume that he was acting in league with the aforesaid ultra-nationalists, but he's crazy to believe that they are reliable allies.

Hun Sen may be calculating that a small military confrontation with Thailand will help his son to consolidate his hold on power. However, it's just as likely that the Thai hard-liners would exploit a brief victorious war (Thais outnumber Cambodians four-to-one) to legitimise their intended coup. Hun Sen used to be ruthless but clever; now he's just stupid. He's taking an unnecessary risk for a doubtful outcome. But the uncomfortable truth is that at least half the wars on this planet start for reasons no more profound than this. Which brings us to the truly counterproductive behaviour of Iran's Ayatollah Ali Khamenei.

The Iran's case

Like Hun Sen, Iran's Supreme Leader has been in power for 36 years. At least half the Iranian population would be glad to see him gone, but during his early years, he was an effective ruler. Now he is an isolated old man of 86 who simply does not grasp the plight of his nation.

USA presence

Donald Trump gave Iran's leaders an unintended opening with his over-the-top boasting about the damage that one day of US air strikes did to the country. The American and world media were already questioning his claims that the three nuclear enrichment sites at Fordo, Natanz and Esfahan were "totally



obliterated", and Trump had doubled down on them. Iranian Foreign Minister Abbas Araghchi, who knows his way around the diplomatic world, humbly admitted the American strikes had done "excessive and serious damage." The country is virtually defenceless against American and Israeli airstrikes: why would Iran give them any reason to believe that they had to go back and finish the job? But Ayatollah Ali Khamenei was living in Cloud Cuckoo Land. In a video statement on 26 June, he insisted that the American air strikes "did not achieve anything" and further threatened to give the United States "another slap" (referring to the Iranian missile attack on an American base in Qatar in retaliation for the US air strikes).

Khamenei seemed unaware that no damage had been done to American lives or military assets. He didn't even seem to know that Iran's surviving military leaders, hoping to avoid a game of tit-tor-tat in which they would be utterly outmatched, had informed US authorities in advance of when the missiles would

be launched and on what trajectories. Trump went berserk at Khamenei's speech. "You got beat to hell," he raged,

and declared that he had been about to end sanctions against Iran but the Ayatollah's speech changed his mind. That's probably

untrue, but Khamenei is too old to be left in office. As Trump himself will probably be before his presidential term is finished.



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"The views expressed on this page are those of the author and not of The Portugal News"

CHARITIES

ALZHEIMER PORTUGAL - Dementia Support Local Offices - Portimão and Lagoa. Information, advice, training and activities for People with Dementia and carers/ relatives. geral.algarve@alzheimerportugal.org or +351 965 276 690

APAA CHARITY SHOPS - Dunas do Alvor: Mon-Sat 10.30am-2pm Rua Elias Garcia 20, Silves: Mon-Fri 10am-2pm (Sat 1pm). Something special for the house or garden. Gifts, Jewellery, clothing, ornaments, crockery, Stuff for Humans and Stuff for Pets. Bring and Buy good quality items. Volunteers Always Welcome info.apaaportugal@gmail.com

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

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

CAN YOU PLAY THE PIANO? The Anglican Church of St Vincent's Chaplaincy at Praia da Luz is looking for someone, who could play occasionally for congregational hymns at Sunday morning services on a voluntary basis, by arrangement. For more details, please contact Sheila on 914 285 640.

PORTIMÃO SOUP KITCHEN Soup kitchen serving times are 1 to 1.30pm on Sundays, and 5.30pm to 6.30pm on Tuesdays and Thursdays. Volunteers needed one hour before for food preparation. Volunteers can contact Joy for more info Joy 917 358 098.

THE DONKEY SANCTUARY Refugio dos Burros charity shops opening hours in Lagoa and Carvoeiro are Monday to Friday from 10am to 5pm and Saturday's 10am until 1pm. Ferragudo opening hours are Monday to Saturday from 10am to 1pm. We are always very happy to receive any donations and if you have any time to spare, volunteers are always needed. For more information, please call Chris on 966 033 127.

CARVOEIRO CAT CHARITY ASSOCIAÇÃO. Located in Porches and run entirely by volunteers. We are looking for some more volunteers to help in our shelter of 200 cats as well as some foster families for our cats. Email ccc.carvoeirocharity@gmail.com or call 918 633 332.

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

MADRUGADA ASSOCIAÇÃO. VOLUNTEERS needed for our Lagos Homestore, Luz Encore, Lagoa Homestore and Ferreiras shops. Hours are 11am to 3pm M-F, and 10am to 1pm on Sat. All proceeds go to "hospice-at-home" care in the Algarve. Thank you for your support! Tel: 282761375; website: www.madrugada-portugal.com.

CADELA CARLOTA SHOP in Lagos open Mon to Fri, 10am to 12.30pm/3pm to 5pm. Almadena: Mon to Fri, 11am to 3pm, Sat, 10am to 1pm. We always need extra hands in our shops.

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

THE NANDI CHARITY SHOP. The Nandi Charity raises funds for sick and abandoned animals in the Western Algarve. Our two shops in Lagos selling clothes, furniture, homeware and books are open six days a week. Please come and see or join us as volunteers. For more information please visit our website; www.nandicharity.com or email; shops@nandicharity.com.

<LISTING2> **TINY SHELTER ALBUFEIRA.** To donate please visit Algarve Social Club, 436A, EN125 Vale Judeu, 8100-284. For opening hours please call 918 721 948. For more information, please email info@algarve-social-club.com. Visit https://www.algarve-social-club.com/donate-item-for-sale-in-silent-auction.

WOOFF CHARITY SHOPS. A Worn only once Fashion & Furniture charity shop. This high quality second-hand shop now has 3 shops with all profits going to Animal Rescue Algarve, Almancil close to the road that leads to QDL Loulé. Opposite Lidl, underneath the 24hr Vet Troto. EN125 towards Faro. (Old Iceland shop). Opening Hours Mon-Fri 10am - 3pm, Sa.t 10am -1pm. For more information contact: Almancil - 289 356 355, Loulé - 289 416 061 or Troto 289 150 101 or alternatively, please email; info@wooffcharityshop.com.

WRVS LISBON LABELS4LESS Shop. Located in Espaço Seniors, Rua Eça de Queiroz 378, 2750-662 Cascais. Open 1st Saturday of the month 10am-1pm & every Wednesday 2-4pm. 100% of proceeds go to Portuguese Charities. Email: wrvslisbon@gmail.com, Facebook: wrvslisbon, Instagram: wrvs-labels4less

MUSIC

ALJEZUR INTERNATIONAL CHOIR. Thursdays 2pm to 3.30pm at the Aljezur Bombeiros building. They are a local choral group that welcomes members of all nationalities and sings in multiple languages. They also regularly organise concerts throughout the year and take part in other community events. Contact 914285640 or 912547198 or via email leni.eves@yahoo.com for more information.

BELLA ACAPELLA BARBERSHOP Chorus. Wednesdays 7.30pm to 9.30pm at the Re-Criativa, Rua da Republica 14 in Olhão. They are an international mixed group that sings Barbershop in English and organises concerts regularly. For more information contact 962 181 405 or 912 057 305 or visit http://www.bellaacapella.pt/.

CORO DOS AMIGOS do Museu are seeking for FEMALE VOICES. Sopranos and Altos to join our lovely all ladies Choir. Rehearsal every Thursday at 18.30 at the Museu do Traje in S.B.Alportel. For further information please contact us by e-mail at daniellemichelle_8@hotmail.com

EAST ALGARVE INTERNATIONAL Choir. Thursdays at 4pm in the hall of the freguesia in Santa Luzia, Tavira. We are looking for singers, men and women, with or without experience and experienced musicians. For more information, please email eastalgarvechoir@gmail.com or call Rineke Hofman +351 926 684 061. Please visit https://www.eaisc.eu.

SOCIAL

MEETUP ALGARVE WALKING. Social walking events of 2.5 and 3.5 hours listed every week. Discover so much more of what the Algarve offers. Coastal and inland, including Monchique. For full details please visit meetup.com/Algarve-walking.

EMBARK2. A UK based group that supports widows and widowers in the UK, offering holidays and events on a non-profit basis. The group holidays in the Algarve every year and would like to connect with any local widow and widower groups in the Algarve who would like to join them on their excursions. For more information and to get in touch please visit https://www.embark2.co.uk/ or alternatively email enquiries@embark2.co.uk.

C.A.S.A. - THE Algarve's leading Social Club for expats meets monthly for dinners / lunches and social events. info@casasocial.club or please call 282 332 251. www.casasocial.club.

COFFEE & CONVERSATION for expats. Meet other newcomers in the Algarve almost every week at different venues. www.expatscentre-portugal.com/events

ROYAL BRITISH LEGION (Portugal branch): for information contact: rblportugalsecretary@gmail.com or telephone 926 908 089.

BRIDGE

BRIDGE PLAYERS ARE welcome at the Vilamoura Bridge Club, every Tuesday 1.45pm at Velamar Hotel in Olhos de Água. No registration required, just show up with your partner. Details on our website www.vilamourabridgeclub.com, or contact Digna Bak on 00351 960 297 401.

AMIGOS DO MUSEU Bridge. Friday's at 2pm duplicate bridge at Museu do Trajo at São Brás de Alportel. For pre-registration call Frank Spelbos at 937 802 110 or email to spelbos@sapo.pt

BRIDGE LESSONS. COURSE of 10 lessons for beginners and of 10 lessons for more advanced. Also, private lesson possible. Please call Frank Spelbos at 937 802 110 or email to spelbos@sapo.pt

THE BOA VISTA Bridge Club. They meet twice a week on Monday afternoons and Thursday afternoons with registration from 1pm to 1.30pm at Boa Vista Golf & Spa, Lagos. Visitors, in pairs, are most welcome. For more information, please contact Vernon Beamish at vkbeamish@gmail.com. Please visit https://www.bridgewebs.com/bvbc/.

LAGOS MARINA BRIDGE Group. Single players and pairs of all nationalities are welcome to play duplicate bridge in a relaxed and friendly environment. Sessions from 1.15pm each Tuesday and Friday. Please call Tim on 964487263, or email lagosmarinabridge@gmail.com

FADBC BRIDGE CLUB. The FADBC bridge club has moved from the Cristal hotel to the Algarve 2000 cafe/bar, Vale Centianes, 8400-525, Carvoeiro. Bridge on Mondays and Thursdays at 1.30pm. All levels and nationalities welcome. For more information ring 282357953 or 962585622.

FRANK'S BRIDGE. THURSDAYS at 2.30pm duplicate bridge at Hotel Quinta Jacintina at Vale do Lobo. For preregistration call Frank Spelbos at 937 802 110 or email to spelbos@sapo.pt

SPORT

ODIÁXERE WALKING FOOTBALL. Every Tuesday & Friday - Walking Football 50+ at Clube Desportivo de Odiaxere (just off N125 at Odiaxere). 9.30am to midday. Just turn up or for more details contact Bill Harper email: bill.harper1953@icloud.com or phone: 960 234 641.

EAST ALGARVE WALKING FOOTBALL OLHAO: Jose Acanjo Stadium, Mon: Over 50s walking football, Weds: Over 60s walking football, Fri: Over 65s non-contact walking football. TAVIRA: Astroturf pitch adjoining Municipal Sports Hall, Avienda Zeca Alfonso, Tues: Over 50s walking football, Thurs: normal football - all ages. All sessions 9.15 to 11.30am. QUELFES Women's Walking Football hold their sessions every Thursday morning, from 08:45 to 11am at Quinta o riso das Crianças. For further information visit www.eastalgarvewf.com

CROWN GREEN. AT Alvor bowling Club Tuesday 2pm. Peter or Janette 966169747 or 965700536

LAWN BOWLS AT Valverde Bowls club Almancil (rear of Tribulum restaurant) - roll up Mon Wed and Friday at 10am. mandpwillson@talktalk.net 07840112361 or 913741251. www.valverdebc.co.uk

CENTRAL ALGARVE WALKING Netball. Weekly on Thursdays at 10am at Browns Sports Resort, Vilamoura. Come along to our friendly netball club, all skill levels welcome. Meet new friends whilst exercising. For full details join the Central Algarve Walking Netball Club Facebook Group or call 964 790 031.

AFPOP BADMINTON. ON Mondays at 7.30pm to 9.30pm at the pavilion of the school E. B 2,3 DR. Garcia Domingues in Silves. All levels of play, come along and join our sociable evening. Badminton players will need to bring their own racquets and pay a small fee to cover costs. For more information, please contact Sue on 910108730 or email susharman9@gmail.com.

LAGOS PICKLEBALL CLUB with 8 pickleball courts with pickleball beginner classes as well as 2 tennis courts. Located on Rua Aldeia da Torrealinha 3B in Lagos. 5 euros per person for 2 hours. For more information, please contact Paulo Salvador on 916 175 231 or email lagosteniscenter@gmail.com.

ALBUFEIRA ALL-STARS NETBALL Clube. Meet Friday mornings 10am to noon at Pavilhão de Olhos de Água. Beginners and all abilities welcome - a great way to keep fit and meet new friends. Contact Ruth on 0044 7891 563353 or join our Facebook group for more info: Albufeira Netball Clube. Please check the Facebook info each week in case of alterations!

ROCKETS NETBALL CLUB. Meets Mondays and Thursdays from 6.30pm to 8pm at the sports court in Santa Luzia (Rua CRD Santaluziense). For ladies aged 18+. New and experienced players are welcome. For more details, email rocketsnetball@gmail.com or take a look at our website (rocketsnetball.pt) or Facebook page (Rockets Netball Algarve).

TOUCH RUGBY. JOIN our Social Touch Rugby group in Lagoa! It's Fun and a Great workout on a brand-new pitch - all ages and experience levels welcome. Training on Tuesdays 5.30pm to 7.30pm/8pm and Thursdays 5.30pm to 7pm (kids training) and 7pm to 8pm (adult Touch Rugby) at Alagoas all-weather training pitch at the Fatacil. Contact Dave Alger on 96 231 5256 for Kids Rugby and contact Darragh at darraghjones95@gmail.com or +353 871178887 to join adult Touch Rugby.

WALKING FOOTBALL WESTERN Algarve. Every Friday from 6pm at Burgau Sports Centre with social events afterwards. For more information, please contact Jerry Dowd on 0044 7925 325 363 or search Lagos Strollers on Facebook.

WORKSHOPS & COURSES

FIGS ON THE Funcho. Ongoing painting courses and workshops. "Our painting meet-up groups are fun and supportive and great for people new to the Algarve looking to meet people that share a creative interest." If you are interested in joining, please contact Cheryl on 912 595 539 or email her at cheryl@figsonthefuncho.com

PAINTING FOR PLEASURE Classes. These friendly classes welcome anyone from beginners onwards. My aim is no only to make painting a pleasure but a joy for the rest of your life. Classes are on Wed mornings 10.30am to 12.30pm & 2.30pm to 4.30pm in the afternoon at Mesquita, São Brás. Tel: Terry 916 389 810.

SCOTTISH COUNTRY DANCING takes place in the Nobel International School on the EN125 on Monday evenings from 7pm to 9pm. For details, please contact Mardie Cunningham 282356029/964278432, email rosevale45@gmail.com.

Portuguese language course for foreigners celebrates diversity and integration

The Municipality of Vila Nova de Poiares ended the 2024/2025 edition of the Portuguese Language for Foreigners course with a convivial lunch, bringing together some of the participating students in a moment marked by sharing, diversity, and celebration of the journey made throughout the year.

This course, organised free of charge by the Town Hall, is aimed at the foreign community living in the municipality, seeking to support their integration, facilitating day-to-day communication and guiding them closer to Portuguese culture and society, playing an increasingly important role in welcoming those who have chosen Vila Nova de Poiares

as their new home.

The growing number of participants in the various editions of the course reflects the importance of creating conditions for harmonious integration of the foreign community, the municipality's commitment to policies of inclusion and valuing diversity.

During the year, participants not only developed essential language skills, but also had the opportunity to express their creativity. One of the most symbolic moments of this edition was the public presentation of the play *We/Nós*, where some of the bravest participants shared their poems and songs representing their cultures and experiences.



This initiative highlights the linguistic progress of its participants and the intercultural richness that characterises the municipality.

Beach Fest 25



Are you ready to live the three best days of your summer? Mark your calendar for 11, 12 and 13 July: you've got a date! Club Nau Beach Fest in Ferragudo is

bringing an incredible line-up to light up your days, featuring local artists like Nicole Silver, Toby One, Daddy Jack, Vibe Section, Flame Duo and more. Entry is free! From 4pm enjoy drinks

from the beach bars and grab a bite to eat upstairs in the restaurant where they will be serving delicious food and snacks. Put on your best smile and we'll see you there!

Largest Organic Vineyard in the Algarve

Morgado do Quintão, with 23 hectares officially certified, presented its new collections of "PALHETE" and "BRANCO" wines.

The venue has become the largest organic vineyard in southern Portugal, celebrating with the launch of the new 2024 vintages: Palhete and Branco, two fresh, elegant, low-intervention wines that reflect the project's commitment to the land, authenticity and the right timing of things.

Made with indigenous grapes – Negra Mole and Crato Branco – from old vines in sandy soil, without any addition of chemically synthesised products, both wines are certified organic and represent an agriculture that respects the cycle of the land, with minimal intervention and maximum intention.

The agricultural practices are regenerative, the labels come without artifice, and each harvest seeks a balance between memory, landscape, and future.

Tourism of the senses: taste, stay, return... Morgado is also a place to live. The estate welcomes visitors all year round, with open air tastings, lunches under centuries-old olive trees, harvest programmes and stays in the family's restored houses.

Wine tourism here is intimate, slow-paced, with room for long conversations, simple dishes and authentic discoveries. An Algarve experience far from the clichés – and increasingly sought after by those travelling..

To book visits or experiences, please contact info@morgadodoquintao.pt or +351 965 202 529 (phone or whatsapp).

WHICH next step WILL align YOUR frequency TO YOUR goals ?

famila

Zoomarine QUIZ

Win 2 ticket to Zoomarine with The Portugal News! Simply answer the following question:

What "in situ" Conservation Projects on dolphins is Zoomarine supporting?

Find the answer at www.zoomarine.pt/en and email us at zoomarine@theportugalnews.com. Terms and conditions apply

Interested in Freemasonry?

Lancaster Lodge, an English Masonic lodge under the United Grand Lodge of England, which meets in Estoril, is open to enquiries from those wishing to explore becoming Freemasons.

To learn more or express your interest, please contact the Lodge Secretary via email at LancasterLodge9413@gmail.com

Espiche Turns Pink



Espiche Golf Club turned pink on Monday, 5 May, as players and staff helped to raise awareness and funds in the fight against breast cancer.

What a fabulous day out on the course for a fantastic cause! From vibrant pink outfits to heartfelt moments, the spirit of community and support was truly inspiring. Get Your Pink On! was the theme, and our ladies did not disappoint

– pink from heard to toe, and even the decorations joined in!

A great round of Golf was followed by a lively lunch, plenty of laughter, and above all, generosity.

The Espiche Golf Team and Clube de Golfe de Espiche would like to thank everyone who contributed in making our Mr Captain's Annual Ladies Charity Golf Day a major success! We

could not have asked for a better group of golfers, sponsors and volunteers to help bring this event to life.

We are thrilled to announce that our 2025 golf fundraiser raised €7,442 for the Associação Oncológica do Algarve.

A sincere thank you to all Sponsors, Players, Espiche Golf Friends and Members whose support was key in making the event a success.

Successful Portugal Charity Network coffee morning in Alcantarilha

Volunteers, charity workers, and community supporters gathered on Wednesday at Kit & Caboodle, Alcantarilha, for another uplifting meeting of the Portugal Charity Network, a grassroots initiative that brings together individuals and organisations involved in the charitable sector across the Algarve.

The event offered attendees the opportunity to introduce their organisations, build connections, and learn from others in the field.

A key moment was a presentation by Margarida Amaro from Lighthouse Portimão, who brought us up to date with the inspiring work happening at this vibrant and energetic organisation.

Special thanks go to Philippa Taylor of Kit & Caboodle, who generously provided coffee and cakes free of charge. Thanks to her kindness, the full €5 entry fee from each attendee, along with raffle proceeds, was donated directly to Lighthouse Portimão.

“This event is all about connection and



collaboration,” said organiser Sheena Rawciffe. “We’re thrilled by the energy in the room and the genuine commitment to making a difference in our communities.”

The Portugal Charity Network supports, connects, and celebrates the work of charities, volunteer groups, and social enterprises across Portugal. Through regular informal meetups, it provides a welcoming and collaborative space for sharing ideas, promoting causes, exploring partnerships, and discovering new opportunities for volunteering and community involvement.

Join us here: Portugal Charity Network

The other nights of Albufeira

It is with great pleasure that the artistic director, composer and conductor Armando Mota has joined forces with Albufeira Municipal Council to present a series of classical music concerts with a variety of themes and different ensembles throughout the summer.

Some performances even include the added bonus of visual interpretation in dance. The festival is called ‘The Other Nights of Albufeira’. The main stage will be built at the Albufeira Marina and with seating for 2000 ticketholders.

Where the bars and beaches attract so many visitors in the summer, and traditional Portuguese festivals are abundant, the planned performances are intended to provide classical music entertainment for all tastes, creating a cultural platform for some of the most prominent artists, dance companies and orchestras from Portugal for the benefit of visitors and locals alike. The long-term aim is to build upon the promise of this season, creating continuity and outreach in the way that Algarve 365 did, before it was abandoned.

The series starts on the 5 July,

when the acclaimed Portuguese pianist António Rosado, accompanied by the Banda Sinfónica Portuguesa will perform Gershwin's Piano Concerto in F, a piece that echoes many of the jazz themes of the 1920's with strong rhythmic elements that were emblematic of the development of American music.

The second event on 19 July is equally inspiring. This is the collaboration of the artistic director, Armando Mota, in his role as composer, and the internationally-renowned choreographer Daniel Cardoso, whose dance company Quorum Ballet will present the new ballet Storm. The theme of this work is the existential impact climate change may have upon coastal communities. Set in our own region and the islands of the Rio Formosa, this work was premiered in Faro in January of this year and will be incorporated into the body of work of Quorum Ballet and hopefully tour the world shortly.

The third concert on 16 August focuses on the cultural patrimony of Portuguese fado, however with a twist. Recordings of the haunting

voice of the queen of Lisbon fado, Amália Rodrigues will be accompanied in symphonic form by 40 members of the Orquestra Clássica de Lisboa, a traditional guitarra portuguesa and including the participation of the singer, Anabela. All performed under the baton of Rui Pinheiro, who has formerly collaborated with the Orquestra do Algarve.

On 21 August, the centre of the action moves to the Praia dos Pescadores, where the full complement of the Orquestra Sinfónica do Algarve will be leading the Albufeira Municipal Day celebration in a free concert of favourite film score music, conducted by Armando Mota.

The final element of this exciting cultural programme takes place on 10 September on the stage in the Marina. The powerful and dramatic Carmina Burana by Carl Orff will be interpreted by the Vortice Dance Company. This reworking is described as, ‘a celebration of the intersection between past and present, between classical art and contemporary innovation’, using immersive, mixed media to complement the intensity of the dance and music.

The tickets for these prestigious and diverse programmes on the Albufeira Marina stage are priced at an accessible 20€ and tickets are available on Ticketline.

Pickleball Clube Alvor celebrates its first anniversary



Pickleball Clube Alvor will mark its first anniversary on Sunday, 13 July, with a day-long event open to all at Praceta Júlio Amaro, Alvor. Running from 9am to 7pm, the celebration will feature open play sessions, refreshments, and a free introductory workshop for beginners.

Since its founding in 2024, the club has become one of the most active and inclusive pickleball communities in the Algarve. Attracting both locals and foreign residents, it has created a welcoming environment for players of all ages and skill levels. The anniversary event aims to celebrate this spirit of community, sport, and healthy living.

Organisers encourage everyone interested in trying the sport, which continues to gain popularity worldwide, to join the festivities. Equipment will be available, and experienced players will be on hand to guide newcomers through the basics.

Entry is free, and no prior experience is necessary. Whether you're already a fan of pickleball or simply curious about the game, the club welcomes you to join in the celebration.

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New podcasts to listen to this week

These are our top podcast picks.



Politics, relationships, running, parenting and recycling.... there's something for everyone in this week's instalment.

1. The Wargame

Streaming platform: All streaming platforms
Genre: Politics
The fifth and final episode of The Wargame was released this week, concluding the podcast's fictional simulation of a Russian attack on the UK. Produced by Tortoise and Sky News, and presented by Sky News security and defence editor Deborah Haynes, the series features a cast of former senior ministers, military leaders and diplomats who act out similar roles within a fictional British government that has been tasked with responding to the crisis. Figures include the former Defence Secretary Ben Wallace, who portrays the Prime Minister, and the former Foreign Secretary Jack Straw, who reprises his former role. Episodes start with the rather daunting question: "Russia knows our weaknesses, but do you?" – which is aptly timed amid the recent, real-life announcement that the UK will buy nuclear-carrying fighter jets. Throughout the episode, the UK team is presented with a set of constrained options, and is forced to confront

the limitations of Britain's conventional capabilities. Listeners get fly-on-the-wall access to the discussions between the key players, who are all experts in their respective fields. While perhaps not for those desperate to escape the messy current affairs landscape, it's a fascinating listen that offers you a coveted seat at the table.

2. Situationships with Sophie and Christine

Streaming platform: All streaming platforms
Genre: Relationships
Are you looking to go on a deep dive into dating dilemmas? If so, then you may want to listen to author Sophie Gravia and model Christine McGuinness' brand new podcast, Situationships. The duo – who talk about how they first met in the first episode – take listeners on a rollercoaster ride powered by funny and bizarre stories about relationships that take an unexpected turn. Gravia and McGuinness don't hold back and also share some of their own dating and situationship stories, revelations, and what turns them off in a relationship. So it's no surprise that their conversations on the podcast can go from ghosting and dating manners to catfishing. The hosts reflect on how their writing – McGuinness is also a best-selling author

– have led them to their new podcast series, and go on to discuss what it's like being very new to the dating scene, using dating apps, first dates and reflect on recent headlines about JoJo Siwa and Molly Mae.

3. Couch to 5K Podcast

Streaming platform: All streaming platforms
Genre: Health and fitness
BBC Sounds Couch to 5K Podcast, hosted by presenter and author Giovanna Fletcher, is a great place to turn to for motivation and inspiration, wherever you are in your running journey. In the latest episode, Fletcher speaks to entrepreneur, star of Dragons' Den and crafter Sara Davies MBE about her relationship with exercise and PE, when she realised she was overweight, and why her doctor prescribed going for runs at 5:30am. Davies also talks about the ups and downs of running as a busy mum with a business, how running helps clear her head when she's stressed, and how getting body MOTs has helped make running "a part of her personality". Before Davies started university, she wanted to look "fit and sexy". So she made a pact with her friend Sophie to take health and fitness more seriously, and signed up for the Great North Run. But after that experience, which Davies says built her confidence, she never continued running, because she had "way better things to do... like going out drinking and studying hard". Davies also speaks to Giovanna about getting her two children into running during half term, and the potential impact it could have on them. Couch to 5K Podcast is fun, non-judgmental and a breath of fresh air.

4. Parenting Helpline

Streaming platform: All streaming platforms
Genre: Family
Geordie Shore star Holly Hagan-Blyth and BBC Radio 1 DJ Charlie Hedges don't think people are prepared enough for how hard parenting can be. So, to coincide with the launch of CBeebies Parenting, Hagan-Blyth and Hedges will host a brand-new podcast called Parenting Helpline, where they will answer burning questions from listeners about anything from sleepless nights to fussy eating and maintaining parental relationships. The duo – who also have toddlers – will get some "easy to use" advice from experts, including Dr Ranj Singh, Dr Martha Deiros Collado, and Dr Lynsey Hookway, on their parenting dilemmas. In the latest episode, Hagan-Blyth and Hedges are joined by Pip Davies, also known as Midwife Pip, who talks about being pregnant, giving birth, and how to make the

experience as positive and empowering as possible. But before the pelvic health expert and mother of two does that, she talks about the times her children have had meltdowns, and how she's tried to turn them around. Davies also talks about how she manages to thrive amid the chaos in her home and why parenting is a bit like riding a wave, because "there is always light at the end of the tunnel". Parenting Helpline is a great weekly podcast for parents looking for actionable tips. *Spotlight on...*

5. Talking Rubbish

Streaming platform: All streaming platforms
Genre: Environment
Recycling is no laughing matter, not that you'd know that from the humour James Piper and Robbie Staniforth find in all matters sustainable. Their Talking Rubbish podcast lays out how the "waste not" ethos can be embraced across business, homes and communities

across nearly 50 episodes, and counting. This week's show takes its cue from Glastonbury as it shines a spotlight on which festivals are making strides to reduce their carbon footprint and which are headliners in harmful practices. One summer event tops the bill with bins for 14 types of waste, and a man called Compost John who ensures all the food scraps get a second life away from landfill. These guys know their plastic grades – from HDPE (milk bottles) to LDPE (bread bags) – and while the acronyms can be confusing, they try to keep the content accessible and relatable as they share ideas on how small changes can start to make big differences. Not surprisingly, they have a vendetta against single-use cups – so raise your recycled receptacle and toast this pair who are trying to make a difference one rubbish episode at a time.

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Municipality	Foreign Residents*	Top 2 Parties National Elections	
		1st Party	2nd Party
Vila do Bispo	2,592 (44%)	 667 (29%)	 626 (27%)
Albufeira	18,970 (40%)	 8,016 (39%)	 5,293 (26%)
Lagos	13,758 (40%)	 4,419 (32%)	 3,414 (24%)
Aljezur	2,501 (39%)	 686 (27%)	 630 (25%)
Loulé	22,725 (31%)	 11,480 (34%)	 10,086 (30%)
Tavira	8,237 (30%)	 3,755 (29%)	 3,745 (29%)
Lagoa	6,178 (25%)	 4,872 (40%)	 2,887 (24%)
Portimão	15,419 (24%)	 11,483 (37%)	 7,529 (24%)
Silves	8,673 (22%)	 7,171 (38%)	 4,246 (22%)
Cascais	42,824 (19%)	 40,258 (35%)	 23,266 (20%)
Vila Real Santo António	3,753 (19%)	 3,856 (39%)	 2,273 (23%)
Monchique	1,031 (19%)	 865 (30%)	 826 (29%)
Faro	12,235 (18%)	 9,920 (28%)	 9,920 (28%)
Castro Marim	1,170 (17%)	 1,313 (36%)	 899 (25%)

* Source: PORDATA www.pordata.pt
Number and % Foreign residents in each municipality

 CHEGA (Right-Wing)

 Aliança Democrática (Centre-Right)

 Partido Socialista (Centre-Left)

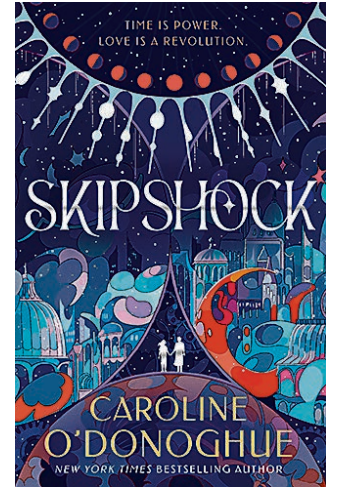
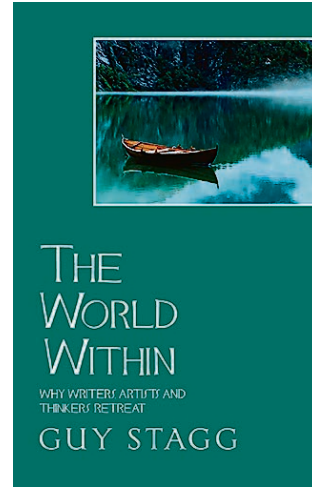
National Election Results 2025

Source: www.legislativas2025.mai.gov.pt



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New books to read this week



This week's bookcase includes reviews of *The Satisfaction Café* by Kathy Wang and *Havoc* by Rebecca Wait.

A very fun time-bending young adult novel and Kathy Wang's new one about finding satisfaction make the list this week...

Fiction

The Satisfaction Café by Kathy Wang is published in hardback by Abacus. Joan Liang, born in Taiwan, never imagined her life would lead to falling in love and marrying a wealthy American, on his fourth marriage, and raising his young children. Yet, through a series of unexpected events, that's where she finds herself. She constantly questions what it means to be fully satisfied and what brings true happiness as she negotiates the highs and lows of life's journey. As she gets older and wiser it culminates in the creation of *The Satisfaction Café*, a place where people go to be heard and connect through conversation. This novel offers an intimate portrait of a woman navigating life's many complexities. Wonderfully written,

with real depth and empathy, it reveals the strengths and flaws of its characters with warmth and honesty. A captivating, thought-provoking read.

Havoc by Rebecca Wait is published in hardback by riverrun

Rebecca Wait has a glorious turn of phrase and a dazzling ability to go on peculiar tangents that never detract, but only ever add to a character's experience. Her last book, *I'm Sorry You Feel That Way*, tackled an odd, strained relationship between a mother and her three children, and *Havoc* begins with another disastrous mother-daughter relationship. It's one that pushes 16-year-old Ida to flee the remote Scottish island she lives on with her mum and bolshy sister Charlotte, for a scholarship at a ramshackle girls' boarding school perched on a cliff in Eighties England. Once there though, neither the students nor the teachers create the peaceful sanctuary Ida hoped to settle into, and then a bizarre sickness of seizures begins to spread through the school. Not laugh-out-loud funny, Wait's writing is dry and droll, her characters twisty, thoughtful and

highly specific, and *Havoc* is a total blast of a read, perfectly pinpointing where tragedy and wryness meet. *Bitter Honey* by Caryl Lewis is published in hardback by Doubleday. *Bitter Honey* is a story about three women, who have been forced together by grief, dealing with a harsh Welsh winter in a secluded orchard house. They slowly open up and learn to understand one another's varied experiences of womanhood and emerge in the spring with a new appreciation for each other and the living world around them. Caryl Lewis roots the novel in the static location of the orchard and lets time unfold around her characters. Although the letter interludes and extended beehive metaphor are a little pretentious at times, they create a looming presence that is successfully felt throughout. While *Bitter Honey* is a story built on loss, identity is at its heart, alongside a simple reassurance that it is never too late to find yourself, and let others find you, too.

Non-fiction

The World Within by Guy Stagg is published in hardback by Scribner UK

In *The World Within*, Guy Stagg – author of *The Crossway* – explores the lives of three 20th-century thinkers: philosopher Ludwig Wittgenstein, poet and painter David Jones, and writer Simone Weil. Travelling to Klosterneuburg, Austria, Caldey Island, Wales, and Solesmes, France, Stagg visits the places where they found quiet solace in times of crisis and examines how their solitude influenced their work and genius. Stagg's curiosity gives us a fresh perspective on their lives as he draws connections between place, mental health and creativity. Yet the book should not be viewed solely as research. At times, it feels as if we are reading Stagg's diary while he searches for parts of himself through the paths of his three subjects. In an age riddled with noise and distraction, *The World Within* feels timely. It reminds us that silence and solitude are vital for self-discovery.

Children's book of the week

Skipshock by Caroline O'Donoghue is published in paperback by Walker Books. *Skipshock* is so clever and novel. When Margot curls up on the train

to boarding school in Dublin, she is utterly bewildered to wake up on an ornate train where the staff's faces have been inlaid with metal plates to make them look like pigs. With no ticket and Ireland not appearing on any map in this place, a curious boy with a salesman's suitcase, luminous skin and a crescent scar on his face steps in to help. As Moon instructs Margot in this new dimension where travel is banned but for the select few, and each world has a different number of hours in a day, determining how quickly you age, it dawns on them that there must be a reason Margot has slipped into this parallel timeline outside of her own. Brilliantly detailed, packed with peril and fraught with first love, it's young adult fiction at its best. The (multiple) world building is superb (especially one where the buildings move, so you don't have to), the pacing lively and the themes – of migration made illegal, communities obliterated, families separated and life being cut short – draw on news headlines without being preachy. Book two can't come soon enough.

PA/TPN

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Mayor of Lagoa calls foreigners to vote



Bruno G. Santos

Luís Encarnaç o has been the mayor of Lagoa since 2021 and will be the candidate again for the presidency of Lagoa municipality in the Algarve.

With years of experience in local politics, Lu s Encarnaç o believes that the participation of foreign residents in Portugal in the local elections is important for their integration, especially the ones that come for work and aid the local economy.

The Portugal News (TPN): CHEGA! is gaining a lot of supporters in Lagoa. How is the Partido Socialista (PS) here in Lagoa looking at the situation?

LE: First of all, with all the democratic humility, the people spoke, and, therefore, left a very clear message, and we have to accept, as it is evident, the principles of democracy, they are the pillars of PS, and the first conclusion is that we have to respect the will of the people. We are now in the phase of reflection, to understand what happened and understand why people voted for the Chega party. We are trying to understand why they are unhappy with the policies of recent times, making an internal reflection. We must understand if the discontent, of those people who vote in Chega is regarding national policies, or if it has something to do

with local policies. In Lagoa's municipality, PS is fulfilling our mandate, the manifesto and the programme that was elected by a large majority of Lagoa citizens, with more than 50% of the vote. We wanted to recover the economy after Covid-19 and still deal with the risks we had from Covid-19, which has been done. We had two goals such as replacing the distribution of water in the council and improving water efficiency. We are now replacing the pipelines. We just replaced three pipelines, the most important ones, those that lost the most water and we had the biggest breakage problems. Now we are paving the roads, as we always promised, after replacing the pipelines.

TPN: Could you describe the foreign community that resides in Lagoa?

LE: In my opinion, we have two different situations here, given the considerable foreign community in Lagoa. They are citizens who were not born in Lagoa, Algarve, or Portugal. They chose Lagoa for its conditions, natural beauty, tranquillity, safety, gastronomy, and our wines, for the way the people of Lagoa like to live. I think

they are perfectly integrated and chose Lagoa to live. Either because they are retired themselves, or because they have some business here, and I think these people are perfectly well integrated. Then we have another type of foreign resident, the immigrants, who came to work for our hotel units, for the restaurants, in the companies that do the urban cleaning and the collection of urban waste. They are no longer from Europe; in their majority, they are already from Asian countries.

TPN: How important is this community to the municipality?

LE: The residents, the foreigners in the Council of Lagoa are very important to us because they make up our community, they also come in some way to make that contribution to dynamise the local economy, in their majority, especially those who are from the Central and Northern Europe and more recently also from Canada and the United States and others, from other areas of the globe. They are mostly people who have a second home here, with a purchasing power above the average, and obviously, they are important to dynamise the local economy.

In the case of the most recent residents, the immigrants, who came here mainly to work, they are also important, because without them we would not have enough manpower to work in our hotel units, and enough manpower to work in urban cleaning and in the collection of urban waste and in agricultural activities, because we also have many here who work in activities related to agriculture.

TPN: Do you think that the Chega victory in national elections, in Lagoa, can affect how the immigrants are received by Lagoa's citizens?

LE: So far, I have no records of any racist or xenophobic



acts happening, but that is a concern, especially because of the humanistic values that we have to defend. It is necessary, and I hope so, to respect those who are here to work, who are here to help our economy, and who are important for our economy. I think we should respect them, and we should integrate them into our community, even though I realise that there are other matters related to this issue, which I think, are the ones that then arouse these acts and these reactions, which are those who do not come to work.

I understand these issues, but those who come to work, and help our economy are welcome; therefore, I think there should be this concern to realise, to make this distinction, and to welcome those who are here to work. **TPN: What has the municipality done to welcome and integrate this foreign community?**

LE: I think there is a natural integration here. We also try,

for example, in our cultural program, to find here some shows, some events that are more for this community, that fit their cultural options, their musical options, trying to have here a versatile program, diversified, that takes into account not only what are the preferences of those who are already here, but also those who chose our territory to live.

We say with some pride that Lagoa is a cosmopolitan city, and it is this cosmopolitanism that also gives us this notoriety, and that makes this difference, and that also makes our area attractive.

We also have, through our Qualifica centre, Portuguese language courses for non-natives, in the sense of also helping their integration. **TPN: What is the importance of the vote of the foreign community for the local elections?**

LE: It is very important because if they reside in our council, and in most of the cases they live here,

more than half of the year, that is, every year, they have an effective presence in our local area, I think they should also participate in what are the decisions, starting from the choice of who will govern, of who will lead the decisions of the council. I think that those who live here, as long as they have the right to do so, should use their vote to help choose the best proposals for the development of the council.

TPN: Why is it so important for foreigners to have this active participation in elections?

LE: Because it is also an easier way to integrate, because if they participate in the electoral act, they are closer to integrating into what is our community and participating in the life of society. I think the vote is important for that because it is an active way of participating. It is also a feeling of belonging, and I belong to this community, and I participate in it.



Lagoa Jazz Fest – 20th Edition

The 20th edition of Lagoa Jazz Fest will take place from 18 to 20 July 2025 at the Municipal Park of Sítio das Fontes, in Estômbar, Lagoa. Set in a unique natural environment by the Arade River, the festival offers an enchanting combination of music, atmosphere, and landscape.



Over the course of three nights, from 6.30pm to 1am, audiences

will experience some of the finest and most original jazz performances in Portugal. Lagoa Jazz Fest stands out

for its artistic quality and programming diversity. The lineup for 2025 will feature innovative musical projects,

ranging from intimate solos to energetic big bands, representing various jazz styles and global influences. The festival is known for bringing together exceptional musicians from different parts of the world, showcasing a variety of instruments that go beyond the traditional jazz ensemble. Instruments such as harp, koto, harmonica, cimbalom, bandoneon, vibraphone, among others, add a rich and distinctive texture to the concerts, offering the audience a truly memorable sonic experience. Since its inception in 2003, Lagoa Jazz Fest has welcomed more than 250 musicians from across the globe. Over the years, it has grown into one of the most iconic summer jazz events in the Algarve, celebrated for both its musical excellence and the intimate, magical setting in which it takes place. The natural

amphitheater of Sítio das Fontes, surrounded by trees, water, and starry skies, creates a relaxed and captivating ambiance that perfectly complements the spirit of jazz. In addition to the concerts, the festival offers a carefully curated gastronomic and cultural experience, with local food and wine, as well as activities that engage the audience before and after performances. The event fosters community, creativity, and cultural appreciation, making it a highlight of Lagoa's annual cultural calendar. Lagoa Jazz Fest is more than a music festival – it is a celebration of talent, innovation, and cultural diversity in harmony with nature. Its 20th anniversary promises an unforgettable edition, reaffirming its legacy as a must-visit event for jazz lovers and cultural enthusiasts from Portugal and beyond.

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FATACIL – Handicrafts, Tourism, Agriculture, Commerce and Industry Fair of Lagoa

Held annually since 1980, FATACIL – the Handicrafts, Tourism, Agriculture, Commerce and Industry Fair of Lagoa – is today the largest and most emblematic economic activity fair south of the Tagus River.

This flagship event takes place in the heart of the Algarve, at a strategic and privileged location, coinciding with the peak of the summer season. Its timing in August, when the region receives thousands of visitors, ensures a vibrant and dynamic environment that fosters the connection between businesses, consumers, and tourists. With around 700 exhibitors representing a wide range of sectors – from traditional handicrafts to tourism, agriculture, commerce, and industrial innovation – FATACIL attracts over 200,000 visitors each year across its 10-day duration. This high

attendance makes the fair an outstanding platform for promoting brands, products, and services, especially for businesses looking to increase their visibility among a diverse audience that includes local residents, national visitors, and international tourists. More than just a commercial event, FATACIL is also a celebration of Portuguese cultural identity. Its entertainment program includes live shows, concerts by renowned artists, folk performances, thematic exhibitions, and demonstrations of traditional crafts, offering visitors a unique and engaging experience. The variety of content and the quality of the offerings make

each edition a highlight on the cultural and economic calendar of the region. Over the years, FATACIL has built a solid reputation for prestige, credibility, and innovation. It is now a nationally recognized brand, associated with real business opportunities, networking, and the promotion of the Algarve's territory and potential. For exhibitors, it is a privileged showcase with a guaranteed return. For visitors, it is a rich and memorable experience that combines tradition, modernity, and leisure in a single venue. Participating in FATACIL is, therefore, more than simply attending a fair: it means joining a universe of opportunities,



sharing knowledge, promoting the best of what Portugal has to offer, and being part of one of

the largest and most important economic and cultural events in the south of the country.

www.fatacil.pt

fatacil.lagoa



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Lagoa in motion: Halfway through a transformative year

The municipality of Lagoa is undergoing one of the most transformative periods in its recent history.



With the largest municipal budget ever recorded, surpassing 66 million euros, 2025 stands as a pivotal year — marked by tangible achievements, ongoing structural reforms, and a clear vision for a more resilient and sustainable future.

As we reach the halfway point of the year, the results are already visible. From **infrastructure overhauls** to **resource-saving initiatives**, from **urban development** to **environmental upgrades**, the municipality is investing strategically in what matters most: people, sustainability, and long-term quality of life.

Strategic priorities: delivering on a vision

The 2025 budget reflects the strategic goals outlined by the municipal executive at the start of its mandate. Two main priorities guide the action plan: the **construction of new housing** to respond to social and demographic needs, and the **modernisation of water supply infrastructure**, some of which had not been significantly upgraded in over half a century.

In parallel, the municipality continues to invest significantly across six central pillars: **Education, Culture, Social Action, Sports, Public Space, and Municipal Works**. These commitments ensure a balanced and inclusive approach to development, reaching every sector of the community.

Renewing the foundations — 50 years later

Many of Lagoa's water and sanitation networks were installed more than 50 years ago. These aging systems, though functional, no longer met the needs of a growing, modern municipality — nor the environmental standards of the present and future.

Over the past 18 months, Lagoa has embarked on a major effort to **replace two of its main water supply pipelines**. These are not minor maintenance operations — they represent a deep, structural transformation of critical infrastructure. The replacement works are nearly complete, and final road paving is now underway in the affected areas. The total investment exceeds 3.5 million euros, and the benefits are manifold: improved service reliability, reduced water loss, and a future-proof system designed to withstand climate and urban pressures.

Concrete savings and environmental impact

One of the most immediate and measurable results of these interventions has been the **reduction in water consumption**. In 2024 alone, Lagoa cut its water intake from Águas do Algarve by 14%, representing 871,463 cubic metres less purchased and a financial saving of over half a million euros.

But this is not just about budget efficiency. It's about a **conscious and sustainable use of natural resources**. In a time when water scarcity affects southern Europe

more frequently, this reduction places Lagoa at the forefront of smart, responsible water management.

A cleaner, greener urban landscape

Environmental modernisation is not limited to water. In early 2025, the municipality completed the installation of **10 new underground ecological waste collection stations**, strategically distributed throughout Lagoa. With a total investment of approximately 489,000 euros, these stations enhance the efficiency and hygiene of urban waste collection while also contributing to a cleaner and more visually appealing cityscape. These improvements are part of a broader effort to **rethink public spaces** — making them more functional, sustainable, and aligned with the lifestyle expectations of both residents and visitors.

Acknowledging the growing pains

Large-scale infrastructure works naturally come with **temporary inconveniences**. Roadworks, traffic disruptions, and changes in public space access are realities that many citizens have faced over the past year. The Municipality recognizes these challenges and thanks the community for its patience and cooperation.

“These are investments that don't always show immediate, visible beauty — but they are essential,” says a municipal spokesperson. “We are laying the foundation for the next 50 years of life in Lagoa.

What we build now will serve generations to come.”

The second half of 2025: What lies ahead

With several major projects approaching completion, attention now turns to what's next. The second half of 2025 will see:

- New phases of urban regeneration;
- Further housing developments for affordable and dignified living;
- Continued renovation of aging infrastructure;
- Expanded cultural and sports programming across the municipality;
- Ongoing support for education and social programs.

All of these efforts are aligned with the goal of ensuring Lagoa remains a place of opportunity, security, and belonging.

A municipality shaped by purpose

What sets Lagoa apart is not only its ambition, but the **clarity of its priorities**. In times of uncertainty, it is essential to invest with both strategy and heart — and that is precisely what the current municipal administration is doing. Lagoa is changing — not for the sake of change, but for the betterment of its people and the preservation of its natural and cultural identity. With careful planning, prudent investment, and open communication, the Municipality is paving the way for a future that is **more efficient, more sustainable, and more human-centered**.

As the year unfolds, one message remains clear: **Lagoa is in motion — with purpose, with resolve, and with a deep respect for everyone who calls this place home.**



4 July is a special day for Americans

Happy Independence Day!



Marilyn Sheridan

Nearly 250 years ago, on 4 July, 1776, the Declaration of Independence was adopted, which had been written largely by Thomas Jefferson, who became the third president of the United States in 1801. Incidentally, the vote was approved on 2 July, but wasn't actually adopted until 2 days later. The written declaration stated that the American colonies were tired of being ruled by Great Britain and wanted to become their own country.

How did America become America?

On September 3, 1783, in the Treaty of Paris, the British acknowledged the independence and sovereignty of the Thirteen Colonies, leading to the establishment of the United States, with George Washington taking his oath of office as the first President of the United States in 1789. Now's here's a thing. On the second anniversary of Independence Day in 1778, American troops were fighting in the American Revolutionary War. George Washington, a military leader at the time, ordered a double ration of rum for American soldiers to celebrate the holiday with. (And Prohibition started when? 142 years later. Prohibition lasted

from 1920 to 1933 - 13 years! - with a nationwide ban on the manufacture, sale, and transportation of alcoholic beverages, which ultimately led to increased organised crime, illegal activities, and a decline in public morale).

'The Right to Bear Arms' - was this misconstrued?

The Second Amendment to the US Constitution, in 1791, includes the statement: 'A well-regulated Militia, being necessary to the security of a free State, the right of the people to keep and bear Arms, shall not be infringed'. The amendment's reference to a 'well-regulated Militia' remains a point of interpretation, with some arguing it clarifies the purpose of the right to bear arms, while others contend it is a separate, historical reference that doesn't limit the individual right. As a point of interest, the most common firearms at that time were single-shot, muzzle-loading muskets and pistols, most often flintlocks, which were slow to load and relatively inaccurate compared to AR-15s, etc, that abound these days.

Here's a bizarre fact

Actually, a sobering fact. Three US presidents died on 4 July: the first two being Thomas Jefferson



and John Adams within hours of each other in 1826, and the third being James Monroe in 1831.

How many States are there?

The last state to join the list of 'United States' was Hawaii in 1959, which increased the total to 50. The American flag, officially adopted in 1960, was designed by Robert G. Heft as a high school history project, while he was a junior at Lancaster High School, Ohio, in 1958, and his design was chosen after Alaska and Hawaii had been included. But did you know a 51-star flag has been created in case another actually joins the United States? Various unofficial designs for a 51-star flag exist, often in the context of discussions about statehood for Washington, D.C. or Puerto Rico.

Party Time

So, now the date of 4 July is celebrated by Americans across their nation with a variety of events and activities - and everything is red, white and blue! Common celebrations include parades, barbecues, and fireworks displays, with many towns and cities hosting festivals

with live music, food, and games (and probably a drink or two). According to the National Hot Dog

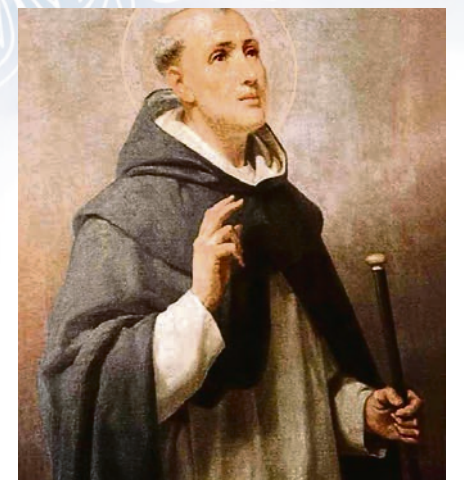
and Sausage Council, 150 million hot dogs are consumed, and someone, somewhere, has calculated

this would stretch from Washington D.C. to Los Angeles more than five times!

Jordan of Saxony

Bl. Jordan of Saxony, also known as Jordanis or de Alemania, was a prominent figure in the early Dominican Order. He was born around 1190 into a noble German family, the Counts of Eberstein, in the Castle of Borrentrick, in the diocese of Paderborn. He is venerated as the patron of Dominican vocations. Jordan began his studies in his native land before being sent to the University of Paris to complete them. It was there that he encountered Dominic de Guzmán, the founder of the Order of Preachers, and was inspired by the preaching of Reginald of Orleans to join the Dominican Order in 1220. He was a Master of Arts and a grammarian, and he taught in the schools of Paris. In 1221, Jordan was appointed Prior Provincial of Lombardy in Italy. After the death of St. Dominic in 1221, Jordan was elected as his successor as Master General of the Order of Preachers in 1222. Under his leadership, the Order experienced significant growth, expanding to over 300 priories. He was known for his eloquence in attracting new members, winning over more than 1,000 professors and students from European universities, including Albertus Magnus. He established the first general

house of studies of the Order. Jordan died in a shipwreck off the coast of Syria on 13 February, 1237, while returning from a visit to the local monasteries of the Order in Palestine. He was buried in the Dominican Church of St. John in Akko, in present-day Israel. He was beatified by Pope Leo XII in 1825. He is also honored as the patron saint of the Faculty of Engineering of the University of Santo Tomas, in Manila, which was founded by the Dominican Order.



By Teresa Mulgrew



The Importance of animals



This month I found myself asking, 'is the cosmos supporting anything in particular this July?' The answer came clearly, AUTHENTICITY.



Apparently, this particular instruction applies only to Earth, and we have been singled out because of the massive Ascension leap we are undergoing. When you act individually with authenticity, being true to ourselves, (or we do so collectively), the ascension path will be accelerated and smoothed. Authenticity includes taking responsibility for every single thing in our lives and recognising that nothing is by chance. Every situation, person or thing in our world is there because we have attracted it, created

it or chosen it at soul level. When we take responsibility, we cease to blame anyone else or anything outside ourselves. We claim mastery. We cannot be authentic until we take full responsibility because a part of us has split off to make someone or something outside ourselves responsible for an aspect of our lives. You cannot undertake higher Ascension until you have taken this step. When you do so the seventh veil of illusion, the red veil, the one furthest from your third eye, completely dissolves. This is the start of the journey of remembering our true divine selves.

About Diana Cooper

Diana Cooper's spiritual journey started 40 years ago with an angelic visitation and she has worked with Angels ever since. She has written 33 books translated into 28 languages. She has travelled world-wide sharing inspiration from the higher realms and now teaches regular on-line courses. She founded the Diana Cooper School of White Light, a not for profit organisation offering spiritual teaching courses throughout the world.

www.dianacooper.com



The Importance of animals for higher ascension

You are on a fast track to Ascension or higher ascension. It is important to recognise that we can only ascend when we understand and honour animals and nature.

We are co-sharing Earth and when we recognise WE ARE ALL ONE with our fellow creatures it will help the whole planet to raise its frequency. Animals, birds, fish, reptiles and insects have a soul purpose just as humans do. Like us they all incarnate to experience life on this physical plane, and it is meant to be a joint adventure.

The contract that humans and animals signed up to before incarnating is that humans look after the animal and nature kingdom.

Some animals incarnate in service to humanity, others to serve the planet and yet others to experience and grow spiritually through life on Earth. Most come to learn in this physical plane. They are all helping us to ascend. Birds, however, have nothing to learn and they are only here to teach us.

While humans are using their left brain and their mind, most creatures react from instinct. Some have developed huge hearts but they don't have the logical, calculating capacity of humans.

Where animals and birds originate and what they teach

The souls of animals, like the souls of humans, come from different stars or planets, even from other universes. All birds originate from Sirius. Those fifth dimensional birds who have individuated and are no longer part of a group soul come from Lakumay the ascended aspect of Sirius. These all demonstrate mastery over an aspect of their lives, for instance eagles have mastered their element, air, and float in total serenity, teaching us that a master sees everything from a higher perspective.

Animals and Angels

Every animal has two guardian angels, who look after them and whisper encouragement to them just as our guardian angels do to us.

The animal kingdom is looked

after by Archangel Fhelyai, who is a glorious sunshine yellow colour. You can always ask him to help an animal and he will use the energy of your thought and prayer to assist. He is present at the birth and death of every animal and so is Archangel Azriel, the Angel of Birth and Death.

The insect kingdom is in the charge of Archangel Preminilek, operating on a yellow-green frequency. Many insects are third dimensional though a few are in the fourth and fifth. His task is to look after them all, co-ordinate their service work and help them ascend into the higher realms.

Archangel Bhokpi is the Angel in charge of the bird kingdom. He has recently entered this universe to look after the bird kingdom because they have been ascending so quickly. He comes from the ranks of the Seraphim and his colour is almost transparent, so he can take on any shade he wishes to use. The fish kingdom is overseen by Archangel Joules the green angel in charge of the oceans. He helps them to hold the frequency of the waters pure.

The reptiles do not have angels but they are looked after by the elemental kingdom of fairies, elves, undines and a whole range of beautiful little light workers. The entire nature kingdom, including the trees, who do such great service work for us and the planet is overseen by Archangel Purlimiek, who has a beautiful soft green vibration.

Various of our beloved Archangels also connect with and work with specific animals to serve the planet. Every single creature is on its ascension path and helping you to ascend too. We are co-sharers of our beautiful planet. It is the responsibility of humans to cherish, nurture and protect the world we are privileged to live in. If you see an animal, bird, insect, fish or reptile it is never by chance. They are showing you something and butterflies, moths, frogs and toads are reminding you it is possible to transform your life completely. See The Archangel Guide to the Animal World for unique information and guidance. It will open your heart and consciousness to the entire world of animals and nature.

Here are a few examples of what animals are teaching us

And the archangels in charge of them

Dogs

All canines are learning and teaching about family life and discipline. Our pet dogs are teaching about loyalty, unconditional love and devotion. We learn from them how to forgive easily and love joyfully. They carry the Gold Ray of Christ in their energy fields, and this is why they touch our hearts. You can absorb it from them. Archangel Zariel works with the dog kingdom, and he cooperates with Archangel Michael.

Elephants

Elephants are demonstrating about family life in a matriarchal society. They teach that happy, joyous fun keeps families together and the frequency high. They work with Archangel Raphael to send healing into the planet and show us that we can help too. And they also work with the Angel Mary. If you think about elephants, she connects with you and touches your heart.

Monkeys

Monkeys incarnate to experience living from the heart and right brain not the mind and the left brain as we do. They are open hearted and show us how to live with love. They are one with nature and the trees. They are healers. Archangel Raphael oversees the monkey kingdom.

Cats

All felines are highly evolved fifth dimensional psychic beings. Domestic cats watch over and protect the homes where they live while big cats are watchers and protectors of the planet. They are all healers. They know how to relax at a deep core level so that they can access pure spiritual guidance and then spread this information to humans and animals. They bring qualities of enlightenment to Earth and help to raise the frequency of everyone in their vicinity. Archangel Raphael oversees the cat kingdom.

Implementation of Robotic Surgery at ULS Algarve

A technological leap with significant benefits

The Algarve Local Health Unit (ULS Algarve) has taken a major step forward in surgical care with the introduction of robotic surgery at its Faro and Portimão hospitals. This technological advancement is part of the National Health Service's Modernisation Programme, co-funded by the Recovery and Resilience Plan (PRR). It aims to improve the quality, safety, and efficiency of surgical procedures in the region.

Appointment of a Steering Group

To ensure a structured and effective implementation, ULS

Algarve has appointed a Steering Group for Robotic Surgery. The group is coordinated by Dr. Miguel Cabrita, Senior Consultant in Urology, and includes Dr. Edgar Amorim and Dr. João Maia Teixeira.

The group's mission is to:

- Oversee the progressive, safe, and sustainable integration of robotic surgery into clinical practice;
- Support and facilitate specialised training for clinical teams;
- Establish the technical, ethical, and clinical criteria for patient selection;
- Ensure close coordination with the Clinical Directorate and surgical departments.

Equipment and Investment

Two cutting-edge robotic systems have been acquired:

- A Da Vinci Xi system for Faro Hospital;
- A Hugo RAS system for Portimão Hospital.
- The total investment exceeds €4.2 million, highlighting a strong commitment to innovation and enhancing the region's technical capabilities.

Benefits of Robotic Surgery at ULS Algarve

1. Greater Surgical Precision

Robotic systems enable stable and highly controlled movements combined with 3D high-definition vision, significantly increasing accuracy in complex surgical procedures.

2. Minimally Invasive Procedures

Smaller incisions lead to reduced pain, bleeding, and risk of infection, allowing for faster patient recovery.

3. Shorter Hospital Stays

Patients tend to recover more quickly, often leading to shorter hospital stays and a faster return to everyday life. The project includes ongoing education for surgeons and support teams, empowering them to master robotic surgical techniques.

4. Broader Access to Specialties

Robotic surgery will support a wide range of specialties, including:

- Urology
- General Surgery
- Gynecology
- Oncology
- Pediatrics

5. Training and Professional Development

The project includes continuous training programmes, empowering



physicians and nursing teams to operate robotic systems with excellence.

Strategic Impact on the Algarve Region

By adopting robotic surgery, ULS Algarve is positioning itself as a leader in medical innovation in southern Portugal. This initiative enhances access to advanced healthcare technologies, attracts highly qualified professionals, and strengthens the institution's capacity to effectively address:

- Population ageing;
- Rising cancer incidence;
- The increasing demand for efficient and precise surgical care.

Conclusion

The introduction of robotic surgery at ULS Algarve, coordinated by the Steering Group led by Dr. Miguel Cabrita, marks a decisive step toward modernizing public healthcare in the region. This initiative

combines advanced technology, enhanced safety, and a patient-centered approach to deliver significant

benefits to patients, healthcare professionals, and the overall sustainability of the healthcare system.



Dr. Miguel Cabrita, Urologist, surgeon in charge for robotic surgery ULS Algarve

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Most common diseases in pediatric ophthalmology

Epidemiology, diagnosis, and treatments



Pediatric ophthalmology is a medical subspecialty dedicated to the prevention, diagnosis, and treatment of eye diseases in children. Visual development occurs mainly in the first years of life, and early identification of changes is essential to ensure adequate vision maturation. Several eye

diseases can affect children, the most common being amblyopia, strabismus, refractive errors, and obstruction of the nasal tear duct.

Amblyopia, also known as “lazy eye,” is the main cause of preventable visual loss in childhood. Its prevalence varies from 1% to 5% of school-age children. Amblyopia occurs when there is inadequate visual

stimulation for one of the eyes during visual development, which leads to a reduction in visual acuity, even in the absence of anatomical changes. Diagnosis is usually made during a routine eye examination, especially when there is a difference in visual acuity between the eyes or family history. Treatment involves correcting the causal factor, such

as refractive errors with the use of glasses, and occlusion therapy, which consists of covering the dominant eye to stimulate the weaker eye. **Refractive errors**, such as **myopia**, **hyperopia**, and **astigmatism**, are very common in the pediatric population. The prevalence varies according to age and environment. Myopia, for example, has become increasingly common. It

is estimated that one in three children in the world already have myopia. This trend is observed globally, with a notable increase in prevalence, especially after the COVID-19 pandemic. Several factors can contribute to this increase, including increased time spent on near activities, such as the use of electronic devices, and reduced exposure to natural light.

Diagnosis is made through a refraction exam, often with the use of cycloplegic eye drops to relax the eye muscles. The standard treatment is the use of glasses or contact lenses. In cases of progressive myopia, the use of low-concentration atropine eye drops, and special lenses has shown good results in reducing progression.

Strabismus is the misalignment of the eyes, identified in approximately 2% to 4% of children. It can be congenital or acquired and, if left untreated, can lead to the development of amblyopia.

Diagnosis is clinical and includes tests such as red reflex, cover test, and ocular motility. Treatment depends on the type of strabismus and may include glasses with or without prism, vision therapy, botulinum toxin injections, or surgery of the extraocular muscles.

Congenital obstruction of the nasal lacrimal duct affects approximately 5% to 20% of newborns. It is characterized by constant tearing and ocular secretion, usually unilateral. In most cases, the condition resolves spontaneously by the first year of life.

The diagnosis is clinical, based on the presence of tearing without signs of eye infection. Initial treatment is conservative, with massage of the lacrimal sac (Crigler maneuver) and hygiene measures. If there is no resolution by 12 months, a lacrimal duct probing procedure may be indicated.

Early and regular ophthalmological monitoring is essential to prevent and treat eye diseases in childhood. Many conditions, such as amblyopia and strabismus, can be completely reversible if identified and treated in time. Parents, pediatricians, and educators should be alerted to altered visual signs, as early intervention is key to healthy visual development.

At the Advanced Ophthalmology Centre of the HPA Institute in Faro (Montenegro), we have specialists dedicated to pediatric ophthalmology, with extraordinary results in terms of diagnosis and intervention.



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How to spot the early signs of a cataract



Although cataracts can emerge at any stage of life, people are much more likely to develop symptoms aged 60 and over.



Many of us chalk increasingly blurry vision, faded colours and struggles with driving in the dark up to fatigue or age – but these subtle changes could be early signs of a cataract. Cataracts develop slowly, often without pain, making them easy to overlook until they significantly affect vision. We got in touch with Mr Fadi Alfaqawi, consultant ophthalmic surgeon at Optegra Eye Health Care, who has outlined some common cataract symptoms to look out for and has recommended the best time to seek professional care, because when it comes to your

vision, early detection can make all the difference.

What are cataracts?

“Cataracts are very common. It is when the lens inside your eye becomes cloudy and loses its ability to focus the light on the retina and to transmit enough light to the retina,” says Alfaqawi.

The most common type is called an age-related cataract, and according to the NHS website you are more likely to develop a cataract if you are aged 60 or over. However, younger people can also develop cataracts too.

“For example, newborns can develop congenital cataracts,” says Alfaqawi. These cataracts

present when a baby is born or shortly afterwards, according to the NHS website.

People can also develop traumatic cataracts later in life.

“When people experience a trauma/injury to the eye, the lens can change and become cloudy,” explains the consultant ophthalmic surgeon. “Some people can even develop a cataract in their eye if they experience significant electrical shock, but this is less common. “Other causes that can increase the development of cataracts include conditions like diabetes and long-term use of certain medications like

steroid tablets. Smoking and exposure to ultraviolet light are also known to increase/accelerate the progression of cataract development.”

What are some early warning signs to look out for?

1. Blurred vision

“One of the most common symptoms and signs of a cataract is blurry or cloudy vision, which almost feels you are looking through a foggy window,” highlights Alfaqawi.

2. Increased light sensitivity and glare

“Another early sign of a cataract is an increased sensitivity to light and glare, especially from headlights on the road at night,” says the consultant ophthalmic surgeon.

3. Halos

“Also look out for halos around lights, which are often described as glowing rings,” recommends Alfaqawi.

4. Faded colours

“Another red flag is faded colours which make the world around us look less vibrant,” he adds.

5. Frequent changes in prescriptions

“Frequent changes in glasses’ prescription without clear

improvement is a sign that might indicate that you have a cataract,” says Alfaqawi.

6. Difficulty seeing in low light

“Difficulty seeing in low light is another symptom which might occur when reading a menu in dimly lit restaurants, for example,” notes Alfaqawi.

7. Double vision

“Double vision in one eye is another red flag and can be extremely disorienting,” says Alfaqawi.

The consultant ophthalmic surgeon advises anyone experiencing any of the seven symptoms listed above to go and get their eyes checked.

Why is it important to diagnose and treat cataracts as soon as possible?

“Having good sight is important for wellbeing, and cataracts can significantly hinder a patient’s quality of life,” explains Alfaqawi. “People who start to develop early cataract signs like glare from a car’s headlights can find it very difficult and worrying to drive in the evening or at night. In addition, being unable to clearly see things like the pavement or stairs, or struggling to judge the depth

of perception makes you more susceptible to falls and trips. “Getting timely help and treatment can help patients see faces, administer medications themselves, and enjoy hobbies and activities like reading, which all improve the quality of someone’s life.” Many people think you have to wait for the cataract to become really bad before you have surgery, but Alfaqawi stresses that this is not the case.

“Delaying treatment until the vision is very, very poor, is not helpful because when you wait for the cataract to become very dense, it actually increases the complexity of the surgery and also increases the risk of complication,” says Alfaqawi. “If your sight is affecting your quality of life, ask to be referred for assessment for cataract surgery.”

How often should you get your eyes checked?

“Most people are advised to see their optician at least once every two years, but there are certain people who will be required to see their optician once every year or to have more frequent follow ups,” says Alfaqawi. “Your local optometrist can easily detect a cataract and can offer advice on whether you need a referral for treatment.”

How are cataracts treated?

“Unfortunately cataracts will not improve on their own and tend to only get worse. But the good news is that the treatment is quick, painless and truly life-changing, so there is no need to wait if you started to struggle with your vision,” says Alfaqawi. “Cataract surgery is very effective and very safe and it usually only takes 10-15 minutes for a cataract to be removed. “It’s a painless procedure and most patients enjoy improvements in their vision within few days after the surgery, but the eye continues to heal for up to four to six weeks after that.”



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Societal concerns about male nurses and carers in personal care

Barriers to inclusive and effective care delivery

In the evolving landscape of healthcare, the inclusion of male nurses and carers has become increasingly vital to meeting the growing demands of diverse patient populations. Despite this necessity, male healthcare professionals continue to face entrenched societal concerns and stereotypes, especially when providing personal care. These prejudices not only stigmatise men in caregiving roles but also compromise the overall quality and accessibility of care delivered to patients.

Historical and cultural stereotypes

Traditionally, caregiving has been viewed as a female-dominated profession, rooted in long-standing cultural and societal beliefs that associate nurturing and empathy with women. Men, in contrast, have often been seen as physically strong, authoritative figures better suited for roles that require assertiveness or technical skills. These gendered assumptions create an invisible barrier for men who pursue nursing or caregiving careers, often casting suspicion or doubt on their motives - particularly when it involves providing intimate or personal care. The stigma is especially pronounced when male carers are responsible for the personal hygiene of female patients. Tasks such as bathing, toileting, dressing, or assisting with incontinence care can raise concerns among patients, families, and even colleagues. Despite following strict professional guidelines and maintaining appropriate boundaries, male nurses and carers may be perceived as intrusive or inappropriate simply due to their gender.

Impact on male carers

The consequences of these societal concerns are far-reaching for male healthcare professionals. Many report feeling isolated, scrutinised, or undervalued in their roles. Fear of being accused of misconduct can lead male carers to avoid certain tasks altogether, request female colleagues to take over, or overcompensate by being overly formal and distant - detracting from the warmth and empathy essential in caregiving. This hypervigilance can also take a toll on mental health, creating stress, anxiety, and job dissatisfaction. It reinforces a harmful cycle where male carers are discouraged from fully engaging in their roles, thus reinforcing public misconceptions about their capabilities or intentions.

Patient preferences and institutional barriers

Patient preferences play a crucial role in healthcare delivery, and understandably, some individuals may request carers of a particular gender for cultural, religious, or personal reasons. While it's important to respect such choices, an overemphasis on these preferences - without addressing the underlying biases - can marginalize

male carers and restrict their professional development.

In some institutions, there may be informal or even explicit policies discouraging male carers from being assigned to certain patients or tasks, particularly in maternity, pediatrics, or geriatric wards. This not only limits career opportunities but can also lead to staffing challenges, where qualified male carers are underutilised even when there are shortages of personnel.

Undermining holistic care delivery

The broader impact of these societal concerns is a systemic undermining of care quality. Avoiding the use of male carers for personal care duties reduces staffing flexibility, increases the workload for female colleagues, and can delay essential services for patients. More importantly, it deprives patients of the unique perspectives, skills, and strengths that male carers bring to the table.

Personal care is not just a task - it's an opportunity to build trust, provide comfort, and enhance dignity. When male carers are excluded or stigmatised in this domain, the entire healthcare environment suffers. It fosters division among staff, impedes collaborative practice, and reinforces gender stereotypes that do not belong in modern healthcare settings.

Shifting the narrative through education and awareness

To address these issues, a cultural shift is essential - one that normalises and supports the presence of male carers in all aspects of patient care, including personal hygiene and intimate support. Education plays a key role in this transformation. From early professional training to ongoing workplace discussions, it is crucial to challenge stereotypes, promote gender inclusivity, and provide male carers with the confidence and tools to navigate difficult situations. Patient and family education is equally important. Clear communication about professional boundaries, consent, and institutional protocols can help dispel fears and build trust. For example, some facilities have introduced policies where patients are informed of their carers' qualifications and the ethical standards they adhere to, regardless of gender.

Leadership and policy initiatives

Healthcare leaders and policymakers must also play a proactive role. This includes developing inclusive hiring and staffing policies, ensuring fair opportunities for male carers in all departments, and addressing discriminatory complaints or practices promptly. Encouraging mentorship and support networks for men in caregiving roles can also foster a sense of belonging and professional identity.

Moreover, showcasing positive role



models and success stories of male carers can help shift public perceptions. Media portrayals and community engagement can highlight the compassion, professionalism, and competence of men in caregiving - counteracting the narrative of suspicion or inadequacy.

Conclusion

Societal concerns about male nurses and carers in relation to personal care reflect deep-seated gender biases that have no place in contemporary healthcare. These concerns not only hinder the professional growth

of male carers but also negatively impact the quality and efficiency of care delivery. Through education, institutional support, and cultural change, it is possible to create an environment where all carers - regardless of gender - are respected, trusted, and empowered to provide the best possible care to every patient. Addressing these barriers is not just a matter of fairness; it is a critical step toward achieving a more inclusive, competent, and compassionate healthcare system.

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What is best for banishing wrinkles?

Doctors and dermatologists explain the difference between the two trending beauty ingredients.



You may have heard peptides being touted as the latest ‘age-reversing’ ingredient you must incorporate into your routine, but equally, you may have no idea what they are. “Peptides are short chains of amino acids – the building blocks of proteins like collagen and elastin,” explains cosmetic physician Dr Jessica Halliley. “They send signals to the skin to promote repair and renewal, often with less irritation than retinol.” Once reserved for only dermatology offices, peptides are now cropping up in everything from firming serums to plumping eye

creams and barrier-boosting moisturisers. So, are peptides the secret to plumping wrinkles? Or should we stick to retinol? Doctors and dermatologists explain the difference, when and how to use them.

Peptides vs. retinol

Peptides and retinol are both used for targeting wrinkles and anti-ageing, but understanding how they affect your skin differently is key. “Retinol is a vitamin A derivative that speeds up cell turnover and stimulates collagen production, which can help improve skin texture and reduce fine lines, but often causes irritation

initially,” explains Halliley. “Peptides are trending right now because they offer a gentler, science-backed route to firmer, healthier-looking skin – particularly for those who can’t tolerate stronger actives.” Unlike retinol, which delivers visible changes more rapidly, peptides play the long game – supporting the skin’s underlying structure without the sting. “Retinol delivers quicker surface-level changes and is highly effective for reducing the appearance of fine lines by boosting epidermal turnover,” says dermatologist and medical director of Dr MediSpa, Dr Munir Somji. “Peptides work deeper over

time to support structural integrity and long-term firmness.”

In practice, pairing them means you get the best of both worlds, but it depends on your skin type and age. “Retinol has long been the gold standard for tackling fine lines and wrinkles thanks to its well-established ability to increase cell turnover and boost collagen,” says Halliley. “That said, peptides can complement this process by supporting skin structure and hydration. In fact, using both together – for example, a retinol serum at night and a peptide-rich moisturiser or eye cream – can deliver synergistic benefits without overloading the skin.”

How the ingredients affect collagen production

Collagen is the key player in affecting how our skin visibly looks as we age. It is the most abundant protein in our body, making up about 30% of all protein, and provides structure and strength to our bones, skin and muscles. Both peptides and retinol are highly relevant for targeting collagen loss, which is the leading cause of wrinkles and sagging. “Collagen is essential

for keeping skin plump, firm and resilient – and it naturally declines as we age,” says Halliley. “Retinol directly stimulates collagen synthesis by activating fibroblasts in the dermis, which makes it highly effective over time. “Peptides help by mimicking natural cell signalling, encouraging the skin to repair and regenerate its collagen and elastin fibres.” In other words, retinol makes more collagen by waking up the cells that produce it, while peptides send signals to your skin to repair itself, thus increasing collagen production and other anti-inflammatory cells more holistically.

How to use if you have sensitive skin

The elephant in the room, of course, is irritation. And while retinol may be celebrated as the hyperactive anti-ageing ingredient – it’s also very strong. “While retinol can cause redness, dryness and peeling – especially in the early stages – peptides are much more tolerable and suitable for sensitive or compromised skin,” says Halliley. For patients with rosacea, post-procedure redness or simply sensitive skin, Somji

says peptides are best, as they offer anti-ageing and firming benefits without triggering inflammation. “Peptides are often my go-to for patients recovering from clinical procedures or managing chronic skin concerns like rosacea,” he explains, “they help reinforce the skin barrier and reduce inflammation, all while actively improving texture and tone.”

What to use depending on your age

Knowing whether to reach for peptides or retinol often comes down to your age and skin condition. For those just dipping into preventative skincare, peptides offer a gentle entry point. “For younger skin or those in their late 20s to early 30s [...] peptides can be a brilliant introduction to anti-ageing without the risk of irritation,” explains Halliley. “More mature skin or those with visible photoageing [sun damage] can typically tolerate and benefit from retinol,” explains Somji, “especially for pigmentation or textural concerns.”

How to incorporate them into your routine

Knowing all this, you now may be eager to douse yourself in bottles of peptides and retinol – but timing and layering is everything. “My recommendation is to use retinol in the evening, when your skin is in repair mode, and always follow with a nourishing moisturiser,” says Halliley. “Peptides can be used morning or evening – they’re versatile, and you’ll often find them in serums or moisturisers designed to strengthen and hydrate.” Somji prefers a slower and more structured approach, and says to use retinol at night (as it increases your sensitivity to light) starting one to two times per week and following with a hydrating moisturiser.



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Taylor's Port

For over three centuries, Taylor's has been synonymous with exceptional Port wine, setting the standard for quality, craftsmanship, and innovation.

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Celebrating Excellence: Taylor's Port Top 100 Sommeliers 2025

Taylor's Port is proud to support and headline the prestigious Top 100 Sommeliers list for 2025, presented by Sommelier Edit. This annual ranking recognises the UK's most talented and influential wine professionals – from established figures to emerging voices – celebrating their dedication, expertise, and impact on the world of wine. As a house deeply rooted in tradition and excellence, Taylor's is delighted to champion this community of sommeliers who share our commitment to quality, discovery and hospitality.

This year's Top 5 Sommeliers are:

1. Vincenzo Arnese, Director of Wine, Raffles London at The OWO
2. Pierre Brunelli MS, Group Wine Director, The Birley Clubs
3. Louise Gordon, Head Sommelier, Ugly Butterfly by Adam Handling
4. Tanguy Martin, Head Sommelier, The Glenturret Lalique
5. Dimitri Mesnard MS, Prestige Account Manager, Jackson Family Wines

Discover the full 2025 list and award highlights <https://sommelieredit.com/top-100-sommeliers/results-2025/>

Sustainability at Taylor's Port

Taylor's Port is deeply committed to sustainability, striving to minimise its environmental impact through innovative practices across all areas of operation. The company's holistic approach integrates environmental stewardship in vineyard management, winemaking, packaging, and community engagement.

In the vineyards, Taylor's employs its award-winning Sustainable Vineyard Model. Key initiatives include dry farming (relying solely on rainfall), soil protection, composting, and biodiversity promotion. By aligning grape varieties with soil profiles and using a unique terracing system, they enhance wine quality while enabling mechanical weed removal. Pest control combines certified eco-friendly products with natural predator management, reducing chemical use. Weather data is used to guide vineyard treatments, ensuring efficiency and minimal intervention.

In the winery, measures to reduce environmental impact include installing photovoltaic panels for solar energy and a CIP (cleaning-in-place) system to lower detergent use. Energy consumption and emissions are closely monitored, with emphasis on recycling and waste



reduction. Packaging uses lightweight glass, FSC-certified materials, and natural cork, which contributes to carbon sequestration. Taylor's holds the National Reference for Sustainability Certification in the Wine Sector, reinforcing its commitment to transparent, verifiable sustainable practices. The company also plays a leadership role in the Porto Protocol, a global wine community launched in 2018 that unites over 300 members from 25+ countries to collaborate on climate solutions. Beyond environmental efforts, Taylor's embraces social responsibility through charitable work, community support, and employment promotion. Through continued R&D,

Taylor's aims to address the long-term effects of climate change on viticulture. Guided by a clear, future-oriented vision, The Fladgate Partnership is dedicated to environmentally responsible wine production that sustains both land and people for generations to come.

Visit Taylor's Port Lodge when in Porto

Taylor's, now in its fourth century, recently renovated its 330 year old Cellars to incorporate a modern and innovative museum circuit. The story of Port wine and Taylor's is now told through an extensive audio-guided visit, available in 13 languages, (English, Portuguese, Spanish, French, German, Italian, Japanese, Danish, Mandarin, Dutch,

Polish, Korean and Russian) which will take you on a vivid tour of the Lodge that includes an array of films, images, exhibits, photographs and paintings. The visitor is given the opportunity to journey into the past and learn about the history of Port wine and its production today, the Douro Valley and the house of Taylor's, its past, present and its wealth of exceptional Ports.

In addition to the three wines included on the tour, there is a range of Port tastings for our visitors to enjoy including a choice of many different aged Tawny Ports or one of Taylor's classic Vintage Ports.

More information here: <https://www.taylor.pt/en/visit-taylors/book-your-tickets>



Summer's here – Time to enjoy Port in a Sangria!



As the days grow warmer and longer, it's the perfect time to discover a refreshing new way to enjoy Port – with a delicious Port Sangria that's bursting with summer flavour. Fruity, vibrant and wonderfully simple to make, this sangria is ideal for garden gatherings, picnics or sunny afternoons with friends. Taylor's Chip Dry is no ordinary Port. Invented in 1934, it was the very first extra dry white Port ever made – a pioneering style created specifically to offer a drier, fresher taste. With bright notes of citrus, fresh herbs and

crisp green apple, Chip Dry is the ideal base for a revitalising aperitif. So this summer, give tradition a sunny twist. Taylor's Port Sangria – easy-going, unexpected and simply delicious.

Taylor's Sangria - classic Port, modern refreshment. Preparation: 15 minutes

Ingredients:
70ml Taylor's Chip Dry White Port
90ml Rum
180ml orange juice

90ml lemon juice
40ml sugar syrup
Ice cubes
Seasonal fruit

Preparation method:

1. Simple Syrup: Add 500ml of water and 500g of sugar into a medium hot pan, stir until the sugar is dissolved. Turn off the heat as soon as it starts to boil.
2. Add all the ingredients to a 1,5L pitcher. Serve over lots of ice. Use slices of lemon and orange, apples, or any other seasonal fruit you desire.

An explosion of contemporary flavours

N Kate Sreenarong

Located at the Four Seasons Fairways in Quinta do Lago, Amara is redefining traditional Portuguese cuisine, offering a high-end, intimate dining experience with a cosy but modern feel and an emphasis on products from the region.



Welcome drink

This experience began with receiving a welcome drink, which is a complementary gift that varies, and on that particular day, it was a lemoncello spritz. Upon taking my seat, a soft floral scent rose from the cloth serviette, working in tandem with the calm, ambient music to provide a relaxing atmosphere for the meal.

The menu

The menu, curated by Chef Nelson Candeias, invites diners to create their own experience for an unforgettable culinary journey. A waitress explained the two options for meal plans: a three-course menu and a four-course one. The former includes two main dishes of the guest's choosing along with dessert, while the latter comprises three mains and a dessert. For drinks, I opted for the wine pairing, with selections sourced from across the country as the variety of dishes called for distinct wine profiles. The covers at Amara have a certain humbleness to them, consisting simply of three types of bread from a local bakery specialising in slow fermentation – carob, regular wheat, and linseed – accompanied by a caramelised shallot butter and salted butter made in-house.

Main courses

My first dish was the mushroom and ginger dumplings, containing a velvety mushroom purée, slivers of Iberian prosciutto, a whisper of wasabi foam, and a luscious ham hock broth. It was recommended by the waitress as an ideal choice for the four-course meal due to its lightness. The wine pairing was the Kompasus rosé, a choice laid out extensively by the concierge who would guide me through the meal. This was followed by poached sea bream, garnished with white asparagus, roasted cherry tomatoes, coriander emulsion and a clam sauce. The delicate, tender fish effortlessly melted on the palate, releasing a rich, creamy flavour, cooked to absolute perfection. For the second wine, I was served a glass of Quinta Fata, from the Dão region. The third dish featured a grilled Black Angus sirloin, paired with pumpkin purée, potato dumplings, and a classic Béarnaise sauce. This plate was composed with the precision of an avant-garde sculpture, its elements artfully arranged to evoke a sense of narrative through form and texture. The sirloin itself was exquisitely seared, succulent and tender in the centre, savoury and expertly seasoned. Alongside this course

was a bottle of Lágrima White, a wine from the Porto region, its cultural and historical context eloquently conveyed by the concierge as he poured it into the glass.

Time for a sweet

Finally, my craving for dessert was satisfied with a salted caramel tart, intricate crumble and a scoop of coffee ice cream, seamlessly blending sweetness and depth. This decadent finale was matched with a pour of Blandy's liquor on the side. To complete the meal, I was served a final touch of coffee and artisanal chocolate, a timeless indulgence and a splendid close to an exceptional culinary experience.

Memorable experience

One of the most memorable parts of the experience was the immense pool of knowledge to which the concierge had access to in regards to the Portuguese wine industry, how each drink from each farm is made differently, and to various results. Speaking of the second wine, he said, "it's from a small family with a wine-making tradition dating back to 1780, it's in its fifth generation. The Fata family produces this incredible wine, conserved for years in wooden barrels". Another remarkable aspect of the restaurant is the sheer size of the portions they serve. "Our menu

seeks to harmonise between the lighter and heavier portion sizes. What usually happens is that on someone's second, third, fourth visits, they'll go for the three-course meal because they'll have already seen the dishes and have a better idea of their characteristics, first-timers always go for the four-course meal", the waitress told **The Portugal News**.

Get the greatest table

Amara is open every Tuesday, Wednesday, Friday and Saturday, taking orders from clients between 6.30pm and 9.30pm. This is a

high-end establishment, so there is a smart-casual dress code you'll have to adhere to, but provided you can find a suit or dress, you'll be in for one of the greatest culinary journeys of your lifetime. The restaurant also hosts jazz nights every couple of weeks, with the next one being on 2 July, featuring performances from the jazz duo Cathy Borges and André Capela.

Whether you're interested in a unique dining experience or just visiting Quinta do Lago, please make sure to check out <https://amararestaurant.pt/>



Find the greatest meat at U&Co

In Vale de Lobo, in the Algarve, the restaurant U&Co, serves amazing food to everyone who manages to get a table in this amazing place.



Bruno G. Santos



Located next to the main square of Vale do Lobo, U&Co is a well-decorated restaurant that brings a cosy atmosphere as soon as people arrive. I went there, and all I can say is that the experience did not disappoint me. I was received by the manager, Tatiana, and Nuno was responsible for my table throughout the night. All I can say is that both of them were so nice, explaining to me and my guest all the details I needed to know about the menu, because it had so many great dishes, the choice was definitely going to be hard.

Amazing starters

As expected, the couvert arrived at the table first. We had bread to start with, and to accompany, we were brought olive oil with a bit of balsamic vinegar, olive oil paste and garlic butter. Like a typical Portuguese person, I had to soak the bread in the olive oil to taste it. The moment I put the bread in my mouth, I instantly realised that this restaurant has some differentiated services and products. The olive oil was a foreshadowing of how great this meal would be. Things only got better when I

tasted the garlic butter, and obviously the olive paste. For a starter, I had a Roast Veal Carpaccio. It could be a risky choice, as I never tasted carpaccio before, but this one called my attention, as it is prepared with marinated mushrooms, pickles, mustard seed vinaigrette, herb mayo, baby gem lettuce and bread crisps. When the dish arrived, it was so colourful, and everybody knows that we eat with our eyes first. Therefore, my eyes were definitely telling me that I had to taste it. And I did it. The veal meat with the mayo is such a great combination of flavours, that only got better when the freshness of the lettuce was tasted as well. The marinated mushrooms were also incredible, and the bread crisps gave the dish different textures, promoting an amazing tasting experience. At that moment, I realised I was eating in a really great restaurant.

Straight from the grill

My guest and I were fancied eating some meat, and the menu had a lot of different choices for that. Nuno helped us choose and let us know that a U&Co Meat Experience

would be the greatest choice. According to the menu, this course combines three different types of steak: Fillet Steak, New York Strip and Ribeye. "Rare, please", I said. I am very demanding when it comes to the steak point, and usually, restaurants do not accomplish my expectations, but that did not happen in U&Co. When the wooden chopping board arrived at the table with the three different steaks, I immediately realised that the steaks were perfectly cooked, to my taste. The meat came with different sides: French fries, sautéed spinach, tender stem broccoli, crispy crushed new potatoes with basil and parmesan cheese, and tomato salad. Some sauces also arrived at the table, which were: chimichurri, green pepper and truffled mayonnaise – for the French fries. Every steak was incredible and perfectly on point. Each of them was really tender and felt like melting in our mouths. I started with the fillet steak, and I did not regret it. The meat was not extremely salty, but there was the option of adding a pinch of salt to the steak, as it was made

available on the chopping board. The New York Strip was so amazingly done, I could have one every day, but only if cooked like in U&Co. And then the crème de la crème was there to be tasted. The ribeye. What a lovely steak, so tender, and full of flavour and was the perfect way to finish the main course. The sauces that came with the meat were actually a great choice, especially the green pepper one, my ultimate favourite. It went so well with every steak I had, I strongly advise anyone to give it a try. When it comes to the side dishes, all of them were a perfect choice, but I must highlight the crushed new potatoes, which came with basil and parmesan cheese. That was such a great combination.

Sweetening things up

It was time for dessert, and we asked for the selection to share. Nuno let us know the greatest desserts and we had Salted Caramel Cheese Cake, Banoffee Pie and Tiramisu. Each of them is marvellous. I am a huge fan of salted caramel, but never tasted it in a cheesecake recipe, and I was not disappointed.

The flavours were perfectly combined and the praline added on top was definitely a perfect choice. When it comes to the Banoffee Pie, all I can say is that I could eat it every day. It was so balanced, with the flavour of fresh bananas standing out between the caramel and the whipped cream. However, tiramisu was my actual favourite, this dessert was actually so well made that it makes you want it more and more.

Get a table

U&Co is one of those restaurants where people will want to come back and I will definitely come back sometime soon. The menus are available on their website at uandco.pt and their social media accounts can be found on Facebook and Instagram @uandcovalledolobo.

It is also possible to contact U&Co by phone at 289 353 440 or by email at info@uandco.pt



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How to create a garden full of surprises

Hidden corners, secluded seating and stand-out statues can all create an element of surprise.



If you're fed up with rectangular lawns, straight flower borders and predictable planting, maybe it's time to add an element of surprise to your garden.

Daniel March, designer of A Garden Of Two Tales within the new Gardens Of Curiosity category at this year's RHS Hampton Court Palace Garden Festival, is aiming to give visitors some inspiration about

discovering something new with his creation.

It takes you across a water feature into a secluded gathering area where you can reflect and enjoy the thought-provoking design of the ornamental installations.

But March says that you too can create an element of surprise in your own garden.

Create screening

"I have vertical structures which block part of the garden. I think this is quite key in lots of garden designs, creating separation and new, multiple rooms within one space," he says. You could do it by erecting

vertical metal screening, or large feature shrubs such as the dogwoods *Cornus kousa* or *Cornus alba* 'Sibirica' which will give you vibrant-coloured winter stems. Alternatively, go for a hedge such as a taxus or euonymus to create a screen, or tall ornamental grasses such as *deschampsia* or *Calamagrostis* 'Karl Foerster' (feather reed grass) or *Stipa gigantea*, which are lower in parts of the year but give you more of a journey in the summer as people walk through, he suggests.

Choose varying styles

If you have segregated parts of the garden, you could create a surprise with different styles of planting in each section, he suggests. "Have a different style of planting or an alternative plant to give you that surprise element. It might be aromatic and Mediterranean, for instance."

Select a stand-out feature

"You could have a key plant, a piece of art, or wind chimes which can withstand the elements.

It could be a statue or a silhouette, or maybe a wild animal sculpture in a shady woodland space.

"Depending on the style you want, you could have a large abstract sculpture or if you prefer a more natural look you could get a wood carving that will weather over time," he suggests.

Materials such as corten steel will give a more ageing, rusted feel, while composite materials could be incorporated if you want a more modern, sleek style, he adds.

Mirrors can also provide a surprise reflective element, hung on a patio wall where they will make the space feel bigger and can highlight a water feature or plants from a different angle.

Stand-alone small trees, such as *Acer japonicum* or a piece of topiary can also be eye-catching, he says.

Find a new seating spot

A hidden bench, surrounded by fragrant planting, could add another element of surprise as people veer away from the patio further into the garden to experience a quieter ambience, he suggests.

"If you can interact multiple senses – the sound of trees around you, the smell of aromatic plants and maybe a water feature – those layers are key."

The seating itself may be a surprise. It could just be a large rock or a stump which might have been in the space previously before the garden was designed, he adds.

Moving parts such as swinging seats or hammocks attached to mature trees can also bring an element of surprise.

Add patio surprises

Wall art, decorative tiles and colourful patio rugs can all provide a wow factor. A self-contained water feature also adds a flow, a moving part to the space, while planting plants for pollinators in pots on the patio may create an environment for a surprise visit from pretty butterflies and bees.

Light up key features


"When you are entertaining, use lighting which turns on automatically, but you can also use lighting around the garden to focus on key elements. If you could get lighting which accentuates, for instance, a fern structure, that is quite cool."

"Amelanchiers are quite popular at the moment as they are easy to grow and reliable. Uplighting can really elevate their frame. Multi-stemmed plants such as *Acer japonica* are also key for that."

Create a kids' discovery zone

"If you have space, create a woodland path through planting, leading to a space that they can make their own away from the adults, having a sort of den feel, a gathering space," he suggests.

"You could add old stumps they can perch on and anything natural in the garden."



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How to work the 'fat furniture' trend

When it comes to home comforts and sinking into a seat, embracing the chubby aesthetic is the latest fashion and style trend... think full-figured furnishings which hug you with their oversized proportions.

“After years of sleek minimalism and hard edges, people are gravitating towards furniture that feels softer and more human, explains Jessica Hubner, founder of UK furnishings brand Collection Seven. ‘Fat furniture’ with its rounded silhouettes and generous proportions offers exactly that... it’s bold, sculptural and surprisingly comforting.”

Indeed, she says there’s a growing appetite for statement pieces that feel like art... but function beautifully in everyday spaces.

“There’s an emotional pull to these shapes – they echo the human form and create a sense of ease and warmth that more angular styles often can’t,” says Hubner. “People want their homes to feel expressive and inviting, and this trend taps into that perfectly.”

Kellie Wyles, head of upholstery at DFS, agrees: “The growing popularity of ‘fat furniture’ reflects a broader shift towards creating interiors that feel calm, inviting, and effortlessly liveable.”

“These generously proportioned pieces strike a balance between indulgent comfort and everyday practicality – offering ample space to host guests in a relaxed, welcoming atmosphere.”

Characterised by oversized silhouettes, deep seats, plush cushioning, and expansive footrests, Wyles says this trend turns the home into a personal sanctuary.

“Soft curves, neutral tones, and natural materials like wood and linen enhance the sense of serenity, grounding the space in warmth and tactility.” This trend is also driven by a desire for wellness, suggests Wyles. “Both physical and emotional.

As our homes become havens from busy modern life, people are increasingly

drawn to furniture that promotes rest, relaxation, and a sense of escape.”

How to introduce voluptuous shapes at home

You don’t need to overhaul your entire interior to embrace this look, says Hubner. “One well-placed piece can completely transform a space.

“A curved armchair in a reading corner, a chunky coffee table in the lounge, or even a sculptural foot stool can bring that ‘soft statement’ into your home without overwhelming it. Or you can really go for the trend with a statement item, such as a Seventies-inspired sofa. “The key is to let these pieces lead,” advises Hubner. “Curved forms naturally draw the eye, so give them space to shine – they’re surprisingly versatile when styled with more classic items.”

Materials that compliment curves

Texture is everything when it comes to curved furniture, highlights Hubner. “We tend to lean into fabrics that enhance softness – think bouclé, velvet, and rich leathers.

“These not only emphasise the shape, but add a layer of comfort and visual interest.” But it’s not just about soft materials, underlines Hubner. “Curves also look incredible in lacquered finishes, marble, or warm-toned woods.”

She says combining tactile fabrics with polished accents is a way to create depth and balance, while keeping the shape as the focal point.

The art of styling ‘fat furniture’

When styling voluminous furniture, Hubner says to give it room to breathe. “These pieces are inherently sculptural – they don’t want to be crammed into corners or surrounded by clutter.”

The designer says to pair them with simpler, more

linear items to let the form stand out. “For example, a plump sofa works beautifully with a slim, metal side table or a clean-lined floor lamp.”

If you’re working with a smaller space, she says balance is key. “Use mirrors, lighting and contrasting textures to keep the room feeling open and intentional. “And don’t be afraid to mix and match eras or styles – a curved chair looks just as good in a Victorian terrace as it does in a modern flat.”

Where to place ‘fat furniture’

Statement pieces work best where they’ll make the most impact, suggests Hubner.

“Living rooms and open-plan spaces are ideal for larger curved pieces, like sofas or lounge chairs.

“In more private areas like bedrooms or home offices, a rounded bench or pouffe can add a soft touch without dominating the space.” She continues: “Even in compact homes, you can work the trend with smaller-scale pieces. Look for items with volume but not necessarily huge footprints – a curved armchair, or rounded bedside table can still capture the look.”

Where it works best

For anyone new to the trend, Hubner says to start with an armchair. “It’s low-commitment but high impact and incredibly easy to style.

“Sofas are a natural next step if you’re ready for more of a statement. Curved furniture also works beautifully in communal areas – family rooms, dining spaces, or anywhere you want people to feel at ease.”

In addition, home cinema sofas are taking their cue from the ‘fat furniture’ trend, says Wyles. “An oversized corner sofa perfectly embodies this movement, combining luxurious proportions with smart, considered features such as hidden cup holders,



built-in charging ports, and Bluetooth.

“Designed to enhance

comfort and support modern living... it’s all about creating a sanctuary where

wellness and indulgence go hand in hand.”

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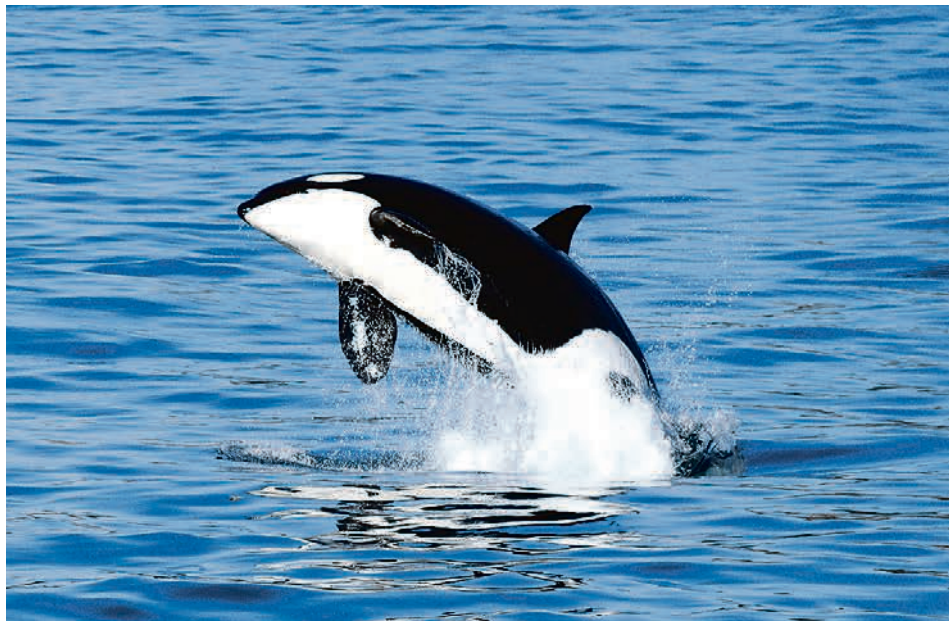
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Orcas make seaweed tools to scratch each other's backs

Orcas make seaweed tools in order to scratch each other's backs, a study has suggested.



The animals, also known as killer whales, were observed detaching lengths of seaweed and massaging each other with it. The orcas bite off the end of a kelp stalk, position it between themselves and a partner, and roll the kelp between their bodies for prolonged periods, researchers said. The study was led by the Centre for Whale Research (CWR), in collaboration with the University of Exeter. The paper, published in the

journal *Current Biology*, is entitled: "Wild killer whales manufacture and use allogrooming tools." Scientists spotted the behaviour in drone footage of southern resident orcas in the Salish Sea, in the inland waters of the US state of Washington. Whales of all ages were seen partaking in the tool-making, possibly to strengthen social bonds and promote skin health, researchers suggested. CWR research director Dr Michael Weiss said researchers were "amazed" when they first noticed the

behaviour. Several whale species are known to engage in "kelping" – moving kelp with their heads, fins and bodies – likely for play, or possibly to remove parasites and maintain healthy skin. The new discovery, dubbed "allokelping", is different because the kelp is selected, trimmed and manipulated by two whales working together. Dr Weiss added: "Bull kelp stalk is firm but flexible, like a filled garden hose, with a slippery outer surface. I suspect these features make it an ideal grooming tool.

"What I find remarkable about this behaviour is just how widespread it is in the population.

"Males and females of all life stages and from all three southern resident pods were seen using kelp in this way. All evidence points to it being an important part of their social lives."

The team observed allokelping on eight out of 12 days included in the study and based on their observations, suspect that this behaviour may be universal in this population. Whales were most likely to pair up to allokelp with close maternal relatives, and those of similar age.

Rachel John, a masters student studying animal behaviour at the University of Exeter, said: "This population of whales has been formally studied for 50 years – the best-studied orcas on the planet – and yet major new discoveries can still be made.

"We hadn't noticed 'allokelping' before because the videos being collected from our previous aircraft weren't of high enough quality, but the footage we're getting now shows this behaviour in great detail." Commenting on the possible reasons for allokelping, Professor Darren Croft, of the University of Exeter and CWR's executive director,

said: "We know touch is really important.

"In primates – including humans – touch moderates stress and helps to build relationships.

"We know killer whales often make contact with other members of their group – touching with their bodies and fins – but using kelp like this might enhance this experience.

"It might also be important for skin health. Whales and dolphins have a variety of strategies to help them slough dead skin, and this may be yet another adaptation for this purpose. "Brown algae like bull kelp also have antibacterial and anti-inflammatory properties that may provide further benefits to the whales."

Professor Croft said researchers were working to confirm the initial findings and "investigate the social and skin health benefits of this behaviour".

Other orcas are known to rub their bodies on smooth stone beaches, possibly to remove dead skin and parasites, but the southern resident whales have not been seen doing this.

Funders of the study included the UK Natural Environment Research Council and the Orca Fund, a grant making fund created by Wild Fish Conservancy and administered by the Rose

Foundation for Communities and the Environment.

PA/TPN

PETS FOR ADOPTION



MUKI (4-years-old) is an adorable clumsy young dog. He loves to be always in company, with other dogs and people. He is very curious and likes to be attentive to everything that goes on around him. Please email info@cadela-carlota.com to meet him (Lagos).

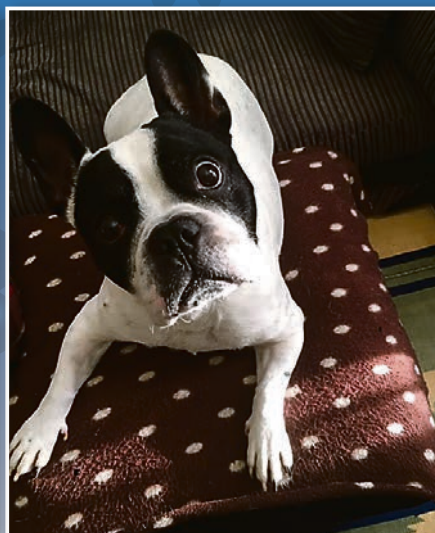
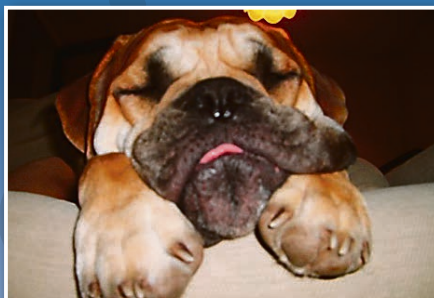


MOCCA is a 12-year-old male (small medium-size). He is quite a clown and goofy and appears to be a lot younger. He is shy but loves people. Email info@cadela-carlota.com to meet Mocca (Lagos).

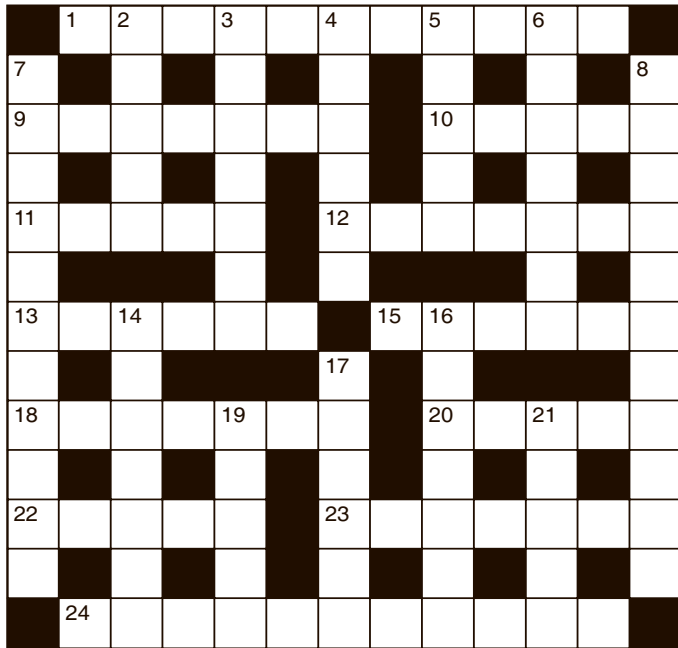


VIOLETTE is 14 months old, a sweet girl who likes to climb and cuddle her humans. She is good with other cats, with children and dogs. As with all our cats, she is sterilised, microchipped, vaccinated and housetrained.

If you can provide Violette with a happy home, please call Corinna on +351 918 552 788 or send an email to ccc.carvoei-rocatcharity@gmail.com



Please send your pets for adoption to linda@theportugalnews.com for free



Last week's cryptic crossword solution
Across: 1 Winning post; 9 Can; 10 Rectangle; 11 Exile; 13 Entrant; 14 Empire; 16 Scampi; 18 Abstain; 19 Pants; 20 Originate; 21 Wee; 22 Weightiness.
Down: 2 Ian; 3 Nerve; 4 Nicker; 5 Plastic; 6 Signalman; 7 Accelerator; 8 Westminister; 12 Impassive; 15 Reading; 17 Intact; 19 Preen; 21 Was.

CRYPTIC CROSSWORD

ACROSS

1. Fish to cook and spoil (11)
9. One who helps has big role to play (7)
10. Bone covering that holds me back (5)
11. Award for headmaster fixing deal (5)
12. New trainer on the ground (7)
13. Mother can set out for a place in Asia (6)
15. Suspend period of unemployment (3,3)
18. Treat again to another ride? (7)
20. Not so quick with the top off, but quieter (5)
22. Mock West End relationship (5)
23. At home with language document (7)
24. German more open about damaged turf (11)

DOWN

2. Lubricated well with it when drunk (5)
3. One that supports partner without breaking the law (7)
4. A truce arranged by serviceman (6)
5. Put off with respect (5)
6. A glum old boy writhing with backache (7)
7. Remember Rome to me, Mac, when moving (11)
8. Poor Darren frets, having changed clubs (11)
14. Varnish for half a quid in clear-out (7)
16. The sort of tan to finish with? (3-4)
17. Assistance needed when judge has a lie in (6)
19. Copper can interrupt! (3,2)
21. Colour of professional worker when collared (5)

QUICK CROSSWORD

ACROSS

1. Accustom (11)
9. Generous (7)
10. Cheeky (5)
11. Crazed (5)
12. Wreath (7)
13. Mystic (6)
15. Insect (6)
18. Forgetfulness (7)
20. Agencies (5)
22. Unrefined (5)
23. Muslim mendicant (7)
24. Pastry puff (11)

DOWN

2. Cubicle (5)
3. Poetic (7)
4. Spite (6)
5. Shin-bone (5)
6. Gulp (7)
7. Showiness (11)
8. Picture-taking (11)
14. Overcome (7)
16. Fan (7)
17. Outlaw (6)
19. Bundle (5)
21. Bore (5)

Last week's quick crossword solutions
Across: 1 Obstruction; 9 Sag; 10 Interfere; 11 Elect; 13 Dresser; 14 Toilet; 16 Stands; 18 Imitate; 19 Stream; 20 Eradicate; 21 Wan; 22 Meteorology.
Down: 2 Big; 3 Twist; 4 Untidy; 5 Torrent; 6 Obesance; 7 Ascertained; 8 Refreshment; 12 Eliminate; 15 Examine; 17 Repair; 19 Swell; 21 Wag.

CODEWORD

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

A	10		24		21		5	17	12	16	9	12	5	1	11
B	7	6	3	23	11	16			24		7		1		6
C	17		17		17		19	12	24	5	1	11	25	24	11
D	15		12		15				22		1		9		17
E	4	22	16	23	12	9	12	19	11		7	2	11	17	14
F	7		23		16			12			13		18		
G	17	11	11	19		5	7	24	14	20	22	26	7	22	24
H	9				24			1			3				14
I	11	16	9	20	25	16	14	12	16	23		7	23	17	11
J			20		5		15			8		20			2
K	24	20	25	17	5		24	11	23	17	11	23	25	14	11
L	11		5		20		1			25		24			19
M	5	11	14	14	12	9	7	25	14		1		14		7
	12		11		17		5			18	7	10	1	11	17
	25	23	17	11	11	26	11	16	14		14		3		11
N															
O															
P															
Q															
R															
S															
T															
U															
V															
W															
X															
Y															
Z															

SUDOKU

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

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

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

Last week's Codeword Solution

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

Last week's Solutions

Medium

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

Hard

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

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SATURDAY 05/07/25

BBC One

06.00 Breakfast.
10.00 Saturday Kitchen Live.
11.30 The Great Food Guys.
12.00 BBC News.
12.10 BBC Regional News; Weather; Weather.
12.20 Wimbledon 2025.
16.00 BBC News; Weather.
16.15 Match of the Day Live.
19.15 Wimbledon 2025.
22.00 BBC News; Weather.
22.20 FILM: King Richard (2021).
00.35 In the Arena: Serena Williams.
01.25 In the Arena: Serena Williams.
02.10 Weather for the Week Ahead.
02.15 BBC News.

BBC Two England

06.30 Hey Duggee.
06.35 Mojo Swoptops.
06.50 Super Happy Magic Forest.
07.00 Grizzly and the Lemmings.
07.10 Grizzly and the Lemmings.
07.20 Pokemon Horizons: The Search for Laqua.
07.40 Bro's in Control.
07.55 Operation Ouch!
08.25 Blue Peter.
08.50 Newsround.
09.00 Gardeners' World.
10.00 Earth's Wildest Waters: The Big Fish.
11.00 Wimbledon 2025.
15.00 Wimbledon 2025.
19.15 The Great House Revival.
20.05 ELO at the BBC.
21.05 Mr Blue Sky: The Story of Jeff Lynne and ELO.

22.05 Jeff Lynne's ELO: Radio 2 in Concert.
23.00 Jeff Lynne's ELO at Hyde Park.
00.25 Today at Wimbledon.
01.25 Today at the Test.
02.25 **FILM: Lullaby (2019).**
04.00 This Is BBC Two.

ITV1 London

06.00 James Martin's Midweek Menu.
06.50 **FILM: Addams Family Values (1993).**
08.25 Jimmy & Shivi's Farmhouse Breakfast.
09.25 ITV News.
09.30 James Martin's Saturday Morning.
11.45 Tour de France Live.
13.10 ITV News and Weather; Weather.
13.30 ITV Racing: Live from Sandown.
16.00 In for a Penny.
16.30 Tipping Point: Lucky Stars.
17.30 The Chase Celebrity Special.
18.30 ITV News and Weather.
18.45 ITV News London; Weather.
19.00 UEFA Women's Euro 2025.
22.30 ITV News and Weather; Weather.
22.45 Suspicion.
23.45 Romesh Ranganathan's Parents' Evening.
00.45 Shop on TV.
03.00 Noel Edmonds' Kiwi Adventure.
03.50 Unwind with ITV.
05.05 Tour de France Highlights.

Channel 4

06.05 Cheers.
06.30 Cheers.
07.00 Cheers.
07.25 Everybody Loves Raymond.
07.50 Everybody Loves Raymond.
08.20 Frasier.
08.55 Frasier.
09.25 The Simpsons.
09.55 The Simpsons.
10.25 The Simpsons.
10.55 The Simpsons.
11.25 Live Formula 1: British Grand Prix Practice Three.
13.00 Narrow Escapes.
14.00 Live Formula 1: British Grand Prix Qualifying.
17.10 Supercruising: Life at Sea.
18.10 The World's Biggest Cruise Ship.
19.10 Channel 4 News.
19.40 **FILM: The Day After Tomorrow (2004).**
22.00 **FILM: Oasis: Supersonic (2016).**
00.30 Formula 1 British Grand Prix Qualifying Highlights.
01.30 **FILM: Joram (2023).**
03.30 Ramsay's Kitchen Nightmares USA.
04.20 The Simpsons.
04.45 The Simpsons.
05.10 The Simpsons.
05.35 Escape to the Chateau.
05.45 Kirstie and Phil's Love It or List It: Brilliant Builds.

BBC Four

19.00 Today at the Test.
20.00 George Gallaccio Remembers - Miss Marple.
20.10 Miss Marple: The Body in the Library.
22.50 The Gone.
23.40 The Gone.
00.35 The Good Life.
01.05 Yes Minister.
01.35 Miss Marple: The Body in the Library.
02.25 Miss Marple: The Body in the Library.

SUNDAY 06/07/25

BBC One

06.00 Breakfast.
09.00 Sunday with Laura Kuenssberg.
10.00 Politics England.
10.30 Walking with Dinosaurs.
11.20 Songs of Praise.
11.55 Points of View.
12.10 BBC News; Weather.
12.25 Wimbledon 2025.
16.10 BBC News; Weather.
16.30 Wimbledon 2025.
22.00 BBC News; Weather.
22.25 BBC Regional News; Weather.
22.30 **FILM: Die Hard 2 (1990).**
00.25 Weather for the Week Ahead.
00.30 BBC News.

BBC Two England

06.20 A to Z of TV Gardening.
07.05 Take a Hike.
07.35 Life in a Cottage Garden with Carol Klein.
08.05 Countryfile.
09.00 Beechgrove Garden.
09.30 Weatherman Walking: The Welsh Coast.
10.00 This Farming Life.
11.00 Wimbledon 2025.
15.00 Wimbledon 2025.
16.30 Match of the Day Live.
19.05 Countryfile.
20.05 Antiques Roadshow.
21.00 Live Aid at 40: When Rock 'n' Roll Took on the World.
22.00 Live Aid at 40: When Rock 'n' Roll Took on the World.
23.00 Today at Wimbledon.
00.00 Today at the Test.
01.00 Sign Zone: The Moment of Proof.
01.30 Sign Zone: Not Going Out.
02.00 Sign Zone: When Bruce Springsteen Came to Britain.
03.00 This Is BBC Two.

ITV1 London

06.00 **FILM: The Secret Life of Pets (2016).**
07.25 James Martin's French Adventure.
08.25 Katie Piper's Weekend Escape.
09.25 ITV News.
09.30 Love Your Weekend with Alan Titchmarsh.
11.25 John and Lisa's Weekend Kitchen.
12.25 Alan Titchmarsh's Gardening Club.
13.25 Love Your Garden.
13.55 ITV News and Weather; Weather.
14.05 Ninja Warrior UK.
15.05 **FILM: Thunderball (1965).**
17.30 The Chase Celebrity Special.
18.35 ITV News and Weather.
18.55 ITV News London; Weather.
19.10 UEFA Women's Euro 2025.
22.20 ITV News and Weather; Weather.
22.35 **FILM: The Magnificent Seven (2016).**
00.55 Shop on TV.
03.00 Motorsport UK.
03.50 Unwind with ITV.
05.05 Tour de France Highlights.

Channel 4

06.10 Cheers.
06.35 Cheers.
07.00 Cheers.
08.00 The Simpsons.
08.55 Bake Off: The Professionals.
10.00 Sunday Brunch.
13.00 The Simpsons.
13.30 Live Formula 1 British Grand Prix Build-Up.
14.30 Live Formula 1 British Grand Prix.
17.00 Live Formula 1 British Grand Prix Reaction.
18.00 Channel 4 News.
18.30 Kirstie and Phil's Love It or List It: Brilliant Builds.
19.00 Stacey Solomon's Renovation Rescue.
20.00 Jimmy Doherty's Big Bear Rescue.
21.00 24 Hours in Police Custody.
22.00 The Handmaid's Tale.
23.05 Celebrity Gogglebox.
00.10 Formula 1 British Grand Prix Highlights.
01.05 Ramsay's Kitchen Nightmares USA.
01.55 The Simpsons.
02.20 The Simpsons.
02.45 The Simpsons.
03.10 The Simpsons.
03.35 Sarah Beeny's New Life in the Country.
04.30 The Dog Academy.
05.25 Find It, Fix It, Flog It.
05.45 Countdown.

BBC Four

19.00 Today at the Test.
20.00 Andy Pandey.
21.00 From Andy Pandey to Zebedee: The Golden Age of Children's TV.
22.00 The Lost World of Tibet.
23.00 The Dalai Lama at 80.
23.30 Mission: JOY with Archbishop Desmond Tutu & the Dalai Lama.
00.55 The Real Bonnie & Clyde: Timewatch.
01.50 When Blondie Came to Britain.
02.50 From Andy Pandey to Zebedee: The Golden Age of Children's TV.

MONDAY 07/07/25

BBC One

06.00 Breakfast.
09.30 Morning Live.
10.45 Crimewatch Caught.
11.15 Homes Under the Hammer.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.35 BBC Regional News and Weather.
13.45 BBC News at One; Weather.
14.00 Wimbledon 2025.
18.00 BBC News at Six; Weather.
18.30 BBC Regional News and Weather.
19.00 Wimbledon 2025.
22.00 BBC News at Ten.
22.30 BBC Regional News and Weather.
22.40 Have I Got News for You.
23.10 This Country.
23.35 This Country.
00.00 **FILM: Atonement (2007).**
01.55 Weather for the Week Ahead.
02.00 BBC News.

BBC Two England

06.45 The Moment of Proof.
07.15 Bargain Hunt.
08.00 Sign Zone: Springwatch.
09.00 BBC News.
10.15 Politics Live.
11.00 Wimbledon 2025.
15.00 Wimbledon 2025.
19.00 Heatwaves: The New Normal?
19.30 Grand Tours of Scotland's Rivers.
20.00 Your Garden Made Perfect.
21.00 Scrublands: Silver.
21.45 QI XS.
22.00 Live at the Apollo.
22.30 Newsnight; Weather.
23.00 Today at Wimbledon.
00.00 Sign Zone: Countryfile.
00.55 Sign Zone: Antiques Roadshow.
01.55 Sign Zone: Policing Paradise.
02.25 This Is BBC Two.

ITV1 London

06.00 Good Morning Britain.
09.00 Lorraine.
10.00 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
13.55 ITV News London; Weather.
14.00 Celebrity Catchphrase.
15.00 Lingo.
16.00 ITV Evening News; Weather.
16.14 ITV London Weather.
16.15 UEFA Women's Euro 2025.
19.15 UEFA Women's Euro 2025.
22.20 ITV News; Weather.
22.50 ITV News London; Weather.
23.10 TikTok: Murder Gone Viral.
00.10 Tour de France Highlights.
01.00 Shop on TV.
03.00 Suspicion.
03.50 Unwind with ITV.
05.05 Dermot O'Leary's Taste of Ireland.

Channel 4

06.25 Cheers.
06.50 Cheers.
07.20 Cheers.
07.45 Cheers.
08.10 The King of Queens.
08.40 The King of Queens.
09.10 Frasier.
09.40 Frasier.
10.10 Frasier.
10.40 Frasier.
11.10 Ramsay's 24 Hours to Hell and Back.
12.05 Channel 4 News Summary.
12.10 Help! We Bought a Village.
13.10 Find It, Fix It, Flog It.
14.10 Countdown.
15.00 A Place in the Sun.
16.00 The Great House Giveaway.
17.00 Chateau DIY.
18.00 Sun, Sea and Selling Houses.
19.00 Channel 4 News.
20.00 Dover 24/7: Britain's Busiest Port.
21.00 24 Hours in Police Custody.
22.00 Crime Scene Cleaners.
23.05 Shoot to Kill: Terror on the Tube.
00.05 Shoot to Kill: Terror on the Tube.
01.00 Ramsay's Kitchen Nightmares USA.
01.45 Pushers.
02.15 Pushers.
02.40 Grand Designs.
03.35 The Dog Academy.
04.30 Hollyoaks Omnibus.
05.35 Kirstie's Fill Your House for Free.
05.45 Countdown.

BBC Four

19.00 Madagascar: Earth's Tropical Islands.
20.00 Rise of the Nazis: The Downfall.
21.00 Lost Home Movies of Nazi Germany.
22.00 Death Camp Treblinka: Survivor Stories.
23.00 Berlin 1945.
23.50 Colosseum.
02.15 Madagascar: Earth's Tropical Islands.

TUESDAY 08/07/25

BBC One

06.00 Breakfast.
09.30 Morning Live.
10.45 Crimewatch Caught.
11.15 Homes Under the Hammer.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
14.00 Wimbledon 2025.
19.00 BBC News at Six; Weather.
19.45 Match of the Day Live.
22.05 BBC News at Ten; Weather.
22.45 Bad Nanny.
23.35 Apples Never Fall.
00.20 Weather for the Week Ahead.
00.25 BBC News.

BBC Two England

06.30 The Moment of Proof.
07.00 Homes Under the Hammer.
08.00 Sign Zone: Springwatch.
09.00 BBC News.
11.45 Politics Live.
12.30 Wimbledon 2025.
16.30 Match of the Day Live.
19.00 Wimbledon 2025.
20.00 Today at Wimbledon.
21.00 Scrublands: Silver.
21.50 The North York Moors: A Wild Year.
22.00 QI.
22.30 Newsnight; Weather.
23.00 Couples Therapy.
23.25 Couples Therapy.
23.50 **FILM: The Wicker Man (1973).**
03.20 This Is BBC Two.

ITV1 London

06.00 Good Morning Britain.
09.00 Lorraine.
10.00 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
13.55 ITV News London; Weather.
14.00 James Martin's Midweek Menu.
15.00 Lingo.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
18.30 ITV Evening News; Weather.
19.30 Emmerdale.
20.00 Midsomer Murders.
22.00 ITV News at Ten; Weather.
22.30 ITV News London; Weather.
22.45 Long Lost Family: Born Without Trace.
23.40 Tour de France Highlights.
00.30 Shop on TV.
03.00 Jeremy Pang's Hong Kong Kitchen.
03.50 Unwind with ITV.
05.05 Gary Barlow's Food and Wine Tour: Australia.

Channel 4

06.25 Cheers.
06.50 Cheers.
07.20 Cheers.
07.45 Cheers.
08.10 The King of Queens.
08.40 The King of Queens.
09.10 Frasier.
09.40 Frasier.
10.10 Frasier.
10.40 Frasier.
11.10 Ramsay's 24 Hours to Hell and Back.
12.05 Channel 4 News Summary.
12.10 Help! We Bought a Village.
13.10 Find It, Fix It, Flog It.
14.10 Countdown.
15.00 A Place in the Sun.
16.00 The Great House Giveaway.
17.00 Chateau DIY.
18.00 Sun, Sea and Selling Houses.
19.00 Channel 4 News.
20.00 Bake Off: The Professionals.
21.00 24 Hours in A&E.
22.00 In the Footsteps of Killers.
23.05 Gogglebox.
00.05 First Dates.
01.00 Taskmaster - The Final.
01.55 Ramsay's Kitchen Nightmares USA.
02.50 Sarah Beeny's New Life in the Country.
03.45 Kirstie's Fill Your House for Free.
03.55 The Dog Academy.
04.50 George Clarke's Amazing Spaces.
05.45 Countdown.

BBC Four

19.00 Borneo: Earth's Tropical Islands.
20.00 The Good Life.
20.30 Yes Minister.
21.00 The First Georgians: The German Kings Who Made Britain.
22.00 Eyewitness to History: Norma Percy and Angus MacQueen on The Death of Yugoslavia.
22.20 The Death of Yugoslavia.
23.05 The Death of Yugoslavia.
23.55 Bernard Haitink, the Enigmatic Maestro.
01.25 The First Georgians: The German Kings Who Made Britain.
02.25 Borneo: Earth's Tropical Islands.

WEDNESDAY 09/07/25

- BBC One**
 06.00 Breakfast.
 09.30 Morning Live.
 10.45 Crimewatch Caught.
 11.15 Homes Under the Hammer.
 12.15 Wimbledon 2025.
 13.00 BBC News at One; Weather.
 13.35 BBC Regional News and Weather.
 13.45 BBC News at One; Weather.
 14.00 Wimbledon 2025.
 16.15 Match of the Day Live.
 19.15 BBC News at Six; Weather.
 19.40 BBC Regional News and Weather.
 20.00 EastEnders.
 20.30 EastEnders.
 21.00 The Repair Shop: Favourite Fixes.
 22.00 BBC News at Ten.
 22.30 BBC Regional News and Weather.
 22.40 Bad Nanny.
 23.35 Apples Never Fall.
 00.20 Apples Never Fall.
 01.10 Weather for the Week Ahead.
 01.15 BBC News.
- BBC Two England**
 06.30 A to Z of TV Gardening.
 07.15 Bargain Hunt.
 08.00 Sign Zone: Celebrity Antiques Road Trip.
 09.00 BBC News.
 11.15 Politics Live.
 13.00 Wimbledon 2025.
 15.00 Wimbledon 2025.
 20.00 Today at Wimbledon.
 21.00 Saving Lives at Sea.
 22.00 Inside No 9.
 22.30 Newsnight; Weather.
 23.00 Live Aid at 40: When Rock 'n' Roll Took on the World.
 00.00 **FILM:** Don't Look Now (1973).
 01.50 Sign Zone: Walking with Dinosaurs.
 02.40 Sign Zone: Murder 24/7.
 03.40 Sign Zone: Policing Paradise.
 04.10 This Is BBC Two.
- ITV1 London**
 06.00 Good Morning Britain.
 09.00 Lorraine.
 10.00 This Morning.
 12.30 Loose Women.
 13.30 ITV Lunchtime News; Weather.
 13.55 ITV News London; Weather.
 14.00 James Martin's Midweek Menu.
 15.00 Lingo.
 15.59 ITV London Weather.
 16.00 Tipping Point.
 17.00 The Chase.
 18.00 ITV News London; Weather.
 18.30 ITV Evening News; Weather.
 19.00 UEFA Women's Euro 2025.
 22.30 ITV News at Ten; Weather.
 23.00 ITV News London; Weather.
 23.20 **FILM:** The Magnificent Seven (2016).
 01.30 Shop on TV.
 03.00 Tour de France Highlights.
 03.50 Unwind with ITV.
 05.05 James Martin's Midweek Menu.
- Channel 4**
 06.25 Cheers.
 06.50 Cheers.
 07.20 Cheers.
 07.45 Cheers.
 08.10 The King of Queens.
 08.40 The King of Queens.
 09.10 Frasier.
 09.40 Frasier.
 10.10 Frasier.
 11.10 Ramsay's 24 Hours to Hell and Back.
 12.05 Channel 4 News Summary.
 12.10 Help! We Bought a Village.
 13.10 Find It, Fix It, Flog It.
 14.10 Countdown.
 15.00 A Place in the Sun.
 16.00 The Great House Giveaway.
 17.00 Chateau DIY.
 18.00 Sun, Sea and Selling Houses.
 19.00 Channel 4 News.
 20.00 Can't Sell, Must Sell.
 21.00 Poisoned: Killer in the Post.
 22.00 **FILM:** The Trouble with Mr Doodle (2024).
 00.00 Sky Coppers.
 00.55 Crime Scene Cleaners.
 01.50 **FILM:** Farming (2018).
 03.35 Find It, Fix It, Flog It.
 03.55 Sarah Beeny's New Life in the Country.
 04.50 George Clarke's Amazing Spaces.
 05.45 Countdown.
- BBC Four**
 19.00 Hawaii: Earth's Tropical Islands.
 20.00 Meet the Romans with Mary Beard.
 21.00 Mysterious Origins of Insects.
 22.00 Debbie Horsfield Remembers - Poldark.
 22.15 Poldark.
 23.15 Westwood: Punk - Icon - Activist.
 00.35 Meet the Romans with Mary Beard.
 01.35 The Lost World of Tibet.
 02.35 Hawaii: Earth's Tropical Islands.

THURSDAY 10/07/25

- BBC One**
 06.00 Breakfast.
 09.30 Morning Live.
 10.45 Crimewatch Caught.
 11.15 Homes Under the Hammer.
 12.15 Bargain Hunt.
 13.00 BBC News at One; Weather.
 13.35 BBC Regional News and Weather.
 13.45 BBC News at One; Weather.
 14.00 Wimbledon 2025.
 18.00 BBC News at Six; Weather.
 18.30 BBC Regional News and Weather.
 19.00 EastEnders.
 19.30 Match of the Day Live.
 22.10 BBC News at Ten.
 22.40 BBC Regional News and Weather.
 22.50 **FILM:** Marry Me (2022).
 00.35 Such Brave Girls.
 01.05 Such Brave Girls.
 01.35 Weather for the Week Ahead.
 01.40 BBC News.
- BBC Two England**
 06.30 The Moment of Proof.
 07.00 Homes Under the Hammer.
 08.00 Sign Zone: Gardeners' World.
 09.00 BBC News.
 11.45 Politics Live.
 12.30 Wimbledon 2025.
 15.00 Wimbledon 2025.
 20.00 Today at Wimbledon.
 21.00 Earth's Great Rivers II.
 22.00 Mortimer & Whitehouse: Gone Fishing.
 22.30 Newsnight; Weather.
 23.00 Live Aid at 40: When Rock 'n' Roll Took on the World.
 00.00 Today at the Test.
 01.00 Sign Zone: Murder 24/7.
 02.00 Sign Zone: Ambulance.
 03.00 Sign Zone: The Power of Parker.
 03.30 This Is BBC Two.
- ITV1 London**
 06.00 Good Morning Britain.
 09.00 Lorraine.
 10.00 This Morning.
 13.00 ITV Lunchtime News; Weather.
 13.20 ITV News London; Weather.
 13.30 ITV Racing: Live from Newmarket.
 15.59 ITV London Weather.
 16.00 Tipping Point.
 17.00 The Chase.
 18.00 ITV News London; Weather.
 18.30 ITV Evening News; Weather.
 19.30 Emmerdale.
 20.30 Bradley & Barney Walsh: Breaking Dad.
 21.00 Coronation Street.
 22.00 ITV News at Ten; Weather.
 22.30 ITV News London; Weather.
 22.45 The Late Debate.
 23.15 The Assembly: Unseen.
 23.45 Tour de France Highlights.
 00.35 Shop on TV.
 03.00 Joanna Lumley's Danube.
 03.50 Unwind with ITV.
 05.05 Jimmy & Shivi's Farmhouse Breakfast.
- Channel 4**
 06.25 Cheers.
 06.50 Cheers.
 07.20 Cheers.
 07.45 Cheers.
 08.10 The King of Queens.
 08.40 The King of Queens.
 09.10 Frasier.
 09.40 Frasier.
 10.10 Frasier.
 11.10 Ramsay's 24 Hours to Hell and Back.
 12.05 Channel 4 News Summary.
 12.10 Help! We Bought a Village.
 13.10 Find It, Fix It, Flog It.
 14.10 Countdown.
 15.00 A Place in the Sun.
 16.00 The Great House Giveaway.
 17.00 Chateau DIY.
 18.00 Sun, Sea and Selling Houses.
 19.00 Channel 4 News.
 20.00 Supercruising: Life at Sea.
 21.00 Poisoned: Killer in the Post.
 22.00 Celebrity Gogglebox.
 23.05 24 Hours in Police Custody.
 01.05 Ramsay's Kitchen Nightmares USA.
 01.55 **FILM:** A House Named Shahana (2023).
 04.15 Kirstie and Phil's Love It or List It: Brilliant Builds.
 04.40 Escape to the Chateau.
 04.50 George Clarke's Amazing Spaces.
 05.45 Countdown.
- BBC Four**
 19.00 Today at the Test.
 20.00 Antarctica Ice Station Rescue: Horizon.
 21.00 Moviedrome.
 21.05 **FILM:** The Wicker Man (1973).
 22.35 Moviedrome.
 22.40 **FILM:** Don't Look Now (1973).
 00.25 Scene by Scene: Donald Sutherland.
 01.10 Ex-S: The Wicker Man.
 01.40 Westwood: Punk - Icon - Activist.
 03.00 Rise of the Nazis: The Downfall.

FRIDAY 11/07/25

- BBC One**
 06.00 Breakfast.
 09.30 Morning Live.
 10.45 Crimewatch Caught.
 11.15 Homes Under the Hammer.
 12.15 Bargain Hunt.
 13.00 BBC News at One; Weather.
 13.35 BBC Regional News and Weather.
 13.45 BBC News at One; Weather.
 14.00 Wimbledon 2025.
 18.00 BBC News at Six; Weather.
 18.30 BBC Regional News and Weather.
 19.00 EastEnders.
 19.30 Match of the Day Live.
 22.10 BBC News at Ten.
 22.40 BBC Regional News and Weather.
 22.50 St Denis Medical.
 23.10 St Denis Medical.
 23.35 TRNSMT 2025.
 01.35 Weather for the Week Ahead.
 01.40 BBC News.
- BBC Two England**
 06.15 Bargain Hunt.
 07.00 Homes Under the Hammer.
 08.00 Sign Zone: Anna Haugh's Big Irish Food Tour.
 08.30 Sign Zone: Great Continental Railway Journeys.
 09.00 BBC News.
 12.00 Political Thinking with Nick Robinson.
 12.30 Wimbledon 2025.
 15.00 Wimbledon 2025.
 20.00 Today at Wimbledon.
 21.00 Earth's Great Rivers II.
 22.00 Rev.
 22.30 Newsnight; Weather.
 23.00 **FILM:** The Shining (1980).
 Today at the Test.
 00.55 Sign Zone: Love and Loss: The Pandemic 5 Years On.
 01.55 Sign Zone: Greece with Simon Reeve.
 04.25 This Is BBC Two.
- ITV1 London**
 06.00 Good Morning Britain.
 09.00 Lorraine.
 10.00 This Morning.
 13.00 ITV Lunchtime News; Weather.
 13.20 ITV News London; Weather.
 13.30 ITV Racing: Live from Newmarket.
 15.59 ITV London Weather.
 16.00 Tipping Point.
 17.00 The Chase.
 18.00 ITV News London; Weather.
 18.30 ITV Evening News; Weather.
 19.30 Emmerdale.
 20.00 Coronation Street.
 21.00 Noel Edmonds' Kiwi Adventure.
 22.00 ITV News at Ten; Weather.
 22.30 ITV News London; Weather.
 22.45 **FILM:** Thunderball (1965).
 01.05 Shop on TV.
 03.00 Tour de France Highlights.
 03.50 Unwind with ITV.
 05.05 Katie Piper's Weekend Escape.
- Channel 4**
 06.25 Cheers.
 06.50 Cheers.
 07.20 Cheers.
 07.45 Cheers.
 08.10 The King of Queens.
 08.40 The King of Queens.
 09.10 Frasier.
 09.40 Frasier.
 10.10 Frasier.
 10.40 Frasier.
 11.10 Ramsay's 24 Hours to Hell and Back.
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 14.10 Countdown.
 15.00 A Place in the Sun.
 16.00 The Great House Giveaway.
 17.00 Chateau DIY.
 18.00 Sun, Sea and Selling Houses.
 19.00 Channel 4 News.
 20.00 Our Yorkshire Shop: A Victorian Restoration.
 21.00 Celebrity Gogglebox.
 22.00 First Dates.
 23.05 Ramsay's Kitchen Nightmares USA.
 00.00 **FILM:** Stuber (2019).
 01.40 Ramsay's Kitchen Nightmares USA.
 02.30 Come Dine with Me.
 03.00 Come Dine with Me.
 04.45 Kirstie and Phil's Love It or List It: Brilliant Builds.
 05.15 George Clarke's Amazing Spaces.
- BBC Four**
 19.00 Today at the Test.
 20.00 Top of the Pops.
 21.10 Queen at the BBC.
 22.10 Queen: The Legendary 1975 Concert.
 23.15 Freddie Mercury: The Final Act.
 00.45 Freddie Mercury: A Life in Ten Pictures.
 01.45 Top of the Pops.
 02.55 Queen at the BBC.

Pick of the Week

Saturday 5 July

King Richard (BBC1, 10.20pm)



Biographical sports drama starring Will Smith. In early 1990s Los Angeles, security guard Richard Williams has a dream that his daughters Venus and Serena will become pro tennis players, and spends nearly all his free time coaching them. Over the years, Richard and his family overcome many hurdles - financial, social, physical - but the girls' biggest obstacle may, in fact, be Richard himself.

Sunday 6 July

Live Aid at 40: When Rock 'n' Roll Took on the World (BBC2, 9pm)



The behind-the-scenes story of the 1985 charity concerts in London and Philadelphia, looking at this historic event and its legacy in Britain, the US, Ethiopia and Africa as a whole. In late October 1984, a BBC news report about a biblical famine in Ethiopia inspired Bob Geldof to collaborate with Midge Ure on a pop song that would mobilise not only Britain but also the United States, raising millions for charity, as Band Aid's Do They Know It's Christmas?

Tuesday 8 July

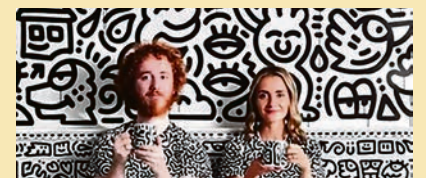
The First Georgian: The German Kings Who Made Britain (BBC4, 9pm)



Dr Lucy Worsley reveals the history of Britain under the reigns of George I and George II, in a programme originally shown to mark the 300th anniversary of the Hanoverian succession to the British throne.

Wednesday 9 July

The Trouble with Mr Doodle (CH4, 10pm)



Intimate documentary exploring how artist Sam Cox morphed into Mr Doodle - an alter ego who ended up buying a mansion and painting it white, simply so that he could draw all over it. Since childhood, Sam was obsessed with doodling, eventually bringing him to the attention of an international art dealer.



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PROMOTION



4 bedroom villa at Spatia Comporta Resort with swimming pool

Single storey 4 bedroom villa with swimming pool, in the Spatia Comporta Resort condominium, 1 hour from Lisbon, in the Municipality of Grândola.

Inserted in 2 hectares of exclusive use and with a total construction area of 340m² of gross area, this property stands out for its attention to detail, quality of finishes, landscape surroundings and luxury services.

Main features

- Living room with fully equipped openspace kitchen with 78m²
- Suite with 34m²
- 2 bedrooms
- Full bathroom
- Social toilet
- Detached guest house with 50m² walk-in closet

- suite and private patio
- Swimming pool with 70m² and lounge area with 228m²
- Pergola with kitchen equipped with barbecue and dining and leisure area with fireplace

The terraces and the landscaped garden, surrounded by pine forest, ensure absolute tranquility and privacy. Equipped with air conditioning in all rooms, parking, two storage rooms and sold furnished, equipped and decorated. Spatia Comporta Resort is designed for those who value the authenticity of

Comporta and a relaxed and sophisticated lifestyle and contact with nature. It has a 24-hour reception, restaurant, Clubhouse, swimming pool, tennis, paddle and pickleball courts, gym, as well as access to a reserved Beach Club. Ideal as a main residence, holiday home or investment, with the possibility of joining the resort's rental program. Privileged location: 10 minutes from the beaches and golf courses, 15 minutes from Carvalhal and Grândola, and 20 minutes from Comporta and Melides.

PRICE: €2,950,000 · LOCATION: COMPORTA · REF: CB02-0321



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EC: A



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EC: A



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Bedrooms: 1
Price: €250.000,00

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Top Film of the week

Fantastic Four: First Steps

Stars: Pedro Pascal, Vanessa Kirby, Ebon Moss-Bachrach

Genre: Adventure

Director: Matt Shakman

Rating: M13

Plot: Set in a vibrant, retro-futuristic world inspired by the 1960s, "Fantastic Four: First Steps" introduces Marvel's First Family. Reed Richards/Mister Fantastic (Pedro Pascal), Sue Storm/Invisible Woman (Vanessa Kirby), Johnny Storm/Human Torch (Joseph Quinn) and Ben Grimm/The Thing (Ebon Moss-Bachrach) face their greatest challenge yet.

Forced to balance their roles as Super Heroes with the strength of their family bond, they must defend Earth from a ravenous space god named Galactus and his enigmatic Herald, the Silver Surfer. And if Galactus' plan to devour the entire planet and everyone on it weren't bad enough, it suddenly gets very personal.



Cinema Listings

NOS Forum Algarve – Faro

Le Routard; Jurassic World Rebirth; F1; Materialists; How to Train Your Dragon; Elio; Lilo & Stich.

NOS Tavira

Jurassic World Rebirth; F1; M3GAN 2.0; Mission: Impossible - The Final Reckoning; How to Train Your Dragon; Elio; Lilo & Stich.

NOS Mar Shopping - Loulé

Jurassic World Rebirth; F1; 28 Years Later; Mission: Impossible - The Final Reckoning; How to Train Your Dragon; Elio; Lilo & Stich.

Continente – Portimão

F1; M3GAN 2.0; 28 Years Later; Materialists; Mission: Impossible - The Final Reckoning; How to Train Your Dragon; Elio; Lilo & Stich.

NOS Évora Plaza

The Fantastic Four: First Steps; Superman; Jurassic World Rebirth; F1; 28 Years Later; Materialists; Mission: Impossible - The Final Reckoning; How to Train Your Dragon; Smurfs; Elio; Lilo & Stich.

Estação Viana Shopping - Viana do Castelo

F1; M3GAN 2.0; 28 Years Later; Materialists; How to Train Your Dragon; Elio; Lilo & Stich.

Cineplace Loures Shopping

A Vida Luminosa; F1; M3GAN 2.0; 28 Years Later; Materialists; From the World of John Wick: Ballerina; Karate Kid: Legends; Mission: Impossible - The Final Reckoning; How to Train Your Dragon; Minecraft: The Movie; Elio; Lilo & Stich.

Cineplace Leiria Shopping

Queer; Riff Raff; A Vida Luminosa; F1; M3GAN 2.0; 28 Years Later; Materialists; From the World of John Wick: Ballerina; Karate Kid: Legends; Mission: Impossible - The Final Reckoning; How Train Your Dragon; Elio; Lilo & Stich.

Forum Viseu

Fantastic Four: First Steps; Délocalisés; Le Routard; Superman; Jurassic World Rebirth; Hotel Amor; Materialists; Karate Kid: Legends; Mission: Impossible - The Final Reckoning; Smurfs; Lilo & Stich.

Forum Coimbra

Fantastic Four: First Steps; Superman; Jurassic World Rebirth; F1; M3GAN 2.0; 28 Years Later; From the World of John Wick: Ballerina; Mission: Impossible - The Final Reckoning; Smurfs; Elio; Lilo & Stich.

Norte Shopping - Porto

Fantastic Four: First Steps; Le Routard; Superman; Jurassic World Rebirth; F1; Materialists; Mission: Impossible - The Final Reckoning; How to Train Your Dragon; Smurfs; Elio; Lilo & Stich.

(PV) - Portuguese version
(OV) - Original version.

Cinema Contacts

Cinemas NOS

www.cinemas.nos.pt

· Tavira, Faro & Loulé

Cinemas Alarcine

· Portimão: 282 411 888

· Lagos: 282 799 138

· Olhão: 289 703 332

· Sines: 269 633 510

Cinemas Cineplace

www.cineplace.pt

· Portimão: 282 070 101

· Leiria: 244 826 516

· Loures: 210 110 677

· Viana do Castelo: 258 100 260

Music

Make It Funky! 5 July from 10pm to 1am at Matrix Cocktail Bar, Loulé. Classic Funk & Soul ON 45 by DJ Rockindad. For more information, please visit MAKE IT FUNKY! Matrix Bar! Classic Funk & Soul ON 45 DJ Rockindad | Facebook

Iron Maiden – Run For Your Lives Tour. 6 July at 7.30pm at MEO Arena. Tickets cost €45, available at <https://blueticket.meo.pt/>

Algarve Camerata. 6 July at 9.30pm at Igreja São Sebastião de Lagos. Free admission, the public is invited to leave a donation at the end of the concert, which will be entirely donated to the preservation and maintenance of the venue. For more information, please visit https://www.jp-cunha.com/agenda/637/classico-em-talha-dourada_637/

Rauw Alejandro. 9 July at 8pm at MEO Arena. Tickets cost €45-€70, and can be purchased at <https://ticketline.sapo.pt/>

Beth Gibbons – “Lives Outgrown”. 16 July at 9pm at Coliseu dos Recreios. Tickets cost €24-€75, available via <https://everythingisnew.pt/>

Tindersticks. 26 July at 8pm at Hipódromo Manuel Possolo, Cascais. Tickets cost €30-€45 at <https://cooljazz.seetickets.com/content/ticket-options>

Grand National Tour – Kendrick Lamar & SZA. 27 July at 7pm at Estádio do Restelo. Tickets cost €60-€415 via <https://blueticket.meo.pt/pt/event/11183/grand-national-tour-kendrick-lamar-and-sza>

Love Riot ft. Jeremy Healy & Guests. 9 August from 6pm to 12am at Salema Eco Camp. Tickets cost €15-€20 at Love Riot @ Salema ft. Jeremy Healy & Guests - Sat 9 Aug 2025

Shawn Mendes – On The Road Again. 28 August at 7.30pm at MEO Arena. Tickets cost €45-€120, available for purchase at <https://ticketline.sapo.pt/>

Post Malone Presents: The BIG ASS World Tour. 14 September at 7pm at Estádio do Restelo. Tickets cost €60-€680 via <https://blueticket.meo.pt/pt/event/13761/post-malone-presents-the-big-ass-world-tour>

Happy Mondays. 28 September at 8.30pm at Sagres Campo Pequeno. Tickets cost €26-€40, and can be purchased at <https://ticketline.sapo.pt/>

Liniker. 10 October at 9.30pm at MEO Arena and 11 October at 10pm at Super Bock Arena. Tickets cost €25-€70 at <https://www.bol.pt/>

Counting Crows. 17 October at 8pm at Coliseu dos Recreios. Tickets cost €34-€49 via <https://countingcrows.bol.pt/>

Nick Mulvey: “Dark Harvest – World Tour”. 23 October at 9pm at LAV – Lisboa ao Vivo. Tickets cost €27 at <https://ticketline.sapo.pt/evento/nick-mulvey-dark-harvest-world-tour-91847>

The Hives. 4 November at 9pm at Sagres Campo Pequeno. Tickets cost €36-€38 via <https://ticketline.sapo.pt/evento/the-hives-world-tour-2025-91845>

James Arthur: The Pisces World Tour. 16 and 17 November at 8.30pm at Sagres Campo Pequeno. Tickets cost €24-€50 at <https://ticketline.sapo.pt/evento/james-arthur-the-pisces-world-tour-91095>

OneRepublic – Escape to Europe. 22 November at 7.30pm at MEO Arena. Tickets cost €38-€60, available for purchase at <https://everythingisnew.pt/>

Mumford & Sons. 25 November at 8pm at Sagres Campo Pequeno. Tickets cost €44-€66 via <https://ticketline.sapo.pt/pt/evento/mumford-sons-91842>

The Waterboys. 12 December at 9.30pm at Super Bock Arena. Tickets cost €35-€80 at <https://vibesandbeats.bol.pt/Comprar/Bilhetes/159300>

SassyBom. Every Sunday at 7.30pm at Valverde Restaurant. The New Orleans Dixie Quintet plays old favourites in Praia da Luz. Bookings can be made by contacting +351 962 541 124.

Theatre

Dueto Duelo. 4 (9.30pm), 5 and 6 July at 6pm at Teatro do Bairro, Lisbon. A musical theatre show directed by Ricardo Vaz Trindade, based on psychology, closely following a couple in their separation process. Tickets cost €15 via <https://www.bol.pt/>



Lionel Richie – Say Hello To The Hits Tour. 9 July at 9pm at MEO Arena. This year, the tour will have a new production, never seen before in Europe and the United Kingdom, and promises to be a magical tribute to Richie's enduring legacy as one of music's greatest songwriters and entertainers, and a true cultural icon. Tickets cost €55-€110, and can be purchased at <https://www.byblueticket.pt/>

Festivals

BRUNCH ELETRONIK. 29 June from 2pm to 10pm at Tapada da Ajuda, 12 July, 26 July, 3 (Brunch Algarve), 10 (Tapada da Ajuda) and 23 August from 3pm to 11pm at Pavilhão de Portugal. One of Lisbon's most iconic events is back, promising the liveliest and most danceable late afternoons and early evenings this summer. Tickets cost €35-€70 via <https://lisboa.brunchelectronik.com/>

The Other Nights of Albufeira. 7 July to 10 September at 10pm at Albufeira Marina and Praia dos Pescadores. A cycle of five classical music shows, with the aim of enriching the city's cultural programme. Tickets cost €20 at <https://ticketline.sapo.pt/>

Beach Fest 25. 11, 12, 13 July from 4pm at Club Nau, Praia Grande, Ferragudo. An incredible line-up featuring local artists including Nicole Silver, Toby One, Daddy Jack, Vibe Section, Flame Duo and more. Entry is free! Enjoy drinks from the beach bars and grab a bite to eat upstairs in the restaurant. Put on your best smile and we'll see you there! www.club-nau.com

Guarda Wine Fest. 15 to 17 July at Emblemática Alameda de Santo André. A celebration of summer with good music, excellent food and various new products from the wine producers of Beira Interior, Douro and Dão. Free entry. For more information, please visit <https://www.mun-guarda.pt/agenda/3014-guarda-wine-fest>

DUNA BEACH SUNSETS. 16 & 30 July and 13 & 27 August at Duna Beach Club, Lagos. Summer 2025 marks the 4th season of the Algarve's most sought-after sunset tickets and it's about to get even better. These sunset shows have created the most unique bubble of original music, getting you away from the commercial summer sounds on repeat and mixing you with like-minded souls. Tickets cost €10, and can be purchased at <https://dunabeachlagos.com/>

Other Events

Wine Flight Every Friday. We invite you to this unique wine tasting experience! Come and check in at Wine Castle HQ located in Mexilhoeira de Carregação where you will discover new flavours and aromas in our curated selection of wines. We will be travelling through our hand picked selection of producers from all corners of the country and international. You are all invited to join in and embark on this adventure. Call for more info and to reserve your spot at 961 386 661.

NOTE: Events are correct at the time of going to press and according to information given to The Portugal News. However, events may be cancelled, delayed or fail to live up to their billing. Please send your events to events@theportugalnews.com by midday on the Friday before the following publication.

“VÍNCULO, ENCONTRO PARA UM JARDIM”. 5 April to 27 September, Tues-Sat from 1pm to 7pm at Centro de Exposição de Alcantarilha. An exhibition of 18 works from the Luís Negrão and Family Collection, curated by Hugo Silva Santos. Free entry.

“On the Edge of the Ephemeral”. 11 April to 30 August, Tues-Sat from 10am to 1pm & from 2pm to 6pm at Casa da Ribeira, Viseu. Leticia Barreto and Joaquim Marques bring together worlds in transformation. For more information, please visit www.instagram.com/leticiabarreto_art/ and <https://www.instagram.com/joaquimsaraivamarques/>

Photography Exhibition by KameraEskura. 2 June to 31 July, Mon-Sat from 10.30am to 7pm at Teias Arte Local, Lagos. An exhibition by award winning photographer KameraEskura is now on display in Lagos, featuring limited-edition prints that capture the essence of his acclaimed work. This exhibition offers a unique opportunity to experience Guerreiro’s artistry in an intimate setting, available until the end of July. For more information, please visit <https://teiaslagos.pt/>

“Ripple and Roar”. 7 June to 19 July at Museu do Traje, São Brás de Alportel. Born from two different continents but both with a passion for the natural world, Avril and Helen have come together to highlight the beauty of the amazing planet we share with the flora and fauna that inhabit the earth. Free admission. For more information, please visit <https://amigosdomuseu.com/en/>

Albufeira Bathing Season Programme. 18 June to 10 September at Largo Eng.º Duarte Pacheco. Music concerts, dance performances, capoeira demonstrations and much more! Albufeira’s bathing season programme includes a diverse set of initiatives designed to liven up the summer evenings in the city’s historic area. For more information, please visit <https://www.cm-albufeira.pt/artigo/albufeira-volta-animar-noites-de-verao-com-musica-danca-e-tradicao>

“Serendipity” Exhibition. 21 June to 26 July at Galeria Castra Leuca Arte Contemporânea, Castelo Branco. An exhibition that brings together works by two artists from distant continents: Patricia Borges (Brazil) and Shih Yun Yeo (Singapore). This cultural space invites the public to enjoy an artistic dialogue marked by chance, impermanence and the fusion between the natural and the technological, involving artificial intelligence. Free entry. For more information, please visit <https://castraleuca.pt/>



Estoril Craft Fair. 27 June to 24 August, Open Sun-Thurs from 5pm to 11pm and Fri-Sat from 5pm to 12am at Espaço Fiartil. For two months, the hottest of the summer, will welcome all those who want to enjoy their afternoon and evening in the company of the best crafts and the most traditional entertainment. Tickets cost €1.50, please visit <https://fiartil.pt/>

MAKE ART NOT WAR by REMAUT. 28 June to 7 August from 10am to 10pm at Xochi Art Gallery. Critically acclaimed Belgian artist Roger Remaut brings a powerful body of work shaped by a career spanning five decades. Bar open throughout gallery hours. This exhibition is free and open to the public. For more information, please visit <https://xochi.art/exhibitions/make-art-not-war>

Sunset Secrets. 3, 10, 17 and 31 July from 6.30pm to 11pm at Castelo de Silves. A programme that promises to fill summer evenings with quality music, regional flavours and memorable moments. Tickets cost €5, and can be purchased at <https://cmsilves.bol.pt/>

Candlelight Culture Market. 3 to 6 July at 8.30pm at Convento de São José, Lagoa. The 10th edition of this market, themed “World Heritage Cultural Expressions”, will feature more than 60 artisans from different cultures who will share traditions, flavours, knowledge and artistic expressions over four unforgettable nights. For more information, please visit <https://welcometolagoa.pt/561/mercado-de-culturas--3-a-6-julho-de-2025>

PLANETA AZUL Exhibition. 5 July to 28 September from 10am to 6pm at Portimão Museum. This exhibition explores the beauty and vulnerability of our Earth and the need to protect and preserve its resources, especially the oceans, rivers, and lakes. For more information, please visit <https://algarveartistsnetwork.com/>

International Day of Compassion. 6 July from 1pm to 3pm at In Harmony Centre, Lagos. Join us for a family-friendly afternoon of compassion to celebrate His Holiness the Dalai Lama’s 90th birthday. Listen to the Dalai Lama’s words of compassion, read by community members, meditate, and create your own prayer flags. Part of the 2025 Compassion Rising World Tour. Free entry. For more information, please visit www.inharmony-centre.com

Laurinda Aguiar da Silva presents “O Lápiz Azul”. 6 July at 5pm at Museu Municipal de Faro. This is the author’s first book, and it will be launched in the cloisters of the historic venue. For more information, please visit https://www.facebook.com/algarveprimeiro/photos/primeira-obra-de-laurinda-aguiar-da-silva-lan%C3%A7a-no-museu-municipal-de-faro-btt/1152302710248090/?_rdr

Family Events at the Beach. 14 to 18 July at 6.30pm at Praia da Rocha – on shore below Hotel Algarve Casino. Come and join us for evenings full of fun for the entire family! Each day will feature its own activity, starting with a Sand Modelling Competition, Pirate Night, Mini Golf, Mini Olympics, and ending with a Family Fun Night. Free admission.

Batalha do Vimeiro. 18 to 20 July at the Batalha do Vimeiro Interpretation Centre, Lourinhã. The 9th edition of the Batalha do Vimeiro and Pharmacy in the Napoleonic Era, seeks to showcase the stories and curiosities from the period of the French invasions in Portugal. Free admission. For more information, please visit Batalha do Vimeiro

Scottish Country Dancing. Every Monday, from 7pm to 9pm, at the Nobel International School. For details, please contact Mardie Cunningham 282 356 029 / 964 278 432 or email rosevale45@gmail.com.

Paintings by Liz Allen. Open Mon-Fri, from 10am to 4pm, at Ochalá Casa da Chá, Rua Dr. Samora Gil, no. 12, Monchique, 8550-461. Unframed prints and greeting cards also available. For more information, please contact lizallenart.com or +351 962 446 606.

Teias Local Art. Open Mon-Sat, from 10.30am to 7pm, at Rua António Crisógo dos Santos 31, Lagos. Exhibition of high-quality arts & crafts, created by local Algarvian artisans. Workshops available. For more information, please contact 914 008 976 or visit www.teiaslagos.pt

Local Arts & Crafts Exhibition. Open daily, from 10am to 5pm at Artes@Spa, Caldas de Monchique. Glass, Jewellery, Textiles, Ceramics, Wooden puzzles, Natural skin care products, Greeting cards for all occasions, Original Art and Prints. For more information contact Gillian Goode on 961 571 984.

Workshop & Other Events

Diving into Meditation – Meditation Principles and Techniques for Adults. 24 April to 11 December at 6pm at Biblioteca Municipal de Lagoa. Once a month, Rui Guimarães will host practical concentration and meditation sessions that aim to provide this experience using mindfulness which participants can replicate in their personal practice. It is advised to wear comfortable clothes and bring your own mat. Prior registration is mandatory via biblioteca@cm-lagoa.pt

Creative Watercolour Workshop. 8 July from 3pm to 6pm at Teias Arte Local, Lagos. Led by Jaurné van der Westhuizen. Registration costs €35, please contact jaurne@icloud.com

Paper Flowers Workshop. 10 July from 3pm to 6pm at Teias Arte Local, Lagos. Led by Rita Cosma. Registration costs €20, please contact recortesdejardim@hotmail.com



Ceramics Breakfast Workshop. 14 July from 2pm to 5pm at Teias Arte Local. Led by Vanessa Carrasco. Registration costs €45, please contact saramica.ceramics@gmail.com



Algarve Markets

Silves

Alcantarilha – 1st Friday of the month at the Parish Council Square from 8am to 1pm

Algoz Flea Market – 1st Saturday of the month at Várzea Square from 8am to 1pm

São Marcos da Serra – 1st Saturday of the month at the Church Square from 8am to 1pm

Vila do Bispo

Sagres – 1st Friday of the month

Barão de São Miguel – 1st Monday of the month

Budens – 1st Tuesday of the month

Raposeira – 1st Wednesday of the month

Vila do Bispo – 1st Thursday of the month

Loulé

Loulé – Every Saturday of the month in front of the Convent of Santo António from 7am to 1pm

Almancil – Every Thursday of the month next to ASCA from 7am to 1pm

Ameixial – 1st Thursday of the month from 7am to 1pm

Quarteira – Every Wednesday of the month at Fonte Santa from 7am to 1pm

Quarteira Flea Market – 1st Saturday of the month in the city centre from 8am to 1pm

Farmers Market – First Sunday of each month, 10am – 1pm, Quinta Shopping. info@quintatashopping.com

Lagos

Lagos Flea Market – 1st Sunday of the month at Municipal Sports Hall Car Park from 8am to 2pm

Lagos – 1st Saturday of the month on the land next to Municipal Stadium from 7am to 2pm

Lagos Levante – Every Saturday of the month from 7am to 2pm

Viv’O Market – Every Wednesday from 4pm to 8pm

Albufeira

Paderne – 1st Saturday of the month at Pé da Cruz from 8am to 1pm

Albufeira – 1st Tuesday of the month next to the Marina from 8am to 1pm

Olhos D’Água Flea Market – 1st Sunday of the month from 8am to 1pm

Olhão

Fuseta – 1st Thursday of the month next to the campsite from 7am to 1pm

Moncarapacho – 1st Sunday of the month at the Market square, next to the football field of Torrinhã

Portimão

Portimão – 1st Monday of the month at Fair and Exhibition Park from 8:30am to 12:30pm

Portimão Flea Market – 1st Sunday of the month at Fair and Exhibition Park from 8:30am to 12:30pm.

Faro

Faro Flea Market – 1st Sunday of the month in Estoi

Agrícola de Faro Market – Every Sunday morning from 8am to 1pm at Largo da Igreja do Carmo

Tavira

Tavira Flea Market – 1st Saturday of the month next to the municipal market from 9am to 1pm

São Brás de Alportel

São Brás de Alportel – Every Saturday of the month at Roberto Nobre Park from 7am to 2pm

Aljezur

Producers Market – Every Saturday at the Espaço Multiusos from 8am to 1pm

DISCLAIMER: The Portugal News has no say with regard to any changes in the programming, cancellations or date changes of events organised by other entities. Any information should therefore be requested from the respective event organisers.

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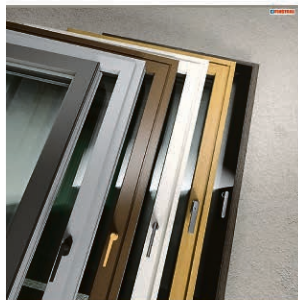
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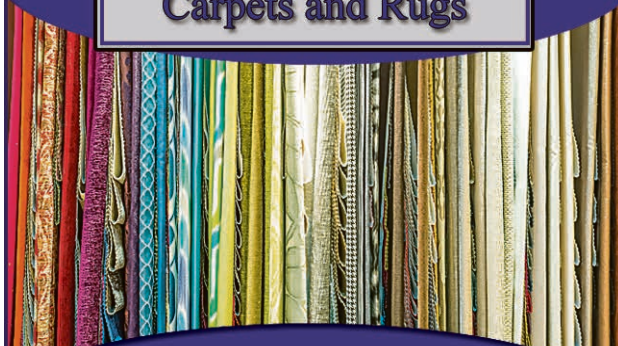
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Letters to the Editor

Registering to vote

EDITOR, I refer to your Consular Corner in 28 June edition. I thought the Consular staff would be interested to hear of my experience in attempting to register to vote in Portugal.

As a resident of this fair land since 1988, a permanent residence visa and a fairly knowledgeable insight into Portuguese politics, I thought it worthwhile to follow the advice provided in the article you printed. With residence, passport and proof of dwelling in hand, I presented myself at the Junta de Freguesia in Albufeira and requested permission to cast my vote.

The official on duty, polite and courteous as she was, advised me after tapping away at her computer that the right to vote was restricted to residents with nationality of one of the EU countries. As I was of UK nationality, the right did not extend to me. I asked for this to be confirmed, which it was and I was politely escorted to the door.

Call me a second-class resident as far as the Portuguese authorities are concerned.

GEOFF COOK, By email

Editors response: Thank you for sharing your experience with registering to vote. It is troubling to hear of your experience. We have contacted the Consulate who have suggested that your experience could possibly be in relation to the national or legislative elections which took place on 18 May this year. For legislative elections you do need to be a national or dual national of Portugal to cast your vote. The elections referred to in the article are in relation to local elections which have other, very clear conditions, and are open to non-Portuguese nationals to participate. The consulate would encourage you to return to the Junta de Freguesia of Albufeira to register to vote in the local elections which should take place in October. If anyone else has experienced any issues in registering to vote we encourage you to get in contact with us at **The Portugal News** directly by emailing editor@theportugalnews.com

Congratulations

EDITOR, Congratulations to Mr Richard Clingen for his article and success with **The Portugal News**. I am Portuguese, 70 years of age, and I truly appreciate your work.

RICARDO ESTEVES, By email

Wildfires

EDITOR, Last night we received a message from Team 6 regarding a fire that started between Quinta Formosa and the Pinheiros Altos golf club. Fortunately, it was quickly controlled by local firefighters.

We received a message to be careful with our barbeques and to organise our gardens and declutter any debris, dead leaves etc. as a precaution, especially during this period of very hot weather.

Our concern is that when driving through the locality, in general, my husband and I notice large areas of land, for example, around Laranjal (on the local road to the golf course), in front of the PA golf club maintenance area, and along the road to Ancão Beach, to mention just a few, which have a large number of dead trees stacked in what can only be described as bonfires waiting to be lit and would no doubt act as an accelerant.

This seems to be a very reckless and dangerous situation, given the terrible wildfires here in 2023.

We see very little sense in maintaining and organising our gardens when we are surrounded by a tinder box.

Perhaps you might highlight this very dangerous situation and why it is being ignored in a densely populated tourist area that regularly experiences very high temperatures during the summer months. We had the impression that all landowners were obliged to clean their lands of bushes and undergrowth. Clearly this is not being done.

We look forward to hearing from you in response to this great threat to the area.

LAURA AND HARRY COLLEY, By email

The Portugal News - Briefs

EDITOR, I have been reading your newspaper with some interest. I enjoy the various topics you publish - on arts, health, community news, recipes and even a consular corner. Good and useful information which we can no longer get from the very depressing main stream news.

I especially enjoy "The International News in Brief" and

the "Regional Briefs", notwithstanding the fact that they truly are brief!

TERESA PIGNATELLI, By email

Tipping in Portugal

EDITOR, Including tipping in restaurants, in my opinion, is really stupid.

The tip is for any extra service, not to be part of the cost with the meal.

When I go to a restaurante, and get service above the service included with the meal, its up to me to decide if I should leave a tip or not.

Let's not change the good portuguese old system!

JOSE PEREIRA, By email

Re: New Rules (and fines) begin in Algarve tourist hotspot

EDITOR, I am a Portuguese citizen who, after reading this text a few times, realised why I felt so concerned by this article.

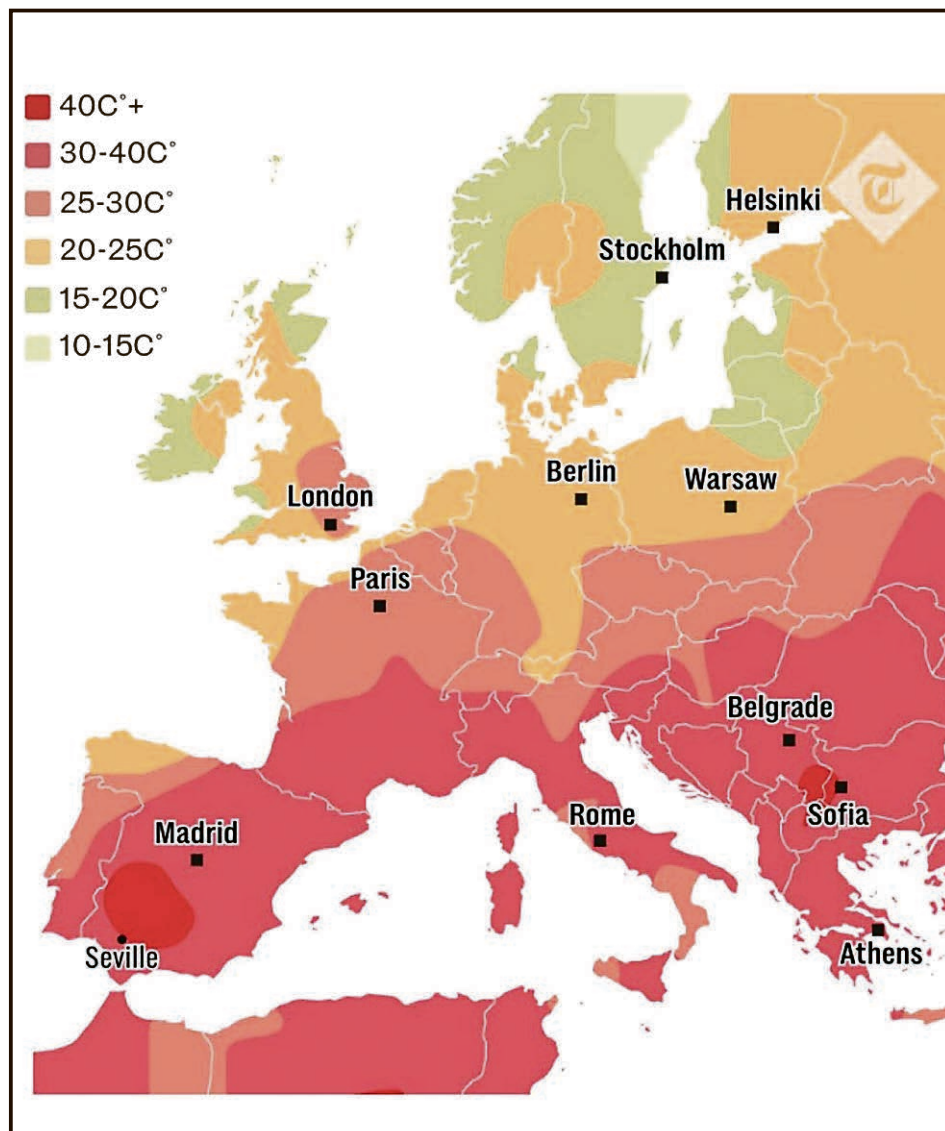
I was born and lived under a dictatorship, a patriarchy ruled by church and sanctimonious hypocrisy!

So, as much as I dislike people displaying themselves, I do not find wearing bikinis or a swimsuit in public areas such as a tourist hotspot, by the sea... - offensive. Especially during the daytime.

What is offensive to me is that rather than educating people and fining the abusive behaviour - it is the holiday traveller who is penalised. Such a convenient and easy measure. Of course, with the rise of the right wing in the Algarve, this is what we should expect. What next - the burkini?

TERESA, By email

The opinions expressed here are those of our readers and not necessarily of The Portugal News. The Editor reserves the right to edit letters or refuse publication. Send your letters, which must include your name and full postal address and should preferably be under 300 words, to: The Portugal News, Apartado13, 8401-901 Lagoa or Email: letters@theportugalnews.com



Adrien Saddier wins maiden title at Italian Open on his 200th DP World Tour start

Adrien Saddier produced a back-nine birdie blitz at the Italian Open on Sunday to clinch his maiden DP World Tour title on his 200th appearance with a two-shot victory.

Third-round leader Martin Couvra had been in control for much of the day but five birdies on the closing stretch catapulted fellow Frenchman Saddier to the summit as he made a closing 66 to finish the tournament on 14 under par.

Saddier went into the final round just one stroke off the lead but found himself three back as he reached the turn after following up a birdie at the second with bogeys on the fourth and eighth.

He caught fire on the back nine, though, as birdies at the tenth, 11th, 13th, 14th and 16th saw him open up a commanding three-shot lead.

And the 33-year-old safely parred the final two holes to enter the winner's circle for the first time at this level on his landmark appearance.

Couvra finished alone in second on 12 under following his 69, while Scotland's Calum Hill and Englishman Dan Bradbury shared third place on ten under.

Saddier, who was unwell at the start of the European Swing, remarked earlier in the week that he was "back in full form", and he certainly showed that at Argentario Golf Club in round four.

With his playing partners

Couvra and Eugenio Chacarra making good progress in the early stages, Saddier made a four-foot birdie on the second to remain within striking distance.

But his chances of winning seemed slim when he followed up a bogey on the fourth by dropping another shot at the par-three eighth to fall to nine under.

Saddier came roaring back after the turn, however, slotting in his 13-foot birdie effort on the tenth before making it two in a row from 18 feet at the next.

A good par save from six feet on the 12th kept the momentum going and the moment of the day arrived at the 13th as Saddier's 22-foot birdie putt eventually dropped after the ball had clung to the edge of the hole for what seemed like an eternity.

That handed him a share of the lead on 12 under but he would soon hit the front on his own, sending his approach at the short 14th to two feet before converting the birdie putt to reach 13 under.

And there was a two-shot swing on the 16th as Saddier made a seven-foot birdie and watched Couvra surrender a bogey, handing the former a three-shot cushion.

He did not put a foot wrong at the last two holes,



parring each of them to win by two and book his place at The 153rd Open at Royal Portrush alongside Couvra, who now tops the European Swing Ranking. An emotional Saddier said: "It's great. It's taken so much work to be able to do this. I'm just grateful. "I started the back nine really good and I just said 'just stay in your own zone,

just keep focused, make the putts". And I did it. "Starting with the beginning, I have to thank

my dad. Because he took the decision to bring me to golf when I was three. "I have to thank my mum,

who let me play golf. And, of course, my wife. It's great."

DP World Tour

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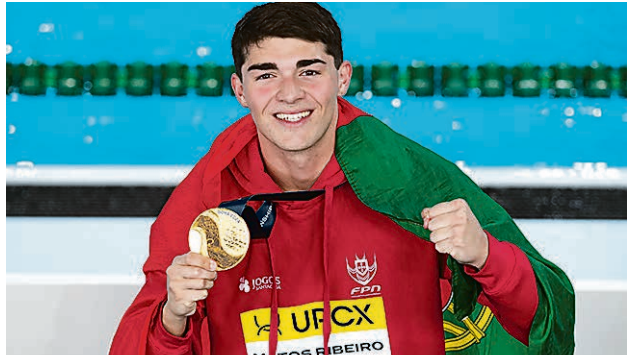
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Portuguese swimmers congratulated



The Minister of Culture, Youth and Sport congratulated swimmers Diogo Ribeiro and Francisca Martins on their medals at the European Under-23 Swimming Championships.

“We are very proud of you, Diogo Ribeiro! The gold medal in the 50-metre freestyle at the European Under-23 Championships and the new national record, achieved in Slovakia, leave the Portuguese Government deeply honoured!” wrote Margarida Balseiro Lopes on X. Francisca Martins was also runner-up in the 400-metre freestyle, a distance in which she won the bronze medal at the last European Championships.

“National swimming continues to fill us with pride! Congratulations, Francisca Martins! The Portuguese Government enthusiastically celebrates the silver medal won in the 400-metre freestyle at the European Under-23 Championships,” reads the government official’s account.

Daniela Campos wins cycling title

Algarve athlete Daniela Campos won the Eneicat-CMTeam for the third time in Ourém, in the district of Santarém. Raquel Queirós and Maria Martins also took their places on the podium.

Algarve athlete Daniela Campos won her second consecutive title in the long-distance category, winning a short sprint in Ourém. The cyclist achieved the best performance at the end of the 80.3-kilometre women’s race in the National Cycling Championships. Daniela Campos, an Olympic athlete who races for the Spanish team Eneicat-CMTeam, completed the entire course in two and a half hours, earning her second consecutive title and the third title of her career. In the time trial category, the athlete already has three other titles in her portfolio. Raquel Queirós, who participated in the cross-country event at the 2024



Paris Olympic Games, came second with the same time. The third-placed rider, Maria Martins, also finished with the same time. She is also an Olympian in the French capital, competing in track events.

Marta Carvalho was crowned national under-23 champion, finishing the 68.1 kilometres in 1:56.31 hours, adding the long-distance race victory to the time trial victory she achieved on Friday.

Beatriz Roxo, also from Cantábria Deporte - Rio Miera, came second with the same time as the winner, with Daniela Simão closing the podium two seconds behind, repeating the same place as the day before.

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