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E. C. VINTAGE CAR EXHIBITION — 16 SEPTEMBER

Vale do Lobo Summer Party surprises

Focus on spectacular decoration and quality musical acts impresses guests

AUGUST WAS A MONTH of grand events in the Algarve, not least the exciting Vale do Lobo Grand Champions Caixa Geral de Depósitos tennis tournament, and the acoustic Lloyd Cole concert on the resort's football pitch – but among these events, the Vale do Lobo Summer Party managed to stand out as an original and spectacular occasion. With a totally different approach to previous years, the event focused on wowing its guests with delightful decoration of the naturally beautiful lakeside area at the Golf Academy, constant animation and great musical entertainment. All the details of the event, as well as a full report on the Grand Champions tennis tournament, in a special supplement inside. ●



Rehabilitation training

At Vale do Lobo



JOHN GREEN, physiotherapist to a number of UK Premiership footballers began bringing his talented patients to Vale do Lobo this summer. He recently did an intensive rehabilitation programme with West Ham's Scott Parker and Dean Ashton, both of whom have seen their selection for the first team of the England national side impeded by injury.

"Vale do Lobo is really a perfect venue for sports rehabilitation, not only because of the fantastic weather, but because of the possibility to train with water and sand, which are excellent media for rehabilitation. Water is gentle in the early stages, while the giving effect of sand is great later on, for multi-directional work; it recruits muscles that are normally not recruited. So we have been jogging on Vale do Lobo beach each morning, using the Fitness Centre in the afternoon when it's hot, because it is air conditioned and very well-equipped for upper body work, then progressing to the football pitch in the early evening. The pitch is in excellent condition – the grass feels really spongy underfoot, which is also important for players recovering from leg injuries," John explained.

The two footballers were delighted to comment: "There are great facilities in Vale do Lobo for off-season training," said Scott Parker, who is a regular in the Algarve, "plus it's ideal for combining training with a family holiday." For Dean Ashton, it was a new experience: "This is my first time here," he said, "I've

found it to be a good mix between work and relaxation, because there are lots of other facilities – the golf courses, beach and restaurants."

In August, John returned with Damien Duff. Duff has been plagued by injury since he transferred to Newcastle United from Chelsea last season – he was only recovering from a knee operation when he fractured his foot during a match at the end of April. He thus had a screw in his foot for the last four months. This was removed last week and his rehabilitation can now begin.

John Green took advantage of the fact that Damien was on holidays here to show him the sports facilities at Vale do Lobo and how the resort could help in his recovery. They trained in the Fitness Centre, focusing on strengthening the winger's calf muscles with the smeth and leg press machines, as well as building confidence in putting weight back on the toes, using the fitball.

"I've been walking for hours on the beach every day as well, to try to strengthen my muscles," said Damien, "I'm here on holidays with my mum and dad, and they're relaxing by the pool while I'm working!" He did admit to having a bit of time to enjoy the resort in the evenings, trying out Teahouse Oriental and Monty's at the Praça, but said he was looking forward to coming back in a month when he would be able to take more advantage of the facilities. "I definitely want to come back for the golf," he said, "it's frustrating that I can't play at the moment." •

Charity Golf Tournament and Gala Dinner Dance 'The Lady Taverners' • Friday 7th and Saturday 8th September

ON SATURDAY 8TH SEPTEMBER, The Lady Taverners will hold its annual Gala Dinner Dance. The illustrious charity event promises a wonderful night out and is an opportunity to help two very worthy causes.

A black-tie/ lounge suit occasion held in the Vale do Lobo Auditorium, the evening begins with a formal dinner, followed by the appearance of Keith O'Keefe, one of the most popular after-dinner speakers of

the moment, whose irreverent style of humour and constantly updated material is sure to bring more than a touch of amusement to the evening. An auction and dancing complete the night. The proceeds support The Lady Taverners' fundraising efforts, with a donation also being made to the Wolf Valley Charity Fund.

A further fundraiser is the two-day Golf Tournament on Friday 7th and Saturday 8th September, priced at €85,

or €55 for Vale do Lobo Proprietors' Club members, per day.

Tickets for both the Golf Tournament and the Gala Evening are now available at the Golf Reception. Dinner Dance tickets are priced at €90 per person (€80 for Proprietors Club members), including the reception, three course dinner, wine, water and coffee.

The Lady Taverners is a fundraising arm of The Lord's Taverners, a

UK-based members' club and charity, whose objective is to give young people, particularly those with special needs, a sporting chance. Committed patrons include property owners and familiar faces around Vale do Lobo Judith Chalmers and Neil Durden-Smith. Judith Chalmers hosts the evening, while Neil Durden-Smith conducts the auction. •