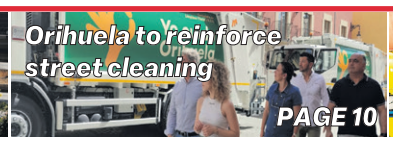
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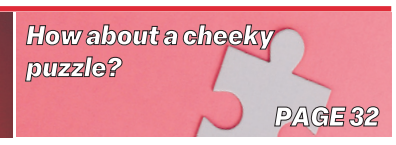
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St Patrick's Day Parade turns the coast green



Orihuela Costa hosted its annual Saint Patrick's Day parade on Sunday (15th March) in Cabo Roig, an event that has become a highlight of the festive calendar of the coast and one of the biggest Parades outside of Ireland.

The celebration was heralded last week by Manuel Mestre alongside members of the Saint Patrick's Day Parade Cabo Roig association. The parade is supported by the municipal departments of Coast, International Residents, and Festivities, whose collaboration has helped establish it as one of the most prominent St. Patrick's Day events in Spain and Europe, attracting an estimated 30,000 attendees.

The parade started at 3pm on Mar Street and featured around 50 groups representing multiple nationalities, highlighting Orihuela Costa's inclusive, multicultural make up.

The parade was headed of Deputy Peter Roche, who served as Grand Marshal for this, the 13th parade to be held on the coast. As always Torrevieja Pipes and Drums led the procession, which saw a diverse lineup including biker groups, bagpipes, stilt walkers, floats, classic cars, and traditional dancers.

The streets of Cabo Roig were a sea of green as people in fancy dress gathered to celebrate the Irish patron saint with music, colours, and entertainment throughout the day. Bars and restaurants along the strip joined the celebrations with Irish themed menus featuring Irish beef stew, colcannon, champ, boxty and Dublin coddle. All washed down with pints of Guinness and Magners cider. There was wall-to-wall music for Irish folk to rock, to suit all tastes.

The parade has a considerable significance not only as a cultural event but also as a boost to tourism and the local economy, playing a key role in promoting and revitalising Orihuela Costa. It also plays a key role in fostering cultural integration, showcasing the coexistence and contributions of the area's diverse national communities.



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Middle East conflict sees cost of living increase

Eggs remain the biggest driver of food inflation in Spain, with prices soaring 30.1% in February compared with the same month last year, according to the latest consumer price data released by National Statistics Institute (INE Spain).

The sharp rise highlights continued pressure on household grocery budgets even as overall food inflation remains relatively moderate. The category covering food and non-alcoholic beverages recorded an annual increase of 3.2%, two-tenths of a percentage point higher than the previous month.

Statistics officials said the uptick was largely influenced by price stability in oils and fats and in fish and seafood, compared with declines in those same categories during February 2025.

Short-term price movements have also been noticeable. Over the past month, fresh fruit prices have climbed by 6.3%, helping push the cost of the typical shopping basket up by 0.6%. The monthly increase was driven mainly by higher prices for fruit and nuts, vegetables, legumes and potatoes.

Economists say international tensions are beginning to influence food costs indirectly. The ongoing conflict in the Middle East is raising energy prices and disrupting logistics and agricultural inputs—factors that ripple through the food supply chain and ultimately affect retail prices in Spain.

Although supermarket supplies remain stable, distributors and government officials have warned that a prolonged conflict could lead to a more pronounced increase in grocery bills.

Spain's economy minister, Carlos Cuerpo, said the government is closely monitoring developments and may extend or reintroduce a zero-percent VAT rate on basic food items to help limit inflation. Authorities are also in discussions with unions and business associations about potential fuel and energy price caps to avoid a repeat of the surge experienced during the 2022 energy crisis.

Recent market shifts suggest the pressure may already be building. Grocery prices rose by an average of 2.8% in a single month following the escalation of the conflict, with meat, fish and seafood among the products recording the fastest increases.

Labour groups warn that rising costs are beginning to outpace income growth. The trade union Unión Sindical Obrera said essential goods are becoming more expensive more quickly than wages are rising, despite recent salary increases in several sectors.

Higher fuel costs are a major factor. Increased oil and gas prices raise the expense of transporting food from farms and ports to supermarkets. In some parts of Spain, fuel prices have climbed by as much as 25% during March 2026, according to industry estimates, prompting haulage companies to warn that those costs will eventually be passed on to consumers.

Agriculture could also be affected by global supply disruptions. Around one-third of the world's fertilizer supplies—including ammonia and sulphur—move through the Strait of Hormuz. Any disruption to this route could increase farming costs and potentially reduce crop yields for Spanish producers.

Torrevieja spruces up its fountains

The Parks and Gardens Department of Torrevieja City Council has begun a programme of cleaning and maintenance on 19 ornamental fountains located throughout Torrevieja. The initiative aims to improve the condition of the fountains; ensure they operate correctly and preserve these features as part of the city's urban landscape.

The work includes a deep cleaning of the structures, the removal of accumulated sediment, inspection of the operating systems and the repair of minor cracks detected in several fountains. According to the council, these measures will enhance both the appearance of the fountains and their long-term durability.

Some of the fountains had previously been difficult to access for maintenance, which delayed necessary work. To address this issue, the council has introduced a phased strategy to gradually carry out the required tasks across the municipality.

Several of the city's most central fountains are currently undergoing restoration, including those located in Plaza de la Constitución and Plaza de Waldo Calero. Maintenance is also being carried out in other areas of the city, such as Punta Prima Playa, the La Veleta roundabout, Parque Doña Sinforosa, Plaza Marina Española, Parque de las Naciones, Parque Aromático, Parque de La Siesta and Parque Molino del Agua, among others.

In addition, maintenance work is being carried out on several emblematic fountains, including the one at the Salt Worker Monument, the Coralist Monument fountain on the Vista Alegre Promenade, the "Three Little Pigs" fountain in Punta Margalla and the fountain located next to the La Loma Health Centre.

Councillor for Parks and Gardens Concha Sala said the work forms part of an ongoing municipal plan to conserve and improve Torrevieja's public spaces. She explained that the plan is being implemented gradually to ensure better upkeep of the city's ornamental features and to present the public spaces in their best condition ahead of the Easter holiday period.



Two men arrested at a checkpoint in Playa Flamenca

Local police in Orihuela have detained two men as alleged perpetrators of a crime against public health after finding 8.8 kilograms of a plant substance resembling marijuana in their car. The find was made during a preventative traffic control operation carried out in the area of Playa Flamenca.

The events occurred when officers set up a routine checkpoint in Calle Salvador Dalí. During the operation, police stopped a BMW X6 with a German registration in which two men were travelling.

According to the police report, the officers detected a strong smell of marijuana coming from inside the vehicle, which resulted in a search of the occupants and the car inspection. During the search of the boot, the police located a sealed and taped cardboard box which also had a concealment system using polyurethane foam apparently designed to make it difficult to locate the contents. When the officers asked what was inside, the driver said that it was clothes received by post, although he initially refused to open the box.

When the officers opened the box in the presence of the occupants, they found several bags containing a pressed plant substance that appeared to be marijuana. Both men were arrested for an alleged crime against public health.
The vehicle was subsequently taken to police headquarters and impounded, and the seized substance was weighed at a pharmacy, where it was determined to have an approximate weight of 8.8 kilograms.

During the operations at police facilities, the officers also located a fake Bulgarian identity card, which was hidden in the mobile phone case of one of the detainees.

Once the proceedings were completed, the detainees and the seized items were placed at the disposal of the Civil Guard of the Pilar de la Horadada station, which is now in charge of the investigation.

The checkpoint was part of the preventive measures for control and citizen security which the Local Police routinely carry out with the aim of detecting possible criminal activities.



Elderly driver with dementia found in Guardamar

Local Police in Guardamar del Segura located an elderly foreign man with dementia who had been reported missing while out driving.

According to police sources, the alert was made by the Local Police in Rojales after the person disappeared around 7pm while driving his car.

Hours later, at around 11:30pm a resident reported the presence of a car, stopped on the N32 without any lights on. After heading to the scene, the officers found the person inside the vehicle to be anxious and visibly disoriented. The police officers assisted the driver and, once his condition was checked, he was reunited with his family.

The Local Police have used this case as an opportunity to remind people that in cases of cognitive impairment the first minutes after a disappearance are key. They recommend immediately notifying the emergency services in the event of any unusual or unjustified absence. They also stress the importance of preventing people with this type of pathology from driving for their own safety and that of other road users.

The police highlighted the collaboration of the public in this case, which made it possible to quickly locate the missing person and reunite him with his family.



Campaigners demand Orihuela Costa gets its own health zone

A local healthcare campaign platform is stepping up pressure on the city council to deliver proper public health provision for Orihuela Costa, submitting a formal document this week that sets out a series of urgent demands they say can no longer be delayed.

At the heart of the campaign is a call for Orihuela Costa to be recognised as its own basic health zone, something the platform argues is long overdue given that the area has around 30,000 registered residents, a figure that reportedly triples during the busiest periods of the year.

Despite that, the entire stretch of coast is currently served by just one primary care centre, which falls under the Pilar de la Horadada health district, meaning residents regularly have to travel several kilometres out of the area for tests, specialist care and rehabilitation.

To add insult to injury, Orihuela city, with a comparable permanent population, has two health centres and a dedicated specialist centre on its doorstep.

The platform is also calling for the existing health centre to be upgraded as an immediate measure, and for the construction of a second public health centre in the area, plans for which received a favourable report from the Regional Ministry of Health this week with an estimated budget of just under €8.9 million.

Perhaps most pointedly, the campaign is demanding that a plot of land in Lomas de Cabo Roig, which the City Council is understood to be intending to lease to private healthcare provider Ribera Salud for the construction of a private hospital, should instead be transferred to the Regional Ministry of Health and used for a second public hospital under the Torrevieja health department.

The platform argues that the shortfall in public healthcare in Orihuela Costa should not be used as a justification for expanding private provision, and that public taxes should go towards public services that are accessible to everyone.



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Torrevieja to install new system to regulate 3,500 parking spaces

The Torrevieja City Council is moving closer to implementing a regulated parking system, commonly known as ORA or "blue zone," designed to improve urban mobility and ensure that public parking spaces are available to drivers who need them for short periods. The initiative, long discussed by the Traffic department since 2019, is now in its final stages, with the city set to join the ranks of most Spanish municipalities of its size that already have such systems in place.

For years, Torrevieja residents and visitors have faced significant challenges finding parking, particularly in the city centre and along the coast during peak tourist seasons. The ORA system is intended to address these problems by promoting turnover in high-demand areas, making it easier for shoppers, commuters, and administrative visitors to access key parts of the city.

The planned system will regulate over 3,500 parking spaces, divided into two primary zones. The urban centre will contain approximately 1,900 spaces, while the beaches—an area highlighted as a novel addition to the project—will include 1,640 spaces spread along roads parallel and perpendicular to the coast. The council plans to apply different regulations and pricing structures in each zone to reflect varying traffic demands, though final details are still being refined.

In the city centre, the Blue Zone will cater to medium-term parking, allowing a maximum stay of two hours. Rates are proposed to be progressive, starting at €0.40 for the first 30 minutes and rising to €0.70 per hour, reaching a maximum of €1.60 for the full two-hour period. This structure is designed to encourage drivers to move vehicles efficiently while maintaining accessibility to shops and services.

High-turnover streets, including Ramón Gallud - currently the only central street with limited temporary parking - will form a Green Zone. In this area, the maximum parking time will be reduced to one hour, with fees higher than the Blue Zone to discourage long-term parking. Rates are expected to start at €0.80 for the first 30 minutes and reach €1.40 for a full hour, ensuring that the most sought-after spaces are frequently available.

Seasonal Orange Zone for Beaches

One of the most significant additions to Torrevieja's ORA plan is the extension of regulated parking to the city's busiest beaches during the high season. Beaches including Los Locos, Náufragos, El Cura, and La Mata will be designated as Orange Zones. Here, maximum parking will be extended to four hours to accommodate tourists, but rates will be higher to reflect strong demand. The initial 30 minutes are expected to cost €0.75, climbing progressively to €6.00 for the full four-hour stay.

The system will also feature modern technology to streamline payments and improve the user experience. Approximately 70 new-generation parking meters will be installed, supported by a mobile application that allows payment without coins, remote ticket extensions, and end-of-time notifications. A key feature, known as "pay-as-you-park," ensures that users pay only for the actual time their vehicles are parked, offering greater flexibility for short visits.

The parking service will be operated under a five-year concession. The selected company will assume responsibility for installation, maintenance, and staffing, while paying a minimum annual fee of €135,000 to the city. Revenue from ticket sales and enforcement of violations will fund the service, ensuring no additional cost to municipal budgets.

Initially, the city had planned to launch the ORA system in 2026 alongside a low-emission zone, which largely overlaps with the regulated parking areas. However, the technical and legal specifications for the project are still pending final approval. Officials say the delay allows sufficient time to prepare the tender and award the concession within the year, a timing that may also factor in the approaching election cycle.

Balanced Parking Needs

If implemented, the ORA system promises to improve parking availability, reduce congestion in the city centre, and streamline access to commercial and administrative areas. By regulating both the city core and beachside locations, Torrevieja aims to balance the needs of residents, local businesses, and the city's substantial tourist population.

The introduction of modern payment technologies and differentiated pricing zones reflects a broader effort to modernise urban mobility while generating revenue for the municipality. For drivers accustomed to long searches for parking, the new system could represent a major improvement in convenience and efficiency, particularly during peak tourist seasons.

With the final approval pending, residents and visitors can expect a regulated, technologically advanced parking system to be rolled out in the near future, marking a significant step in the city's urban planning and transport strategy.

Man stabbed in the head with screwdriver in Albatera fight

The Guardia Civil is investigating a violent altercation that occurred in Albatera, in which a man sustained a serious head injury after being stabbed with a screwdriver. The victim was immediately transported to the General Hospital of Elche, where he remains under medical care, sources close to the investigation confirmed.

The alleged attacker has been arrested, and the case is currently under investigation. The Judicial Police of Pilar de la Horadada are handling the inquiry, while the Civil Guard has referred the matter to the judicial authorities.

The attack occurred at approximately 6:30pm on Vicente Pardo Street. According to sources, a brawl broke out on the street, escalating when one participant drove a screwdriver into the left side of the victim's head, near the temple.
Local police officers on patrol were the first to respond, providing immediate first aid to the severely injured man. Members of the Local Police Workers' Union (SITAP) highlighted that the initial intervention was carried out by two officers using equipment not officially supplied by the administration, relying on training they had obtained independently.

Following standard protocols for penetrating wounds, the officers did not attempt to remove the screwdriver, which could have worsened the bleeding. Instead, they immobilized the object with a bandage and controlled the bleeding until emergency medical personnel arrived. The Emergency Information and Coordination Centre (CICU) confirmed that the man was transferred by SAMU to the General Hospital of Elche for further treatment.

Another individual sustained injuries during the brawl, though less severe. This person suffered an open wound on the cheekbone involving underlying muscle tissue, allegedly caused by a knife. The circumstances leading to the confrontation remain unclear, and authorities have not released information regarding the motive.

The Civil Guard continues to investigate, collecting statements from witnesses and examining the scene to determine the full sequence of events. The arrested suspect remains in custody as proceedings advance through the judicial system.

The incident has raised concerns among residents about street safety, with local authorities urging the public to remain vigilant while investigations are ongoing.

This attack highlights the dangers of violent disputes escalating in public spaces and underscores the role of rapid police intervention and first-aid training in preventing further casualties.

Orihuela closes the year with 49.9 million euros

The Orihuela City Council closed the 2025 financial year with a bank balance of €49,936,824, representing the remaining treasury funds of the local administration. While some view this surplus as a sign of prudent financial management, others argue it reflects a lack of budget execution, with numerous projects still pending.

To address this, Mayor Pepe Vegara has signed a decree to incorporate €39,167,352 of unspent budget credits from 2025 into the upcoming fiscal year. The decree, which will be presented at the next plenary session, covers 367 actions announced but not executed, ensuring that the allocated resources are eventually used for their intended projects.

Among the high-profile projects awaiting completion is the second phase of the Orihuela Costa Security and Emergency Centre in La Zenia. This 4,700-square-metre facility, which opened four years ago at half capacity, has yet to provide services such as Firefighters, Civil Protection, forestry brigades, and a seasonal SAMU base.

The long-awaited pedestrian bridge over the AP-7 in Cabo Roig is another key project on the list. Initially included in the 2024 budget, this infrastructure—planned for nearly two decades—has a current budget of almost €1.4 million and is expected to be tendered, awarded, and construction begun by late 2026 or early 2027.

Additional allocations include €1.1 million for a new civic centre and auditorium on the coast, and €295,000 for the comprehensive reform of the Ramón de Campoamor Civic Centre, closed for six years due to structural damage.

In the historic centre, €1.8 million is earmarked for street redevelopment, alongside €1 million for adapting the Los Huertos car park, which has 900 spaces but is only partially used as park-and-ride, plus €500,000 for expropriation. Other planned investments include the long-closed Archaeological Museum and €1 million for adaptation works linked to the AVE high-speed train connection.

As Orihuela prepares its new budget, the council faces the challenge of balancing financial prudence with the urgent execution of long-delayed projects critical to both coastal and historic areas of the city.



Electric scooters to be regulated in Orihuela Costa

The City of Orihuela has begun rolling out its new regulated electric scooter service in Orihuela Costa, following the completion of a public tender to authorize the operation of personal mobility vehicles.

The winning company has started implementing the service, which includes a fleet of scooters fully adapted to current regulations. Each vehicle will feature the institutional shield of the Orihuela City Council and clear signage indicating authorised parking areas. Around 190 designated parking points are being established across Orihuela Costa, providing users with clearly marked spaces to leave scooters and preventing disorderly parking on sidewalks, roads, or other public areas.

Mónica Pastor, Councillor for Citizen Security, emphasised that the move aims to bring order to a previously unregulated activity. "Until now, multiple companies operated in Orihuela Costa without a framework governing the use of public space. This tender establishes clear conditions to ensure a safe, orderly service that respects pedestrians and neighbours," she said.

The contract was awarded through a public procurement process in line with regulations that guarantee fairness, transparency, and proper use of municipal space. Several companies submitted bids, but the initially top-ranked proposal was disqualified for failing to meet legal requirements, leading to the award going to the next highest-scoring bid that complied fully with the rules.

Under the terms of the contract, the winning company will pay the city an annual fee of €41,200 for the use of public spaces. The contract also stipulates the creation of nearly 200 scooter parking areas, which are currently being installed and signposted. "We want the scooters to be properly located and avoid conflicts in public spaces. Users must park at designated points, or their scooters' batteries will be fully depleted," Pastor explained.

All scooters will be screen-printed with the Orihuela City Council's institutional branding, making them easy to identify within the regulated system. Additionally, the scooters will revert to municipal ownership at the end of the four-year concession period, ensuring long-term benefits for the city. "This service not only organizes mobility in Orihuela Costa but also generates economic returns and municipal assets," Pastor added.

The rollout of the service is ongoing, with parking signage being installed and the fleet being prepared for public use, marking a new chapter in regulated, sustainable mobility for Orihuela Costa.



Canteen tender awarded for Orihuela Costa social centre

Department of Social Welfare of the City Council of Orihuela has awarded the contract for the operation of the canteen at the Alameda del Mar Social Centre, a service aimed at improving the care and services offered to users of these municipal facilities located in Orihuela Costa.

The contract has been awarded for an annual fee of 4.218 euros, which means a total of 12.654 euros during the initial three-year term, with the possibility of extension by two additional years if the established conditions are met.

Councillor for Social Welfare, Agustina Rodríguez highlighted the importance of this service for the centre's activities. She explained that "it allows us to launch an important service to revitalize the Alameda del Mar Social Centre and improve service for the residents who use these facilities daily."

The councillor recalled that the municipal department had worked for months to finalise the tender, after several attempts, with the aim of ensuring that the social centre has a meeting space for its users.

In this regard, Rodríguez emphasised that the opening of the canteen will strengthen the social character of the centre and promote coexistence among the people who participate in its activities.

"It will contribute to giving more life to the social centre and improving the experience of the elderly and all users who participate in the activities that take place in these municipal facilities," the councillor stated.

The contract establishes an initial duration of three years from the start of service, with the possibility of annual extensions up to a maximum of two years. This will ensure the continuity of the canteen based on its operation and the needs of the users.

Families in Spain to get 200 euros per child

The Spanish government has unveiled plans for a new universal child benefit that would provide €200 per month for every child under the age of 18, in a move aimed at tackling child poverty and supporting families across the country.

Announced in February 2026, the proposal would apply to all families legally residing in Spain, regardless of income. However, the measure has not yet been approved and remains under review in the legislative process.

The initiative forms part of the government's long-term social policy under the Sustainable Development Strategy 2030 and must still receive approval from the national budget and parliament before it can come into force.

Under the proposal, families would receive €200 per child each month—equivalent to €2,400 annually—covering children from birth until their 18th birthday. The benefit would extend to a wide range of households, including single-parent families, adoptive families and foster carers.

Unlike previous financial assistance programmes, the payment would be universal rather than income-based. Officials are still working on final details of the scheme, including whether it would be introduced gradually or include transitional rules depending on age groups or other factors.

News of the proposal has been welcomed by many households, with families expressing hope that lawmakers will approve the measure soon. Supporters argue that a universal payment would help ease the cost of raising children and provide greater financial stability for parents.

The government has also emphasised that the initiative is distinct from earlier €200 support payments introduced between 2022 and 2023, which were limited to lower-income households and temporary in nature.

Despite the positive reception among many families, critics have raised concerns about the financial implications of the programme. Estimates suggest the policy could cost around €19 billion annually, prompting questions about whether the measure can be funded without higher taxes or spending cuts in other areas.

Because the plan still requires parliamentary approval and confirmed funding, families will need to wait for further announcements before any payments are introduced.

If ultimately approved, the universal child benefit could become one of the most significant anti-poverty policies implemented in modern Spain.



Europe to toughen up on migrants

Lawmakers in the European Parliament (MEPs) have given preliminary approval to a tougher approach to immigration policy, moving a step closer to establishing so-called 'return hubs' for migrants whose asylum claims have been rejected.

The proposal advanced after support from centre-right and far-right members of the European Parliament.

The development highlights the widening divergence between migration policies in Brussels and those being pursued in Spain, where a sweeping regularisation programme covering more than half a million undocumented migrants is scheduled to begin in April.

Across the 27-nation bloc, EU governments have already endorsed a series of measures aimed at responding to mounting pressure to curb irregular migration. However, the policies have drawn strong criticism from left-wing parties and human rights organisations.

On Monday, a committee of the European Parliament – Civil Liberties, Justice and Home Affairs committee (LIBE) – held an initial vote on the legislative package. The text could move to a full plenary vote as soon as Thursday, when MEPs would decide whether to formally adopt it.

In the committee stage, centre-right and far-right MEPs secured a last-minute agreement that allowed them to push the proposal forward, effectively bypassing an attempt by centrist lawmakers to pass a compromise version.

A central element of the reform would permit the creation of facilities outside the EU where migrants whose asylum requests have been rejected could be transferred — the so-called 'return hubs'.

The proposal also foresees stricter penalties for migrants who refuse to leave the EU after receiving deportation orders, including the possibility of detention and bans on re-entering the bloc.

European governments have increasingly pushed for a harder line on migration as public sentiment has shifted in many countries, a trend that has contributed to rising electoral support for far-right parties across the continent.

Although the number of migrant arrivals fell in 2025, policymakers in Brussels have turned their attention to improving the bloc's deportation system. Currently, only about 20% of migrants ordered to leave the EU are actually returned to their countries of origin.

The proposals, first put forward by the European Commission last year, have been sharply criticised by non-governmental organisations, including Amnesty International, which warned that they carry "grave risks of systematic human rights violations".

Fourth pollution incident reported on River Segura in Rojales

Thick white foam has been reported on the River Segura as it flowed past the Carlos III bridge weir in Rojales, marking the fourth suspected wastewater discharge incident of the current hydrological year, which began in October 2025. The episodes have coincided with increased river flow through the urban stretch of the town.

The Water Court of Rojales has alerted the Segura River Basin Authority (CHS), which has taken water samples for analysis. While the authority's findings are not usually made public, officials have previously said that some foam can be caused by faster currents and sediment disturbance during high flows. However, irrigators say the latest foam appears unusually compact and concentrated.

Recent heavy rainfall pushed river flows to peaks of 20 cubic metres per second. Farmers argue that during such periods untreated or insufficiently treated wastewater may enter the river, either from overloaded sewerage systems or, in isolated cases, industrial discharges. Determining the precise source remains complex.

Irrigators are also calling for a functioning real-time water quality monitoring station on the river's final stretch. They warn that without proper controls; farmers may be forced to close irrigation gates when water quality is visibly affected.

Orenes bids to manage Torrevieja's La Plasa gastro-market

Grupo Orenes has presented the only tender response to win the ten-year concession for the management of the new gastro-market at La Plasa. The City Council of Torrevieja wants to locate the gastro-market on the ground floor and the mezzanine of the Mercado de Abastos de La Plasa, which is currently under renovation.

The Murcian company specialises in gaming halls, bingo halls, the manufacture of gaming machines, online games and sports betting, it is the fifth largest company by turnover in the Region of Murcia, with more than one billion euros in the 2024 financial year and has included in its offer an improvement to manage the two upper floors owned by the municipality.

The firm has proposed the contribution of an annual fee of 61,000 euros for the development of the space, five thousand more per year over the minimum set in the specifications. In total 610,000 euros.

The government technicians on the contracting committee believed the offer to be very good, even if it is the only initiative registered in the public tender process. The fee offered, as well as the quality of the investment, operation and management of the project and in the experience in the administration of markets or similar facilities have all gone in Orenes favour.

The Murcian company, which has several gaming halls in the city, has diversified its main line of business based on the operation of bingo halls and gaming halls towards other commercial activities, such as hotels and restaurants, among which this gastro-market would combine the tradition of local produce and its preparation.

The Torrevieja City Council wants to inject life into the declining traditional market, where more than 45 establishments operated in the 90s. However, at the time of its closure to begin the renovation works, there were just 9 left and the upper floors had been empty for 20 years. The city has invested more than 4 million euros in recovering the surface right that it gave to a company in 1995 and invests another 8.3 million in the rehabilitation works, which are progressing at a good pace, awarded to the company Cobra.

The gastro-market will occupy the ground floor and the mezzanine, allowing it to house up to a maximum of 30 stalls. The design foresees open spaces, shared tables and areas for social interaction illuminated by skylights, reinforcing the idea of the market as a place of coexistence and collective experience.



No injuries after two crashes in Orihuela Costa

Two traffic accidents in Orihuela have resulted in material damage but no injuries. Local Police intervened in separate collisions in Playa Flamenca and on Avenida de las Brisas.

Despite the apparent severity of the crashes, officers quickly secured both areas and checked the condition of the vehicle occupants. No one was hurt in either incident.

Orihuela Local Police say the accidents serve as a reminder of the risks linked to inattention while driving. Excessive confidence and distractions at the wheel remain among the most common factors in road traffic collisions.

Officers are urging motorists to maintain constant attention on the road, warning that even a second of distraction can have serious consequences. They have also reminded drivers that traffic regulations are clear on mobile phone use: holding a device while driving, even if not actively using it, carries a €200 fine and the loss of six licence points.



Man falls to his death from cliff

A 28-year-old man lost his life on Sunday afternoon when he fell from more than ten meters from the cliff area of Barranco Rubio de Orihuela Coast. The accident occurred at around 6pm. when the victim of the accident was taking a walk along the coastline of the Orihuela coast.

According to reports, he slipped and fell from the top of the cliff, near to the Manoli Hotel, Mil Palmeras, in an area located a few metres from the border with Pilar de la Horadada.

It is believed that the tragic accident occurred when the victim tried to recover glasses that he had previously dropped.

Some cyclists who were passing through the area tried to help the man after being alerted by the partner of the injured man. Shortly after, a SAMU medical assistance unit was dispatched to the scene near to Avenida de Francia.



Spain electricity prices up 700% in a week



It´s been a rough week for Spanish energy costs and an even tougher one for bill payers. The wholesale price of electricity has shot up by around 700% in just seven days, jumping from an average of €15/MWh on March 1 to €119.42/MWh the following Monday, and if you're one of the 8 million households on a regulated tariff, you're likely feeling the pinch.

The main culprit is gas, which has shot up nearly 70% in price since the conflict in the Middle East began. The timing is particularly frustrating, because Spain had actually been enjoying a really positive run on energy costs. A wet winter meant brilliant hydroelectric output, wind power was doing its bit, and by February wholesale electricity prices had dropped almost 80% compared to January and were 85% lower than the same time in 2025.

Sadly, that good run now looks like it's coming to an end. Consumer platform Roams believes gas bills could go up by as much as 18% and electricity by up to 24% in the coming weeks.

To put that in real terms, a typical monthly electricity bill could climb from around €63 to roughly €82, and gas could cost up to €9 more a month if the next quarterly review of regulated prices reflects what's happening on international markets right now.

There's also the fixed part of your electricity bill to consider, which you pay regardless of how much energy you actually use. That's nudged up since January 1 too, partly because of extra grid stability measures brought in by Red Eléctrica following concerns about blackout risks.

Meanwhile, the gas industry has been making the most of the moment, arguing that investment in gas infrastructure is exactly what keeps the lights on during times like these, pointing to how it helped steady things during the Ukraine crisis in 2022.

Torrevieja fighter crowned Kickboxing World Cup champion in Italy

A young athlete from Torrevieja has claimed the Kickboxing World Cup title in the Full Contact (-57 kg) category after an outstanding performance in Jesolo, Italy. Felipe González secured the gold medal at one of the sport's most prestigious international tournaments.

The competition brought together more than 4,000 athletes from 47 countries across five continents, making it one of the most significant events in the global kickboxing calendar. González delivered an impeccable campaign, showing strong technique, determination and composure against elite opponents.

He booked his place in the final after defeating a Hungarian competitor in a demanding semi-final. In the bout, he faced the world number one from Moldova. Undeterred by the challenge, the Torrevieja fighter produced a superb display to win the contest and lift the championship belt.

The victory marks a major achievement for kickboxing in Torrevieja, further establishing the town as a growing force in the sport at international level.



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Torrevieja awards ten-year transport contract

Torrevieja City Council has awarded a new 10-year contract for the city's urban public transport service to Levante Mobility Advances, marking a major overhaul of the municipality's bus network aimed at expanding services, modernising vehicles and improving connections between neighbourhoods.

The contract was approved on Friday by the council's Local Governing Board and includes a municipal subsidy of €67.8 million. The figure reflects an 18% reduction from the initial tender budget of €82.7 million.
Officials say the new concession will introduce a more modern and sustainable public transport model designed to improve mobility across the city while offering a stronger alternative to private car use.
Under the new system, the city will operate 12 urban bus routes, including nine daytime lines and three night services. Day routes will run from 7:00am until 10:30pm, although operating hours will be extended to midnight during peak tourist periods such as summer and Easter. Night services will run between midnight and 4:00am on weekends and during the high season.

The updated network will use a fleet of 32 buses, made up of 26 hybrid vehicles and six fully electric buses. The system will also incorporate new digital technologies and safety features designed to improve service management and passenger experience.
A municipal mobility study estimates the upgraded network could carry more than 3.37 million passengers annually, representing a significant increase compared with the current service.

The winning company has also committed to a number of improvements at no extra cost to the municipality. Four new in-person customer service centres will be opened at key locations across the city, including the bus station, the service's operational base, the coastal district of La Mata, and central Torrevieja.
The contract also includes an additional 20,000 kilometres of commercial service each year, expanding network coverage without increasing municipal spending.

Passengers will benefit from upgraded passenger information systems as well. Real-time digital displays will be installed at every bus stop across the network, with 166 new screens planned in addition to the 20 already included in the original project specifications.
To support the modernised fleet, the contract includes the expansion of operational facilities. Planned improvements include a dedicated maintenance bay for electric vehicles, a new washing tunnel for buses and a high-capacity refuelling station equipped with double pumps and two underground fuel tanks of approximately 40,000 litres each. These facilities will be developed on a 7,550-square-metre site reserved for the transport service.

The new transport system will introduce several fare options designed to make the service more accessible. Standard tickets will cost €1.50, alongside multi-trip passes, monthly travel passes and a tourist card. A special "Gold Bond" pass will allow free travel for residents over the age of 65, pensioners and people with disabilities registered in the municipality.
Mayor Eduardo Dolón said the new contract represents a major step forward for the city's transport network.
"This project represents a decisive step toward a modern and efficient public transport system adapted to the needs of a growing city," he said. "The new model will improve mobility between neighbourhoods, reduce the use of private vehicles and move Torrevieja toward a more sustainable transport system with new technologies and less polluting vehicles."

Spain dismisses its ambassador to Israel, deepening diplomatic rift

Spain has formally dismissed its ambassador to Israel, Ana María Salomón, escalating already strained relations between the two countries. The decision follows her recall from Tel Aviv six months ago and was enacted through a decree published in the official state gazette.

The dismissal came at the recommendation of Foreign Minister José Manuel Albares and was approved by King Felipe VI.

Salomón's recall in September 2025 followed a series of measures announced by Spanish Prime Minister Pedro Sánchez, intended to halt what he described as 'genocide' in Gaza. The measures came in response to Israel's military campaign following the 2023 attacks by the Palestinian militant group Hamas.

Israel reacted strongly at the time. Israeli Foreign Minister Gideon Saar accused Sánchez of antisemitism and barred two Spanish ministers from entering Israel, deepening the diplomatic rift.

The tension builds on an earlier diplomatic setback: Israel withdrew its ambassador from Madrid in 2024 after Spain officially recognised Palestinian statehood. Since then, Israel's diplomatic presence in Spain has been limited to a charge d'affaires.

Prime Minister Sánchez, one of the most vocal European critics of Israel's actions in Gaza, has also publicly opposed the joint US-Israeli campaign against Iran that began on 28 February 2026, further complicating Spain's position in Middle Eastern diplomacy.

This formal dismissal underscores the continuing deterioration of Spanish-Israeli relations, leaving both countries with limited diplomatic channels amid ongoing geopolitical tensions.

Inflation stable in Spain pre-war

Inflation in Spain held steady at 2.3% in February, the lowest rate since June 2025, offering a temporary reprieve for households before rising energy costs linked to the war in Iran begin to bite, according to the National Institute of Statistics (INE).

Analysts warn that March is likely to see a sharp jump in consumer prices, potentially pushing the Consumer Price Index (CPI) above 3%, driven primarily by soaring fuel, electricity, and gas costs.

The stability in February was largely due to falling electricity prices, which helped counterbalance increases in catering and food, which rose 3.2% year-on-year. While Spain had been approaching a period of relative inflation stability following the volatility of 2025, the conflict in the Middle East now threatens to erode purchasing power and jeopardize the country's economic momentum.

Core inflation, which excludes volatile items such as fresh food and energy, rose slightly to 2.7% in February—0.1 percentage points higher than January and the highest since August 2024—underscoring underlying price pressures despite the headline moderation.
Minister of Economy Carlos Cuerpo acknowledged the temporary nature of February's figures in an interview with RNE, saying: "We have inflation in February of around 2.3%. We will see how March ends, after the impact of this rise in energy prices."

Factors Driving February CPI.
Several components shaped February's inflation:
• Housing costs fell, lowering the year-on-year rate by eight points.
• Prices for restaurants and accommodation rose 4.8% year-on-year.
• Food and non-alcoholic beverages increased due to stable prices for fuels, fats, fish, and seafood.

In monthly terms, the CPI rose 0.4% from January to February, marking the largest monthly increase since October 2025, when it had risen 0.7%. Meanwhile, the harmonised CPI (HICP) recorded a year-on-year increase of 2.5% and a monthly rise of 0.4%.

Energy costs are expected to escalate sharply due to disruptions in the Strait of Hormuz, driving global oil prices above $100 per barrel and pushing diesel and other fuel prices to levels not seen since the 2022 invasion of Ukraine.
Economists warn that February's apparent inflation stability may be illusory, largely reflecting temporary declines in electricity tariffs.

Best February is another record for Alicante-Elche Airport

Alicante-Elche Airport is off to a record-breaking start in 2026, following a historic January and an equally strong February. According to data from Aena, the airport welcomed nearly 1.23 million passengers last month, a 5.3% increase over February 2025, which previously held the record. Operations also rose, with 8,002 flights managed—a 5.6% year-on-year growth.

For the first two months of the year combined, Alicante-Elche has handled 2.34 million passengers and 15,500 flights, maintaining an overall growth rate of roughly 5% in both traffic and operations.

International traffic continues to drive the airport's expansion. February saw 1.07 million foreign passengers, a 7.3% increase compared with last year, representing more than 80% of total traffic. In contrast, domestic passengers numbered 154,530, marking a 7.5% decline.

Among international visitors, the United Kingdom remains the dominant market with 369,560 travellers, roughly one-third of all foreign passengers. The Netherlands followed with 85,736 travellers, while Poland overtook traditional markets with more than 85,000 passengers. Germany (83,872) and Belgium (79,941) completed the top five.

After strong growth during the low season, the airport is preparing for a record-breaking high season. Airlines such as Ryanair have announced increased frequencies and the addition of new routes, signalling continued growth in both passenger numbers and flight connections.

Looking ahead, the airport faces a temporary operational challenge in March. The runway will be closed nightly until March 29, between midnight and 5:59 a.m., affecting arrivals after midnight and the earliest departures scheduled between 5:30 and 5:45am.

The closures are necessary to carry out improvement and maintenance work on the airfield, as well as construction of a new taxiway. Aena confirmed that all affected flights have already been rescheduled to minimize disruption during the tail end of the low season.

With strong international demand and proactive infrastructure planning, Alicante-Elche Airport appears poised for another record-setting year in 2026.

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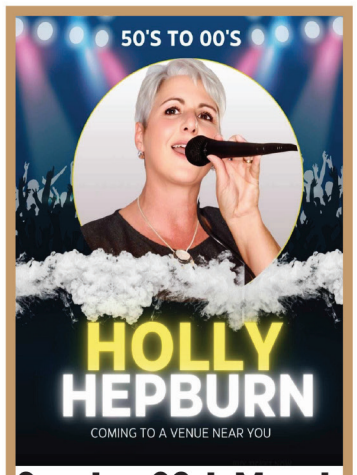


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Sunday 29th March
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Orihuela to reinforce street cleaning

The City Council of Orihuela has begun negotiations for a new labour agreement governing the municipality's Urban Solid Waste and Street Cleaning service. The agreement will replace the current framework, which expires in 2025, and is expected to remain in force until 2030.

The first meeting of the negotiating table took place on Thursday and brought together municipal representatives, officials from the public company SGM, and union representatives from CSIF, UGT and Comisiones Obreras.

During the session, the parties agreed to establish a working schedule to advance discussions on a new labour framework that will regulate the working conditions of the service's staff in the coming years. The next meeting has been scheduled for April 8, when negotiations are expected to continue with the aim of reaching an agreement covering employees responsible for waste collection and street cleaning across the municipality.

At the same time, the call for applications has been published in the Boletín Oficial del Estado (BOE), announcing 73 new positions to strengthen the Solid Waste and Street Cleaning service as part of the process to stabilise and regularise the municipal workforce.

The recruitment includes 26 fixed-discontinuous labourer positions and 28 permanent labourer positions. In addition, the council is offering six fixed-discontinuous truck driver positions and 13 permanent truck driver roles.

Applicants will have ten working days to submit their applications starting the day after the publication of the call. Applications must be submitted through the electronic headquarters of the Orihuela City Council, where a dedicated portal has been created for the recruitment process.

Councillor for Municipal Solid Waste and Street Cleaning Rocío Ortuño said the new positions would strengthen the workforce and help improve the service provided to residents.

"These positions will allow us to reinforce staff numbers and continue improving the service, ensuring it is more efficient and better adapted to the needs of residents," she said.

Meanwhile, Councillor for Human Resources Agustina Rodríguez explained that the recruitment drive forms part of broader municipal efforts to reorganise the workforce and stabilise employment within the council.

"With this call, we continue to move forward in regularising the public employment offer and filling vacancies in the workforce, providing job stability for workers while guaranteeing the provision of public services," she said.

Through this process, the council aims to strengthen staffing levels, improve service organisation and advance the stabilisation of public employment within the municipal administration.



Boss in China gives millions in staff bonuses

A Chinese manufacturing company has gone viral online after distributing 180 million yuan (€22.7 million) in year-end bonuses to its employees, an unusually generous payout that has sparked widespread discussion on social media.

The company, Henan Mine Crane Co., Ltd., shared nearly 70% of its 2025 profits with staff, rewarding its workforce of around 7,000 employees after reporting annual profits of 270 million yuan.

Videos circulating on Chinese social media platforms showed dramatic scenes from the bonus ceremony. Employees were invited onto a stage to receive large bundles of cash, while others participated in interactive activities where banknotes were laid out across long tables. Workers were asked to count the money themselves—whatever amount they managed to count correctly, they were allowed to keep.

Footage from the event showed employees stacking and carrying thick bundles of banknotes, with some visibly struggling to hold all the cash they had received.

The company, founded in September 2002, manufactures cranes and material-handling equipment and operates in more than 130 countries around the world.

The firm is controlled by its chairman, Cui Peijun, who owns approximately 98.88% of the company's shares. Cui has gained a reputation for sharing company profits with staff and offering frequent financial rewards.

The regular distribution of cash bonuses and perks has earned Cui the nickname online of "the boss who loves giving out money the most."

Maria and the Pink Ladies call for volunteers to join the fight against cancer

Maria and the Pink Ladies, a well-known local charity group supporting the AACC (Asociación Alicante Contra el Cáncer), is appealing for new volunteers – both men and women – to join its dedicated team.

The group works tirelessly throughout the year raising much-needed funds to support cancer patients and their families, while also helping to raise awareness of the importance of early detection, which plays a vital role in saving lives.

Through charity events, fundraising activities, and community awareness campaigns across the Costa Blanca, the Pink Ladies have already helped raise significant funds for the AACC. However, with cancer now affecting almost one in two people, the need for support and awareness has never been greater.

Maria said: "We are always looking for enthusiastic people who would like to help us make a difference. You don't need any special skills, just a willingness to help and a desire to support those affected by cancer. Every volunteer plays an important role in helping us continue the work we do in the community."

Volunteers can assist in many ways, including helping at events, fundraising, spreading awareness of early cancer detection, and supporting the group's activities throughout the year.

Anyone interested in becoming part of Maria and the Pink Ladies and helping in the fight against cancer is warmly invited to get in touch and find out more. Contact Maria on 633 487 595 or info@pink-ladies.org

Together, the community can continue to make a real difference in the fight against cancer.



Enjoy a hilarious night with Las Ramblas Players

Las Ramblas Players are back with their latest hilarious production 'Not Another Drama in Ratchett Hachett'. The cast will take to the stage on 1st and 2nd May at the Teatro Santa Ana, San Miguel.

The group was formed in 2023 by Jacquie Boswell and since then has been entertaining local audiences with their original and laugh-out-loud plays. The group started with 9 members but now has 16 people attending rehearsals every Monday and Wednesday at the Blue Lagoon Community Centre.

Written by cast member Jayne Cumming and directed by Jacs Boswell, the new production returns to Ratchett Hatchett, the village that provided the setting for Las Ramblas Players previous performance.

"Not another drama in Ratchett Hatchett!" is a comedy mystery that takes the audience on a journey from burglary to murder, how can this be possible in such a small village?

In the wealthy sleepy village of Ratchett Hatchett the local carol singers from the WI are out to raise money for a local charity, but shortly after they leave a huge burglary takes place in one of the most prestigious houses in the road. Has this anything to do with the carol singers? Surely not!

Some years later the WIs rehearsals are in full swing but a change of venue has caused a little upset to say the least! That and now a murder taking place is causing havoc in more ways than one.

What is the connection if any? Will the WI still be able to perform their long-awaited Shakespeare production? The show must go on but at what cost?

Come and see it to get all the answers! See if you can make the connection!

Tickets are in a form of a donation, and the minimum donation is 5 euros, which includes a drink on arrival. For ticket sales or if you are interested in joining the group, please contact Jacs Boswell 643764217.



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Benidorm works out payment plan for 350 million fine

The City Council of Benidorm and the Murcia Puchades family remain in negotiations over the terms of a major debt settlement, with both sides agreeing on some key elements while differences remain over the repayment structure.

Both proposals coincide on an initial payment of €60 million, which would be paid in cash before 31st December of this year. They also agree on establishing a grace period that would extend until 31st December, 2030.

However, technical differences remain regarding how the remaining debt would be repaid once the grace period ends.

According to the proposal put forward by the Murcia Puchades family, the City Council should allocate an annual budget item of at least 8% of the total municipal budget until the debt is fully paid.

The counterproposal from the Mayor's Office instead suggests allocating "an economic amount not less than 8% of the ordinary current resources foreseen in the income statement of each annual municipal budget" beginning in 2031, once the grace period ends. In practice, the municipal proposal ties the payment to the income side of each year's budget rather than to the overall municipal budget. Another key difference concerns the repayment timeframe. The proposal from the Murcia Puchades family sets a fixed repayment period of 30 years. The City Council's counterproposal, however, does not establish either a minimum or maximum deadline.

Instead, the municipal document includes a financial analysis prepared by the City Council's intervention department outlining how different repayment periods would affect the total cost. The table examines scenarios ranging from a minimum of 12 years to a maximum of 100 years.

Under the shortest scenario, paying the full amount over 12 years would cost municipal coffers €415,052,226, including €65,214,706 in interest.

At the other extreme, stretching repayment over 100 years would raise the total cost to €846,252,099, with €496,414,579 of that amount corresponding to interest.

If the 30-year repayment period proposed by the Murcia Puchades family were accepted, municipal intervention estimates the total cost for the city would reach €510,874,420, including €161,036,900 in interest.

Negotiations between both parties are ongoing as the council weighs the financial impact of the different repayment scenarios.

Guardamar invests €2.2 million in lifeguard and rescue services

The town council of Guardamar del Segura has launched a public tender for a new contract covering lifeguard, rescue, surveillance, first aid and accessible bathing services across its beaches.

The contract will cover the municipality's 11 kilometres of coastline and includes the full range of safety and assistance services provided during the beach season.

According to the tender documents, the estimated total value of the contract is €2,246,153.88.

The initial contract period will run for two years from the start date, which must be formalised within a maximum of 15 calendar days after the contract is signed. However, the agreement may be extended to run up to four years in total.

Beach safety services will operate according to the seasonal timetable defined in the tender documents, which divides the year into off-season, low, medium and high seasons depending on visitor numbers and beach use.

The Guardamar council has also confirmed that an additional peak season service during Holy Week will not form part of this contract. Instead, maritime safety services during Easter will be awarded through a separate tender process that is currently underway.
The announcement follows a controversial lifeguard contract last year, when the Spanish Red Cross was excluded from the bidding process. Instead, the service was awarded to an Andalucian company for a one-year contract.

During the summer of 2025, a number of problems were reported, with lifeguards complaining about a lack of equipment and deficiencies in the materials available to carry out their work.

Due to the contractor's failure to meet some of its obligations, the town council had to reinforce the service using its own resources. This included deploying two quad bikes from the Local Police to help cover beach patrol duties.

The companies now bidding for the contract will need to demonstrate they have sufficient staff, equipment and operational capacity to guarantee safety along Guardamar's entire coastline.



Two Lithuanians arrested in Torrevieja for stealing high-end car in the UK

Two Lithuanian men have been arrested in Torrevieja after Guardia Civil officers spotted them driving a luxury vehicle worth more than €80,000 that had been stolen in the United Kingdom.

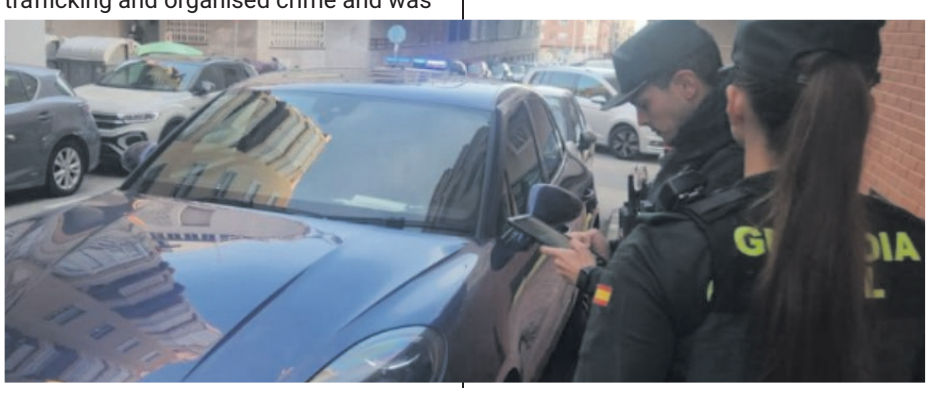
The investigation began on March 5 when officers on routine patrol noticed a high-end car with UK plates being driven by two men. The vehicle was missing the mandatory country of origin sticker, which prompted a closer inspection. That inspection revealed that the vehicle identification number had been tampered with in several places, and further checks confirmed that the car had been stolen in the UK last year.

The passenger also raised suspicions when he presented a passport whose photograph didn't appear to match his actual identity. Officers subsequently discovered he had a criminal record for drug trafficking and organised crime and was subject to a European Arrest Warrant.

Both men, aged 36 and 32, were arrested at the scene on suspicion of document forgery and handling stolen property and taken to the Guardia Civil station in Torrevieja.

It was there that the situation took an unexpected turn, as when the door of the patrol car was opened, the passenger made a run for it, jumping over the station's access barrier. He broke the barrier in the process and injured himself, but was quickly recaptured by officers and faced an additional charge of property damage as a result.

Both men were subsequently released by the judicial authority with precautionary measures in place pending trial.



Orihuela reinforces tourism management

Orihuela has introduced a new Tourism Intelligence System designed to improve how the municipality analyses visitor trends and plans the future of its tourism sector.

The digital platform, known as the Tourist Intelligence System (SIT), has been developed by the city's Smart Office as part of the Destination Tourism Sustainability Plan. The initiative is funded through the European Union's NextGenerationEU recovery programme and aims to strengthen decision-making through the use of reliable data.

City officials say the system brings together official statistics and mobility data from multiple sources to create a continuous and structured overview of tourism activity across the municipality. By centralising this information, the council will be able to track how the destination evolves over time and identify changes in visitor behaviour.

The new platform is designed not only as a technological resource but also as a management tool. It enables tourism planners to analyse market trends, understand the behaviour of key source markets and assess how demand is distributed throughout the year.

Through an interactive dashboard, municipal teams can monitor indicators such as visitor numbers, the proportion of domestic and international tourists, the structure of local accommodation and the level of seasonality affecting the destination.

According to the council, having access to this information in a permanent and organised format will make it easier to plan policies that reflect the current realities of the tourism sector and respond more quickly to shifts in demand.

Officials also plan to share part of the data with businesses linked to the tourism industry in order to promote transparency and strengthen collaboration between the public and private sectors. Access to consistent and structured information is expected to help the wider industry make better-informed decisions.

The introduction of the system forms part of Orihuela's broader strategy to position itself as a Smart Tourist Destination, with a focus on digitalisation, innovation and improved management practices.

Gonzalo Montoya said the project reflects the municipality's ambition to modernise the way it manages tourism.

"Orihuela wants to be at the forefront of tourism management," he said. "We are committed to intelligence, innovation and planning in order to lead the tourism that is coming."

Euronics Blue Lagoon celebrates 16-year anniversary



The local Euronics electrical store in Blue Lagoon is celebrating its 16th anniversary, a considerable achievement for a small store. Over those years the shop has built an excellent reputation for quality electrical items and customer service that's second to none.

Owner and manager Debbie Wright said: "We are a small team and work together to put the customer first. We help source the right products and offer after sales care and complementary services too."

Sixteen years have seen the store go from strength-to-strength with word-of-mouth referrals resulting in customers returning to the shop time and time again.

Debbie said: "Our success is completely down to our customers. We have a wonderful loyal, regular customer base who support the local business community."

The store stocks a wide range of small electrical kitchen appliances such as kettles, toasters, blenders and microwaves. It also has flat-screen TV's, washing machines, dishwashers and fridge freezers, including American fridges.

In addition, Euronics Blue Lagoon offers integrated appliances, built into your kitchen and hidden behind cupboard fronts. These are fitted by a specialist third party fitter. In a similar way, the store sells gas appliances and customers can benefit from its relationship with a fully qualified and registered Spanish gas fitter for safe, expert installation. The in-house team has contacts for every after sales service a customer might need. Of course, given the climate, this includes one of its most used services - the supply and installation of air conditioning. In fact, even if it's not in store, if its electrical the team can probably source it.

Although the shop operates as a fully autonomous small business it benefits from the backing of the Euronics brand. This enables the team to pass on cost savings to their customers. As an electrical giant, Euronics has considerable buying power and purchases in bulk direct from manufacturers. For this reason, the team can often beat or at least price match with the big retailers.

The team - Debbie, Wendy and Liliana in the shop and Bob, Paul and Daniel out delivering and fitting – strive to offer a range of services for the community. People call in to print photographs or ask all sorts of questions they know the team will try and help with. They even have contacts for locksmiths and gardeners. The shop also has a repair service and can help customers if they need to arrange service call outs from the manufacturer.

Based in Blue Lagoon, sitting next to Orihuela Costa and close to San Miguel, the shop offers a free delivery service to all surrounding areas. Ordering and delivery can be arranged quite quickly and even if the team has to order from the Euronics giant warehouse in Valencia its can usually be with the customer within the week. For further information contact Debbie and the team on 966 188 170 or WhatsApp 711 016 463. Email: electricalteam@hotmail.com or call into the shop on Calle Pico Lobo, the main road through Blue Lagoon.





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Popular electric scooter service Hopp shut down in Orihuela Costa

Orihuela Costa has lost a really popular service after Orihuela Town Hall issued a decree shutting down Hopp, the electric scooter rental company that had been operating in the area for the past six years.

The closure has come as a surprise to many residents, not least because the reason behind it has nothing to do with safety concerns or rule-breaking, but rather a paperwork error made during a recent tender process in which a single administrative form was reportedly placed in the wrong envelope.

Hopp says the Town Hall declined to allow the mistake to be corrected and instead moved to shut the service down entirely, a decision the company describes as disproportionate given its track record. During its six years of operation, Hopp contributed to local taxes and ran self-funded road safety classes for children in the area.

The consequences of the closure are being felt on two fronts. Fifteen local jobs have been lost as a direct result of the decision, and residents in Orihuela Costa are now without what many considered their most practical transport alternative. Public transport in the area has long been a source of frustration, with bus routes widely regarded as insufficient and failing to reach many parts of the coast. For those without a car or looking to avoid using one, the scooter service filled a gap that nothing else currently covers.

There's also an environmental dimension to the debate. Hopp operated an entirely electric fleet, and its removal means one fewer sustainable transport option in an area where the only straightforward alternative is the private car.

Hopp has launched a campaign calling on residents to push back against the decision, asking people to contact the Mayor's office and sign a petition that has already gathered hundreds of signatures.

If you'd like to add your name, you can do so at savehopp.myemessager.com.



Spain cracks down on online hate

The Spanish government is stepping up its fight against hate speech online with a new tool called HODIO, which stands for 'Footprint of Hate and Polarisation' and plays on the Spanish word for hate, odio. President Pedro Sánchez announced the plan at the Anti-Hate Forum in Madrid, saying it will track hateful and polarising content across social media and hold platform owners accountable.

"Hate doesn't appear out of nowhere. It is cultivated and promoted," Sánchez said. "If hate is dangerous, social media has turned it into a weapon of mass polarisation, easy to find, easy to use, and extremely profitable for some."

HODIO will use both data analysis and expert assessment, publishing results every six months. Just as a carbon footprint shows environmental impact, HODIO intends to reveal the reach of online hate. Citizens will be able to see which platforms host the most hate speech and which are actively trying to reduce it.

The plan is part of a wider package of measures announced in February, including a ban on social media for under-16s and a new offence of 'algorithmic amplification' for platforms that spread hateful messages.

The government's data highlights the scale of the problem: three in four young Spanish children encounter hate speech online, and the Spanish Observatory on Racism and Xenophobia (OBERAXE) recorded more than 845,000 pieces of hateful content across Facebook, YouTube, Instagram, TikTok, and X in 2025. Women, migrants, and trans people are among the most targeted groups. Sánchez warned that online hate often spills into real life, with hate crimes in Spain rising 41% over the last decade.

But not everyone is convinced. Critics say tools like HODIO could risk overreach or censorship, as governments and private companies decide what counts as 'hate.' There are also questions about privacy, algorithm transparency, and how effective rankings will be in actually reducing abuse. Tech platforms may resist, arguing that hate speech laws differ between countries and that enforcement can be complex.

Still, Sánchez struck an optimistic note, saying: "We are going to stop hate on our social networks, in our streets, and even in our school playgrounds. We have the tools to do it." Whether HODIO will deliver results remains to be seen, but Spain is making clear it wants social media platforms to be held accountable for the content they host.

Stray bullet kills man on Alicante balcony

Police investigating the death of a man who was fatally shot while standing on the balcony of his home in Alicante believe he may have been struck by a stray bullet fired during a shooting in the street below.

According to sources involved in the investigation who spoke to EFE, the victim — a 59-year-old Colombian national — appears to have had no connection to the gunfire and was likely hit accidentally.

The incident occurred at around 10 p.m. on Wednesday outside a residential building on Enrique Monsonis Street in the Carolinas Altas neighbourhood, near Pla Boulevard. Officers from the National Police Corps have launched an investigation, though no arrests had been made as of Thursday.

Investigators say the man had stepped onto the balcony of his first-floor apartment and was apparently smoking while speaking on his mobile phone when gunfire erupted in the street. During the incident, at least seven shots were fired, and one of the bullets struck him in a vital organ.

Emergency responders were unable to save him.

Around the same time and roughly 300 metres from the building, a vehicle caught fire in the Benferri passageway. Authorities have not confirmed whether the burning car is connected to the shooting.

Police immediately activated their violent crime protocol following the incident. Specialists from the scientific and judicial police units carried out an on-site inspection and are continuing to gather evidence as part of the ongoing investigation.



Why is Spain still changing its clocks twice a year?

Spain has wanted to ditch the clock change for years, but EU member states still can't agree on what to replace it with

Twice a year, Spain puts its clocks forward or back and twice a year, plenty of people wonder why on earth it's still happening. The practice dates back over a century, originally introduced to save coal during WW1, although in Spain it has been used continuously since 1974, when the oil crisis made reducing energy consumption a political priority.

The changes still happen on the last weekend of March and the last weekend of October, but whether they continue much longer is a question that's been doing the rounds in European politics for some time.

The European Parliament looked seriously at scrapping daylight saving time a few years ago and public consultations across the EU showed that the overwhelming majority of people would be happy to see it go. The Spanish government has also raised the possibility of eliminating it on more than one occasion.

The reason it hasn't happened yet comes down to one fairly stubborn problem, which is that EU member states can't agree on what to replace it with. The choice is essentially between keeping permanent summer time or permanent winter time, and different countries have different views depending on their location, economy and daily routines.

There are also practical concerns around transport, trade and the kind of cross-border computer systems that don't respond well to countries suddenly operating on different schedules.

The scientific case for keeping the change has also weakened considerably over the years. According to various studies, the energy savings that originally justified the whole thing are now minimal at best, largely because the way we use electricity has changed so much.

There's also growing evidence that switching the clocks disrupts sleep and affects people's health in ways that are hard to ignore.

Until EU member states can reach a collective decision, Spain has no choice but to keep doing what it's always done. The debate remains very much open but for now, the clocks will be changing again on the last weekend of March.

NEWS IN BRIEF

Murcia N-344 named among Spain's most dangerous roads

Two stretches of the N-344 in the Region of Murcia have been identified as among the most dangerous roads in Spain. The findings come from the latest road safety assessment of the State Road Network, carried out by the international Road Assessment Programme (iRAP) and the foundation of the Real Automóvil Club de España (RACE).

The N-344 runs for 143 km, linking Almería and Valencia through the Altiplano area. In Murcia, it passes through several municipalities including Alcantarilla, Molina de Segura, Las Torres de Cotillas, Alguazas, Yecla and Jumilla. Sections between Yecla and Jumilla are highlighted in the report as posing a particularly high risk of serious accidents.

Two minors arrested in Elche over five stolen mopeds

Two minors have been arrested in Elche after five mopeds were stolen within a fortnight, according to the National Police. Officers launched an investigation following several complaints reporting thefts carried out over a short period of time.

Specialist officers from the Elche police station identified a link between the incidents, noting they had taken place at night and in the same area. With support from the operational response unit, they set up surveillance in the suspected locations.

During one patrol, officers spotted two people riding a moped who began driving recklessly and ran a red light after noticing police. They were stopped, and checks confirmed the vehicle had allegedly been stolen shortly beforehand.

Police later recovered all five stolen mopeds from vegetation near the Vinalopó river. The vehicles were returned to their owners, although damage to ignition wiring was reported.

Rojales launches mobile speed camera to tackle speeding

Rojales Town Hall has brought a newly acquired mobile speed camera into operation, in response to complaints from residents about excessive speeding on local roads. The council said some reckless drivers had been travelling above the limits through the municipality.

Until now, the council had relied on speed bumps to slow traffic. However, officials said these measures had also created problems, particularly noise from passing vehicles, which disturbed nearby residents at night.

In the coming days, "speed controlled by radar" warning signs will be installed to meet legal requirements. For the moment, areas under control will be signposted only during enforcement periods. The council says the aim is to raise awareness and reduce accidents, as speeding remains a leading cause of collisions

Torrevieja approves nearly €593,000 spend

Torrevieja Council has approved a public contract worth €592,832.75, including VAT, to supply new furniture and equipment for a range of municipal buildings. The decision was taken by the Local Government Board as part of ongoing efforts to modernise public facilities.

The contract is divided into two lots. The first, valued at €505,574.81, covers office furniture for various municipal departments. The second, worth €87,257.94, will provide visual and IT equipment for the new university headquarters in Calle Canónigo Torres.

Facilities set to benefit include the Casa de la Tercera Edad in Calle Pedro Lorca, the Carmen Jalón Municipal Public Library, the Municipal Animal Shelter and several administrative offices. The investment will also equip floors designated for the university headquarters, which are nearing completion.

The council said the upgrade will improve working conditions for staff and enhance services for residents. Once the contract is formally signed, the successful bidder will have a maximum of four months to deliver and install the equipment.

Guardamar to ban feeding of cats after rat infestation

Guardamar Council has announced it will ban the feeding of feral cat colonies on the southern breakwater of the town's port after a video showing large rats eating dry cat food spread widely among residents.

Mayor José Luis Sáez said the presence of rats is not new and has been linked to rubbish left behind by dozens of anglers who visit the area each day. He stressed that volunteers who feed the cats are not responsible for the rise in rodents. The breakwater forms part of a protected bird habitat at the mouth of the River Segura, where cats are prohibited under environmental legislation.

The council has contacted its pest control contractor, although the mayor said conventional eradication methods cannot be used because of environmental restrictions. He noted that the breakwater falls under coastal public domain managed by the regional government, but the council still installs litter bins and supports regular clean-up operations with volunteers.



Drivers challenge San Miguel traffic light camera fines

Drivers in San Miguel de Salinas are continuing to contest fines issued by a traffic light with a photographic enforcement system on Galant Delgado Street, eight months after it was introduced. The device controls a narrow stretch of road between Plaza de la Libertad and the Local Police station, alternating traffic in each direction.

Motorists argue that a series of irregularities undermine the system. They say warning signs are positioned on the left rather than the right of the carriageway in some approaches, making them difficult to see. They have also measured the amber phase at around two seconds, below the three seconds recommended by the Directorate-General for Traffic and European standards.

Each penalty carries a €200 fine, reduced to €100 for early payment, and the loss of four licence points. Some drivers report receiving multiple sanctions for the same location, published through the Official State Gazette, and question the proportionality of the enforcement. They also claim there is no specific municipal by-law regulating the use of photographic control devices.

Man arrested after armed robbery at San Miguel de Salinas petrol station

A man has been arrested after a violent robbery at a petrol station in San Miguel de Salinas.

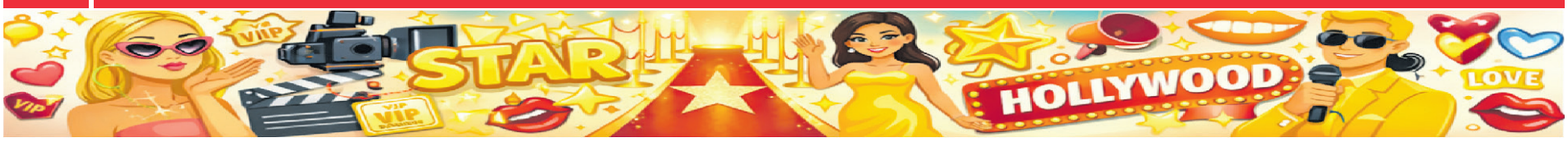
According to the Local Police, the suspect entered the premises armed with a sharp object and threatened an employee who was working at the time. He stole money from the cash register before leaving the scene.

Officers immediately launched an investigation and identified the vehicle used in the escape. The town's municipal traffic surveillance system, which can detect passing vehicles and accurately record registration numbers, vehicle type, make and colour, enabled police to track the suspect.

The investigation led officers to Cartagena, in the neighbouring Region of Murcia, where the alleged offender was arrested. Local Police said the combination of security technology and swift police action was crucial in resolving the case quickly.







Daniel Radcliffe calls for mandatory therapy

Daniel Radcliffe has suggested that therapy should be mandatory for child actors, reflecting on the mental health pressures of growing up in the public eye after achieving global fame at a young age.

The 36-year-old actor became a household name at 11 when he was cast as the lead in the Harry Potter and the Philosopher's Stone, the first film in the Harry Potter film series. Looking back on his childhood in the spotlight, Radcliffe said young performers would benefit from structured mental health support throughout their careers.

Speaking about the challenges faced by young stars, Radcliffe highlighted the emotional pressures that can accompany early fame. He noted that child actors are often perceived as having enviable lives, which can make it difficult for them to express struggles or seek help. He also recalled hearing about a young actor who later died by suicide after battling mental health difficulties.

Radcliffe said that when he was growing up in the early 2000s in England, mental health resources such as therapy were not commonly discussed or provided for young performers. Despite this, he described himself as fortunate, crediting the presence of supportive adults on set during the filming of the Harry Potter movies. He said that environment helped shield the young cast from some of the pressures associated with their sudden fame.

The actor recently addressed the next generation of performers who will appear in the upcoming television adaptation of the wizarding world. The series, produced by HBO and based on the books by J. K. Rowling, has cast Dominic McLaughlin as Harry Potter, Arabella Stanton as Hermione Granger, and Alastair Stout as Ron Weasley.

Radcliffe urged fans to avoid placing pressure on the young actors by comparing them with the original cast. He also indicated that he does not plan to be closely involved with the new production, saying he wants the children cast in the series to develop their own experiences without feeling overshadowed by earlier performers.

While acknowledging concerns about the impact of fame at a young age, Radcliffe suggested that growing up with celebrity can sometimes make its unusual aspects feel more normal, as they become intertwined with everyday life from an early stage. At the same time, he stressed the importance of protecting young actors and giving them space to build their own paths in the industry.

Gwen Stefani thanks God for finding love

Gwen Stefani has spoken about how her relationship with Blake Shelton changed her understanding of love, describing it as the first time she experienced what she views as "active love."

The 56-year-old singer discussed her personal life and faith during a conversation with Jeff Cavins on the Hallow prayer and meditation app. In the discussion, she said her relationship with Shelton introduced her to a more intentional and demonstrative form of love, in which care is shown through consistent actions and sacrifices for a partner.

Stefani and Shelton first met in 2014 while serving as coaches on season seven of the television singing competition The Voice. At the time, Stefani was married to Gavin Rossdale, while Shelton was married to Miranda Lambert.

After both marriages ended, the two performers grew closer and began dating. Their relationship progressed over the following years, with the couple announcing their engagement in October 2020 before marrying in July 2021.

During the conversation, Stefani also reflected on her evolving faith and how it has shaped her perspective on her music career. She described feeling anxiety earlier in her career when performing or writing songs, often questioning whether she would be able to deliver on stage or create new material.

Over time, she said she came to view her musical ability as something beyond personal talent, connecting it to her spiritual beliefs and sense of purpose. The singer explained that this shift in perspective, which developed over the past decade, led her to see performing and sharing her music as part of a responsibility tied to her faith.

Stefani first rose to prominence as the lead singer of the band No Doubt, before launching a successful solo career, becoming known for hits including Hollaback Girl and The Sweet Escape.



McFly stars gruesome gardening injury

Harry Judd was taken to hospital after injuring his finger in a gardening accident that required emergency stitches.

The 40-year-old drummer from the British band McFly shared an update with fans on Tuesday, posting an image from an accident and emergency waiting room along with a photograph of his finger bandaged following treatment. He indicated that the injury occurred while gardening and suggested he would begin wearing protective gloves in the future.

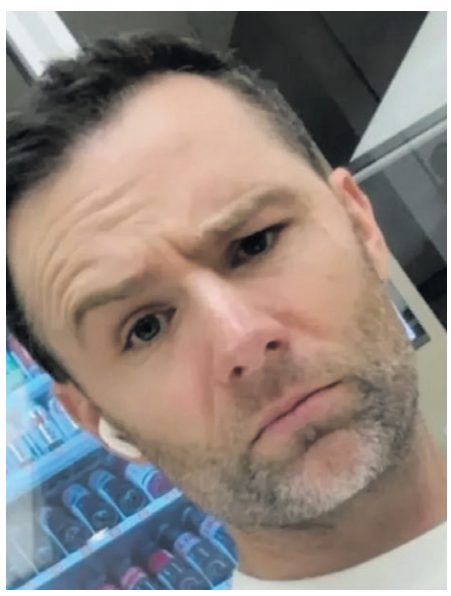
Judd later confirmed he had received stitches and thanked staff at NHS England for their care, noting that the medical procedure nearly caused him to faint due to the needle. He reassured fans that the injury would not interfere with his drumming.

The update comes shortly after Judd's wife, Izzy Judd, spoke publicly about their family life, revealing that one of their children is neurodivergent. The couple share three children: daughter Lola, nine, and sons Kit, seven, and Lockie, four.

Izzy Judd explained that parenting a neurodivergent child had been an intense and challenging experience over the past several years, describing it as overwhelming at times and highlighting the limited support available to families in similar situations. She chose not to disclose which of their children had received the diagnosis.

Motivated by her experience, she announced plans to launch a new podcast focused on supporting parents of neurodivergent children. The programme will form part of her existing "Let's Talk" series and follow her earlier fertility podcast, created after she previously documented her own struggles with IVF.

The new show will feature conversations with both experts and parents, aiming to provide guidance and a sense of community for families navigating similar challenges.



Warwick Davis honoured

Warwick Davis was awarded an OBE by Prince William at Windsor Castle, recognising the actor's contributions to drama and charitable work.

The 56-year-old performer attended the ceremony wearing a navy suit and black shoes as he met the Prince of Wales, who presented him with the honour during an investiture ceremony. Davis was joined by his children, Annabelle, 27, and Harrison, 21, who watched as their father received the medal.

Davis, widely known for his roles in the Harry Potter film series and the Star Wars film franchise, described the recognition as a dignified acknowledgement of his work in the entertainment industry and his charitable efforts.

Alongside his acting career, Davis co-founded the organisation Little People UK in 2012. The charity supports people with dwarfism and their families and was established with his late wife, Samantha Davis, who died in 2024.

Earlier recognition for Davis's career came in February 2025 when he received the BAFTA Fellowship from BAFTA. At the time, he dedicated the honour to Samantha, acknowledging her support throughout his career and her encouragement to pursue opportunities in the industry.

Davis has built a long-standing career across film and television, becoming one of Britain's most recognisable actors while also advocating for greater representation and support for people with dwarfism.



WHAT'S ON TV?



Your FREE weekly TV Guide

THIS WEEK'S FILM PICKS

Coyotes

Friday 20th March, Sky Premiere, 4.45pm



Coyotes is a 2025 American comedy-horror thriller film. A family must battle for their lives against a vicious pack of coyotes while a fierce wildfire rages through the Hollywood Hills, creating a harrowing survival situation amidst the dual threats of wild animals and uncontrolled flames.

Captain Phillips

Saturday 21st March, Film4, 10pm



Captain Phillips is a 2013 American biographical action-thriller film directed by Paul Greengrass. Based on the 2009 Maersk Alabama hijacking, the film tells the story of Captain Richard Phillips, an American merchant mariner who was taken hostage by Somali pirates. It stars Tom Hanks as Phillips, alongside Barkhad Abdi as pirate leader Abduwali Muse.
When a cargo freighter passes just outside Somalian waters, men in a motorboat approach the freighter and start shooting at it. The Captain, Richard Phillips tries to keep the pirates off the ship but fails. Phillips instructs the crew to hide. The pirates go to the bridge and tell Phillips they want money and when Phillips offers what they have, it is obvious the leader has his mind set on millions. He plans to take the crew hostage and hold them for ransom.

TV Guide

Tuesday 17th March 2026

BBC

BBC ONE

11:45 Crimewatch Live
12:30 Homes Under the Hammer
13:15 Bargain Hunt
14:00 BBC News at One
15:00 Bear Grylls - Wild Reckoning
15:30 Amanda & Alan's Spanish Job
16:00 Escape to the Country
16:45 The Repair Shop on the Road
17:30 The Finish Line
18:15 Pointless
19:00 BBC News at Six
19:30 BBC London
20:00 The One Show
20:30 EastEnders
21:00 Sort Your Life Out
22:00 MasterChef: The Professionals
23:00 BBC News at Ten
23:30 BBC London
23:40 Boarders

BBC TWO

13:15 Politics Live
14:00 Impossible
Game show in which 24 players compete to score points by answering questions correctly.
14:45 The Tournament
15:30 Chess Masters: The Endgame
16:00 Clive Myrie's Italian Road Trip
16:30 Serengeti
17:30 Antiques Roadshow
18:10 Flog It!
19:00 Richard Osman's House of Games
19:30 Do You Know Your Place?
20:00 Great British Menu
21:00 Digging for Britain
22:00 Europe on the Edge with Katya Adler
23:00 QI
23:30 Newsnight
00:00 Forensics: The Real CSI

ITV

ITV1 HD

11:00 This Morning
13:30 ITV Lunchtime News
13:55 ITV News London
14:00 Celebrity Catchphrase
15:00 Lingo
16:00 Riddiculous
17:00 Tipping Point
18:00 The Chase
19:00 ITV News London
19:30 ITV Evening News
20:15 New: The Martin Lewis Money Show Live
21:00 Emmerdale
21:30 Coronation Street
22:00 The Summit
Ben Shephard presents the thrilling reality series where 14 ordinary Brits climb one
23:00 ITV News at Ten
23:30 ITV News London
23:45 Who Wants to Be a Millionaire?
00:45 Sorry, I Didn't Know

ITV2

11:20 The Real Housewives of Miami
12:15 The Real Housewives of Beverly Hills
13:10 Ant & Dec's Limitless Win
14:10 Wheel of Fortune
15:10 The Only Way is Essex
16:10 The Real Housewives of Cheshire
Reality series following a
17:10 The Real Housewives of Miami
18:00 The Real Housewives of Beverly Hills
19:00 Celebrity Catchphrase
20:00 Wheel of Fortune
21:00 Ant & Dec's Limitless Win
22:00 Family Guy
00:30 American Dad!

Channel 4

Channel 4

11:10 Frasier
12:10 Ramsay's Kitchen Nightmares USA
Iberville: The Nightmare Continues: Gordon's still helping Iberville Cuisine, in New Orleans' French
13:05 Channel 4 News Summary
13:10 Find It, Fix It, Flog It
14:10 Matt Baker: Our Farm in the Dales
Matt calls in a family friend
15:10 Countdown
16:00 A Place in the Sun
17:00 A New Life in the Sun
18:00 Four in a Bed
18:30 Come Dine with Me
19:00 New: A Place in the Sun: What...
20:00 Channel 4 News
20:55 The Political Slot
21:00 The Dog House
22:00 New: Handcuffed: The Final
23:00 Gogglebox

Channel 5

5

12:30 Storm & Alexis
13:45 5 News at Lunchtime
13:50 Matt Allwright
15:00 Vanessa
16:00 The Good Ship Murder
17:00 Bargain-Loving Brits in the Sun
It's a big day for retired expat Jack who's organised
18:00 5 News at 5
Join Dan Walker and the team for the news that matters to you.
19:00 Love Nature
19:05 Susan Calman's Grand Day Out
20:00 Celebrity Puzzling
21:00 The Yorkshire Vet
22:00 Ellis
23:00 Fare Dodgers: At War with the Law
00:05 The Bailiffs
Lewis has a challenging enforcement in the north of England, removing a former premier league footballer's

Entertainment

Sky Max HD

11:00 Will & Grace
12:00 The Simpsons

13:00 David Attenborough's Wild City

14:00 Hawaii Five-0
15:00 NCIS: Los Angeles
16:00 S.W.A.T.
17:00 Police 24/7
18:00 The Simpsons
19:00 The Office (US)
20:00 The Simpsons

When Nelson Met Lisa: A
21:00 Rob & Romesh Vs...

22:00 New: The Dyers' Caravan Park

23:00 Jack Dee: Small World
00:30 Ted

Sky Family

12:45 Scarygirl
14:20 Madagascar: Escape 2 Africa
15:55 The Emoji Movie
17:25 Bee Movie
19:00 The Wizard Of Oz
20:45 The Karate Kid Part II
22:40 The Hobbit: An Unexpected Journey

Sky Documentaries

11:00 Ken Burns: The Civil War
12:05 The Sixties
13:00 Mrs Robinson
15:00 The Ghost Of Richard Harris
17:10 Rory's 2025
18:40 My Icon: Henni Goya
18:55 100 Foot Wave
19:55 Ken Burns: The Civil War
21:00 Boyzone: No Matter What
00:00 Fatboy Slim: Right Here, Right Now


U&Dave

11:00 Railroad Australia
Documentary series. Bernie struggles home in five Streamliner locos pulling 90 old coal wagons, and
12:00 Rick Stein's Far Eastern Odyssey
13:00 Border Force America's Gatekeepers
Packages of meth are found in the wall of a trailer. Two brothers are caught smuggling pills. Prohibited
15:00 Guy Martin: Proper Jobs
16:00 Top Gear
18:00 Hairy Bikers' Best of British
19:00 Rick Stein's Far Eastern Odyssey
20:00 Would I Lie To You?
20:40 Richard Osman's House of Games
22:00 Have I Got A Bit More News For You?
23:00 QI XL
00:00 Taskmaster

DMAX

11:00 Deadliest Catch
Two new skippers join the veteran fleet to take on the treacherous Bering Sea, but when they invade the
13:00 Treasure Quest: Snake Island
After a tragic event on their way to a Guarani village, the team secures vital
14:00 Expedition Unknown
16:00 Alaska: Homestead Rescue
18:00 Outback Opal Hunters
20:00 Deadliest Catch
22:00 Hoffman Family Gold
23:00 Deadliest Catch
00:00 Aussie Gold Hunters

HGTV

11:00 The Big Bang Theory
15:00 Mike & Molly
16:30 Young Sheldon
18:00 The Big Bang Theory
22:00 Mock The Week
23:00 Beverly Hills Cop

RTÉ One

11:10 The Kelly Clarkson Show
12:00 St Patrick's Day Mass
13:05 Give Up YER Old Sins
13:15 St Patrick's Festival Parade
15:10 Telly Bingo
15:25 Home and Away
15:55 Shortland Street
16:25 The Quiet Man
18:40 Nuacht RTÉ
18:55 RTÉ News with Signing
The latest national and
19:01 RTÉ News: Six One
20:00 Home of The Year
20:30 EastEnders
21:00 Fair City
21:30 Our Farm - A GIY Story
22:00 RTÉ News: Nine O'Clock
22:30 A Haunting in Venice
00:30 Annika

Sport

Sky Sports Mix

11:00 TGL Highlights
15:00 WTA Final: Indian Wells
16:00 ATP Final: Indian Wells
17:00 Players Championship R1 Highlights
18:00 Players Championship R2 Highlights
19:00 Players Championship R3 Highlights
20:00 Players Championship R4 Highlights
21:00 Dutch Masters Show Jumping
21:30 WTA Indian Wells 2026 Review
22:00 ATP Final: Indian Wells
23:00 PGA Tour Golf Highlights
00:00 ICC T20 WC Highlights

Movies

Sky Premiere

11:25 Materialists
13:25 One More Shot (2025)
15:10 Sketch
16:50 Coyotes (2025)
18:35 Jurassic World: Rebirth
21:00 Materialists
23:00 Bring Her Back
00:50 Icefall

Sky Greats

12:15 Sleepless In Seattle
14:05 You've Got Mail
16:05 Big Daddy
17:40 The Wedding Singer
19:20 Police Academy
21:00 Police Academy 2:...
22:30 Police Academy 3:...
00:00 Pulp Fiction

Film4

12:00 Garden of Evil
14:05 Fantastic Voyage
16:10 Earth vs the Flying Saucers
17:55 All That Heaven Allows
19:40 Notting Hill
22:00 Wild Rose
(2018) Acclaimed drama
00:05 Honest Thief



TV Guide

Wednesday 18th March 2026

BBC

BBC ONE

11:45 Crimewatch Live
12:30 Homes Under the Hammer
13:15 Bargain Hunt
14:00 BBC News at One
15:00 Bear Grylls - Wild Reckoning
15:30 Amanda & Alan's Spanish Job
16:00 Escape to the Country
16:45 The Repair Shop on the Road
17:30 The Finish Line
18:15 Pointless
19:00 BBC News at Six
19:30 BBC London
20:00 The One Show
20:30 EastEnders
21:00 The Repair Shop
22:00 Ambulance
23:00 BBC News at Ten
23:30 BBC London
23:40 UEFA Champions League

BBC TWO

12:15 Politics Live
14:00 Impossible
14:45 The Tournament
15:30 Chess Masters: The Endgame
16:00 Clive Myrie's Italian Road Trip
16:30 Serengeti
17:30 Antiques Roadshow
18:15 Flog It!
19:00 Richard Osman's House of Games
19:30 Do You Know Your Place?
20:00 Great British Menu
21:00 Britain's Biggest Warship
22:00 Hostage
23:00 We Might Regret This
23:30 Newsnight
00:00 Unspun World with John Simpson
00:30 Inside the Rage Machine

ITV

ITV1 HD

11:00 This Morning
13:30 ITV Lunchtime News
13:55 ITV News London
14:00 Celebrity Catchphrase
15:00 Lingo
16:00 Riddiculous
17:00 Tipping Point
18:00 New: The Chase
19:00 ITV News London
19:30 ITV Evening News
20:30 Celebrity Lingo
21:00 Emmerdale
21:30 Coronation Street
22:00 New: The Stolen Girl
23:00 ITV News at Ten
23:30 ITV News London
The latest news and weather from London and the South East. [S,HD]
23:45 New: Peston
Join Robert Peston for a late-night political magazine
00:40 Heathrow: Britain's Busiest Airport

ITV2

11:20 The Real Housewives of Miami
12:15 The Real Housewives of Beverly Hills
13:10 Ant & Dec's Limitless Win
14:10 Wheel of Fortune
15:10 The Only Way is Essex
16:10 The Real Housewives of
17:10 The Real Housewives of Miami
18:00 The Real Housewives of Beverly Hills
19:00 Celebrity Catchphrase
20:00 Wheel of Fortune
Graham Norton invites
21:00 Ant & Dec's Limitless Win
22:00 Hell's Kitchen
23:00 Family Guy
00:30 American Dad!

Channel 4

Channel 4

11:10 Frasier
12:10 Ramsay's Kitchen Nightmares USA
13:05 Channel 4 News Summary
13:10 Find It, Fix It, Flog It
14:10 Matt Baker: Our Farm in the Dales
15:10 Countdown
16:00 A Place in the Sun
17:00 A New Life in the Sun
18:00 Four in a Bed
18:30 Come Dine with Me
19:00 New: A Place in the Sun: What...
20:00 Channel 4 News
Channel 4's flagship news programme. Including the
20:55 The Political Slot
21:00 Kirstie and Phil's Love It or...
22:00 New: A Woman of Substance
23:00 The Push: Murder on the Cliff

Channel 5

5

12:30 Storm & Alexis
Two of 5's much-loved faces team up to focus on the issues that matter most to viewers - with your
13:45 5 News at Lunchtime
13:50 Matt Allwright
15:00 Vanessa
16:00 The Good Ship Murder
17:00 New: Bargain-Loving Brits in...
18:00 5 News at 5
19:00 New: Love Nature
19:05 Susan Calman's Grand Day Out
20:00 New: Celebrity Puzzling
21:00 New: Alice Roberts: Our...
22:00 New: Ellis
Shock revelations surrounding Abi's death
23:05 New: A&E After Dark
00:05 Ambulance: Code Red

Entertainment

Sky Max HD

11:00 Will & Grace

12:00 The Simpsons
13:00 David Attenborough's Wild City
14:00 Hawaii Five-0
15:00 NCIS: Los Angeles
16:00 S.W.A.T.

17:00 Police 24/7
18:00 The Simpsons
19:00 The Office (US)
20:00 The Simpsons
21:00 A League Of Their Own
22:00 The Da Vinci Code
00:40 Grimm


Sky Family

12:05 Madagascar: Escape 2 Africa
13:40 The Emoji Movie

15:10 Bee Movie
16:45 Stardust
19:00 Scooby-Doo!

The cowardly cartoon dog
20:40 Scooby-Doo 2: Monsters Unleashed
22:15 The Hobbit: The Desolation Of...


Sky Documentaries

11:00 Ken Burns: The Civil War
12:05 The Sixties
13:00 Spielberg
15:50 Frederick Douglass: In Five Speeches
17:00 Discovering: George Clooney
18:00 Wes Anderson: The Directors
18:55 The Invisible Pilot
19:55 Ken Burns: The Civil War
21:00 Murders At Starved Rock
00:15 Marathon: The Patriot's Day.

U&Dave

11:00 Railroad Australia
12:00 Rick Stein's Far Eastern Odyssey
13:00 Border Force America's
15:00 Guy Martin: Proper Jobs
16:00 Top Gear
18:00 Hairy Bikers' Best of British
19:00 Rick Stein's Far Eastern Odyssey
20:00 Would I Lie To You?
20:40 Richard Osman's House of Games
22:00 QI XL
23:00 Have I Got A Bit More News For You?
00:00 Taskmaster

DMAX

11:00 Deadliest Catch
13:00 Treasure Quest: Snake Island
14:00 Expedition Unknown
Josh Gates searches Mexico for clues behind the mysterious rise and disappearance of
16:00 Alaska: Homestead Rescue
After a devastating earthquake, Marty saves
18:00 Outback Opal Hunters
20:00 Deadliest Catch
22:00 New: Maine Cabin Masters
The crew tackles a build for an architect - complete with framing challenges, snowmobile chaos and a
23:00 New: Barnwood Builders
00:00 Aussie Gold Hunters

HGTV

11:00 The Big Bang Theory
Can friends with benefits still be friends without? Leonard and Penny try hanging out alone, while
15:00 Mike & Molly
16:30 Young Sheldon
Sheldon uses his new friendship with the school bully to boss Georgie around. Also, Missy steals
18:00 The Big Bang Theory
22:00 New: Dr Pimple Popper: Breaking...
00:00 Dr. Pimple Popper

RTÉ One

11:15 The Drew Barrymore Show
11:40 The Kelly Clarkson Show
12:35 Father Brown
13:30 The Complaints Bureau

14:00 RTÉ News: One O'Clock

The latest national and
14:30 Home and Away
15:00 Shortland Street
15:30 Fair City

16:00 EastEnders
16:30 Today
18:40 Nuacht RTÉ
18:55 RTÉ News with Signing
19:01 RTÉ News: Six One
20:00 Nationwide
20:30 EastEnders
21:00 Eva Pau's Asian Kitchen
21:30 Neven's Ulster Food Tour
22:00 RTÉ News: Nine O'Clock

22:35 Housewife Of The Year
00:05 The Great House Revival

Sport

Sky Sports Mix

11:00 TGL Highlights

15:00 PL Greatest: Bolton/Chelsea 2005

15:15 PL Greatest

15:30 PL Greatest:A Villa/B'Ham City '08

15:45 PL Greatest Games: Char v WHam '01
16:00 ICC T20 WC Highlights

17:30 Chinese F1 GP Highlights

18:30 ATP Indian Wells 2026 Review

19:30 Live WSL: Chelsea v Brighton

22:30 Dutch Masters Show Jumping

23:00 ATP Indian Wells 2026 Review

00:00 ICC T20 WC Highlights

Movies

Sky Premiere

11:25 The Gentleman
13:10 Materialists

15:10 Jurassic World: Rebirth
17:30 Sketch
19:15 Icefall
21:00 Materialists
23:00 Coyotes (2025)
00:45 I Know What You Did Last...

Sky Greats

12:05 Police Academy
13:45 Police Academy 2:...
15:15 Police Academy 3:...
16:45 Terms Of Endearment

19:00 Little Women (1994)
21:00 An Officer And A Gentleman
23:05 Escape to Victory

Film4

12:00 The Bedford Incident
14:05 Captain Phillips Interview Special
14:10 Heaven Knows, Mr Allison
16:20 The True Story of Jesse James
18:10 The Enemy Below
20:10 Made in Italy
22:00 Nobody
23:50 Beast

TV Guide

Thursday 19th March 2026

BBC

BBC ONE

11:45 Crimewatch Live
12:30 Homes Under the Hammer
13:15 Bargain Hunt
14:00 BBC News at One
15:00 Bear Grylls - Wild Reckoning
15:30 Amanda & Alan's Spanish Job
16:00 Escape to the Country
16:45 The Repair Shop on the Road
17:30 The Finish Line
18:15 Pointless
19:00 BBC News at Six
19:30 BBC London
20:00 The One Show
20:30 EastEnders
21:00 MasterChef: The Professionals
22:00 The Apprentice
23:00 BBC News at Ten
23:30 BBC London
23:40 Question Time
00:40 Newscast

BBC TWO

13:15 Politics Live
14:00 Impossible
14:45 The Tournament
15:30 Chess Masters: The Endgame
16:00 Clive Myrie's Italian Road Trip
16:30 Serengeti
17:30 Antiques Roadshow
18:15 Flog It!
19:00 Richard Osman's House of Games
Every day this week, former winners Steve Backshall,
20:00 Great British Menu
21:00 This Farming Life
22:00 Black Waters: The Sea Empress Disaster
23:00 The Apprentice: Unfinished Business
23:30 Newsnight
00:00 The King's Speech
Following the scandalous abdication of his brother King Edward VIII, Bertie, who has suffered from a

ITV

ITV1 HD

11:00 This Morning
13:30 ITV Lunchtime News
13:55 ITV News London
14:00 Celebrity Catchphrase
15:00 Lingo
16:00 Deal or No Deal
Join host Stephen Mulhern for one of the most exciting and iconic gameshows of all time as one of the brave
17:00 Tipping Point
18:00 The Chase
19:00 ITV News London
19:30 ITV Evening News
20:30 Supermarket Prices: Does...
21:00 Emmerdale
21:30 Coronation Street
22:00 New: Murderer Unmasked: True...
23:00 ITV News at Ten
ITV News provides a fresh perspective on the major
23:30 ITV News London
23:45 Indiana Jones and the Last Crusade

ITV2

11:20 The Real Housewives of Miami
12:15 The Real Housewives of Beverly Hills
13:10 Ant & Dec's Limitless Win
14:10 Wheel of Fortune
15:10 The Only Way is Essex
16:10 The Real Housewives of Cheshire
17:10 The Real Housewives of Atlanta
18:00 The Real Housewives of Beverly Hills
19:00 Celebrity Catchphrase
20:00 Wheel of Fortune
21:00 Ant & Dec's Limitless Win
22:00 Hell's Kitchen
23:00 Family Guy
00:30 American Dad!

Channel 4

Channel 4

11:10 Frasier
Sweet Dreams: Frasier puts
12:10 Ramsay's Kitchen Nightmares USA
13:05 Channel 4 News Summary
13:10 Find It, Fix It, Flog It
14:10 Matt Baker: Our Farm in the Dales
15:10 Countdown
16:00 A Place in the Sun
17:00 A New Life in the Sun
In Spain, a night on the tiles proves too much for holiday hosts Daniel and John. And will winter come too soon
18:00 Four in a Bed
18:30 Come Dine with Me
19:00 New: A Place in the Sun: What...
20:00 Channel 4 News
20:55 The Political Slot
21:00 George Clarke's Building Home
22:00 New: A Woman of Substance
23:00 24 Hours in A&E

Channel 5

5

12:30 Storm & Alexis
Two of 5's much-loved faces team up to focus on the issues that matter most to viewers - with your
13:45 5 News at Lunchtime
13:50 Matt Allwright
15:00 Vanessa
16:00 The Good Ship Murder
17:00 Bargain-Loving Brits in the Sun
In an edition shown in tribute to 'Happy Days' Graham Boland, he welcomes a puppy into his
18:00 5 News at 5
19:00 New: Love Nature
19:05 Susan Calman's Grand Day Out
20:00 New: Celebrity Puzzling
21:00 New: Alexander Armstrong in India
22:00 New: The Hotel Inspector
23:00 Manhunt: The Child Snatcher 2

Entertainment

Sky Max HD

11:00 Will & Grace
12:00 The Simpsons

13:00 Rise Of Animals With David Attenborough
14:00 Hawaii Five-0
15:00 NCIS: Los Angeles

16:00 S.W.A.T.
17:00 Police 24/7
18:00 The Simpsons
19:00 The Office (US)
20:00 The Simpsons
21:00 An Idiot Abroad
22:00 Never Mind The Buzzcocks
23:00 Mr Bigstuff
00:00 The Dyers' Caravan Park


Sky Family

12:35 Scarygirl

14:10 Mr. Peabody And Sherman

15:45 The Wild Robot
17:30 Pets On A Train
19:00 Paul Blart: Mall Cop
20:45 The Last Airbender
22:35 The Karate Kid (2010)


Sky Documentaries

11:00 Ken Burns: The Civil War
12:05 The Sixties
13:00 Love Means Zero
14:50 My Icon: Heather Watson
15:00 McEnroe
17:00 Discovering: Matthew McConaughey
18:00 John Singleton: The Directors
18:55 The Invisible Pilot
19:55 Ken Burns: The Civil War
21:00 Robin Williams: Come Inside My
23:20 Belushi

U&Dave

11:00 Railroad Australia
12:00 Rick Stein's Far Eastern Odyssey
13:00 Border Force America's
15:00 Guy Martin: Proper Jobs
16:00 Top Gear
18:00 Hairy Bikers' Best of British
19:00 Rick Stein's Far Eastern Odyssey
20:00 Would I Lie To You?
20:40 Richard Osman's House of Games
22:00 QI XL
23:00 Have I Got A Bit More News For You?
00:00 Taskmaster

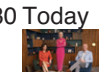
DMAX

11:00 Deadliest Catch
A storm is brewing as a serious injury forces a crewmember to his bunk after the crane breaks on
13:00 Curse of the Frozen Gold
14:00 Expedition Unknown
16:00 Alaska: Homestead Rescue
18:00 Outback Opal Hunters
The Cheals take on their most dangerous dig ever. The Bushmen trial a rookie to operate their exploration
20:00 Deadliest Catch
The fall season begins with uncertainty. A seismic shift in sea temperature sends the fleet searching for
22:00 Expedition X
23:00 Expedition Unknown
00:00 Aussie Gold Hunters

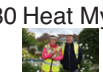
HGTV

11:00 The Big Bang Theory
15:00 Mike & Molly
When Peggy and Molly have lunch together, Mike
16:30 Young Sheldon
Inspired by his hero, Albert Einstein, Sheldon tries his hand at the violin. Also, Mary and Meemaw secretly
18:00 The Big Bang Theory
22:00 New: 90 Day: The Single Life
23:00 New: Sister Wives
00:00 Dr Pimple Popper: Breaking Out

RTÉ One

11:00 The Drew Barrymore Show
11:25 The Kelly Clarkson Show
12:10 Only Fools and Horses
12:50 Leaders' Questions
13:45 Telly Bingo
14:00 RTÉ News: One O'Clock
14:30 Home and Away
15:00 Shortland Street
15:30 Kayak Ó Thuaidh
16:00 EastEnders
16:30 Today

18:40 Nuacht RTÉ

18:55 RTÉ News with Signing

19:01 RTÉ News: Six One
20:00 High Road, Low Road
20:30 EastEnders
21:00 Fair City
21:30 Heat My Home

Kieran meets Sylvia
22:00 RTÉ News: Nine O'Clock
22:35 Prime Time
23:15 Welcome To Moore Street
00:15 We Hunt Together

Sport

Sky Sports Mix

11:00 TGL Highlights

A match-up at the SoFi
15:00 PL Greatest Games:L'Pool/Man U '97

15:15 PL Greatest Games:L'Pool/Man U '01

15:30 PL Greatest Games:Man U/L'Pool '10
15:45 PL Greatest Games:Man U/L'Pool '14

16:00 ICC T20 WC Highlights

17:00 ATP Indian Wells 2026 Review
18:00 S/Lge: Leigh v Catalans

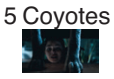
20:45 Dutch Masters Show Jumping

21:15 S/Lge: Wakefield v Hull FC

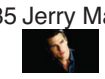
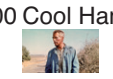
00:00 ICC T20 WC Highlights

Movies

Sky Premiere

11:20 Materialists
13:30 Plainclothes
15:15 I Know What You Did Last...
17:15 Coyotes (2025)

19:00 Materialists
21:00 Jurassic World: Rebirth
23:20 I Know What You Did Last...


Sky Greats

12:15 Little Women (1994)
14:20 The Bodyguard
16:35 Escape to Victory
18:35 Jerry Maguire

21:00 Cool Hand Luke

23:10 The Bodyguard

Film4

12:00 Robin and Marian
14:10 Captain Phillips Interview Special
14:15 The Long Ships
16:50 Captain Phillips Interview Special
17:00 The Andromeda Strain
19:40 Ad Astra
22:00 Ready or Not
23:50 Men

TV Guide

Friday 20th March 2026

BBC

BBC ONE

11:45 Crimewatch Live
12:30 Homes Under the Hammer
13:15 Bargain Hunt
14:00 BBC News at One
15:00 Father Brown
15:45 Escape to the Country
16:45 The Repair Shop on the Road
17:30 The Finish Line
18:15 Pointless
19:00 BBC News at Six
19:30 BBC London
20:00 Comic Relief
23:00 BBC News at Ten
23:30 BBC London
The latest news, sport and weather from London.
23:40 The Claudia Winkleman Show
00:25 RuPaul's Drag Race UK vs the World
It's the grand final, and

BBC TWO

14:00 Impossible
14:45 The Tournament
15:30 Chess Masters: The Endgame
16:00 Clive Myrie's Italian Road Trip
16:30 Serengeti
17:30 Flog It!
18:00 Athletics: World Indoor Championships
Coverage of the 2026 World Athletics Indoor Championships from
21:30 Mortimer & Whitehouse: Gone Fishing
22:00 Gardeners' World
23:00 Comic Relief
Romesh Ranganathan hosts a special episode of iconic quiz show The Weakest Link. Six
23:40 Newsnight
00:10 In Camera

ITV

ITV1 HD

11:00 This Morning
13:30 ITV Lunchtime News
The latest headlines from around the world at
13:55 ITV News London
14:00 Celebrity Catchphrase
15:00 Lingo
16:00 Deal or No Deal
17:00 Tipping Point
18:00 The Chase
19:00 ITV News London
19:30 ITV Evening News
20:30 New: It'll Be Alright on the Night
21:00 Emmerdale
21:30 Coronation Street
22:00 Beat the Chasers
23:00 ITV News at Ten
23:30 ITV News London
23:45 Devil In Disguise: John Wayne Gacy
00:45 Millionaire Hot Seat

ITV2

11:20 The Real Housewives of
12:15 The Real Housewives of
13:10 Ant & Dec's Limitless Win
14:10 Wheel of Fortune
15:10 The Only Way is Essex
16:10 The Real Housewives of
17:10 The Real Housewives of
18:00 The Real Housewives of
19:00 Celebrity Catchphrase
20:00 Wheel of Fortune
21:00 Ant & Dec's Limitless Win
22:00 Suicide Squad
23:05 FYI Daily
23:10 Suicide Squad
00:30 Family Guy

Channel 4

Channel 4

11:10 Frasier
12:10 Ramsay's Kitchen Nightmares USA
13:05 Channel 4 News Summary
13:10 Find It, Fix It, Flog It
14:10 Matt Baker: Our Farm in the Dales
15:10 Countdown
16:00 A Place in the Sun
17:00 A New Life in the Sun
18:00 Four in a Bed
The new run continues. It's payment day: a chance for
18:30 Come Dine with Me
19:00 New: A Place in the Sun: What...
20:00 Channel 4 News
21:00 Inside the World's Most...
22:00 New: Gogglebox
23:00 Live: The Last Leg
00:05 Jon Richardson: Old Man Tour

Channel 5

5

12:30 Storm & Alexis
13:45 5 News at Lunchtime
13:50 Matt Allwright
15:00 Vanessa
Raw, unfiltered, authentic
16:00 The Good Ship Murder
17:00 Bargain-Loving Brits in the Sun
18:00 5 News at 5
19:00 New: Love Nature
19:05 Susan Calman's Grand Day Out
20:00 New: Celebrity Puzzling
Jeremy Vine hosts, alongside team captains Sally Lindsay and Carol Vorderman. Joining the
21:00 New: Building the Impossible...
22:00 Volcano with Dara O Briain
23:55 New: Piers Morgan: Uncensored

Entertainment

Sky Max HD

11:00 Will & Grace
12:00 The Simpsons
13:00 Rise Of Animals With David Attenborough
14:00 Hawaii Five-0
15:00 NCIS: Los Angeles

16:00 S.W.A.T.
17:00 Police 24/7
18:00 The Simpsons
19:00 The Office (US)
20:00 The Simpsons
21:00 Sport's Funniest Moments
22:00 New: Ted

23:30 Intelligence
00:00 Grimm

Sky Family

12:00 Pets On A Train
13:30 Happy Feet
15:30 Happy Feet Two
17:15 Monsters Vs Aliens
19:00 The Hobbit: An Unexpected Journey
21:50 Scooby-Doo 2: Monsters Unleashed
23:30 Free Willy

Sky Documentaries

11:00 Ken Burns: The Civil War
12:05 The Sixties

13:00 Faye

14:50 My Icon: Kadeen Corbin

15:00 Man On Wire
17:00 Discovering: Nicole Kidman

18:00 Jonathan Demme: The Directors
18:50 The Invisible Pilot

New & Exclusive. Facing
19:55 Ken Burns: The Civil War

21:00 I'm Chevy Chase And You're...
23:00 I Am Richard Pryor

00:50 The Apollo


U&Dave

11:00 Railroad Australia
Documentary series. Bernie puts the first-ever Streamliners festival together, but
12:00 Rick Stein's Mediterranean Escapes
13:00 Border Force America's Gatekeepers
15:00 Guy Martin: Proper Jobs
16:00 Top Gear
18:00 Hairy Bikers' Best of British
The bikers journey through time, celebrating British food. Here they explore how some of our tastiest
19:00 Rick Stein's Mediterranean Escapes
20:00 Would I Lie To You?
20:40 Richard Osman's House of Games
Retired footballer David James, comedians Rhys James and Isy Suttie, and athletics legend Denise
22:00 QI XL
23:00 Have I Got A Bit More News For You?
00:00 Taskmaster

DMAX

11:00 Deadliest Catch
13:00 Curse of the Frozen Gold
14:00 Expedition Unknown
Josh travels to Hungary to
16:00 Alaska: Homestead Rescue
18:00 Outback Opal Hunters
The Digi Diggers need to explore new ground after mining opal too brittle to sell. The Bushmen find their
20:00 Deadliest Catch
22:00 Cornwall Air 999
00:00 Aussie Gold Hunters

HGTV

11:00 The Big Bang Theory
Howard discovers that he can't escape his mother - even in space! Back on earth, meanwhile, Raj turns
15:00 Mike & Molly
16:30 Young Sheldon
18:00 The Big Bang Theory
22:00 New: 90 Day Fiancé: Before The 90 Days
Emma comes clean on her birthday. Jovon heads to Anna's hometown. Lisa confronts Daniel about
00:00 Georgie & Mandy's First Marriage

RTÉ One

11:00 The Drew Barrymore Show
11:25 The Kelly Clarkson Show
12:20 Father Brown
13:15 The Complaints Bureau
13:45 Telly Bingo
14:00 RTÉ News: One O'Clock
14:30 Home and Away
15:00 Shortland Street
15:30 Fair City
16:00 EastEnders
16:30 Today
18:40 Nuacht RTÉ
18:55 RTÉ News with Signing
19:01 RTÉ News: Six One
20:00 Nationwide

Nationwide meets Tralee
20:30 Fair City
21:00 Imelda May - Amhráin na nGael
21:30 Seisiun
22:00 RTÉ News: Nine O'Clock
22:35 The Late Late Show
00:15 Love Affair

Sport

Sky Sports Mix

12:00 Players Championship R4
13:00 TGL Highlights
15:00 PL Greatest Games:Spurs v
15:15 PL Greatest: United v Spurs '12
15:30 PL Greatest: Spurs v United '17
15:45 PL Greatest Games:ManU v
16:00 ICC T20 WC Highlights
17:00 PGA Tour Golf Highlights
19:00 My Icon: Chris Powell
19:15 My Icon: Kadeena Cox
19:25 WTA Indian Wells 2026 Review
19:55 Live Netball Super League
21:30 My Icon: Deta Hedman
21:45 My Icon: Nigel Owens
22:00 WTA Final: Indian Wells
23:00 ATP Final: Indian Wells
00:00 ICC T20 WC Highlights

Movies

Sky Premiere

11:20 Nobody 2
13:00 Sketch
14:45 Materialists
16:45 Coyotes (2025)
18:30 Jurassic World: Rebirth

Sky Greats

11:00 Ace Ventura: Pet Detective
12:30 Ace Ventura: When Nature Calls
14:10 Beverly Hills Cop
16:00 Beverly Hills Cop II

Film4

12:00 How Green Was My Valley
14:20 The Sheriff of Fractured Jaw
16:25 The Last Wagon
18:25 The Longest Day



TV Guide

Saturday 21st March 2026

BBC

BBC ONE

11:00 Saturday Kitchen
12:30 Homes Under the Hammer
13:00 Football Focus
13:45 BBC Weekend News
13:55 BBC Weather
14:00 Bargain Hunt
14:45 Escape to the Country
15:15 Money for Nothing
16:00 The Addams Family 2
17:25 Asia
18:25 BBC Weekend News
18:35 BBC London
18:40 BBC Weather
18:45 Gladiators
19:45 Michael McIntyre's The Wheel
20:45 The Weakest Link
21:30 Casualty
22:15 The Walsh Sisters
23:10 BBC Weekend News
23:25 BBC Weather
23:30 Match of the Day
00:40 The Football Interview
00:55 Weather for the Week Ahead

BBC TWO

13:30 Flog It!
14:00 The Third Man
Classic film noir about an American writer who visits postwar Vienna to see an old friend but is told that the
15:45 Rugby League: Super League
Super League action as Warrington take on Castleford.
18:15 Athletics: World Indoor Championships
Coverage of the 2026 World Indoor Championships from Toru , Poland.
21:45 Comic Relief's Hits and Hidden Gems at the BBC
Radio 2's Scott Mills takes a celebratory look back at the greatest musical moments from past Red
22:45 Top of the Pops
As BBC Four's weekly repeats of Top of the Pops reach 1987, we celebrate this high watermark of hits
00:45 Aftersun
Sophie is beginning to remember a formative holiday her divorced dad Calum took her on as a

ITV

ITV1 HD

13:00 EFL Live: Ipswich Town v Millwall
15:55 ITV News
16:05 Tipping Point: Lucky Stars
17:10 The Chase Celebrity Special
Bradley Walsh hosts as Cherry Healey, Dallas Campbell, Ria Hebden and Robert Peston hope to win
18:10 ITV Evening News
18:30 ITV News London
18:45 Celebrity Catchphrase
Joe Swash, Joanna Page and Angellica Bell join Stephen Mulhern for Celebrity Catchphrase,
19:45 New: Britain's Got Talent
21:00 New: Celebrity Sabotage
22:00 The 1% Club
23:00 New: The Jonathan Ross Show
00:00 ITV News
00:15 It'll Be Alright on the Night
00:45 English Football League Highlights

ITV2

11:30 The Only Way is Essex
12:30 Deal or No Deal
Stephen Mulhern is joined by Conal as he takes aim at the Banker - he may be tempted by an enticing offer
15:30 Around the World in 80 Days
16:30 FYI Daily
Latest news from the world of entertainment.
16:35 Around the World in 80 Days
Steve Coogan and Jackie Chan, 2004. An eccentric British inventor attempts to travel around the world in
17:50 Kung Fu Panda 3
18:55 FYI Daily
19:00 Kung Fu Panda 3
19:40 Tomb Raider
20:40 FYI Daily
20:45 Tomb Raider
22:00 Meet the Parents
Guffaw-inducing comedy film starring Ben Stiller and Robert De Niro, 2000. A male nurse and chronic
23:05 FYI Daily
23:10 Meet the Parents
00:10 Family Guy

Channel 4

Channel 4

11:15 The Simpsons
The Hateful Eight-Year-Olds: Lisa is tormented by spoiled influencer girls at the
12:45 Four in a Bed
15:20 Kirstie and Phil's Love It or...
16:25 Location, Location, Location
In north London, Kirstie Allsopp helps Digi to find a future-proof home, while Phil Spencer's with
17:25 Sleepless in Seattle
19:30 Channel 4 News
Channel 4's flagship news programme. Including the weather. [S]
20:00 New: The Race for Ancient Egypt...
21:00 New: Roman Empire by Train with...
...Alice Roberts: On the final leg of her journey, from Tarragona to Cartagena, Alice learns how the
22:00 New: Bill Bailey's Vietnam
In Hanoi, Bill explores Vietnam's complex
23:00 Mission: Impossible - Rogue Nation

Channel 5

5

11:25 Ben Fogle: New Lives in the Wild
12:25 Dogs Behaving (Very) Badly
14:25 Catching Up with the Royals with Rev Richard Coles & Emily Andrews
15:30 The Yorkshire Vet
16:25 Our Yorkshire Farm
As Nancy starts school with her siblings, a Covid-19 outbreak hits the farm. While Clive and Amanda
17:25 Beyond The Yorkshire Farm: Reuben & Clive
19:25 5 News Weekend
19:30 Open All Hours: 50 Years of Laughter
Arkwright's, the country's most comical corner shop is back for one night in a celebration of the cherished
21:00 Lip-Reading the Royals: What Are They Really Saying?
22:00 The Forgotten Prince: The Mystery of the Duke of Kent
23:10 Those Were The Days

Entertainment

Sky Max HD

11:00 The Simpsons
12:30 The Simpsons Xmas
13:00 Gillette Soccer Saturday: Build-Up
16:00 Gillette Soccer Sat: Live Scores

18:00 Hobbit: The Battle Of The...
20:55 Live SNF: Leeds Utd v Brentford
23:00 New: Saturday Night Live UK
00:15 Micky Flanagan: An Another Fing

Sky Family

12:20 Batman Unlimited: Mechs....
13:40 The Lego Movie
15:25 Lego Movie 2: The Second Part
17:15 The Lego Ninjago Movie

The Secret Ninja Force
19:00 Teenage Mutant Ninja Turtles
20:50 E.T. The Extra-Terrestrial
22:55 Paul Blart: Mall Cop
00:35 Paul Blart: Mall Cop 2

Sky Documentaries

11:00 Spielberg
13:50 My Icon: Casey Stoney
14:00 Ice On Fire
16:00 Val
18:00 The Fog Of War
20:00 Chernobyl: The Lost Tapes
22:00 Super/Man: The Christopher Reeve Story
00:00 Manhunt

U&Dave

11:20 Would I Lie To You?
22:00 QI XL
23:00 Have I Got A Bit More News For You?
00:00 Live at the Apollo

DMAX

11:00 Outback Opal Hunters
14:00 Outback Crystal Hunters
16:00 Gem Hunters Down Under
17:00 Aussie Gold Hunters
20:00 Hoarding: Buried Alive
22:00 New: Paranormal Caught On Camera
23:00 New: Ghost Adventures

HGTV

11:00 Georgie & Mandy's First Marriage
12:00 The Big Bang Theory
22:00 Mock The Week
23:00 Beverly Hills Cop II

RTÉ One

11:45 Ros na Rún
12:50 MasterChef: The Professionals
14:00 RTÉ News: One O'Clock
14:10 Eva Pau's Asian Kitchen
14:40 The Shelter: Animal SOS
15:10 Amazing Hotels
16:10 My Uni Life
16:45 Dancing with The Stars
18:45 Nuacht RTÉ
18:55 RTÉ News with Signing
19:01 RTÉ News: Six One
19:35 Trolls Band Together
21:10 Pat Shortt's Entertainment From
21:45 RTÉ News: Nine O'Clock
22:15 The Tommy Tiernan Show
23:25 The 2 Johnnies Late Night Lock In
00:30 Breakfast On Pluto

Sport

Sky Sports Mix

11:00 ICC T20 WC Highlights

11:30 WTA Final: Indian Wells

12:30 Live WSL: London City v Chelsea
15:30 ATP Final: Indian Wells

16:30 WTA Final: Indian Wells

17:30 Taylor v Painter 2004

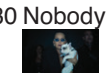
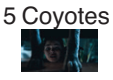
18:00 EFL 15/16:AFC Wimbledon v Plymouth
18:10 EFL 13/14: Derby County v QPR

18:20 Live B'Liga: Dortmund v Hamburg
20:30 Taylor v Painter 2004

21:00 WTA Final: Indian Wells
22:00 ATP Final: Indian Wells

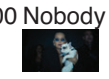
Movies

Sky Premiere

11:30 Nobody 2

Suburban dad Hutch, a former lethal assassin, is pulled back into his violent
13:15 Coyotes (2025)

15:00 Sketch

When a young girl's sketchbook falls into a strange pond, her drawings come to life, chaotic, real
16:40 Jurassic World: Rebirth

An extraction team race to an island research facility to obtain DNA for a life-saving drug. (2025)(134 mins)
19:00 Materialists

21:00 Nobody 2

Suburban dad Hutch, a former lethal assassin, is pulled back into his violent past after a home invasion,
22:45 On Swift Horses

Muriel and her husband Lee are about to begin a bright new life, which is upended by the arrival of

Sky Greats

11:05 Big Daddy

12:40 The Blues Brothers

14:55 Bad Boys (1995)

16:55 Twister

Helen Hunt and the late Bill Paxton star in this FX-filled action movie about rival
18:50 Jaws

21:00 Jaws 2

23:00 Jaws III

00:45 Pet Sematary


Film4

12:00 Fantastic Voyage
14:05 The Incredible Shrinking Man
15:55 Rat Race
18:05 Made in Italy
19:55 See How They Run
22:00 Captain Phillips
00:40 Old

TV Guide

Sunday 22nd March 2026

BBC

BBC ONE

11:00 Politics London
11:30 Pilgrimage
12:30 Homes Under the Hammer
13:30 Bargain Hunt
14:15 BBC Weekend News
14:25 Weather for the Week Ahead
14:30 Songs of Praise
15:05 Gladiators
16:05 Crookhaven
17:35 Comic Relief
18:35 BBC Weekend News
18:50 BBC London
18:55 BBC Weather
19:00 Countryfile
20:00 Antiques Roadshow
21:00 The Other Bennet Sister
22:00 The Capture
23:00 BBC Weekend News
23:25 BBC London
23:30 Match of the Day
00:35 The Women's Football Show

BBC TWO

13:45 Flog It!
Paul Martin and the Flog It team are by the seaside in Bognor Regis, where experts Catherine Southon
14:15 This Farming Life
15:15 Women's Super League
Women's Super League action as Leicester City play Aston Villa.
18:00 Athletics: World Indoor Championships
Coverage of the 2026 World Indoor Championships from Toru , Poland.
21:15 Saving Lives at Sea
In the 200 years since the RNLI was founded, its
22:00 Forensics: The Real CSI
23:00 Training Day
00:55 Victoria and Abdul
Adbul Karim is whisked from his clerk's job at an Agra prison to present a ceremonial coin to Queen

ITV

ITV1 HD

12:30 Fletchers' Family Farm
13:30 New: Talking Royals
14:00 ITV News
14:10 Britain's Got Talent
15:25 Celebrity Sabotage
Brand-new reality game show that sees celebrities cause chaos to win money for unsuspecting
16:30 Carabao Cup: Arsenal v Man City
20:15 ITV Evening News
National and international news with reports and analysis from ITV's Correspondents in the UK
20:25 ITV News London
20:30 Tipping Point: Best Ever Finals
21:00 Who Wants to Be a Millionaire?
22:00 Gone
23:00 ITV News
23:15 New: In Our Blood: The Forever...
00:30 Long Lost Family

ITV2

11:55 Deal or No Deal
13:55 Celebrity Sabotage
Brand-new reality game show that sees celebrities cause chaos to win money for unsuspecting
15:00 Celebrity Catchphrase
16:05 The Super Mario Bros. Movie
17:10 FYI Daily
17:15 The Super Mario Bros. Movie
17:55 Britain's Got Talent
The auditions make their way to Birmingham, where
19:10 New: Britain's Got Talent: Unseen
19:35 Stardust
20:50 FYI Daily
20:55 Stardust
22:00 The Suicide Squad
23:00 FYI Daily
Latest news from the world of entertainment.
23:05 The Suicide Squad
00:40 Family Guy

Channel 4

Channel 4

11:00 Live: Sunday Brunch
14:00 The Simpsons
15:30 A Place in the Sun
16:30 George Clarke's Amazing Spaces
A VW van gets a transformation with a twist, a brick bomb shelter is converted into a bijou bar,
17:35 Devon and Cornwall
18:35 Channel 4 News
Channel 4's flagship news programme. Including the weather. [S]
19:05 Toy Story
(1995) Tom Hanks and Tim Allen star in the trailblazing, Oscar-winning family
20:40 New: The Great Celebrity Bake...
22:00 New: The Hunt: Prey vs Predator
23:05 Gogglebox
The Goggleboxers hit the couch for more of the biggest and best TV. What do they think this time?
00:00 First Dates

Channel 5

5

11:25 Hotel Benidorm: Fun-Loving Brits in the Sun
Hotel owner Fede and his wife, who are turning 40, challenge manager Angel to throw them a party,
13:25 Holidaying with Jane McDonald: Florida
15:20 Portugal with Michael Portillo
17:25 Lady Rochford
18:55 Celebrity Puzzling
19:55 5 News Weekend
National and international news.
20:00 Air Fryers: Do You Know What You're Missing?
21:00 Rich Holiday, Poor Holiday
Successful businesswoman
22:00 Rich House, Poor House
23:30 National Treasure, National Disgrace: Savile, Harris & Hall

Entertainment

Sky Max HD

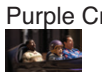
11:50 David Attenborough's Wild City

12:50 Live WSL: Brighton v Liverpool
15:00 The Simpsons
21:00 Rob & Romesh Vs...

22:00 The Da Vinci Code
00:40 Brassic


Sky Family

11:45 The Lego Movie

13:30 Lego Movie 2: The Second Part
15:25 Transformers One
17:20 Harold and The Purple Crayon

19:00 Stardust
21:20 Charlie And The Chocolate Factory

23:25 The Golden Compass

Sky Documentaries

12:00 Jane Fonda In Five Acts
14:20 Showbiz Kids
16:10 Bright Lights: Starring Carrie...
18:00 Hitsville: The Making Of Motown
20:00 How The Beatles Changed The World
22:00 Spitfire
00:00 2000 Meters To Andriivka

U&Dave

11:00 Border Force America's
12:00 Top Gear
14:00 Mortimer & Whitehouse: Gone
15:20 Hairy Bikers' Best of British
17:20 Robson Green's Weekend Escapes
18:00 Wilderness with Simon Reeve
20:00 Special Ops: To Catch A Criminal
22:00 Have I Got A Bit More News For You?
23:00 QI
23:40 Mock the Week

DMAX

11:00 Chasing Classic Cars
15:00 Kindig Customs
18:00 Shorty's Dream Shop
A classic Nova gets a rebuilt supercharged 6.2 LS, and the crew revives a 1924 LaFrance fire truck for
20:00 Mysteries Of The Deep
Jeremy looks at a puzzling military defeat - the Battle of Actium. Next, he examines what could be the
22:00 Cooper's Treasure
Darrell focuses on a multi-million-dollar wreck
00:00 Expedition X
Deep in the Peruvian jungle, a supersized beast is terrifying locals. Jess hunts for evidence that a

HGTV

11:00 The Big Bang Theory
21:00 New: Georgie & Mandy's First...
Mandy has to help Meemaw collect money from her dad when he loses some bets, while Georgie
22:00 New: Mock The Week
23:00 Mock The Week
00:00 Dr. Pimple Popper

RTÉ One

11:30 Fóram
12:00 Sunday Worship
13:00 The Week In Politics

Reflections on the political
14:00 RTÉ News: One O'Clock

14:10 Home of The Year
14:40 The Hardacres
15:40 Ireland's Wild Islands

16:40 The First Great Train Robbery
18:40 Nuacht RTÉ
18:50 RTÉ News with Signing
19:01 RTÉ News: Six One
19:30 Cheap European Homes
20:30 The Money List
21:30 Fair City
22:00 RTÉ News: Nine O'Clock
22:30 The Great House Revival
23:30 Leonard and Hungry Paul
00:00 The Week In Politics

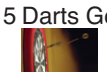
Sport

Sky Sports Mix

11:00 Players Championship R4 Highlights

11:55 Chinese F1 GP Highlights
12:50 Live WSL: Brighton v Liverpool

15:00 Darts Gold: 2014 World Final

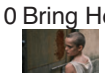
15:15 Darts Gold

15:30 Darts Gold: Taylor v Priestley

15:45 Darts Gold: Taylor v Barneveld
20:00 Chinese F1 GP Highlights
21:00 Chinese F1 GP: Sprint

22:00 F1 Academy: Race 1
23:00 F1 Academy: Race 2


Movies

Sky Premiere

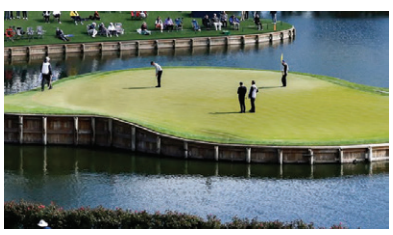
11:00 Nobody 2
12:35 Sketch
14:15 Jurassic World: Rebirth
16:45 Materialists
18:45 On Swift Horses
21:00 Nobody 2
22:40 Man Finds Tape
00:10 Bring Her Back


Sky Greats

11:05 Bad Boys (1995)
13:10 Twister
15:10 Jaws
17:20 Jaws 2
19:20 Jaws III
21:00 The Mummy (1999)
23:10 Jurassic Park

Film4

12:00 Time Bandits
14:20 Enemy Mine
16:30 The Bridge on the River Kwai
(1957) David Lean's
19:45 Behind Enemy Lines
22:00 Nobody
23:50 Commando






TV Guide

Monday 23rd March 2026

BBC

BBC ONE

11:45 Crimewatch Caught
12:15 Homes Under the Hammer
13:15 Bargain Hunt
14:00 BBC News at One
15:00 Just One Thing
15:30 The Travelling Auctioneers
16:00 Escape to the Country
16:45 The Repair Shop on the Road
17:30 The Finish Line
18:15 Pointless
19:00 BBC News at Six
19:30 BBC London News
20:00 The One Show
20:30 EastEnders
21:00 Panorama
21:30 Trace, Track, Get My Car Back
22:00 MasterChef: The Professionals
23:00 BBC News at Ten
23:30 BBC London
23:40 Trying
00:40 Have I Got News for You

BBC TWO

13:15 Politics Live
14:00 Impossible
14:45 The Tournament
15:30 Chess Masters: The Endgame
16:00 Clive Myrie's Italian Road Trip
16:30 Serengeti
17:30 Antiques Roadshow
18:15 Flog It!
19:00 Richard Osman's House of Games
19:30 Do You Know Your Place?
20:00 Global Eye
20:30 Grand Tours of Scotland's Lochs
21:00 Mastermind
21:30 University Challenge
22:00 Clash of the Super Powers: America v China
23:00 Mortimer & Whitehouse: Gone Fishing
23:30 Newsnight
00:00 Europe on the Edge with Katya...

ITV

ITV1 HD

11:00 This Morning
Magazine show with news and topical items, celebrity guests, expert advice, real-life stories,
13:30 ITV Lunchtime News
13:55 ITV News London
14:00 Celebrity Catchphrase
15:00 Lingo
16:00 Deal or No Deal
17:00 Tipping Point
18:00 The Chase
19:00 ITV News London
19:30 ITV Evening News
20:30 New: Fletchers' Family Farm
21:00 Emmerdale
21:30 Coronation Street
22:00 Gone
23:00 ITV News at Ten
23:30 ITV News London
23:45 Connecting a Killer: True Crime Presents
Documentary. Special Investigating Officer Steve Wilkins is given permission to launch an operation to
00:45 Millionaire Hot Seat

ITV2

11:20 The Real Housewives of Atlanta
12:15 The Real Housewives of Beverly Hills
13:10 Ant & Dec's Limitless Win
14:10 Wheel of Fortune
15:10 The Only Way is Essex
16:10 The Real Housewives of Cheshire
17:10 The Real Housewives of Atlanta
18:00 The Real Housewives of Beverly Hills
19:00 Celebrity Catchphrase
20:00 Wheel of Fortune
21:00 Ant & Dec's Limitless Win
There's truly life-changing
22:00 The 1% Club
23:00 Family Guy
00:30 American Dad!

Channel 4

Channel 4

11:10 Frasier
12:10 Ramsay's Kitchen Nightmares USA
Kings Blu Jam: With debts mounting, and a 'toxic' dynamic between owner Connie and her manager
13:05 Channel 4 News Summary
13:10 Find It, Fix It, Flog It
14:10 Matt Baker: Our Farm in the Dales
15:10 Countdown
Colin Murray, Rachel Riley and Susie Dent host, with
16:00 A Place in the Sun
17:00 A New Life in the Sun
18:00 Four in a Bed
18:30 Come Dine with Me
19:00 New: A Place in the Sun: What...
20:00 Channel 4 News
21:00 New: Batch from Scratch:...
22:00 New: The Hunt: Prey vs Predator
23:05 The Great Celebrity Bake Off...
00:25 Naked Attraction

Channel 5

5

12:30 Storm & Alexis
13:45 5 News at Lunchtime
13:50 Matt Allwright
Matt looks at the big news stories developing during the day and offers help and advice to save you money
15:00 Vanessa
Raw, unfiltered, authentic and personal, Vanessa Feltz wants you to tell her what's on your mind. Fiery
16:00 Murder Most Puzzling
18:00 5 News at 5
19:00 Love Nature
19:05 Susan Calman's Grand Day Out
20:00 Celebrity Puzzling
Jeremy Vine presides over a battle of wits as captains Sally Lindsay and Carol Vorderman lead their
21:00 Motorway Cops: Catching Britain's Speeders
Cops race after a white transit van, ending up
22:00 Police Interceptors
23:00 Police: Hour of Duty
00:05 Traffic Cops

Entertainment

Sky Max HD

11:00 Will & Grace
12:00 The Simpsons

13:00 David Attenborough's Global...
14:00 Hawaii Five-0

15:00 NCIS: Los Angeles

Of Value: After an architect
16:00 S.W.A.T.
17:00 Police 24/7
18:00 The Simpsons
18:30 The Simpsons Xmas
19:00 The Office (US)

20:00 The Simpsons
21:00 Agatha Raisin
23:00 New: Rooster

23:40 New: Last Week Tonight with John Oliver
00:25 Saturday Night Live UK


Sky Family

11:40 Transformers One
13:25 The Emoji Movie
15:00 Charlie And The Chocolate Factory
17:00 The Golden Compass
19:00 The Smurfs 2
20:50 Harold and The Purple Crayon
22:25 The Hobbit: The Desolation Of...

Sky Documentaries

11:00 Ken Burns: The Civil War
12:05 The Sixties
13:00 Ice On Fire
15:00 Bobby Robson: More Than A Manager
17:00 Discovering: Christian Bale
18:00 Christopher Nolan: The Directors
19:00 The Movies
20:00 Ken Burns: The Civil War
21:00 The Wimbledon Kidnapping
23:00 Beware the Slenderman

U&Dave

11:00 Railroad Australia
Documentary series. A retooled grain train springs some leaks, Bernie's Streamliner festival faces
12:00 Rick Stein's Mediterranean Escapes
13:00 Border Force America's Gatekeepers
15:00 Guy Martin: Proper Jobs
16:00 Top Gear
Clarkson and chums hope to end the chaos that snow
18:00 Hairy Bikers' Best of British
19:00 Rick Stein's Mediterranean Escapes
20:00 Would I Lie To You?
20:40 Richard Osman's House of Games
22:00 QI XL
23:00 Have I Got A Bit More News For You?
00:00 Taskmaster
Greg Davies delivers angry appraisals from his comfy throne as Ed Gamble dons a baby's bonnet, Katy Wix

DMAX

11:00 Deadliest Catch
13:00 Curse of the Frozen Gold
14:00 Expedition Unknown
16:00 Alaska: Homestead Rescue
The Raneys give a masterclass on rebuilding from scratch when they
18:00 Outback Opal Hunters
20:00 Deadliest Catch
22:00 Body Bizarre
00:00 Aussie Gold Hunters
Permit delays ruin the Poseidon Crew's hopes of a massive payday on their famed ground. A torrential

HGTV

11:00 The Big Bang Theory
15:00 Mike & Molly
Adjusting to life as an engaged couple, trouble arises when Molly wants to start planning the wedding
16:30 Young Sheldon
18:00 The Big Bang Theory
22:00 New: Ruby & Jodi: A Cult Of Sin...
00:00 Little Boy Lost: An ID...

RTÉ One

11:15 The Drew Barrymore Show
11:40 The Kelly Clarkson Show
12:35 Father Brown
13:30 The Complaints Bureau
14:00 RTÉ News: One O'Clock
14:30 Home and Away
15:00 Shortland Street
15:30 Fair City
16:30 Today
18:40 Nuacht RTÉ
Príomhscéalta an lae ó
18:55 RTÉ News with Signing
19:01 RTÉ News: Six One
20:00 Nationwide
20:30 EastEnders
21:00 10 Things To Know About
21:30 Slan Go Feoil
22:00 RTÉ News: Nine O'Clock
22:35 Turbulence - The Story of Ryanair
23:35 De Valera's Ireland
00:40 The Late Late Show

Sport

Sky Sports Mix

11:00 TGL Highlights

15:00 PL Greatest Games: MU v Chel 19/20

15:15 PL Greatest Games: Nor v MC 19/20

15:30 PL Greatest Games: Ars v AV 19/20

15:45 PL Greatest Games: Sheff U v Man U

A look at some memorable matches in the Premier League. Here, Sheffield
16:00 ICC T20 WC Highlights

17:00 Chinese F1 GP Highlights

00:00 Live NFL: The Insiders


Movies

Sky Premiere

12:25 Nobody 2
14:00 Man Finds Tape
15:30 Icefall
17:15 Sketch

Sky Greats

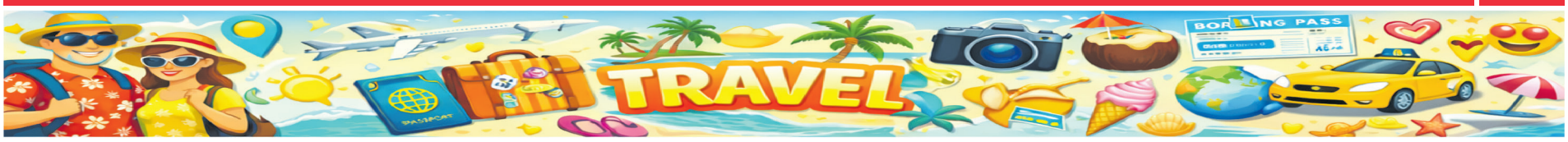
11:05 The Warriors (1979)
12:40 Jurassic Park
14:50 The Lost World: Jurassic Park

Film4

12:00 Earth vs the Flying Saucers
13:55 The Andromeda Strain







Hot spots for travellers over 50

As the number of people travelling continues to grow, data shows that we're not slowing down as we get older. In fact, people over the age of 50 are increasingly choosing to celebrate their relative freedom with big, overseas holidays, sometimes calling them 'golden gap years'.

But not all holiday destinations are the same. An itinerary that works for a 20-year-old might not work for someone who is in their 50s.

A recent study has ranked the best cities in the world for senior travellers, as multi-generational travel continues to grow in popularity. The study found that the best holiday destination for grandparents is Valencia, in Spain.

The city, about a 2.5-hour drive away from Alicante, was ranked highly for its walkability, accessibility, public transport, healthcare access, and safety. Valencia has a rich culture and laid-back coastal vibe. It's famous for being the birthplace of paella, which gives travellers ample excuses to take a break from sightseeing with a big meal.

According to the study, 70 per cent of people aged over 50 planned to travel last year, up from 65 per cent in 2024. And while 'trendy' travel destinations - like Albania or the Amalfi Coast - may be a fun place to visit, they're not always the most accessible.

For the research, more than 175 global destinations were analysed, and European cities dominated the top ten, thanks to their flat, walkable city centres and reliable public transport.

Three cities in the Netherlands ranked second, third and fourth: The Hague, Amsterdam and Rotterdam. The Hague is a compact city that's easy to navigate, with easy access from the centre to its soft-sand beaches and relaxing forested areas. Amsterdam is, of course, known for being very pedestrian friendly, known for its exceptional walkability and great public transport. Rotterdam is also celebrated for having a direct Eurostar link from London, making it easy to access. Copenhagen, in Denmark, rounded out the top five. With plenty of free public parks and galleries, and glistening waterways to explore, it's a perfect place for senior travellers or families to visit.

Travel companies are seeing a huge surge in bookings from older travellers. The data shows baby boomers want authentic, immersive experiences while travelling, not just surface-level sightseeing or large coach-based tour groups. While younger travellers are looking for beaches and laid-back vibes, older travellers are leaning into the culture and history of a destination.

The most grandparent-friendly cities to visit in 2026:

Valencia
The Hague
Amsterdam
Rotterdam
Copenhagen
Porto
Munich
Helsinki
Geneva
Lisbon

Middle East war could redirect travellers to Spain

The ongoing war in the Middle East is already beginning to alter the map of international travel. Escalating tensions have forced the temporary closure of two of the region's main air hubs, leading to cancellations, route diversions and growing uncertainty among airlines and travellers.

But the impact could go beyond aviation. As tensions rise in the region, some tourists are beginning to reconsider their travel plans, which could lead to changes in international tourism flows.

A recent tourism report based on data on traveller sentiment and demand behaviour in key outbound markets (US, UK, Germany, France and Italy), points to a drop in confidence in several Gulf destinations, which could open up opportunities for other tourism markets.

According to the study, this trend has intensified in the wake of heightened tensions between the US and Iran. Destinations such as Bahrain, Oman and Qatar recorded some of the steepest declines in the Security Perception Index (SPI), which measures how travellers rate the stability of a destination.

Luckily, there may be a bright side for Spain. Experts believe the country could become one of the destinations favoured by a possible change in international tourist flows. There are already initial signs that part of the demand that normally goes to the Middle East could be redirected towards European destinations that are perceived as safer and more consolidated, such as Spain, Italy or Greece.

Track RENFE trains live from your phone

Renfe has rolled out a handy new website across Spain, where you can follow high-speed, long-distance and medium-distance trains in real time. It's a step up in keeping passengers informed, especially after all the recent talk about disruptions across Spanish rail networks. You can check it out at tiempo-real.largorecorrido.renfe.com.

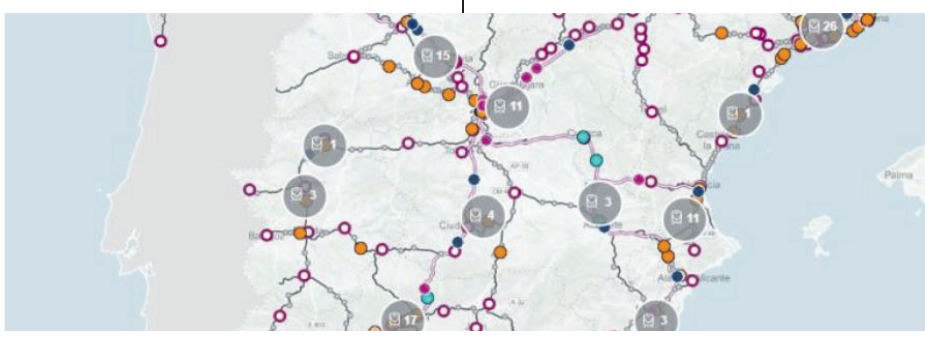
The tool lets you see the full map with trains moving live, pick any one to track or zoom into a station for details. Each train shows up as a circular icon, giving you its route, last and next stop plus expected arrival times. You get the origin and destination too, stops marked in colours for passed or upcoming ones, and estimated times at each station.

It even includes Cercanías and Rodalies commuter lines in Madrid and Barcelona, respectively, and Renfe also plans to add QR codes on some of its trains for quick access straight to the site.
Renfe is offering new services to help with travel planning. This follows their recent launch of a bus replacement company due to expected rail disruptions, announced earlier this month. The company has also started publishing punctuality stats and incident reports.

"With this initiative, which has also been available since November for the Cercanías and Rodalies networks, Renfe is making real-time information about their train available to passengers," the company notes.

For anyone relying on trains daily or for trips, it's a welcome update. Whether you're in Madrid, Málaga or Murcia, this makes rail travel less of a lottery. No more guessing if your connection is on time. Just scan the map and stay ahead.

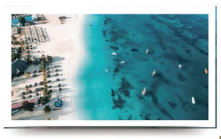
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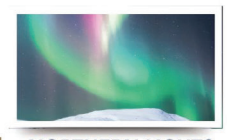
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Hotel Algorfa this spring

There's plenty happening at Hotel Algorfa this spring, with exciting entertainment and a refreshed weekly dining schedule for our guests to enjoy.

On Saturday 4th April, we're thrilled to host a fantastic drag queen performance, promising a night full of glamour, laughter and great entertainment. It's set to be a lively evening and a wonderful chance for the local community and visitors alike to come together for a memorable night out.

We're also pleased to announce that breakfast is now being served until 2pm, giving guests more time to relax and enjoy a late breakfast or brunch. Our new daily menu will then be served from 2pm onwards, offering a variety of freshly prepared dishes created by our kitchen team.

From Tuesday to Thursday and again on Saturday, guests can enjoy our daily menu with a range of delicious options to suit all tastes.

We're also keeping some popular themed dining nights that many guests love. Mondays feature our Tapas Night, Fridays bring our Fish Friday favourites, and Sundays remain a highlight with our traditional Sunday Carvery with all the trimmings.

With great food, flexible dining times and exciting entertainment, there's always something happening at Hotel Algorfa.

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The Truth About Drinking: Alcohol Myths That Refuse to Die

For something so widely consumed, alcohol is surrounded by a surprising amount of misinformation. Over the years, myths about drinking have spread through word of mouth, college parties, movies, and late-night "advice" from friends. Eventually, many of these half-truths become accepted wisdom.

You've probably heard a few of them yourself. Maybe someone insisted that "eating's cheating" before a night out. Perhaps you've been told that a cold shower and strong coffee will sober you up quickly. And who hasn't heard the old saying about the grape and grain.

The problem is that drinking responsibly begins with understanding what alcohol actually does inside your body. Your liver, stomach, and bloodstream follow biological rules—not bar room folklore.

Here's a closer look at some of the most common alcohol myths—and the science that proves many of them wrong.

Myth 1: Energy Drinks Make You More Drunk

If you've ever been to a house party or crowded bar, you've likely seen alcohol mixed with energy drinks. Vodka and energy drinks became a popular combination for a reason: they seem to keep the party going.

Many people believe these drinks make them more intoxicated than alcohol mixed with other beverages. In reality, the alcohol content hasn't changed—what changes is how drunk you feel.

Energy drinks contain large amounts of caffeine, a stimulant that increases alertness and temporarily masks the sedative effects of alcohol. You may feel more energetic and clear-headed, which can trick you into thinking you're less impaired than you actually are.

The danger? That false sense of sobriety can lead people to drink more than they otherwise would.

Some studies suggest that certain mixers—like diet soda—may increase the speed at which alcohol is absorbed into the bloodstream, potentially making intoxication happen faster. But caffeine itself doesn't increase the amount of alcohol in your system.

It simply makes you feel awake while you're getting drunk.

Myth 2: "Eating's Cheating"

Among some partygoers, there's a belief that eating before drinking somehow ruins the experience. The idea is that food prevents alcohol from "working."

There's a small grain of truth here—but not in the way many people think. Food in your stomach slows the absorption of alcohol into the bloodstream. This means you may feel the effects of drinking more gradually.

But eating doesn't prevent intoxication. Once alcohol reaches your small intestine, it's absorbed into the bloodstream regardless of what you ate earlier.

In other words, food can delay the onset of drunkenness—but it cannot stop it.
Eating before drinking is still a good idea because it helps reduce rapid spikes in blood alcohol levels. Just don't assume a full stomach gives you a free pass to drink excessively.

Myth 3: One Drink Per Hour

Means You're Safe to Drive
Many people follow the so-called "one drink per hour rule," assuming that spacing drinks out will keep them safe to drive. Unfortunately, the math isn't that simple.

On average, the body metabolizes alcohol at a rate of about one standard drink per hour. But that rate varies depending on body weight, sex, metabolism, food intake, and alcohol strength.

If you drink faster than your body processes alcohol—even slightly—blood alcohol levels begin to accumulate. That means by your second or third drink, your body may still be metabolizing the first.

Because individual responses vary widely, there is no reliable formula that guarantees safe driving after drinking. The safest rule remains the simplest one: if you've been drinking, don't drive.

Myth 4: Coffee and Cold Showers Will Sober You Up

Movies love this scene: a drunk character stumbles into a bathroom, blasts the shower with icy water, gulps down a cup of coffee, and suddenly appears sober.

In reality, neither coffee nor cold showers remove alcohol from your body. They may make you feel more alert or awake, but the alcohol in your bloodstream remains unchanged. Your liver still needs time to break it down.

For most people, the liver processes roughly one drink per hour. No caffeine, shower, or home remedy can speed up that process.

Time—not tricks—is the only true sobering agent.

Myth 5: A Late-Night Meal Prevents Hangovers

After a long night out, many people swear by a late-night fast-food stop. Greasy burgers, pizza, and fries have become something of a post-party ritual.

Unfortunately, eating after drinking doesn't reduce the alcohol already in your bloodstream. Food can slow alcohol absorption before drinking or while alcohol is still in the stomach. But once alcohol has entered the bloodstream, eating won't change the outcome.

In some cases, greasy food can even make things worse by triggering acid reflux—especially for people prone to digestive issues. That 2 a.m. fast-food run might not be doing your stomach any favours.

Myth 6: "Spirits Before Beer, You're in the Clear"

Few drinking sayings are as famous as this one:
"Liquor before beer, you're in the clear. Beer before liquor, never been sicker."
Catchy? Yes. Scientific? Not really.

The order in which you drink alcohol doesn't determine whether you'll feel sick or hungover. What matters is the total amount of alcohol consumed.

Switching drink types can sometimes cause people to misjudge how much they're consuming, especially when different beverages contain different alcohol percentages. But the sequence itself isn't the problem.

Carbonated drinks—like beer or sparkling cocktails—can irritate the stomach lining and may increase alcohol absorption slightly. However, the main factor behind hangovers and sickness remains simple: drinking too much.

Myth 7: Dark Beer Is Stronger Than Light Beer

It's easy to assume that darker beers contain more alcohol. After all, they look richer and heavier than pale lagers. But colour has nothing to do with alcohol content.

The shade of beer comes from the type of grains used during brewing and how long they're roasted. Dark malts create deeper colours and stronger flavours, but they don't automatically increase alcohol levels. In fact, some dark beers contain less alcohol than lighter ones.

The only reliable way to determine alcohol strength is by checking the ABV (Alcohol by Volume) listed on the label.

The Bottom Line: Knowledge Leads to Responsible Drinking
Alcohol myths persist because they're repeated so often in social settings. But believing them can lead to poor decisions—and sometimes dangerous ones.

Understanding how alcohol truly affects the body helps people make safer choices, whether that means pacing drinks, eating beforehand, or planning transportation home.

Responsible drinking isn't about following old bar room sayings. It's about knowing the facts, respecting your limits, and giving your body the time it needs to process alcohol.
Because when it comes to drinking, science—not folklore—should guide the night.





Fool Proof Banana Bread

After reading, tweaking and plenty of cooking and tasting... this is the best banana bread recipe. Crispy golden top, caramelised sides, and a soft crumb with big banana flavours that slices like a dream.

Ingredients
Dry Batter Ingredients:
- 335 g plain flour / all-purpose flour
- 1 tsp baking soda, sifted (bi-carbonate soda)
- 1/2 tsp cooking salt / kosher salt (half for table salt, +50% for flakes)
- 1 1/4 tsp cinnamon powder
- 1/4 tsp allspice powder

Wet Batter Ingredients:
- 4 medium ripe banana (400g / 14oz peeled) (makes 1 3/4 cup once puréed)
- 200 g brown sugar
- 2 large egg + 1 egg yolk, at room temperature (~55g/2oz shell-on weight)
- 80 g sour cream, full fat best
- 80 g unsalted butter, melted
- 80 ml vegetable oil
- 2 1/2 tsp vanilla extract

Instructions
PREPARATION
Preheat oven to 180°C/350°F (160°C fan-forced). Arrange the shelf so the loaf will sit in the middle of the oven.
Prepare the pan – Scrunch a 40 cm / 16" sheet of baking / parchment paper and press it into a loaf pan (21.5 x 11.5 x 7 cm / 4.5 x 8.5 x 2.75"), leaving overhang on the sides for easy lifting.
MAKING THE BATTER AND BAKE
Whisk together the flour, baking soda, salt, cinnamon and allspice until well combined.
Mash Bananas – In a large mixing bowl, mash the bananas with a potato masher until mostly smooth. Measure out 1 3/4 cups – save the excess for your morning smoothie.
Add the brown sugar, eggs, extra yolk, sour cream, melted butter, oil and vanilla. Whisk until combined.
Pour the dry ingredients into the wet. Fold gently with a spatula until the flour is just incorporated. Having a few little flour lumps is ok, it's better than overmixing which will make your banana bread firmer rather than soft.
Pour the batter into the prepared pan and smooth the surface.
Put the banana bread in the oven and bake for 70 minutes, until a skewer inserted in the centre comes out clean (turning the pan around halfway through cooking).
While cooking, a crack will naturally appear along the top of your banana bread. The centre continues to expand, it pushes through the firm crust, creating that classic split.
Cool in the pan for 10 minutes, then lift out, and place on a wire rack. Let it cool for an hour before slicing.
Serving – Serve banana bread slices slightly warm or at room temperature. It's great on its own or spread with a little butter. Perfect for breakfast, afternoon tea, or a quick snack any time of the day.





Spaghetti alla Puttanesca

Spaghetti alla Puttanesca is a traditional Italian pasta from Naples that's quick to put together from pantry staples.
If you have canned tomatoes, garlic, olives, anchovies and capers in your cupboard, you can knock out this simple but flavourful sauce in a flash. This is an amazing emergency meal.

Ingredients
- 200g / 7oz spaghetti, or other long pasta
- 2 tbsp extra virgin olive oil, plus more for drizzling
- 2 garlic cloves, finely minced (knife, not garlic press)
- 3 anchovy fillets, finely minced
- 30 g pitted black olives, preferably in oil, quartered
- 1 tbsp capers, drained
- 0.25 tsp chilli flakes (red pepper flakes)
- 400g / 14oz can crushed tomato (or hand crush whole canned tomatoes)
- 125 ml water
- 1 tsp fresh oregano, roughly chopped (sub 1/4 tsp dried)
- 0.13 tsp kosher / cooking salt (or 2 pinches table salt)
- 0.13 tsp black pepper
- 0.25 tsp sugar, if needed (depends on tomato quality
- 2 tbsp fresh basil, roughly chopped

Instructions
Bring a large pot of water to the boil, ready for the pasta. Warm serving bowls (microwave 1 minute).
Heat olive oil in a medium skillet over medium high heat. Add garlic and cook for 15 seconds until it starts turning golden.
Add anchovies, capers, olives and chilli flakes. Cook for 1 minute.
Add tomato, then add the 1/2 cup of water into the can. Swirl around to rinse then pour into the skillet.
Add oregano, salt and pepper. Stir, bring to simmer, then turn down to low and cook over medium heat for 10 minutes or until the tomato has broken down and created a sauce. Turn off stove when ready if not timed with cooked pasta.
Meanwhile, add 2 teaspoons salt into the pot of water. Then add pasta and cook per packet directions.
Reserve pasta water: Just before draining, scoop out a mugful of pasta cooking water and set aside. Then drain pasta in a colander.
Immediately add pasta into sauce. Add 1/4 cup of pasta cooking water reserved from previous step then use 2 wooden spoons to toss the pasta, still on a low stove, for 1 minute or until the sauce is no longer in the skillet but rather clinging to the pasta strands (but still slick and slippery). If the pasta gets too dry, add more pasta cooking water and toss.
Serve: Immediately transfer into warmed bowls. Drizzle with olive oil, sprinkle with basil. Serve immediately.

Chicken and Leek Pie

Tender bites of chicken and slippery pieces of sweet leek smothered in a creamy white-wine thyme infused sauce, bubbling under a golden puff pastry crust. Chicken and Leek Pie is the comfort food we dream about.

Ingredients
- 50 g unsalted butter, divided
- 750g/ 1.5lb chicken thighs, skinless, boneless, cut into 1.8 cm / 3/4" bite size
- 0.25 tsp each pepper and cooking salt

Pie filling:
- 80 g streaky bacon, chopped into 1cm / 0.4" squares
- 2 leeks, sliced
- 2 celery stems, sliced 4 mm / 0.2" thick (cut thick end in half lengthways first)
- 2 garlic cloves, finely minced
- 80 ml chardonnay or other dry white wine
- 35 g flour (plain / all-purpose)
- 1 tbsp Djon mustard
- 2 thyme sprigs (or 1/2 tsp dried thyme)
- 2 bay leaves (preferably fresh, else dried)
- 250 ml chicken stock / broth
- 250 ml thickened / heavy cream (or any full-fat cream, or sub milk for lower fat)
- 0.5 tsp cooking salt / kosher salt
- 0.25 tsp black pepper

Pie:
- 2 x 20cm / 8" frozen butter puff pastry sheets, or single sheet large enough to cover baking dish, 360g / 12 oz
- 1 egg, yolk and whites separated, lightly whisked

Instructions
Sear surface of chicken in half butter, remove. Cook bacon 1 minute, then leek, celery and garlic 5 minutes. Deglaze with wine, melt remaining butter, then cook flour 1 minute. Add stock, then remaining Filling ingredients. Add chicken, thicken sauce (~5 minutes).
Cool filling 1 hour, assemble pie with double layer puff on rim, brush lid with yolk, bake 45 minutes 200°C/375°F (180°C fan).





Healthy herbs

Fresh herbs are a staple in the kitchen of every seasoned chef. Their fragrance and flavour can elevate even the simplest dish. But herbs do much more than make food taste good - they also deliver a surprising range of nutrients and health benefits.

For thousands of years, people have used herbs not only in cooking but also for medicinal purposes. Technically speaking, herbs are the leaves of herbaceous plants, while spices typically come from roots, seeds, flowers or fruits. Fresh herbs are usually used in larger quantities, though many are also available in a dried, more concentrated form.

Beyond flavour, herbs offer a natural way to season food without relying on salt or processed flavourings. Because they are whole, minimally processed plant foods, they contain very few calories but provide valuable vitamins, minerals and antioxidants. Adding herbs to meals is one of the easiest ways to boost taste while reducing sodium—something many of us consume far too much of.

Herbs can also replace processed seasonings that often contain added sugars, oils, preservatives and artificial flavourings. Whatever savoury dish you're preparing, there's almost always a herb that can enhance its flavour naturally.

Health benefits

Herbs and the plants they come from contain a variety of beneficial compounds, including vitamins, minerals, antioxidants and other plant chemicals that support health.

Researchers have found that many culinary herbs are rich in antioxidants, which help protect cells from damage and may reduce the risk of long-term diseases such as heart disease and cancer.

While herbs contain many of the same nutrients as vegetables, we typically consume them in smaller amounts. This means the overall nutrient intake may be modest, but incorporating herbs regularly is still an easy and effective way to increase the nutritional value of your meals.

Simply put, the healthiest herbs are the ones you use often. Here are some of the most nutritious fresh herbs to include in your cooking.

Parsley

Parsley is frequently ranked among the healthiest culinary herbs. It is rich in vitamins A, C and K, which support immune health, vision, skin health and proper blood clotting.

This herb also contains flavonoids - powerful anti-inflammatory compounds that may help reduce muscle cramps and skin irritation.

Parsley has a mild, fresh flavour that works well in soups, pasta dishes and salads. It can also be blended into juices for a concentrated nutritional boost.



Cilantro

Often confused with parsley because of its similar appearance, cilantro—also known as coriander—has a distinct flavour and its own health benefits.

Cilantro provides vitamins that support the immune system as well as potassium, an electrolyte essential for maintaining healthy blood pressure and muscle function. It also contains antioxidants such as lutein, which may help reduce inflammation and support brain health.

Cilantro adds bright flavour without adding sodium. However, it's famously divisive—some people love it, while others claim it tastes like soap.

It's commonly used in tacos, guacamole, curries and many Latin American and Asian dishes.

Rosemary

Rosemary is a fragrant herb native to the Mediterranean region and widely used in roasted and grilled dishes.

It contains powerful plant compounds including rosmarinic and carnosic acids, which have anti-inflammatory properties and may help protect cells from damage associated with ageing.

Some studies suggest rosemary may support digestion, improve alertness and even help relieve anxiety. Its strong flavour pairs particularly well with roasted meats, potatoes and infused oils.

Basil

Basil is one of the most widely loved herbs and comes in several varieties.

It's an excellent source of vitamin K, which helps maintain healthy bones and supports normal blood clotting. Basil also contains antioxidants that may benefit circulation, blood sugar levels and cognitive function.

Because basil is easy to eat in larger quantities, it's a great herb for boosting nutrition. It's commonly used in pesto, layered in caprese salad or added as a fresh garnish to pizza, pasta and soups.

Sage

Sage is a deeply aromatic herb packed with nutrients. It provides vitamin K as well as smaller amounts of iron and zinc.

Its most notable health benefits come from its high concentration of polyphenols, antioxidants that help combat oxidative stress caused by harmful free radicals. Some research suggests sage may support brain function and could potentially play a role in managing cognitive decline, including conditions such as Alzheimer's disease.

Sage works well in roasted meat dishes, stuffing, or fried until crispy as a garnish for pasta.

Oregano

Oregano is a staple of Mediterranean cuisine and a powerful addition to a healthy diet.

It contains flavones—plant compounds with anti-inflammatory effects—and other antioxidants that may help reduce the risk of chronic diseases. Oregano also shows antimicrobial and antiviral properties in some studies.

Fresh oregano can sometimes be difficult to find, but dried oregano still retains many of its beneficial compounds.

It's perfect for roasted vegetables, salads and, of course, pizza.

Mint

Mint is easy to grow, wonderfully aromatic and surprisingly nutritious. Spearmint and peppermint are among the most common varieties, both known for their cooling flavour.

Fresh mint provides vitamins, minerals and antioxidants and is widely recognised for its digestive benefits. It may help relieve nausea, reduce stomach cramps and freshen breath.

Peppermint, in particular, is rich in flavonoids and may have antibacterial and antifungal properties. Chewing mint leaves may also temporarily improve alertness and help clear nasal congestion.

Mint works beautifully in fruit dishes, desserts, drinks and salads.

Thyme

Thyme is another nutrient-dense herb that adds earthy flavour to many dishes.

It contains vitamins A and C—both powerful antioxidants—as well as B vitamins that support metabolism and brain health.

Thyme also provides small amounts of fibre and flavonoids with anti-inflammatory properties that help protect cells from damage.

It's commonly used in soups, stews and roasted vegetables.

Other nutritious herbs

Many other herbs offer both flavour and health benefits, including:

- Dill
- Chives
- Sorrel
- Chervil
- Tarragon
- Lemongrass
- Lavender

Each brings its own unique taste and nutritional profile to the table but fresh herbs can lose flavour over time, and some of their beneficial plant compounds may deteriorate if not stored properly.

To extend their freshness, store herbs in the refrigerator with the stems in a small jar of water and loosely covered. For dried herbs, check expiration dates regularly to ensure they retain their flavour and potency.

If you have outdoor space or even a sunny windowsill, growing herbs at home can be a rewarding option. Early spring is the perfect time to plant varieties that will bring fresh flavour—and added nutrition—to your meals all year long.

Making smartphones simple for older loved ones

Helping mum, dad or grandparents get to grips with a smartphone does not have to be daunting. With a few thoughtful tweaks, you can turn a confusing device into something straightforward, safe and genuinely useful. These tips draw on advice from specialists like Maximiliana, who recently connected 17 centenarian women from across Spain in a video call, sharing an incredible 1,757 years of experience between them.

Start with what they really need

Before changing settings, think about how they will actually use the phone. Is it mainly for calls, WhatsApp and photos? Or do they also like browsing the internet or reading the news? The goal is to keep only the essentials on screen and hide the rest.

• Remove or hide unnecessary apps so the home screen shows just phone, contacts, WhatsApp and perhaps the camera or gallery.
• On both Android and iPhone, you can long press an app icon to delete it or remove it from the home screen.

Add shortcuts for their favourite people so calling is just one tap away. A simple trick is to save key contacts with "Aa" at the start of the name so they appear first, or use direct dial widgets and shortcuts on the home screen.

Make everything easier to see

Age-related vision changes make small text and icons hard to manage, so enlarging the display is one of the most helpful steps.

• On Android: go to Settings > Accessibility > Font size or Display size and move the slider until the text and icons feel comfortable.
• On iPhone: go to Settings > Accessibility > Display & Text Size > Larger Text, and turn on larger accessibility sizes. For bigger icons, go to Settings > Display & Brightness > Display Zoom > Zoomed and then restart the phone.

Most phones also offer an "easy mode" or "assisted access" that enlarges icons, shows only key apps and simplifies menus. If you want to go further, apps such as BIG Launcher or Bleta can replace the normal home screen with large, clear buttons for phone, WhatsApp, gallery and a few simple tools like flashlight, volume or brightness controls. Remind them they can also pinch to zoom on photos and web pages.

Improve sound and notifications

Hearing can also decline with age, so it is worth tailoring alerts and call settings.

• Turn off notifications from apps they do not need, to reduce constant pings.
• In WhatsApp, you can assign special sounds to messages from close family, while muting group chats or less important conversations.
• Make sure the ringtone and notification volume are loud enough and pick clear, distinct tones. Using the speakerphone can also help during calls.
• If they use hearing aids, many smartphones allow some models to connect directly, or you can use tools like sound amplifiers on compatible Android phones or audio adjustments on iPhone.

Make controls easier to handle

Fine movements can be harder for some older users, so simplifying how they move around the phone is important.

• Gesture navigation, where you swipe instead of using buttons, can be tricky. On Android you can turn this off in Settings > System > Gestures, and on iPhone in Settings > Accessibility, so the classic bottom navigation buttons or clearer controls are used instead.
• Lowering touch sensitivity and enabling options that prevent accidental taps can reduce unintended calls or messages. Many people have experienced those mystery late-night calls from a pocket or handbag.

Voice control is a real ally for anyone with mobility or dexterity issues. Saying "Ok Google" or "Hey Siri" lets them make calls, set alarms, send messages or create reminders without having to find small icons on screen.

Add safety and support

Once the phone is visually clear and easy to handle, it is worth setting up emergency and security features.

• Keep lock screen security simple but present: fingerprint recognition, face unlock or an easy-to-remember PIN help protect their data.
• Add medical and emergency details. On Android, this is usually under Settings > Safety & Emergency, and on iPhone through the Health app under Medical ID. You can include blood group, medications and an emergency contact.
• Enable emergency SOS, where pressing the power button several times can automatically call emergency services and notify chosen contacts.
• With their permission, turn on location sharing and tracking tools such as Find My on iPhone or similar services on Android, so the phone can be found if lost.

Do it together

Perhaps the most important step is to set everything up side by side. Show them slowly how to answer a call, send a WhatsApp message and use the home screen. Encourage them to try it while you watch, so they feel confident rather than intimidated.

Used thoughtfully, smartphones can help older relatives stay closer to family, manage appointments and feel safer. As that group of centenarian women proved on their shared video call, age is no barrier to connection when the technology is made truly accessible.

Images: Andrea Piacquadio/ Pexels



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Turn to page 38 for all puzzle results

Word Ladder — Hard (6 letters)

Change one letter at a time to turn the start word into the end word. Every step must be a valid word.

1	C A N D L E	START
2	- - - - - -	
3	- - - - - -	
4	- - - - - -	
5	- - - - - -	
6	- - - - - -	
7	- - - - - -	
8	- - - - - -	
9	G A R D E N	END

Word Ladder — Medium (5 letters)

Change one letter at a time to turn the start word into the end word. Every step must be a valid word.

1	S T O N E	START
2	- - - - -	
3	- - - - -	
4	- - - - -	
5	- - - - -	
6	- - - - -	
7	- - - - -	
8	- - - - -	
9	M O N E Y	END

WORD SEARCH

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

1. SIGNAL 2. JOURNEY 3. BUILDING 4. FREEHOLD 5. PLANT 6. EDUCATION
7. MOUNTAIN 8. ADVENTURE 9. BREAD 10. PATIENT 11. LIBRARY
12. ENVIRONMENT 13. TOGETHER 14. HOUSE 15. CHAIR 16. SILVER
17. FOREST 18. SHADOW 19. GARDEN 20. EXAMPLE 21. MORNING 22. WATER

SUDOKU

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



Oil prices surge above $100 a barrel as Iran conflict drags on

Global commodity markets are experiencing intense volatility as oil prices surge in response to escalating tensions linked to the war in Iran and production cuts by several key Persian Gulf producers.

The price of Brent crude, the main international benchmark used in Europe, has jumped sharply in recent trading. After rising by more than 16% to exceed $107 per barrel, prices climbed even further in early trading this Monday March 9, increasing by more than 25% to reach around $120 per barrel. These levels have not been seen since the Russian invasion of Ukraine.

US crude has followed a similar trend. The price of West Texas Intermediate (WTI) has also surpassed $100 per barrel, marking the first time it has crossed that threshold since 2022. The increase comes just a week after the United States became directly involved in the conflict with Iran.

The high prices are mainly due to rising anxiety about the situation in the Strait of Hormuz, the strategic shipping route between Iran and the United Arab Emirates through which roughly a fifth of the world's crude oil supply passes.

The situation has been exacerbated by disruptions to production among several major oil exporters. Iraq, the second largest producer within OPEC, along with the United Arab Emirates and Kuwait, have halted pumping operations due to the impact of the conflict and the growing difficulty of storing and transporting oil while the route remains blocked.

Energy analysts warn that the closure of the Strait of Hormuz could have far-reaching consequences for global energy markets, including higher petrol prices at the pump for motorists and the knock-on effect of making all consumer products more expensive due to increased freight and production costs.

Sergio Ávila, senior analyst at IG, said, "The Strait of Hormuz is practically closed. What seemed like a theoretical threat is turning into a real energy crisis."

Further uncertainty has been fuelled by political developments in Iran. The announcement that Motjaba Khamenei is expected to succeed his father as the country's leader is widely seen as a sign that the conflict could drag on, increasing the risk of prolonged disruption to global energy supplies.

Industry figures have already begun warning about how high prices could climb if the blockade continues. In an interview with the Financial Times last week, Qatar's Energy Minister Saad al-Kaabi said that if the Strait of Hormuz remained blocked for several more weeks, the price of oil could soar.

"If the Strait of Hormuz remained blocked for another couple of weeks, the price of a barrel of oil could reach $150," he warned.

US President Donald Trump responded publicly to the spike in prices shortly after the news reached markets on Sunday, posting a message on his Truth Social platform in which he defended the economic consequences of the conflict.

"Short term oil prices, which will drop rapidly when the destruction of the Iran nuclear threat is over, is a very small price to pay for U.S.A., and World, Safety and Peace. ONLY FOOLS WOULD THINK DIFFERENTLY!" he wrote.



Spain will ban overtaking during bad weather



The Spanish Directorate General of Traffic has announced plans to ban overtaking on motorways and dual carriageways during adverse weather conditions. Under the proposed changes, if ice or snow is making driving difficult, motorists would be required to stay in the right-hand lane and travel in single file.

The aim, according to the DGT, is to reduce the risk of collisions and make it easier for emergency vehicles and snowploughs to get through.

The government is already working on a Royal Decree to amend Article 31 of the General Traffic Regulations, with the changes expected to come into force at some point later this year.

The DGT is also planning to tighten up the rules around overtaking vehicles that are stopped on the road. Once the new regulations kick in, drivers will be required to travel at 20 km/h below the maximum speed limit of the road when passing a stationary vehicle, while also maintaining a safe following distance. So, on a road with a 120 km/h limit, for example, drivers would need to drop their speed to 100 km/h when passing a stopped vehicle.

These proposals follow a change that was already controversial when it was introduced back in 2022, when the DGT scrapped a long-standing rule that had allowed drivers to exceed the speed limit by up to 20 km/h when overtaking on secondary roads.

That rule had existed for a specific reason and its removal didn't go down well with most drivers.

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Aries (21 Mar – 19 Apr)
Life
This week, Aries, your energy is as contagious as a yawn on a Monday morning. Use it wisely to inspire those around you. Try organizing a spontaneous dance-off or a karaoke night. Remember, even superheroes need to take breaks, so recharge with some downtime.

Mind
This week, embrace balance by setting aside time for both work and play. Engage in a new hobby that sparks your curiosity and allows you to unwind. Remember, a short walk outdoors can do wonders for your mood and energy.

Heart
This week, Aries, communication is your key to strengthening bonds. Take time to listen actively to those you care about. A fun activity like a shared hobby can bring joy and connection. Keep things light and positive, and watch your relationships bloom.

Taurus (20 Apr – 20 May)
Life
Taurus, your patience might be tested this week when dealing with tiny humans or overly enthusiastic pets. Keep calm and carry a stash of snacks—sharing is caring! A new hobby might catch your eye, so why not give knitting or pottery a whirl? Just watch out for flying clay.

Mind
Take a moment to refresh your daily routine with small changes that uplift your spirit. Cooking a new recipe or redecorating a corner of your space can bring a fresh perspective. Prioritize enjoying the little things that bring you joy.

Heart
Taurus, your steady nature is appreciated by those around you. Show your affection with small, thoughtful gestures. This is a wonderful time to express gratitude to those who support you. Your loyalty will deepen emotional connections this week.

Gemini (21 May – 20 Jun)
Life
Gemini, your communication skills are sharper than ever. Channel your inner stand-up comedian and bring laughter wherever you go. Caution: your jokes may cause excessive merriment. If you're feeling bold, start a friendly debate on the best pizza topping—it's sure to spice things up!

Mind
Communication shines this week, so reach out to friends or family you haven't spoken to in a while. This reconnection can spark joy and boost your spirits. Consider a journaling session each day to keep your thoughts organized and clear.

Heart
Gemini, your lively spirit adds sparkle to any interaction. Use your creativity to plan a surprise for someone special. A heartfelt conversation can clear up misunderstandings. Embrace moments of spontaneity and enjoy the laughter they bring.

Cancer (21 Jun – 22 Jul)
Life
Home is where the heart is, Cancer, and this week, it's your fortress of solitude. Spruce it up with some colorful cushions or a new plant that you haven't yet named. Invite loved ones over for a cozy movie night with popcorn and blankets. Extra points for watching a feel-good classic!

Mind
Focus on creating a soothing environment at home, perhaps by decluttering or adding a calming scent. Balance your emotional energy by setting aside time for reflection and relaxation. A good book can be your perfect companion this week.

Heart
Cancer, your nurturing energy is a gift. This week, create a cozy environment for yourself and your loved ones. Sharing memories or a home-cooked meal can strengthen bonds. Remember to take care of yourself as you care for others.

Leo (23 Jul – 22 Aug)
Life
Leo, your roar is mighty, but this week, try purring with kindness. Compliment a stranger or perform a random act of generosity. Your charm may open new doors, so carry business cards or a napkin for autographs. And remember, lions can nap up to 20 hours a day!

Mind
Channel your creativity into a project that ignites your passion. Even a small creative endeavor can bring a sense of accomplishment. Remember to take time to appreciate your progress and reward yourself with moments of fun.

Heart
Leo, your warmth and charisma draw people in. Use this week to express how much your loved ones mean to you. A little recognition can go a long way. Plan a gathering or event that allows everyone to shine in their own way.

Virgo (23 Aug – 22 Sep)
Life
This week, Virgo, your perfectionist streak could lead you to reorganize everything—yes, even your sock drawer. While you're at it, try KonMari-ing your life, and only keep objects that spark joy. Your friends might ask for your organizing skills, so prepare for compliments galore!

Mind
This week, establish a simple routine that emphasizes both productivity and relaxation. A to-do list can help you stay focused, but ensure there's free time for spontaneous activities. Balance is key, so don't forget to enjoy your favorite pastime.

Heart
Virgo, attention to detail is your strength. Apply this to your relationships by noticing and appreciating the small things. A kind word or a thoughtful note can make a big difference. Your sincerity will be warmly received.

Libra (23 Sep – 22 Oct)
Life
Balance is your middle name, Libra, and this week calls for some social equilibrium. Plan a gathering where everyone contributes their favorite dish—buffet-style balance is the best kind! Don't forget to indulge in a little 'me-time' as well, perhaps with a bubble bath and a good book.

Mind
Seek harmony in your surroundings by rearranging a space to your liking. This small change can bring peace and a sense of renewal. Sharing a meal with loved ones can offer comfort and foster deeper connections this week.

Heart
Libra, harmony is your goal this week. Balance your time between friends and family to keep all relationships thriving. A shared experience like a day trip can bring you closer to someone special. Your diplomatic nature will resolve any minor conflicts.

Scorpio (23 Oct – 21 Nov)
Life
Scorpio, your mysterious allure is captivating this week, like a well-crafted mystery novel. Use it to your advantage while planning a surprise for someone special. A puzzle night could quench your thirst for intrigue—just ensure you don't lose any pieces!

Mind
Delve into a topic or activity that piques your interest—learning something new can be invigorating. Practice mindfulness each day, even if it's just for a few minutes. This week, prioritize your well-being with gentle reminders to breathe and enjoy the moment.

Heart
Scorpio, your deep emotions are your guide. Open up about something meaningful with a trusted companion. Vulnerability can lead to greater understanding and intimacy. Trust your instincts, but also be willing to compromise for the sake of harmony.

Sagittarius (22 Nov – 21 Dec)
Life
Adventure awaits, Sagittarius, whether it's in the form of a spontaneous road trip or trying a new cuisine. Keep your calendar open and your camera ready for some unexpected fun. Share your tales with friends; they'll appreciate your tales of conquering life's mini-mountains.

Mind
Your adventurous spirit calls for a mini adventure, even if it's just exploring a new park or trying a different route. Keep the excitement alive with spontaneous plans that break the routine. Balance your energy by winding down with a favorite movie or book.

Heart
Sagittarius, your adventurous spirit is contagious this week. Inviting someone to join you in a new experience can create lasting memories. Be open to differences in perspective; they can lead to enlightening conversations. Your optimism will inspire those around you.

Capricorn (22 Dec – 19 Jan)
Life
Capricorn, this week calls for a touch of playfulness in your routine. Build a pillow fort or unleash your inner artist with some doodling. Remember, even goats need to frolic every now and then. Share your creations with a friend—they might just become your biggest fan.

Mind
Focus on grounding yourself this week with a reliable routine that supports your goals. Simple acts like organizing your workspace can enhance focus and productivity. Enjoy the satisfaction of ticking off tasks while still leaving room for leisure.

Heart
Capricorn, your reliability is cherished by those who know you. Set aside time to relax and unwind with loved ones. A board game night or movie marathon can provide fun and laughter. Your presence offers a calming influence on others.

Aquarius (20 Jan – 18 Feb)
Life
Innovation is your playground, Aquarius, so let your ideas flow like a brainstorming session on caffeine. Gather friends for a quirky game night with homemade trivia. You never know, you might invent the next big thing—like a board game that involves building friendships.

Mind
Engage with your community, whether through volunteering or joining a local group. This connection can provide a refreshing change of pace and offer new perspectives. Allow yourself time to dream and plan adventures, big or small, that inspire you.

Heart
Aquarius, your innovative ideas spark interest and connection. Share your vision with those close to you this week. Collaborate on a creative project or community activity. Your willingness to listen and adapt is valued and will lead to meaningful interactions.

Pisces (19 Feb – 20 Mar)
Life
Pisces, your imaginative mind is ripe for daydreaming this week. Capture your whimsical thoughts in a journal or explore them through a creative project. If you're feeling social, host a swap party with friends—trading knick-knacks could lead to some delightful discoveries!

Mind
This week, let your intuition guide you in making decisions that feel right. Engage in activities that nurture your creativity, like painting or writing. Surround yourself with positive influences and take moments to savor quiet, peaceful reflections.

Heart
Pisces, your empathy is a beautiful asset. Offer a listening ear to someone who needs support. A heartfelt gesture can show how much you care. Take time to express your own emotions through writing or art; it can be therapeutic and revealing.

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Stray Sod Golf at Altaona

Thirty-two golfers from the Stray Sod Golf Society travelled to Altaona on Friday for the weekly outing.

The weather had been terrible all week, so we weren't sure if we'd be rained off, or if not, how the golf course would be condition wise. There had been no buggies on the course the day before, but the course management team had obviously worked hard on the course to get it ready and make sure we had buggies available.

Luckily, course was in really nice condition which reflected in the scoring with three golfers reaching 40 plus points.

The highest score of the day was Nick Weston scoring 43 points and winning his category. The longest drive was won by Mary Coyle on the 10th (pictured).

After the trials and tribulations of the day's golf we headed back to The Stray Sod, where Jake and his team of chefs had rustled up a tasty stew and mash. Once fed and watered the presentation and prizes were handed out. Big thank you to the Stray Sod team and the ladies in the Stray Sod Green Fees office – who keep us all in line.

As always a great day was had by all. If you are interested in joining us contact the office on 966 77 59 20.

Next week's outing is down to the Mar Menor.



First Grand Prix win for 19-year-old Kimi Antonelli

Kimi Antonelli stormed to the first Formula 1 victory of his career at the Chinese Grand Prix, producing a commanding drive that made him the second-youngest race winner in the sport's history.

At just 19 years of age, the Italian dominated much of the race to lead a Mercedes one-two finish ahead of teammate George Russell. Only Max Verstappen—who won at 18 years and 202 days—has claimed a Grand Prix victory at a younger age.

The triumph also marked a historic moment for Italy, as Antonelli became the country's first Formula 1 race winner since Giancarlo Fisichella in 2006.

"I'm speechless. I'm about to cry to be honest," Antonelli said after the race. "Thank you so much to my team. They helped me achieve this dream. We are just at the beginning—we keep pushing."

Russell crossed the line in second place, securing Mercedes' second consecutive one-two finish to open the season.

Despite the result, his lead in the drivers' championship was trimmed to four points by his rookie teammate.

Behind them, a fierce battle for the podium unfolded between Ferrari teammates Lewis Hamilton and Charles Leclerc. The pair traded positions several times as Formula 1's new racing tactics and energy deployment strategies created intense wheel-to-wheel racing. The duel nearly ended in disaster on multiple occasions, with the Ferraris coming dangerously close to contact. Ultimately, Hamilton prevailed to secure his first podium finish with Ferrari—and his first overall since November 2024.

Las Colinas Golf presents gastronomic delights



The Italian restaurant il Palco has hosted the first of three gastronomic events that, under the name 'Three Views, One Mediterranean,' will take place in Orihuela Costa in this first half of the year to mark the 15th anniversary of Las Colinas Golf & Country Club. These three special culinary gatherings showcase top chefs from the world of haute cuisine.

Ferdinando Bernardi, chef of the Michelin starred Italian Restaurant Casa Bernardi, located in Benissa, opened the programme with a tasting menu highly applauded by the diners.

"Gastronomy has a fundamental importance because a good table always helps to bring people together. Friends, family, or even strangers can end up sharing much more than a meal," Bernardi stated. "In addition, Las Colinas offers a very complete experience: elegance, nature, and attention to detail that is felt from the first moment," adds the chef.

The menu, called 'Italia Stellata,' was inspired by the purest Italian tradition, with seasonal products and some nods to the Mediterranean surroundings. The starters consisted of fried gnocco, burrata, caviar, pâté tartlet, pickled carrot, creamy cod, and potato with Livornese sauce (a traditional Tuscan tomato based sauce). Next, dinners enjoyed a wide variety of main courses such as protein lasagna, squid and pea ragù; Sicilian cannolo; beef tartare with sabayon; risotto ai funghi with truffle and parsley; ossobuco agnolotti with saffron sauce and demi-glace; and suckling lamb with celeriac and licorice. For dessert, one of the most traditional in Italian cuisine was offered. Italian, though with a touch of modernity, under the name Tiramisú 3.0.

The Food & Beverage director of Las Colinas Golf, Gabriele Wüthrich, has emphasised, in turn, the importance of continuing to offer initiatives that may be attractive, such as these special gastronomic meetings organised within the framework of the 15th anniversary.



"For our restaurants to have become benchmarks of haute cuisine represents a great responsibility for us. With experiences like this, we take another step in our commitment to excellence in the service we provide to our clients. It is our way of being and of thanking them for their trust over these years," he said.

New gastronomic appointments "The Series" will continue over the coming months with two new culinary experiences. On 14th April, chef Alejandro Ibáñez, from the restaurant Barahonda, and José Dolera, chef of Las Colinas Golf & Country Club, will create a "Four Hands Menu". This experience, entitled 'Roots of the Earth,' has been designed to highlight the direct dialogue between the product and the landscape of southeastern Spain.

The programme will culminate on 20th May with the participation of Fabio Morisi, a renowned Italian gastronomic consultant chef and collaborator of il Palco, who will present, together with José Dolera, a new tasting menu where Italian tradition will engage with local products, proximity, and sustainability. This third experience is titled 'Italy KM Zero'.

For further information visit: www.lascolinasgolf.com or call 965 32 40 04



Best St Patrick's Day celebrations in Spain

Every year on 17th March, the world seems to turn green. Rivers are dyed emerald, famous landmarks light up in Irish colours and cities everywhere fill with music, dancing and plenty of pints of the black stuff. St Patrick's Day started in Ireland of course, but these days it has become a real global celebration.

Legend says that Saint Patrick drove all the snakes out of Ireland. Another story says that Patrick used the humble three-leaf clover to explain the Holy Trinity when converting the Irish to Christianity. That little shamrock has since become one of Ireland's most recognisable symbols, right up there with the colour green and a pint of Guinness.

Around the world, St Patrick's Day celebrations have grown into enormous spectacles. Chicago famously dyes its river bright green each year. In New York the annual parade on Fifth Avenue has been running since 1762 and attracts more than two million people, with pipe bands, dancers and marching groups turning the streets into a sea of green. Even Tokyo now hosts a huge parade along Omotesando Avenue as the Irish spirit spreads further every year.

So where does Spain fit into all this? You might be surprised at just how enthusiastically the country embraces Ireland's national day. From big city parades to small local traditions, Spain has plenty of places where St Patrick's Day is celebrated in style.

Madrid goes full Irish

Spain's capital has definitely become one of the country's biggest St Patrick's Day hubs thanks to Ireland Week, a growing festival celebrating Irish culture.

The event transforms parts of the city into a little slice of Dublin. At the start of the week the Gran Vía Metro station even temporarily becomes the "Green Vía", complete with Celtic music and traditional Irish dancing performed by students from University College Dublin.

Music plays a big role throughout the celebrations. One of the highlights this year will be a tribute concert to U2 by the band Arcana U2 Massive Heads, marking the 50th anniversary of Ireland's most famous rock group.

The big moment arrives with the St Patrick's Day parade along Gran Vía. Hundreds of performers, musicians and dancers take part as the procession winds its way from the Metrópolis building to Plaza de España. The crowds are huge and the atmosphere is lively, with Irish flags, face paint and plenty of green clothing everywhere you look.

Even the famous San Ginés churros get in on the act, turning green for the occasion.

Costa Blanca's biggest Irish party

While Madrid may host Spain's most high profile celebration, the biggest party on the Costa Blanca happens on the coast.

The Cabo Roig St Patrick's Day Parade in Orihuela Costa has become something of a legend among expats and visitors. Now in its 13th year, the event is expected to attract around 25,000 people.

If you've never seen it before, imagine the entire Cabo Roig Strip transformed into a moving festival. More than 60 acts take part in the parade, ranging from pipe bands and drummers to dancers, circus performers, stilt walkers and colourful floats organised by local businesses.

Classic cars and motorbikes rumble along the route while crowds line the streets waving flags and enjoying the music. Bars and restaurants spill out onto the pavements and the whole area turns into a giant street party that lasts well into the night.

For many expats living along the Costa Blanca, this is the closest thing you will get to a full Irish style St Patrick's Day without actually flying home to Dublin.

Surprising St Patrick's link in Lorca

Not all of Spain's St Patrick's connections involve parades and pints. In the historic city of Lorca, there's a far deeper connection with the Irish saint.

The impressive Collegiate Church of San Patricio is believed to be the only church in Spain dedicated to Ireland's patron saint.

The reason dates all the way back to March 1452. On that day the Battle of Los Alporchones took place near Lorca, when the forces of Castile defeated troops from the Moorish kingdom of Al-Andalus. The victory prevented a major raid on the surrounding area.

Because the battle happened on St Patrick's Day, locals believed the saint had helped protect them. In gratitude, they dedicated their new church to him, creating a unique Spanish tribute to Ireland's patron.

Today the feast day is still remembered in the city. Visitors can even celebrate with a special package at Lorca Castle, which includes entry to the fortress towers, the remains of a medieval synagogue and an audio guided tour. To top it all off there's a locally sourced meal at the castle restaurant and a free beer to toast St Patrick's Day.

Green lights across Spain

Elsewhere in Spain, celebrations pop up in all sorts of places.

In Galicia, the Tower of Hercules in A Coruña is illuminated green to honour the shared Celtic heritage often associated with the region. According to legend, this area even has mythological links to the origins of the Gaelic people.

In Granada, Murcia, Benidorm and Santa Cruz de La Palma, processions honouring Saint Patrick take place in some towns. Universities and cultural groups also join in, hosting talks, concerts and readings celebrating Irish writers like Oscar Wilde.

Irish music groups tour the country as well. Traditional bands frequently perform concerts that bring a taste of Celtic culture to Spanish audiences who are more than happy to join the party.

And of course, you'll find Irish pubs in just about every city and resort town doing roaring business on March 17. If there's green beer, live music and a few shamrocks hanging from the ceiling, chances are you've found the right place.

Spain's Irish spirit

It's really no surprise that St Patrick's Day works so well in Spain, since the Spanish already know how to celebrate.

Add a little Irish music, a parade or two and a few thousand people wearing green hats and the result is a festival that feels perfectly at home here.

For expats, it can be a comforting reminder of celebrations back home. For locals, it's another great excuse to enjoy good food, good music and a lively street party.

So if you're wondering where the best St Patrick's Day celebrations are in Spain, the truth is there is no single answer. Madrid offers the biggest city spectacle. Cabo Roig throws one of the wildest expat parties you will find anywhere in Europe. Lorca quietly preserves a fascinating historical connection with the Irish saint.

Wherever you end up, the most important rule is simple: wear something green, raise a glass and enjoy the atmosphere. Sláinte!



PUZZLE SOLUTIONS

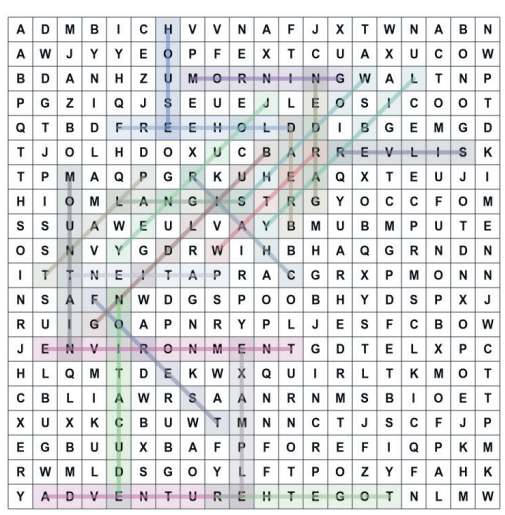
Word Ladder — Hard Solution

1	CANDLE	START
2	CANDIE	
3	CARDIE	
4	PARDIE	
5	PARDEE	
6	PARDED	
7	WARDED	
8	WARDEN	
9	GARDEN	END

Word Ladder — Medium Solution

1	STONE	START
2	SHONE	
3	SHOTE	
4	SOOTE	
5	SOOTY	
6	SOOEY	
7	COOEY	
8	CONEY	
9	MONEY	END

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



Why are smoke alarms still so rare in Spanish homes?

Personal security is front and centre in many Spanish homes, with bars on windows guarding against break-ins. Yet fire safety, something as straightforward as a smoke alarm, often goes overlooked. In Britain, these devices blend into the background because they are so routine and expected in every home. In Spain, they just do not make an appearance and aren't even considered.

Recent tragedies highlight the difference. Between December 24 and January 6, 21 lives were lost to residential fires. The full 2024 tally reached 162 deaths from 19,411 incidents, nearly 70% from smoke or toxic gases. Over half the 85 winter home fire victims were 65 or older, many living alone as electrical overloads sparked blazes at night.

Madrid Fire Department head Javier García explained the urgency. "Most fires happen at night and evolve very quickly. Detectors are not very expensive, and the warning gives you time to leave the house or close the room before the smoke spreads."

Devices start at a mere €15, yet only one in four homes has one, per the Professional Association of Fire Technicians and Mapfre Foundation study. Younger, higher-income families fit them most. Carlos Touriñán, the association president, made the case clear. "Our recommendation is always to install it. It emits an enormous sound intensity when you are sleeping, so you can wake up and get out." Anyone British will recognise that piercing wail all too well, from when dinner got left too long on the hob and billowed smoke everywhere.

Where rules stand now

Public buildings like hotels, hospitals and schools must have them. Valladolid, in autonomous community of Castile and León, leads locally, requiring detectors in new builds and renovations since April 1. Private homes face no national mandate yet, though some add them voluntarily.

From May 10 2025, Royal Decree 164/2025 brings tougher fire safety to industrial sites, including smoke alarms, advanced systems and heat sensors.

Steps forward

Last November, updates to the Technical Building Code pushed for detectors in new homes, rolling out across 2026. France, Germany and the UK already make them compulsory nationwide. 'Smart' models now have the added bonus of pinging phones for remote alerts.

Easy fitting advice

Mount centrally on ceilings in hallways by bedrooms, clear of kitchens to avoid false alarms. Check batteries, clean dust and test monthly. Larger or multi-storey homes should have several, especially near sleeping areas. Heat detectors suit garages or cooking zones better.

So affordable and so simple to fit, there is really no good reason for a home to be without one, especially in a country where everyday safety is taken so seriously in so many other ways.



Mercadona to open 59 new look stores

Mercadona faces 2026 with its sights set on transforming its retail network through the new model 'SHOP 9'. This is an evolution of its supermarkets that aims to strengthen its fresh produce offerings and simplify the shopping process.

The company, chaired by Juan Roig, expects to have 59 establishments of this type by the end of the year, within a process of progressive renewal that will extend over the next decade.

The company presented its annual report at a press conference in which the president expressed optimism about the group's performance. Mercadona expects to reach sales of 43.200 billion euros in 2026, which would represent an approximate growth of 3,5%.

The SHOP 9 new format also seeks to simplify the customer journey and improve the operational efficiency of the stores. The company currently has 1.482 establishments of the STORE 8 model, which will gradually adapt to the new concept.

As Roig explained, the goal is to test the new format during this fiscal year and implement it gradually until the transformation is complete. STORES 9 also incorporate changes in the organisation of refrigerated and frozen products, as well as new centralized processing areas to improve internal processes.

Another of the group's growth lines is the prepared food area. "Ready to Eat", already present in some 1.500 stores. According to Roig, this division generates approximately 3,000 million euros and has registered a growth of 20%. The company intends to continue expanding this service, also incorporating in-store consumption areas when space allows.

Italian fugitive arrested in Alicante

Police in Alicante have arrested an Italian fugitive who had been on the run after being sentenced to 20 years in prison for violently targeting the homes of elderly people.

The 31-year-old had a European Arrest Warrant issued by Italian authorities for violent robbery and causing serious injuries. These crimes took place in 2024 in Monza, Italy, where he was part of a gang dedicated to breaking into homes. The group did not hesitate to use violence against the residents, all of whom were elderly, and some were seriously injured during the attacks.

Italian authorities issued the warrant after his conviction, and suspicions soon arose that he might be hiding in the Alicante province. Investigators began a thorough search, quickly locating him in the city. A careful plan was put in place to make sure his arrest was carried out safely.

The operation was made possible thanks to close coordination and the exchange of information between Italian authorities and Spain's Policía Nacional. Following his arrest, the man was brought before the Central Investigating Court of the National Court, which is handling the procedures for his extradition back to Italy.



Man arrested in Benidorm with cocaine in clothes



A 26-year-old man has been arrested in Benidorm after Policía Nacional officers found 119 grams of cocaine hidden in his clothes during a roadside checkpoint near the area known as the English zone.

The arrest took place during a routine security operation when officers stopped a vehicle to conduct standard checks on both its occupants and the car. Police said they suspected one of the passengers might be carrying drugs and decided to search him.

"Two packets containing a white powder were found concealed within his clothing," a police spokesperson explained. "Subsequent tests confirmed the substance to be cocaine, with a total weight of 119 grams."

Following the discovery, the man was detained on suspicion of drug trafficking. His arrest triggered a wider investigation into a possible network believed to be supplying drugs to nightlife venues in the English-speaking entertainment district.

As part of the investigation, two additional suspects were later arrested, and officers carried out two house searches where they seized further narcotic substances along with cash.

Sources said the main suspect has since been brought before the duty magistrate in Benidorm.

Policía Nacional confirmed that these checkpoints are part of ongoing operations designed to curb drug trafficking and other illegal activities across the city. "These controls are carried out regularly to ensure public safety and prevent the distribution and consumption of narcotics," officials noted.

The preventive checks, set up at various locations, aim to strengthen security in busy tourist spots such as Benidorm's English area, which sees a high number of visitors year-round. Police described the coordinated effort as an essential measure "to maintain peace and well-being within the community."

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