CostaWeeklyNews tm

Email: costaweeklynews@alicantetoday.com DEPÓSITO LEGAL: MU 170-2026 24th March - 30th March 2026 - ED - 8











Three-year-old murdered by father in Torrevieja

The Guardia Civil is investigating the death of a three-year-old girl in Torrevieja, as a possible case of vicarious violence. The child was found hanged, and the body of her father, also deceased, was found at the scene on Saturday (21st March).

The girl's mother, who is the former partner of the alleged perpetrator, contacted the Guardia Civil as she had been unable to reach the man for several hours and feared he might harm her daughter. Upon receiving the report, the police went to his home in Urb Torreblanca, La Mata, and in the early hours of the morning, found the bodies of the girl and the man in the basement.

There were no prior formal complaints of abuse between the girl's parents. However, when the 36-year-old mother contacted the police, she explained that she had suffered abuse and that her former partner, the girl's father, and that he had previously threatened to kill her daughter during arguments.

The events are being investigated by the judicial police of the Civil Guard in Alicante, and initial investigation point to a case of murder with vicarious violence. They also indicate that the man, believed to be 40 years-old, committed suicide after killing the child.

The girl's mother was taken to hospital due to an extreme anxiety attack upon hearing the news.

The Government Delegate in the Valencian Community, Pilar Bernabé, posted on her profile on the social network X that she feels "shocked by the murder of a minor in Alicante. Unbearable terrorism. All my love to her family and friends."

"Vicarious violence is the cruellest and most extreme violence that is exercised against women," she added, "it is atrocious terrorism."

So far this year, 13 women have been murdered by their partners or ex-partners. Since the official statistics began in 2003, there have been 1,356 women killed. In 2026 there are already two children murdered by their fathers or their mothers' partners, 67 since the official record began in 2013.

The Mayor of Torrevieja, Eduardo Dolón, condemned the murder and expressed his "deepest condemnation, consternation and immense pain" for what happened. A minute's silence to be held on Sunday at 12 noon in front of the Two Hall. The local government team has activated its social affairs experts to assist the mother and her family.

The period of mourning extended across Sunday 22nd and Monday 23rd March when the flags of the municipal buildings were lowered to fly at half-mast.



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CostaWeeklyNews

Contact:
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Deposito Legal:
MU 170-2026

ISSN:
2026013000127

Publishing Company:
Spain Today Online SL
Carretera de Fuente Alamo
Corvera, Murcia
30153

Printed in Elche (Alicante Province)

Danger of collapse closes parts of Cabo Roig coastal path

Two sections of the popular coastal promenade connecting Cala Capitán and La Caleta have been closed for safety reasons after landslides caused by recent rainfall, according to the Department of the Coast for Orihuela.

Local Police sealed off the affected areas recently following the detection of structural risks along the route. Municipal officials, led by Councillor Manuel Mestre, confirmed that the instability has compromised parts of the promenade, prompting precautionary closures.

One of the affected stretches, measuring around 10 metres, is located near the Calle Marejada viewpoint. Although fencing has been installed, barriers have reportedly been moved, allowing pedestrians to continue passing through the area without clear warnings of the potential danger.

A second section, near the Calle Catalejo viewpoint, remains open to foot traffic but is marked with signage warning of a possible collapse. However, the notices - printed on small, laminated sheets in Spanish and English - have been criticised for their poor visibility. Positioned low on railings and partially obscured, the warnings are often overlooked by visitors.

Despite the risks, pedestrians continue to use the promenade, one of the most frequented coastal routes in the Vega Baja del Segura, throughout the year.

City officials have already requested the necessary authorisation from Spain's Coastal Service to begin repair works. The timeline for intervention now depends on approval from the relevant authority, with urgency needed as the busy Easter period approaches and visitor numbers are expected to rise.

The affected walkway forms part of the Cabo Roig Blue Path, a distinction awarded in 2021 for environmental quality and sustainable management. The recognition, granted annually by the Association of Environmental and Consumer Education, highlights routes that meet strict criteria related to conservation, infrastructure, and environmental education.

Stretching approximately 2.5 kilometres along the coastline, the path features five viewpoints and offers sweeping views of the Mediterranean, including landmarks such as La Manga del Mar Menor and Isla Grosa. The route is known for its sandstone cliffs, small coves, and unique rock formations shaped by erosion, as well as marine ecosystems supported by Posidonia seagrass meadows.

On land, the area is home to protected plant species and diverse wildlife, including seabirds and reptiles. The promenade also holds historical significance, incorporating elements such as the Torre de Cabo Roig, a 16th-century coastal watchtower designated as a cultural heritage site.

The promenade's reputation as a key environmental and leisure asset has grown in recent years. It was recently included in municipal tourist routes and forms part of a broader initiative to promote guided ecological itineraries across the municipality. However, the current safety concerns have raised questions about maintenance and visitor awareness, particularly at a time when the area is expected to see increased footfall.

UK chancellor visits Madrid to strengthen post-Brexit ties

The United Kingdom and Spain have taken a fresh step towards rebuilding post-Brexit economic ties, unveiling plans for a short-stay work visa waiver and closer recognition of professional qualifications during a high-level visit to Madrid by UK Chancellor Rachel Reeves.

The agreement formed the centrepiece of Reeves' first official trip to Spain since taking office and reflects a broader shift by Prime Minister Keir Starmer's government to strengthen relations with European partners after years of strained ties following Brexit.

Under the proposed scheme, professionals travelling between the two countries for short-term assignments of up to 90 days would no longer require work visas. The waiver is expected to operate on a reciprocal basis, benefiting both British and Spanish workers in sectors including legal services, finance, consulting, information technology and specialised corporate roles.

Officials say the measure is designed to remove administrative hurdles that have complicated cross-border business since the UK's departure from the European Union. By easing mobility for highly skilled professionals, both governments hope to unlock growth in services trade, a key pillar of the British economy.

During her visit, Reeves met Spain's Economy Minister Carlos Cuerpo, with the pair signing a joint declaration aimed at "facilitating the mobility of professionals and the recognition of qualifications." The initiative falls under a newly established "Trade and Investment Dialogue" framework intended to deepen bilateral economic cooperation.

According to the UK Treasury, the visa waiver alone could generate approximately £250 million in additional exports for British businesses over the next five years. The projection underscores the importance of services, an area in which the UK remains one of the world's leading exporters.

"The UK is the world's second largest exporter of services," the British Embassy in Madrid said in a statement, adding that the agreement could deliver significant commercial opportunities for companies operating across borders.

Investment

Reeves' visit also coincided with a £240 million investment linked to Exolum, highlighting continued investor confidence between the two economies. While in Madrid, she met representatives from around 120 Spanish firms and investment groups, signalling the UK's intention to position itself as an attractive destination for European capital.

Beyond the economic measures, the agreement reflects a notable political recalibration in London. Since taking office, Starmer's government has sought closer alignment with European partners, arguing that reducing trade friction and regulatory divergence could help stabilise prices and improve long-term growth prospects.

Speaking earlier in the week, Reeves suggested that aligning more closely with European Union rules could reduce inflationary pressures and provide greater certainty for businesses. She warned that the UK risked being "stranded" between competing global trading blocs without stronger economic ties to its nearest neighbours.

"In an uncertain world, we must build growth that is secure and resilient," Reeves said on Wednesday. "We do this best through partnerships with those who share our interests, our values, and our ambitions. We count Spain amongst those partners — and the prize for doing more together is considerable."

Cuerpo echoed the message, emphasising the importance of international cooperation at a time of global economic and geopolitical challenges. "No country can face the challenges of this era alone — economic security, technological transformation, climate change," he said. "The answer is more cooperation with trusted partners, not less. And the United Kingdom is, and will remain, one of Spain's most important partners."

The concept of a mutual visa waiver was initially proposed by Spain as a way to bypass the bureaucratic barriers that emerged after Brexit, particularly for business travel. Its inclusion in the new agreement signals a willingness on both sides to adopt pragmatic solutions to lingering trade frictions.

The renewed push for closer ties comes against a backdrop of robust and growing trade between the two countries, despite the complications introduced by Brexit. Spanish exports of goods to the UK reached €24.9 billion in 2025, marking a 4.5% increase compared with the previous year and more than 25% above pre-pandemic levels in 2019.

Trade in services is even more significant. Spain exported €29.2 billion in services to the UK, including over €10.6 billion in non-tourism sectors such as finance, consulting and engineering.

British exports have also surged. Between October 2024 and September 2025, UK exports of goods and services to Spain reached £22.1 billion, representing an annual increase of 11%. The figures make Spain one of the fastest-growing major markets for British exporters.

Framework of Cooperation

The recent visit builds on a broader framework for cooperation agreed last year, when Spanish Prime Minister Pedro Sánchez and Starmer signed a Strategic Framework in London aimed at strengthening ties in key sectors including technology, defence and life sciences.

Sánchez has been increasingly vocal about the long-term impact of Brexit, recently describing it as "a terrible loss" for both the UK and the European project. While acknowledging past divisions, he has also stressed the potential for renewed collaboration between the UK and individual EU member states.

Body found in La Pedrera reservoir

The body of a 47-year-old man reported missing from Fortuna has been discovered in the La Pedrera reservoir following several days of coordinated search efforts, authorities confirmed on Friday (20th March).

The man had not been seen since 15th March, prompting an urgent investigation and large-scale search led by the Guardia Civil. His body was located on the morning of 20th March in a drainage area linked to the Tajo-Segura water transfer canal, a major water system connecting river basins in southeastern Spain.

The discovery came after days of continuous searching along the transfer route, spanning parts of both Murcia and the neighbouring province of Alicante. Officers had prioritised this area early in the investigation, focusing on the possibility that the man may have fallen into or become trapped within the canal system near where he was last seen.

According to investigators, there are currently no indications of foul play. While the circumstances surrounding the death remain under review, early assessments suggest it was not a violent incident and that no third parties were involved. An autopsy is expected to determine the precise cause of death.

Search efforts were concentrated along the flow of water, with teams systematically examining key sections of the canal infrastructure. These included tunnels, aqueducts and open stretches where a body might either become lodged or be visible from land or air. Officers also worked to reconstruct the missing man's final movements, particularly in the area where the canal passes through Fortuna.

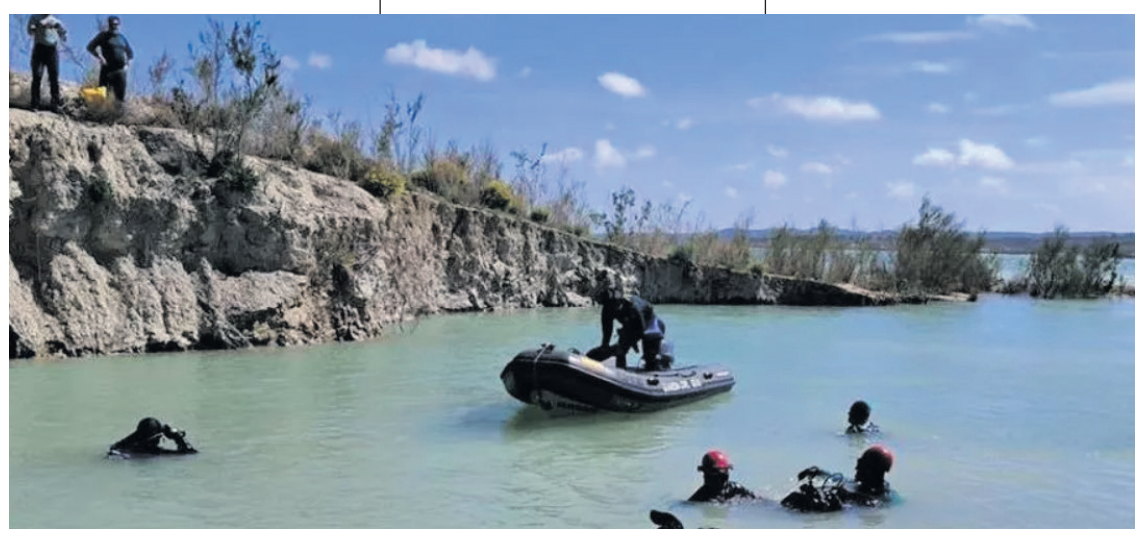
Multiple specialist units from the Guardia Civil were deployed throughout the operation, coordinating both personnel and technical resources. Ground teams combed accessible stretches of the canal on foot and by vehicle, while experts inspected hydraulic elements such as sluice gates, where debris and objects can accumulate.

Aerial surveillance played a crucial role in the search. Drones were used to monitor difficult terrain and sections of the canal that are otherwise inaccessible. It was ultimately a drone operated by the Guardia Civil that detected the body in a section where the canal connects to the La Pedrera reservoir.

Following the aerial identification, specialist recovery teams were dispatched to the scene to retrieve the body in accordance with established protocols.

The operation also involved support from the Alicante Provincial Fire Consortium, which contributed personnel experienced in rescue operations in complex and aquatic environments. In addition, the Segura Hydrographic Confederation collaborated by temporarily reducing the flow of water in certain parts of the transfer system. This measure improved visibility along the canal bed and banks, aiding search teams in their work.

Authorities have confirmed that the investigation remains open as they continue efforts to establish a full timeline of events leading up to the man's death.



Three injured in Orihuela Costa house fire

Three people have been injured following a fire at a ground-floor property in Orihuela Costa.

The blaze broke out at 4:37am at number 115 Calle Ciruela, a road parallel to the Villamartín road in the Los Dolses urbanisation. The Provincial Firefighters Consortium said crews focused on extinguishing the fire and clearing large amounts of smoke from the home.

Firefighters used mechanical extractors to ventilate the property. The incident was brought under control in less than an hour, with operations concluding at 5:24am.

The Emergency Information and Coordination Centre (CICU), alerted at 4:45am, deployed a SAMU unit and additional basic life support ambulances. Medical teams treated a 68-year-old woman and two men, aged 57 and unknown, for smoke inhalation. All three were transferred to Torrevieja University Hospital.

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App finds the cheapest petrol every time you fill up

Anyone pulling up to the petrol pumps over the last couple of weeks would be forgiven for thinking the attendant had made a mistake when changing the billboards. In response to the crisis in Iran and well before the cost implications hit fuel buyers, filling stations started hiking up their prices to eye-watering figures.

Diesel has increased by 31% since February 28, adding 44.8 cents a litre, while petrol has risen by 19%, or 28.2 cents a litre, following the outbreak of war in the Middle East. Drivers across Spain are already feeling the impact, with the rise being particularly noticeable at low-cost stations, where smaller profit margins make even modest increases more visible.

Analysis from the Spanish Consumers and Users Organisation (OCU), which looked at more than 12,000 service stations, found that diesel already costs more than €2 a litre at 6% of pumps run by the major chains.

If prices continue to climb by just three cents, a pattern seen in the past few days, that figure could rise to 28%, putting almost a third of stations above the €2 mark.

Petrol is also creeping towards €2, with several stations already charging more than that.

This echoes the pattern seen when war broke out in Ukraine, with stations passing on price increases almost immediately. For everyday drivers, this can translate into spending up to €20 more than they did just weeks before the conflict escalated.

To help drivers navigate the rising costs, the OCU has created an online tool that links directly to a petrol price calculator. This tool makes it easy to locate the cheapest filling stations nearby, saving both time and money.

The best part is that you can add the tool to your smartphone, so you quickly click on anytime you need to fill up. By visiting the OCU website and selecting the 'Download shortcut' option, a prompt will appear asking to place the icon on the home screen, where it functions like any other app.

For those who prefer not to install it, the OCU also provides a web-based search engine. Drivers can enter the address or postcode of interest and click 'Find me'.

Results can be refined using filters for distance, station, fuel type or tank capacity.

With either option, once the search is submitted, a map appears showing stations colour-coded by price: green for cheapest, orange for average and red for the most expensive.

Clicking on any station reveals the price, location, distance and directions, allowing drivers to plan the most cost-effective route for filling up.

Torrevieja shelter rehomes 300 animals in 2025

Concha Sala, Councillor for Animal Protection at Torrevieja City Council, has outlined a year of intense activity at the municipality's animal services, highlighting both rising demand and ongoing efforts to improve animal welfare across the city.

During 2025, the Municipal Animal Shelter facilitated close to 300 adoptions, with local families taking in 201 cats and 84 dogs. The figures reflect a continued commitment among residents of Torrevieja to adopt rather than purchase pets.

The year also marked the first time the council formally tracked requests from individuals seeking to hand over animals. A total of 34 such requests were registered, though fewer than 20 were approved. Authorities stressed that each case was carefully assessed under current animal welfare laws, ensuring that decisions prioritised the wellbeing of the animals.

Animal collection services remained in high demand throughout the year. August recorded the highest number of call-outs, with 195 incidents, while December saw the lowest activity, with 123.

Enforcement and education efforts were also stepped up. The veterinary technical team, led by Beatriz Lloret, issued 54 formal warnings related to responsible pet ownership, abandonment prevention, and animal mistreatment. Meanwhile, the Local Environmental Police issued additional warnings and, in some cases, initiated sanctioning procedures. Sala praised the "significant daily effort" and coordination between departments.

The shelter itself handled a large intake of animals under a range of circumstances, from strays to injured wildlife. A total of 476 cats were admitted, with 21 successfully reunited with their owners. However, 84 animals died, many due to road accidents or illness.

Wildlife admissions also formed part of the shelter's work, including seagulls, swifts, kestrels and other bird species. In coordination with municipal biologist Juan Antonio Pujol from the Department of the Environment, these animals were transferred to the Santa Faz Wildlife Recovery Center for specialised care.

The Department of Animal Protection concluded by expressing its gratitude to staff and volunteers, recognising their dedication to "a cause of animal welfare that does not rest any day of the year."

Ryanair launches new Venice route from Alicante to rival Wizz Air

Ryanair has just announced that it will launch a new route between Alicante-Elche Airport and Venice Marco Polo Airport starting in September, just days after Wizz Air made the same announcement.

Until now, Ryanair's only connection to the Venice area from Alicante was to Treviso Airport, which is considerably further from the city centre than Marco Polo. So for anyone who's done that journey and wondered why they seemed to be landing in the middle of nowhere, this new route should be welcome news.

Tickets are already on sale through Ryanair's website, with the first flight scheduled for Tuesday September 1 this year. The route will run four times a week during September, dropping to three weekly flights in October.

As for what happens after that, it's not yet clear. Ryanair hasn't published its schedule for November to March 2027, so whether the route continues through the quieter winter months remains to be seen.

But for the time being, on Tuesdays, the Alicante departure is at 3pm, arriving in Venice just after 5pm, with the return leaving Venice at 6.15pm and landing back on the Costa Blanca roughly two hours later.

Wednesday flights leave Alicante at 6am, arriving at 8.45am, with the return at 10am. Sunday departures are at 8.10pm, arriving before 10.30pm, with the Venice return at 10.50pm.

During September only, there's also a Saturday service leaving Alicante at 1.10pm, arriving before 3.30pm, with the return departing Venice at 3.50pm.

This isn't the first time Ryanair has pulled this move. When Wizz Air announced a new route to Bratislava before last winter, Ryanair followed suit and launched its own version of the same connection. That route performed well enough that Ryanair has since extended it into the summer season too, which perhaps tells you something about how confident they are in this latest Venice gamble.

It all points to growing competition for the Italian market out of Alicante-Elche, where passenger numbers to Italy rose by 7.5% in 2025, reaching 669,000. Following this demand, Murcia's Corvera Airport will also offer direct flights to Venice from June 28, operated by Volotea, giving those in the south of the country another option for reaching the city of canals.



Children's dance studio fundraiser

Based in Benijófar, Totally Dance Studios has been teaching children steps and routines for nearly ten years and has students from across the Costa Blanca.

The Studio has built and excellent reputation and this year 25 of their dancers – including two superstar boys – will be competing in the Spanish National Dance finals and three other competitions across 2026. The children who will be competing are aged from just 4 years-old to 12 years old and from the tiniest rising stars to confident pre-teens, every dancer brings passion, power, and pure heart to the stage. And all are determined to do the Costa Blanca proud.

The Spanish National Dance Championships will be held in Tarragona and organisers have been touring Spain selecting the best dance academies to compete in the grand final. More than 3,000 dancers will compete in early May across a range of disciplines including classic ballet, contemporary dance, Spanish dance, Flamenco, urban dance, show dance, and freestyle.

To help support the children's achievement in qualifying for the finals and ensure each of them can compete the Studio is holding a fundraising event at The Stray Sod, La Fuente centre on Sunday 29th March. The event will see local artists take to terrace stage to entertain the crowds. The line-up includes Chloe Jones, Alfie G, Paul Mason, Lexi – and of course a performance by Totally Dance Studios.

In addition, there will be stalls to peruse, raffles and tombola with donations made to the competition fund.

One of the organisers said: "These competitions mean so much to the children. Dancing is their passion and they are delighted to have secured places in the national finals. For the teachers and parents, it's not just chasing trophies, it's about building confidence, friendships and memories that last a lifetime."

The money raised will be used to pay entrance and competition fees and to cover travel and accommodation over the three days of the championships.



Life on the Costa Blanca gets top marks

A new study has ranked some of the Costa Blanca's most popular towns among the happiest places to live in Spain, with coastal lifestyle, sunshine and access to services all playing a big part.

According to the Spain Happy Index 2026, compiled by Sonneil Homes, the province of Alicante stands out as one of the best places in the country for overall well-being, with several municipalities scoring very highly.

In the Vega Baja area, a number of familiar names feature in the rankings. Guardamar del Segura scores 87.55 points, closely followed by Torrevieja on 87.19. Orihuela also makes the list with 85.15 points, along with Los Montesinos, Catral, San Fulgencio, Dolores and San Miguel de Salinas, all achieving solid results.

It's a similar story further up the coast in the Marina Baixa area, where Benidorm, Villajoyosa, l'Alfàs del Pi, Finestrat and Altea all appear among the best rated towns, combining tourism, infrastructure and that all-important seaside setting.

Around Alicante city itself, places like El Campello, San Vicente del Raspeig, San Juan and Mutxamel also perform well, offering a mix of residential living with easy access to services and transport links.

Even inland areas are getting a look in, with towns such as Crevillent, Monforte del Cid and Aspe making the rankings thanks to a balance of industry, nature and connectivity.

Looking at the province as a whole, Santa Pola takes the top position with an impressive 90.62 points. Its coastal location, relaxed lifestyle and proximity to Alicante Airport all help boost its score.

Alicante city itself comes in second with 89.99 points, followed by Elche on 89.40, rounding out a strong top three.

How the rest of Spain compares
Overall, Málaga tops the list as Spain's happiest city, helped by around 310 days of sunshine a year and mild temperatures. Almería and Ibiza follow closely behind, both benefiting from similar weather and coastal appeal.

Alicante also ranks highly at national level, thanks to its 299 days of sunshine a year, average temperatures of around 20°C and relatively low rainfall.

Other well-known cities like Barcelona, Valencia, Seville, Granada and Madrid also feature in the rankings, although generally scoring slightly lower than their southern and coastal counterparts.

What actually makes a place 'happy'?
The Spain Happy Index looks at more than 8,000 municipalities across the country and scores them out of 100 based on a range of factors.

These include sunshine hours, rainfall, average temperatures and wind levels, as well as practical things like proximity to hospitals and airports, access to schools and whether the location is coastal or inland.

According to Sonneil Homes CEO Andrés Pedrera, it's this mix of climate, environment and services that really shapes quality of life, and Alicante province is a clear example of how those elements can come together in a winning formula.



Illegal cannabis dump uncovered near San Miguel



Police are investigating eleven illegal dumping sites connected to indoor cannabis production near San Miguel de Salinas. The sites were reported by the San Miguel Arcángel residents' association to the Guardia Civil's nature protection service and the local council.

The waste has been found near the service road of the Cartagena post-transfer canal, southeast of the town centre. It includes plastic fertiliser containers, specialised growing substrates, plant cuttings, high-powered lighting systems, air filters and climate control equipment. Some of the rubbish lies within the canal's protected zone and stretches for almost half a kilometre along a dirt track used by walkers and cyclists.

Investigators believe the material was dumped gradually over recent months. Indoor cannabis cultivation requires complex infrastructure, including lighting operating up to 24 hours a day and controlled temperatures between 20 and 28 degrees Celsius. Officers are examining whether banned chemicals may have been used.

San Miguel de Salinas Town Hall began removing the waste on Wednesday, clearing more than three tonnes on the first day. The council has decided to cover the cost of the clean-up, despite the land being privately owned, and says the operation will take more than a week to complete.

Holiday havoc with Easter strikes at Spanish airports

Travellers in Spain are being warned of potential delays and disruptions this Easter as airport ground handling staff prepare to strike during the country's busiest travel period. The industrial action, confirmed by unions, will affect workers responsible for baggage handling, aircraft turnaround, boarding, and other essential airport services.

The strike, called by unions including UGT, CCOO, and USO, comes amid disputes over pay, working conditions, and the implementation of sector-wide labour agreements. Groundforce staff will begin an indefinite strike from **March 27**, while other handling workers are set to strike on 28th – 29th March and 2nd – 6th April, coinciding with Semana Santa, when millions of passengers travel across Spain.

Airports expected to experience the most disruption include: Alicante-Elche, Madrid-Barajas, Barcelona-El Prat, Málaga-Costa del Sol, Palma de Mallorca and Sevilla. Passengers may face longer check-in and security queues, slower boarding, and delayed baggage handling. Even flights that depart on time could see extended turnaround periods, leading to knock-on delays for later departures.

The Spanish government will enforce minimum service levels, as required by law for essential transport sectors, but authorities warn that this will not prevent delays entirely.

Union leaders argue that recent operational and contract changes in airport handling have caused inconsistent pay, increased workloads, and disputes over labour agreements, prompting the strike. While such industrial action rarely leads to flight cancellations, the impact on operational efficiency could still significantly affect travellers during one of Spain's busiest travel weeks.

Passengers are advised to check with airlines before travelling and allow extra time at airports to accommodate potential delays.





Proposal to slash legal driving alcohol limit rejected

The lower house of the Spain parliament has rejected a Socialist Party (PSOE) proposal to lower the maximum legal blood alcohol limit for drivers to near zero, marking the first attempted reduction in 25 years. The bill, which would have cut the permitted level from 0.25 milligrams of alcohol per litre of exhaled air (0.5 grams in blood) to 0.1 milligrams (0.2 in blood), was defeated due to opposition from the People's Party (PP), Vox, and the Catalan pro-independence ERC.

The reform aimed to establish a uniform limit for all drivers, removing distinctions currently applied to professional and novice drivers. Drivers testing between 0.1 and 0.25 milligrams would have committed a serious traffic offence, fined €200, and lost two licence points. The new rules also proposed harsher penalties for higher readings: drivers exceeding 0.25 milligrams would face fines of €500 and a four-point penalty, while readings above 0.5 milligrams would carry a €1,000 fine and six points—currently reserved for repeat offenders. The bill had strong backing from Spain's main associations of traffic accident victims and relatives. David Pérez de Landazábal, vice-president of the Stop Accidents association, warned before the vote that "those who vote against it will have to explain it to the tens of thousands of families who have lost a loved one on the road in our country, more than 70,000 in the last 25 years. Saving lives has no political colour or ideology." Aesleme, another victims' group, described the defeat as "a lost historic opportunity" and criticised political polarisation for overriding road safety concerns. Proponents and the Interior Ministry highlighted the ongoing need to reduce road deaths, which have stagnated at around 1,800 annually. Studies cited by the proposal showed that one-third of all fatalities involve alcohol, and drivers with alcohol levels between 0.05 and 0.25 milligrams are three times more likely to be involved in fatal accidents. The limit of 0.1 milligrams mirrors the standards in Sweden and Norway and aligns with European Commission recommendations.

The PP argued that the Socialist initiative lacked technical support and was politically motivated, claiming it attempted to distract from ineffective road safety policies. Vox dismissed the bill as a measure aimed at increasing tax revenue, while ERC's opposition was tied to the government's refusal to allow Catalan police to act as driving licence examiners and approve early retirement for professional drivers.

The original reform had also included a provision targeting the growing trend of social media groups alerting drivers to police checkpoints. Posting such alerts would have been classed as a very serious offence with a €500 fine. However, this measure was removed in early amendments due to opposition from Catalan MPs of Junts, whose support was essential to advance the bill.

The rejection has sparked criticism from road safety advocates and Socialist lawmakers alike, who argue that political considerations prevented the passage of a measure that could have saved lives.

Fake 'doctor' arrested after lip filler procedure goes wrong

The National Police has arrested a 40-year-old woman for causing injuries to a minor after performing an aesthetic treatment with hyaluronic acid in her lips.

The arrested woman lacked training and medical qualifications to carry out these practices, which she did from her own home. The investigation began after a complaint by the youngster's mother, as the victim did not have the express consent of her parents to undergo this treatment.

The young woman contacted the fake doctor through social networks, going to her home where she carried out the aesthetic activities, all without the knowledge of her parents. The detainee administered injections of hyaluronic acid in her lips, causing injuries in the mouth area in the following days, according to sources of the investigation.

In response to the complaints, the officers carried out several checks and identified the alleged perpetrator of the injuries, who was a woman who performed aesthetic medical treatments at home, all without any type of qualification or training that would qualify her to carry out this activity in Spain and without the proper health permits.

After there were sufficient indications of the commission of a criminal offence, the agents located the investigated and arrested her for her alleged participation in the crimes of injuries and professional intrusion. All the police proceedings carried out were sent to the Court of Instruction in Alicante.

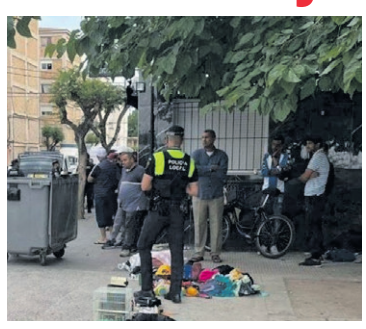
Joint police operation targets illegal street selling in Torrevieja

A joint operation by Torrevieja's Local Police and the Guardia Civil has resulted in the seizure of a significant quantity of counterfeit goods during a crackdown on illegal street selling.

The operation, coordinated by the council's Department of Local Police and Security, involved 27 officers, including members of the Guardia Civil's USECIC unit. Officers identified several unauthorised sales points, and those responsible fled the scene, abandoning their merchandise when they became aware of the police presence.

Seized items included counterfeit belts, sports shirts, children's sports kits, sweatshirts, trainers, handbags and wallets. The council has said such goods breach current regulations and harm both consumers and legitimate traders.

Torrevieja Town Hall has highlighted the strong coordination between the two forces, stating that continued joint operations are essential to protect the local economy, maintain order in busy public areas and ensure residents and visitors can shop with confidence.



Proyecto Mastral donates charity calendar sales



Proyecto Mastral has handed over the full proceeds from sales of its 2026 Charity Calendar, raising a total of 2,500 euros for two associations in Torrevieja.

AFA Torrevieja, which supports people living with Alzheimer's and their families, and GAEX, which works with former addicts, have each received 1,250 euros. Both organisations will use the funding to continue projects that benefit vulnerable people in the local community.

The 2026 edition of the calendar features a refreshed design and includes striking weather photography taken in Torrevieja. The cover highlights the total solar eclipse expected in August, one of the most significant astronomical events in the coming years. Inside, readers can also find astronomical information and details about the eclipse.

AFA Torrevieja, GAEX and Proyecto Mastral have publicly thanked sponsors, sales outlets, photographers and everyone who purchased the calendar for helping to make the initiative a success.

San Pedro approves security camera network

San Pedro del Pinatar Council has approved the contract process for a new citizen security and traffic camera network, aimed at strengthening safety across the municipality.

The project includes the supply, installation and launch of around 150 surveillance cameras, along with technical management and health and safety coordination. The system will integrate cameras, sensors and video analytics tools to monitor access points and other sensitive locations, improving traffic management and incident response.

The scheme has a base budget of €565,917.06 and is co-funded by the European Union through the European Regional Development Fund (ERDF), under the municipality's Integrated Action Plan. It is designed to help prevent road safety offences, vandalism, property crime and anti-social behaviour, while providing reliable footage to support police investigations and cooperation with other security forces.

Installation work is expected to take six months from the start date, with technical oversight continuing until the end of the system's guarantee period.



Brit woman breaks silence over Benidorm killing

A 64-year-old British woman accused of killing her flatmate in a Benidorm apartment has given her first court statement, six months after her arrest by the Policía Nacional.

The suspect, who has not been publicly named, appeared before a judge at her own request after previously exercising her right to remain silent under Spanish law. During the hearing, which lasted around an hour and required an interpreter, she reportedly told the court that she had "gone out of her mind" at the time of the incident.

The case relates to the death of Catherine Peckham, a 66-year-old woman from Cork, who was found dead in her apartment in the Rincón de Loix area - often referred to as Benidorm's "English Zone" - on the night of 17th September last year. Police said she died after being strangled with the cord of a vacuum cleaner.

According to investigators, the accused had moved into the property just four days earlier after being offered temporary accommodation while searching for her own place to live. Neighbours indicated that the arrangement was intended to last until October, but tensions between the two women escalated quickly.

In her testimony, the defendant claimed the cohabitation deteriorated from the outset and alleged she had experienced episodes of mistreatment, though she described them as not "especially serious." She also suggested that the victim's alcohol consumption contributed to the breakdown in relations.

The woman admitted in court to strangling Peckham with the appliance cord. She said she later contacted a friend, explained what had happened, and was advised to report herself to authorities.

The suspect was initially arrested shortly after the incident and reportedly confessed at the time. However, she later declined to answer questions during earlier judicial proceedings, stating she was in shock.

Following her latest statement, the woman has been returned to custody while the investigation continues. A trial date has yet to be set, and legal sources indicate that a potential plea agreement could still be reached, which would avoid the need for a full jury trial in Benidorm.



No trial for Carols Mazon over 2024 floods

A court in Valencia has dismissed a request to put former regional president Carlos Mazón on trial over his handling of the deadly 2024 "DANA" floods, ruling that there is no evidence he broke the law.

The decision, issued Monday by the Superior Court of Justice of Valencia, marks a significant development in the ongoing investigation into the disaster that killed 230 people. Judges concluded that existing emergency legislation does not assign specific legal responsibilities to a regional president in such crises, and therefore Mazón could not be held criminally liable.

The case had been referred to the court by investigating magistrate Nuria Ruiz Tobarra, who is examining the regional government's response to the floods. She argued that Mazón's actions on the day contributed to the high death toll, accusing him of withdrawing "to a private dining room when faced with an extremely serious situation." Her recommendation sought a negligence trial.

Mazón, a member of the People's Party, resigned in November 2025 amid mounting criticism of his conduct during the emergency. Reports indicated that authorities delayed sending mobile alerts to residents while he spent several hours at lunch with a journalist as conditions worsened.

Under Spanish law, the court's involvement was required because Mazón still holds legal protections as a sitting member of the regional parliament. Only the higher court can authorize criminal proceedings in such cases.

Despite rejecting the request for prosecution, the ruling does not end the broader investigation. The decision can be appealed, and Judge Ruiz Tobarra retains the authority to continue gathering evidence or submit a new request if warranted.

The floods struck on October 29, 2024, unleashing a year's worth of rainfall in just hours across parts of eastern Spain. Thousands of homes were damaged as rivers burst their banks, overwhelming communities across the Mediterranean region.

Public anger has persisted long after the disaster. At a state funeral marking the first anniversary, relatives of victims interrupted proceedings, shouting "murderer" and "coward" as Mazón arrived, underscoring the lasting grief and controversy surrounding the tragedy.





Best places in Spain to see August total solar eclipse

Spain is gearing up for one of the most extraordinary astronomical events in decades, as a total solar eclipse is set to cross the country from west to east on 12th August, 2026. The phenomenon, which will occur at sunset, is expected to draw huge scientific interest and a surge in tourism.

According to experts, it will be the first time in more than a century that a total eclipse is fully visible from the Iberian Peninsula. The peak of the event is forecast for around 8:30 p.m., with total darkness lasting up to two minutes depending on the viewing location.

The eclipse will enter via the Atlantic coast and exit through the Mediterranean, passing over major cities including A Coruña, Oviedo, León, Bilbao, Zaragoza, Valencia, and Palma de Mallorca. Along this path, the Moon will completely obscure the Sun for a brief but dramatic moment.

Regions along the Galicia coast and the Cantabrian shoreline will be the first to experience totality. Coastal locations with open views of the horizon—such as As Catedrais Beach—are expected to offer prime viewing conditions as the Sun begins to set.

Cities including Santander and Bilbao also fall within the eclipse's path, making them key destinations for spectators.

Further inland, areas known for low light pollution and stable weather conditions are being highlighted as ideal viewing spots. These include the Babia Biosphere Reserve, the Picos de Europa, and the Bardenas Reales, a landscape prized for its wide, unobstructed horizons.

Urban centres such as Burgos and Zaragoza are also expected to enjoy favourable conditions.

Mediterranean marks the grand finale

The eclipse will conclude over the Mediterranean coast, with locations like Castellón de la Plana, Valencia, and Palma de Mallorca among the last to witness totality just before sunset.

Scenic areas such as the Albufera Natural Park and Mallorca's coastline are expected to provide particularly striking views, with the eclipse unfolding over the sea.

The rare event is already driving a sharp increase in travel demand. Accommodation prices in some towns along the eclipse path have surged, with reports of rates doubling or even tripling as visitors rush to secure vantage points.

Experts advise choosing locations with a clear western horizon, free from buildings or mountains that could obscure the Sun at the crucial moment, as the eclipse will occur with the Sun low in the sky.

If weather conditions hold, the evening of 12th August is expected to deliver one of the most memorable natural spectacles visible in Spain for generations.



Invasive sugarcane removed from Sierra Escalona

The Valencian regional government has removed 9,500 square metres of invasive cane from the Sierra Escalona area, in a move aimed at restoring native habitats and strengthening biodiversity in an area set to be declared a Natural Park.

The intervention, led by the Generalitat through its Environment Department, targeted the spread of Arundo donax - commonly known as giant reed - one of the world's most harmful invasive species. Officials say its removal will help recover the natural balance of ecosystems and encourage the return of protected wildlife, including species such as the eagle owl.

The works were carried out by the public company Vaersa, with authorisation from the Segura Hydrographic Confederation, as the affected zone lies within the Nacimiento River basin.

According to regional authorities, the rapid spread of the cane had displaced native vegetation such as oleanders, willows, reeds and tamarisks—key species for maintaining ecological balance. Their recovery is expected to benefit a wide range of fauna, including hedgehogs, martens, foxes and birds of prey such as sparrowhawks.

Sierra Escalona is already recognised as a protected area within the Natura 2000 network, holding both Site of Community Importance and Special Protection Area for Birds designations due to its rich biodiversity.

Environmental experts warn that invasive species are a leading cause of biodiversity loss worldwide. The International Union for Conservation of Nature estimates that over 16% of global extinctions are linked to non-native species. In the case of giant reed, its aggressive growth not only crowds out native plants but also consumes large quantities of water and increases fire risk due to its high flammability.

The removal work, carried out across the municipalities of Orihuela, Pilar de la Horadada and San Miguel de Salinas, included mechanical clearing of riverbanks and channels, shredding of plant material and land conditioning. Authorities will now install opaque coverings to prevent regrowth from underground rhizomes - one of the most effective control methods for the species.

The Generalitat has emphasised that the initiative forms part of a wider renaturation strategy focused on restoring degraded habitats, improving ecosystem resilience and reconnecting wildlife corridors. Future benefits could include the recovery of emblematic species such as the wildcat, Mediterranean tortoise and Bonelli's eagle.

Officials say the initiative marks a significant step toward safeguarding one of the province's most valuable areas ahead of its anticipated Natural Park designation.

Orihuela to host a musical contest for emerging bands

Orihuela is set to host 'La Ruta de la Banda by Tardeada', a new musical contest designed to promote emerging local bands while activating the city's cultural and commercial spaces. The initiative is organized by the team behind the Tardeada festival and aims to create a musical route across Orihuela, combining live performances with public engagement.

Bands interested in participating can register for free from 18th March to 3rd April, submitting details about their group, audiovisual material, and social media links through the official registration form.

The competition will unfold in two phases. In the first stage, the public will vote online to select their favourite bands, with the top-voted groups advancing to the finals. The second phase will feature live performances at various locations throughout the city, forming a musical route where attendees can again vote to determine the winners.

The band that emerges victorious will earn a performance slot at the Tardeada festival and become eligible for additional prizes offered by the organizers.

According to the organisers, the contest seeks not only to highlight new musical talent but also to bring live music directly to audiences and turn Orihuela into a hub for culture and creativity. By linking performances to city spaces, the initiative also aims to support local commerce and hospitality, creating a lively, interactive cultural experience for both residents and visitors.

"La Ruta de la Banda by Tardeada" represents a fresh effort to blend entertainment, community engagement, and the discovery of emerging artists in Orihuela. The Valencian regional government has removed 9,500 square metres of invasive cane from the Sierra Escalona area, in a move aimed at restoring native habitats and strength

Two arrested for drug trafficking

The Guardia Civil and the Local Police of Albatera have arrested two people, a 49-year-old man and a 43-year-old woman, as alleged perpetrators of a crime against public health for drug trafficking in the municipality of Albatera.

The arrests were part of a police operation aimed at identifying vehicles and people related to drug trafficking. During the operation, in which officers from the Main Post of Dolores also participated, the agents stopped a car occupied by two people. After verifying that the vehicle was not in the name of any of the occupants, they proceeded to identify it and search the car.

Inside they located a backpack with a bag containing approximately 40 grams of methamphetamine. In addition, a piece of hashish, two knives, one of them with traces of the substance, five containers with a total of 36 sildenafil pills, a precision scale and 770 euros in cash were seized.

The Local Police subjected the driver to the drug detection test, which yielded a positive result for methamphetamine. For this reason, he was proposed for administrative sanction, facing a fine of 1,000 euros and the withdrawal of six points from the driving license, and the vehicle was immobilized.

Both men were arrested and brought to justice, and their release was decreed with precautionary measures. This action is part of the preventive measures established to reinforce public safety and combat the consumption and retail trafficking of drugs in leisure areas and public spaces.



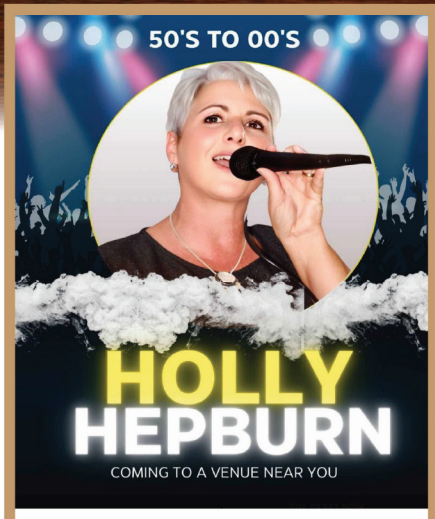
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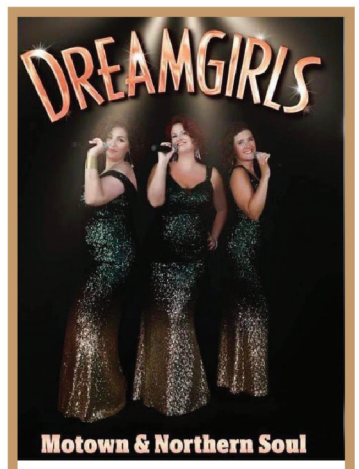


Friday 3rd April
10€ pp - 8.30pm

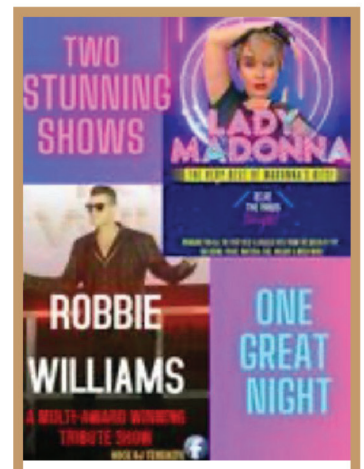




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Torrevieja Suma office reopens after refit

The Suma tax office in Torrevieja has reopened its doors to the public following a comprehensive renovation designed to enhance customer service, improve accessibility, and modernise its facilities. The upgrade also reinforces the agency's commitment to digital innovation while maintaining personalised, face-to-face assistance.

The revamped office, located on Calle Patricio Pérez, is now fully operational after an investment of €455,000. The reopening was marked by a visit from finance deputy Marina Sáez, Suma director José Antonio Belso, and the mayor of Torrevieja, Eduardo Dolón.

This project forms part of Suma's Strategic Plan and is the third office to be modernised, following similar upgrades in Elche and Benidorm. Further renovations are scheduled throughout 2026 in Orihuela, Almoradí, and L'Alfàs del Pi.

Originally opened in 1993, the Torrevieja branch is the oldest in the Suma network. Spanning 250 square metres, the redesigned space now features a more functional layout, clearly separating public service areas—including a waiting zone—from internal staff workspaces. A new Cadastral Unit has also been integrated into the office, bringing together services that were previously located in separate premises.

The renovation reflects a broader push to create more modern and welcoming customer service environments. Improvements include digital signage, shared printing systems to reduce paper consumption, sound-absorbing materials to enhance acoustics, and an energy-efficient climate control system.

In addition, the updated office introduces dedicated areas for staff rest and collaboration, as well as private spaces for handling sensitive taxpayer enquiries, ensuring a more comfortable and confidential experience for visitors.



Spanish actor Javier Bardem applause with 'no to war' Oscars remark



Spanish actor and Oscar winner Javier Bardem used his appearance at the 98th Academy Awards on Sunday, March 15, to deliver a brief but pointed political message, urging peace and voicing support for Palestine.

Bardem, 57, appeared on stage with Indian actress Priyanka Chopra to present the award for Best International Feature Film. Before announcing the nominees, he addressed the audience, saying: "No to war and free Palestine," prompting loud applause. He also wore a red patch on his tuxedo reading "No a la guerra" (Spanish for "No to war") and a pin referencing Palestine.

The actor's remarks come amid escalating geopolitical tensions. The ongoing conflict between the United States, Israel, and Iran entered its third week, with U.S. former President Donald Trump calling for international support to deploy warships to the Strait of Hormuz amid a growing global energy crisis. Israeli forces have also conducted new strikes in Iran and Lebanon, intensifying international concern.

Bardem has previously spoken out on the conflict. In September 2025, on the Emmy Awards red carpet, he denounced what he described as genocide in Gaza and called for commercial and diplomatic measures against Israel. In February, he was among over 100 film industry figures who signed an open letter criticising the Berlin International Film Festival for remaining silent on the situation in Gaza.

At the Oscars, Bardem was not alone in making political statements. Several attendees displayed pins supporting social justice causes, including "Just Peace" and "Artists4Ceasefire," a collective advocating for an end to violence in Israel and Palestine.

The moment underscored how the Academy Awards continue to serve as a global stage for celebrities to raise awareness about ongoing conflicts and humanitarian crises, blending entertainment with activism on one of the world's most-watched nights in film.

Social security fraud ring busted in Spain

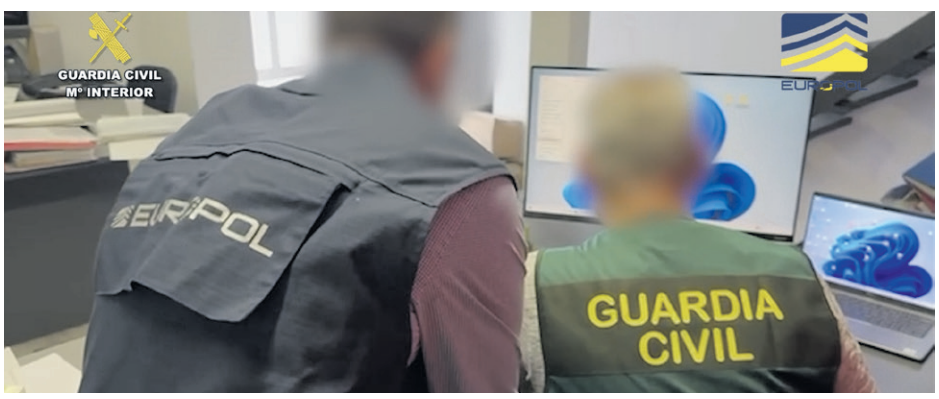
The Spanish National Police has dismantled a sophisticated network of 38 companies allegedly involved in defrauding Spain's Social Security system of around €3 million. The operation, carried out across Seville, León, Madrid, and Murcia, resulted in the arrest of 12 individuals and the investigation of nine others.

The criminal network reportedly used a complex web of companies and front men to avoid paying Social Security contributions and to obstruct administrative oversight. Authorities allege that 21 individuals were involved to varying degrees, committing crimes including fraud against Social Security, money laundering, corporate offenses, and participation in a criminal organisation.

The investigation began in September 2022 after police received a tip regarding irregularities connected to the sale of a private security company. Subsequent analysis uncovered an elaborate system designed to manage illicit operations and conceal financial transactions.

Police scrutinised tax records, Social Security filings, notarial protocols, and bank accounts, revealing the group's involvement in at least 38 companies. Authorities believe this corporate network was used to channel money and carry out fraudulent activities while disguising the true beneficiaries.

The arrests mark a significant step in combating economic crime, highlighting the authorities' efforts to hold those who manipulate corporate structures accountable for large-scale Social Security fraud.



Park and ride planned for Alicante

Alicante is set to tackle its long-standing parking and congestion issues with an ambitious plan to create a dozen park-and-ride facilities across the city's outskirts. The initiative aims to reduce traffic in the urban centre and along the waterfront by encouraging drivers to switch to public transport.

The proposal, outlined in the draft of the city's new General Structural Plan (PGE), designates more than 300,000 square metres for the development of these parking areas. Once completed, the network is expected to accommodate over 10,000 vehicles.
According to urban planning councillor Antonio Peral, the car parks will be strategically located at key entry points to the city and "always linked to high-capacity public transport stops." The plan also includes the development of new metropolitan ring roads to improve connectivity.

The park-and-ride facilities are designed to function as intermodal hubs, allowing residents and commuters from neighbouring towns to leave their cars on the outskirts and continue their journeys by tram, bus, bicycle, or on foot. The initiative seeks to optimise public transport use while promoting more sustainable and active mobility.
Several locations for the new car parks have already been identified. The first is planned in the San Gabriel area, between Vía Parque and Calle los Doce Puentes, where a future tram line will connect.

Another will be built along the Ocaña Highway in the La Florida Industrial Estate, also linked to tram services.
Additional sites include the Rabasa lagoons, which will support access to a proposed third public hospital and the future Las Lagunas park, as well as the planned 'Alicante Norte' intermodal station near the existing University Cercanías stop. This facility is expected to serve as a major hub for the wider metropolitan area.

Further park-and-ride spaces are planned in neighbourhoods such as Divina Pastora–Polígono Industrial de Rabasa and Virgen del Remedio, particularly near schools and institutes. Along Avenida de Dénia, three separate parking areas are proposed, including sites near the Vistahermosa complex, Calle del Pino, and between Santa Faz and Sant Joan Hospital.
The coastal areas will also benefit. In the Playa de San Juan zone, several facilities are planned, including one near the Lucentum tram stop in La Albufereta.
Two additional car parks are set for La Condomina, including one near Avenida Locutor Vicente Hipólito and another in the golf course area, where tram lines 3 and 4 operate.

City officials say the initiative represents a significant step toward reducing inner-city traffic and improving mobility, as Alicante moves to prioritise more sustainable transport solutions.

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Information panels encourage environmental education



The Reflux Mi Río project has installed five vertical information panels along the route where the restoration works of the Segura river as it passes through Orihuela have been carried out. This signage, distributed at different points along the route, aims to make the public aware of the ecological richness of the river environment, focusing both on the flora and fauna of the banks of the Segura River and on the biodiversity of the groves.

Three panels have been placed dedicated to the biodiversity of the riverbank and two focused on the flora and fauna of the groves, with informative content accessible to all audiences. Through these interpretive elements, those who travel through the environment will be able to identify invasive exotic species present in the river, such as the common reed (Arundo donax) or the American red crab (Procambarus clarkii), and also learn about some of the most representative and valuable plant species of the river ecosystem, such as the white poplar (Populus alba) or the oleander (Nerium oleander).

In the case of the panels dedicated to the groves, the information focuses on species linked to these spaces of high ecological value, such as the river honeysuckle (Lonicera biflora) or forest birds as characteristic as the green woodpecker (Picus viridis). The information aims to increase visibility of the biological diversity that inhabits these areas and promote greater awareness of the need to conserve them.

The Councillor for the Environment, Noelia Grao, stressed that these panels "allow the project to be completed with a very important pedagogical dimension, because it is not only about restoring the river from an environmental point of view, but also about helping citizens to know it better and understand the natural value it has". She added that "these panels turn the river route into an outdoor learning space and reinforce the idea that protecting the Segura begins by knowing what species live in it and why we must respect them".

The installation of the signage is part of the awareness and communication of the Reflux Mi Río project, which has sought throughout its development not only to improve the ecological status of the river environment, but also to strengthen the link between the population and the river. The panels are a permanent tool for dissemination, designed both for residents of Orihuela and for visitors, educational centres and regular users of the area.

The Oriolan biologist Gonzalo Escudero Galante has donated part of his photographic archive to illustrate the panels with high-quality images of different species in the environment. Escudero pointed out that "giving visibility to the flora and fauna of the river is a very effective way to arouse interest and respect for these spaces, because often only what is known is protected". He also stressed that "the Segura is home to very valuable biodiversity and bringing it closer to people through clear and visual panels helps the river to be perceived not only as a landscape, but as a living ecosystem".

All the information on the progress of the works and the different actions can be consulted on the website of the www.orihuelarefluyemirio.es project.

Orihuela to install new solar-powered electric bike parking

Orihuela Council has awarded a contract for the supply, installation and commissioning of four electric bicycle parking units in key locations across the municipality. The move forms part of the town's strategy to promote more sustainable mobility and improve services linked to tourism.

The new facilities will be installed at the UMH campus in Desamparados, the UMH campus in Salesas, Orihuela train station and the El Palmeral sports centre. The aim is to encourage the use of electric bicycles in areas with high footfall and strong transport links.

Each installation will consist of a secure, enclosed and covered modular storage system with automatic access. The units will operate independently using solar kits with photovoltaic panels and will have capacity for ten bicycles each, providing space for 40 in total.

The contract has been awarded to Servicios Urbanos Avanzados SL for 164,983.50 euros, with a maximum completion period of three months. Tourism councillor Gonzalo Montoya has said the project marks another step towards more environmentally friendly transport and better infrastructure for residents and visitors.



Almoradi unveils new dog park

Dog owners on the Costa Blanca have a new place to head after Almoradí officially opened a brand new dog park in Plaza de la Amistad.

The new space has been created to give pets somewhere safe to run, play and exercise, and it's already the third park of its kind in the town.

Local councillor for Animal Protection, Víctor Argilés, explained that the project comes in response to growing demand from residents. According to the council, there are now more than 2,000 dogs registered in the municipality, highlighting the need for more dedicated spaces.

The park covers a total of 875 m² and has been split into two separate areas, making it suitable for different types of use. The project involved an investment of €36,212.40.

Work included clearing out existing flowerbeds, preparing the ground and installing a compacted albero sand surface, along with accessible ramps to make the space easier to use for everyone.

The park is enclosed by a two metre high perimeter fence and includes a double access gate system designed to prevent dogs from escaping.

Inside, there's a range of equipment to keep pets active and engaged, including a ring, slalom course, palisade and high jump. There's also a water fountain for dogs, waste bins with bag dispensers and clear signage setting out the rules for using the space.

The park will be open daily from 8am to 10pm, allowing plenty of time for visits without disturbing nearby residents.



Reservoirs at highest level in 12 years

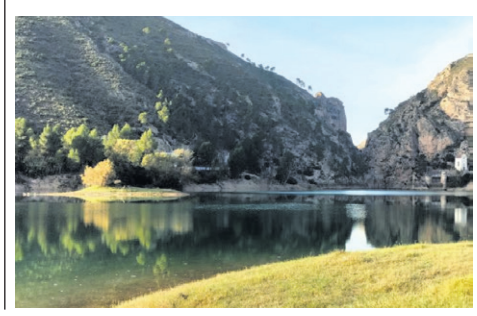
Even though we haven't necessarily enjoyed this unusually grey and rainy start to the year, the recent rainfall has brought some benefits. Spain's water reserves have risen to 83.2% of their total capacity, the highest level in 12 years. That means the country now holds 46,608 cubic hectometres of water, just a little above the record set in 2014, which sets us up nicely for the summer dry season.

Looking at the individual river basins gives a clearer picture of how the water is spread throughout the country. The Segura basin, which serves much of south-eastern Spain, is just over half full at 51.2%. The Tajo basin in central Spain is much fuller at 81.2%, and the Júcar basin stands at 66.6%. Overall, there is still around 9,439 cubic hectometres to reach full capacity, but the levels are 9,741 cubic hectometres higher than this time last year and 14,057 cubic hectometres above the ten-year average.

{image2}The Tajo, which runs through central Spain and supplies water to regions including Madrid and Extremadura, is currently at 81.2%. Rivers in the Huelva area of south-west Spain hold high levels of around 90.8%. Some areas have lower water levels, including the western part of Spain's northern Atlantic coast, the internal rivers of the Basque Country, and rivers in inland Cataluña. The variations are largely due to local rainfall, water demand and the size of the river systems.

These water levels are important for the country as a whole. High reserves in the Tajo and other major systems help secure water for drinking, agriculture, and industry in central and southern Spain. In the north and in Cataluña, the lower levels aren't usually a problem, as there's still plenty of water overall. Altogether, the figures show that Spain's water supply is stronger than it was a year ago.

Overall, while the start of the year has felt unusually grey and rainy in some places, the rainfall has made a real difference for Spain's water supply. For areas like the Segura basin, where water is always in high demand, this increase is particularly significant. Hopefully, the wetter weather will mean there won't be water shortages or restrictions this summer, so people can fill their pools and enjoy the showers on the beach without a second thought.



Spain evacuates soldiers from Iraq

Spain has withdrawn around 100 personnel from Iraq to neighbouring Turkey following what Defence Minister Margarita Robles described as a "very complicated" night marked by missile activity and heightened insecurity.

The evacuation comes amid a worsening security situation across the Middle East, prompting international forces stationed in Iraq to reassess their deployments. According to Robles, 57 Spanish troops assigned to the international coalition Operation Inherent Resolve and 42 serving under the NATO Mission Iraq have already been relocated.

"Our soldiers are no longer in Iraq—the 100 who have left are now in Turkey," the minister confirmed, adding that the ultimate goal is to bring them safely back to Spain.

The withdrawal operation, particularly involving NATO personnel, proved challenging. Robles revealed that several evacuation attempts had to be aborted while troops were sheltering in bunkers due to the severity of the attacks. Spain has positioned three military aircraft in the region, awaiting a safe window to evacuate the remaining forces.

Despite the initial withdrawal, approximately 200 Spanish troops remain in Iraq as part of the roughly 350 personnel assigned to the NATO mission. Defence officials continue to describe the situation as "very complex," with further evacuations expected to be coordinated alongside allied nations.

Some of the evacuated troops have been transferred to the Incirlik air base in Turkey, where Spain already maintains a Patriot missile defence system and an additional contingent of around 150 personnel.

Robles also expressed concern for the nearly 670 Spanish troops deployed in Lebanon under the United Nations peacekeeping mission UNIFIL. She described a night of "intense bombardment" that forced peacekeepers to remain in bunkers for more than 12 hours.

"The situation is very hard and worrying," Robles said, noting that Spain has raised its concerns with the United Nations and urged an end to the attacks. She did not rule out the possibility of evacuating European civilians should the conflict escalate further.

The minister made the remarks during a ceremony for the 2026 "Soldier Idoia Rodríguez, Woman in the Armed Forces" award, where she also held a live link with the commander of the Spanish frigate Spanish frigate Cristóbal Colón, currently participating in a European naval mission in the Mediterranean.

"Once again, the Spanish Navy is where it needs to be," Robles said, highlighting Spain's ongoing role in international security operations alongside its allies.

Spain-based car plot netted €1.26 million

A major criminal network accused of defrauding financial institutions through identity theft and vehicle financing scams has been dismantled following an investigation by Spain's National Police of Spain. The operation has resulted in 30 arrests across several regions and the recovery of assets worth more than €1.2 million.

The investigation began in early 2025 after a finance company reported the suspicious use of a stolen identity document in the purchase of a vehicle. Detectives soon uncovered a sophisticated organisation led by a couple operating from the Community of Madrid.

According to police, the group recruited vulnerable individuals—often people facing homelessness or drug addiction—offering them €1,000 in exchange for allowing their identities to be used. These recruits were taken to hotel rooms, where they were cleaned up, dressed in smart clothing, and prepared to pose as legitimate buyers.

Under close surveillance, they were then sent to car dealerships equipped with dedicated mobile phones and false personal details, including addresses and employment histories, to complete vehicle purchases using fraudulent financing agreements.

Investigators also discovered a clandestine "laboratory" inside the ringleaders' home, where stolen personal data was processed. Using this information, the network produced high-quality forged identity documents, falsified payslips, and employment records. Addresses were manipulated so that official correspondence from lenders was redirected to locations controlled by the group.

Once the vehicles—typically high-end models—were acquired, they were transported to France, Germany, and Romania, where they were sold below market value. This cross-border operation complicated both police tracking efforts and judicial proceedings.

Authorities estimate the scheme generated illicit profits of approximately €1.26 million.

The operation culminated on March 13, 2026, with coordinated raids and arrests in multiple locations, including Madrid, Lleida, Albacete, Plasencia, Guadalajara, and one arrest in France. Of the 30 suspects detained, two have been remanded in custody.

All detainees face charges including membership of a criminal organisation, document forgery, fraud, identity theft, and misappropriation.

During the raids, officers recovered 28 vehicles valued at €1.26 million, 33 mobile phones, four computers, jewellery worth €34,000, €700 in cash, and 32 forged identity documents, dealing a significant blow to the network's operations.



From dry to drenched

After a very dry start to the year in many parts of southern Spain, the Vega Baja has seen a noticeable shift in recent weeks, with rain returning across the region, although it's been far from evenly distributed.

This part of the Costa Blanca is better known for long dry spells and sunshine, so even short bursts of rain can quickly add up. That's exactly what's been happening lately, with unsettled weather bringing showers on and off rather than steady rainfall.

Figures collected by AVAMET show just how mixed things have been, with some towns seeing much higher totals than others. The data covers both the current month and the year so far, although neither period is complete yet.

One of the standout areas is Pinar de Campoverde, in Pilar de la Horadada, where rainfall has already reached 102.2 l/m² this month alone. The yearly total there currently sits at 164.8 l/m², making it one of the wettest spots in the Vega Baja so far this year.

Elsewhere, several municipalities have also recorded fairly strong figures. In Ciudad Quesada, part of Rojales, rainfall has reached 81.5 l/m² this month and 119.6 l/m² for the year. Torre de la Horadada is not far behind, with 69.0 l/m² this month and 127.2 l/m² accumulated so far this year.

Almoradí, specifically the Los Gomares area, has seen 70.6 l/m² this month and 112.3 l/m² across the year, while Redován's San Carlos area has recorded 70.2 l/m² this month and 112.6 l/m² overall.

In and around Orihuela, the figures are slightly lower but still significant given the typically dry climate. Orihuela city centre has picked up 67.5 l/m² this month and 113.7 l/m² so far this year. Nearby areas such as Lo Capitán and Los Canónigos have reached 60.8 l/m² this month and 116.2 l/m² annually, while La Matanza has seen 63.2 l/m² this month and 107.0 l/m² for the year.

Looking across the rest of the region, Guardamar del Segura has picked up 63.6 l/m² this month and 103.4 l/m² this year, while Bigastro's Lo Chusco area has seen 62.7 l/m² and 116.8 l/m² respectively. Albatera remains on the lower end with 41.5 l/m² this month and 76.4 l/m² so far this year. In Pilar de la Horadada town itself, rainfall stands at 56.4 l/m² this month and 110.2 l/m² for the year.

Although the rain hasn't been constant, it has been enough to build up some decent totals in a relatively short space of time. According to the data, it's this stop-start pattern that explains why some areas have ended up much wetter than others.



Panto group donates to local charities

The Rojales Pantomime Group has recently made its final donations to its chosen charities. The funds were raised from its successful 2025 Pantomime, Red Riding Hood and the Three Little Pigs. A total of €4,000 was shared between Maria and the Pink Ladies, Help at Home, the San Fulgencio Music School and Rojales Social Services. All beneficiaries expressed their gratitude for the support.

Work is already underway in preparation for the 2026 Pantomime in December. The script, Peter Pan and the Lost Boys has been written by Alison Clough and promises lots of swashbuckling adventures, rousing songs and laughs galore.

The group has already started on scenery, props and costumes and the hopeful cast members are looking forward to auditioning for their favourite part in April. With rehearsals commencing in May, they´ll be plenty of time for the enthusiastic team to work on props, scenery, sound and lighting as well as the myriad of other aspects of stagecraft necessary to present a successful Pantomime.

If you are interested in joining this fun and sociable group in any capacity from acting to backstage, message Alison at: rojalespantomime123@gmail.com



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NEWS IN BRIEF

Princess Leonor makes discreet lunch visit in Alicante
Princess Leonor has drawn attention after making one of her most talked-about outings of the academic year, with a quiet lunch in Pilar de la Horadada. The future queen, who is continuing her military training at the General Air and Space Academy in San Javier, visited the Asador La Terrazita de Cristóbal with three fellow cadets.

The visit took place at midday and was described as low-key. Leonor sat inside the restaurant with her companions, while security personnel occupied a nearby table and monitored the surroundings. Many customers on the terrace were reportedly unaware that the princess was dining inside.

She opted for a simple meal of a hamburger and a cola at the popular local restaurant, known for its relaxed atmosphere and reasonably priced dishes, some costing around 15 euros. Staff at the establishment did not comment publicly, maintaining discretion about the visit.

Pilar de la Horadada is only a short drive from San Javier, making it a convenient destination during a demanding period of military instruction. Princess Leonor is now in the second half of her training in the Region of Murcia and is expected to complete this stage in July, before receiving several institutional honours marking the end of her time at the academy.

New speed cameras see Torrevieja traffic fines revenue rise
Torrevieja Town Hall has recorded a 69% increase in traffic fine revenue in its 2025 budget outturn. The council collected €1,421,368, well above the €841,933 initially forecast. The figures will shortly be presented to the full council.

The increase has been attributed to the installation of fixed speed cameras on several main avenues, alongside a mobile unit, and a rise in Local Police numbers from around 135 officers to nearly 180. According to the councillor for Traffic, Federico Alarcón, the cameras have significantly reduced average speeds on roads where fatal pedestrian accidents had previously occurred.

Income from the municipal towing service has also exceeded expectations. The concessionary company collected €370,303, compared with a projected €222,285.70 – an increase of 67%. Despite this, Torrevieja's towing fee remains below €60, one of the lowest in the Valencian Community.

Two arrested at Orihuela Costa cannabis club
Two men have been arrested and a third placed under investigation over alleged drug trafficking at a cannabis association in Orihuela Costa.

The Guardia Civil said the premises appeared to operate as a legal association but was in fact acting as a point of sale for illegal drugs. The investigation began in February when irregularities were noted while carrying out a wider operation against the cultivation and trafficking of marijuana.

Officers analysed the association's public documents and set up surveillance with patrols from Pilar de la Horadada. During the operation, they identified customers allegedly buying drugs, as well as members of staff.

A search of the premises led to the seizure of 146 grammes of hashish, 230 grammes of marijuana, 1,042 euros in cash, precision scales and electronic equipment. The two detainees, aged 32 and 34, and a 37-year-old man under investigation, have been accused of offences against public health and membership of a criminal group. A judge has released them with precautionary measures, and officers have requested the closure of the premises.

Man arrested in Guardamar after police seize loaded revolver
A man with what police described as an 'extensive criminal record' has been arrested during a night-time operation in Guardamar del Segura.

Local Police officers, working in coordination with the Guardia Civil, stopped a vehicle as part of a preventive traffic control. The driver was unable to provide any personal identification, prompting further checks with the Guardia Civil.

Those enquiries confirmed that six active warrants were in force against him, linked to alleged offences including organised crime, weapons trafficking and drug trafficking. As officers attempted to detain him, the man pulled a revolver from his waistband. Police acted swiftly to restrain him and neutralise the threat without any injuries.

N-301 and AP-7 sections ranked among Spain's most dangerous roads
A section of the N-301 has been ranked among the most dangerous roads in Spain, according to a new report by Automovilistas Europeos Asociados (AEA).

According to the analysis, two sections of roads in the region are among the 295 highest-risk stretches in the national road network. In addition, nine sections of the AP-7 motorway within the region are listed among the 100 stretches with the greatest accident risk in the country.

AEA says the findings highlight specific points where drivers face an increased likelihood of serious incidents, particularly on curves, junctions and uneven surfaces.

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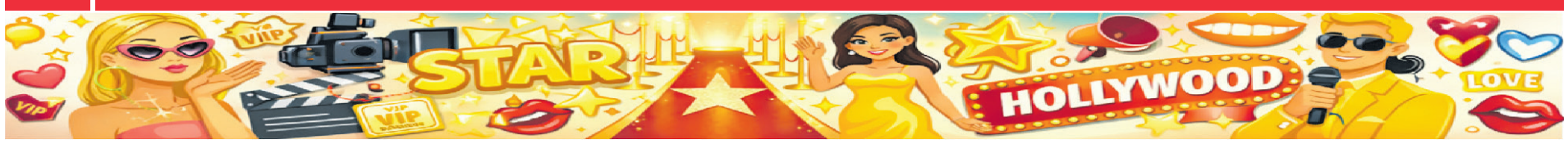

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Holly Ramsey first outing since sister-in-law comments on family feud

Holly Ramsay made her first public appearance since fresh details emerged about an ongoing family rift involving her husband Adam Peaty, attending a fashion event in London amid continued scrutiny of the dispute.

The outing marked Ramsay's first public engagement since comments from Peaty's sister brought renewed attention to tensions within his family. Despite the ongoing situation, Ramsay has continued to maintain a visible public schedule and has recently been seen supporting her husband at a major international swimming event.

The family dispute dates back to the weeks before Ramsay and Peaty's wedding in December, when the Olympic swimmer became embroiled in a breakdown in relations with his mother, Caroline. The disagreement escalated to the point where Peaty chose not to invite most of his family members to the ceremony, held at Bath Abbey, with the exception of his sister.
The situation has since drawn further attention following remarks by Bethany Peaty, who has spoken publicly about the strain within the family. Her involvement has been particularly notable after she attended both Ramsay's hen celebration and the wedding itself, leading to accusations from some quarters that she had taken sides in the dispute.

Bethany, who works as a carer and is engaged to partner Daniel Rogerson, has described the period as emotionally challenging, highlighting the difficulty of maintaining relationships on both sides of the divide. She has indicated that efforts have been made to repair her relationship with her mother, particularly with a focus on family stability for her children.
While the broader conflict between Peaty and his mother shows little sign of resolution, Bethany's comments suggest attempts at reconciliation within parts of the family. She has also acknowledged the challenges of navigating differing personalities and strong opinions within the family dynamic.

Reports have suggested that Bethany initially embraced aspects of her brother's high-profile lifestyle following his marriage into the Ramsay family, but has since taken a step back. Despite this, she has expressed positive sentiments about her interactions with Ramsay's family, including celebrity chef Gordon Ramsay and his wife Tana Ramsay.

The Ramsay family, long accustomed to public attention, has not directly commented on the dispute. Meanwhile, Ramsay's appearance at the fashion event signals a continued focus on her professional commitments despite the surrounding media coverage.

Maura Higgins vows celibacy

Reality television personality Maura Higgins has shed light on her decision to step away from dating, revealing she has spent more than a year celibate following a series of difficult past relationships.
The 35-year-old, who recently appeared on The Traitors US, explained that the choice was driven by a desire to refocus her priorities and protect her emotional well-being.
Higgins indicated that her break from dating was not initially planned as a defined period of celibacy but instead developed naturally after what she described as repeated negative experiences in past relationships.
She has previously spoken about trust issues stemming from infidelity in earlier romances, which contributed to her decision to step back from pursuing new partners.

During this time, Higgins shifted her attention toward her career and personal growth, distancing herself from dating culture and online interactions. She noted that she had disengaged from direct messages on social media platforms, signalling a broader move away from actively seeking romantic connections.
Despite her extended break, Higgins suggested she is not opposed to entering a relationship in the future, though she is no longer actively searching for one. Her approach reflects a more cautious attitude toward dating, shaped by her past experiences.
The television personality first revealed earlier this year that she had remained celibate for over 12 months, citing repeated instances of betrayal in previous relationships as a key factor. She has acknowledged that these experiences have had a lasting impact on her ability to trust potential partners.
Higgins has also spoken openly in the past about her guarded approach to relationships, including habits such as checking a partner's phone early in the dating process, which she attributed to lingering trust concerns.
Her relationship history has frequently attracted public attention. Higgins rose to prominence on Love Island, where she formed a high-profile relationship with Curtis Pritchard. She later dated Chris Taylor, whom she also met through the show.
Following those relationships, Higgins was linked to several other public figures, including Giovanni Pernice, a former professional on Strictly Come Dancing. Their relationship ended after a few months.
She was also previously involved with Pete Wicks, with whom she reportedly split amid allegations of infidelity. Other reported connections have included Joey Essex, though both parties denied being romantically involved after being seen together publicly.

In 2024, Higgins ended a relationship with stunt performer Bobby Holland Hanton after around ten months. More recently, she was linked to Danny Jones of McFly following a widely reported public appearance, though the nature of their relationship was not formally confirmed.

Strictly's Dianne Buswell announces son's name

Dancer Dianne Buswell has shared the first details of life as a new mother, confirming both the name and pronunciation of her newborn son after welcoming her first child with partner Joe Sugg.

The couple, who met while competing on Strictly Come Dancing in 2018, announced the arrival of their baby boy earlier this week, revealing they had named him Bowden. The name quickly drew attention online, prompting Buswell to clarify its pronunciation for fans.
Taking to Instagram Stories just hours after the announcement, Buswell posted a close-up image of her holding her son's tiny hand and explained how to say his name.

"Bowden Sugg," she wrote, adding: "Pronounced Bow like 'How', not Bow like 'Row'... hopefully that makes sense."

The clarification followed an outpouring of congratulatory messages after the couple shared their initial birth announcement. Alongside a series of intimate photos—including one of Buswell cradling her newborn and another capturing the moment they brought him home—the new parents revealed his full name: Bowden Mark Richard Sugg.
The choice of middle names carries personal significance for both families. "Mark" is a tribute to Buswell's father, while "Richard" honours Sugg's late grandfather, who died in 2021.

The birth comes months after the couple first announced they were expecting. In September, ahead of the latest series of Strictly Come Dancing, Buswell revealed her pregnancy in a creative video shared on social media. Set to the song Tiny Dancer by Elton John, the clip showed the pair playfully pretending to paint together before unveiling a drawing of two stick figures—one with Buswell's signature red hair—standing beside a baby. The video also confirmed they were expecting a boy, with Sugg writing at the time: "Our little baby boy—we cannot wait to meet you."

Buswell's pregnancy also marked a milestone for the programme itself. She became the first professional dancer in the show's history to compete while expecting, continuing to perform during the 2025 season. Her participation drew attention not only for its novelty but also for the logistical challenges it presented.

At the time, producers were reportedly preparing contingency plans in case Buswell needed to step back from the competition as her due date approached. With the series finale scheduled for December 2025 and her baby expected in early 2026, there had been a possibility she could have remained in the competition until late in her pregnancy.

However, her time in the competition was cut short when her celebrity partner, Stefan Dennis, was forced to withdraw due to injury.

In the months leading up to the birth, Buswell shared regular updates with her followers, documenting her journey into motherhood. In February, she hinted that her son's arrival was imminent with a lighthearted video montage showing miniature versions of items belonging to her and Sugg—including baby clothes, shoes and even a themed outfit inspired by Strictly Come Dancing.

Captioning the post, she wrote: "When two will soon become three... now we wait," signalling the couple's anticipation as they prepared to welcome their first child.
Now, with Bowden's arrival confirmed, the couple have entered a new chapter—one they have chosen to share, in part, with the fans who have followed their relationship since its beginnings on the dance floor.

Saturday Night Live

Saturday Night Live UK is preparing to launch on Sky One and NOW TV, bringing the iconic US sketch format across the Atlantic with a brand-new British cast. The ensemble includes Hammed Animashaun, Ayoade Bamgboye, Larry Dean, Celeste Dring, George Fouracres, Ania Magliano, Annabel Marlow, Al Nash, Jack Shep, Emma Sidi and Paddy Young. Now, the hosts and musical guests for the first three episodes have been confirmed.

The premiere airs at 10pm on 21st March. Hosting the opening show is Tina Fey, a former cast member, writer and host of the original US Saturday Night Live. Her involvement links the new series directly to its American roots. The musical guest for the first episode is English indie band Wet Leg, who have built a strong following for their sharp, offbeat sound.

The second episode, on 28th March, will be hosted by Northern Irish actor Jamie Dornan. He is widely known for his roles in Fifty Shades of Grey, Belfast and the television drama The Fall. Joining him will be Wolf Alice, who recently won Group of the Year at the 2026 BRIT Awards. On 4 April, British actor Riz Ahmed will host the third episode. Ahmed is recognised for The Sound of Metal and The Night Of, and won an Academy Award in 2022 for his short film The Long Goodbye. Kasabian will perform as the musical act.
For viewers, it means three consecutive Friday nights of live comedy, big-name hosts and established British bands — very much in the tradition of the original format, but with a distinctly UK flavour.



THIS WEEK'S FILM PICKS

The Descent

Saturday 28th March, Film 4, 11.20pm



The Descent is a 2005 British horror film written and directed by Neil Marshall from his own script. It tells the story of an all-female caving expedition that goes terrifyingly wrong. Set in a cave system deep in the Appalachian Mountains.

A year after a severe emotional trauma, Sarah (Shauna Macdonald) goes to North Carolina to spend some time exploring caves with her friends; after descending underground, the women find strange cave paintings and evidence of an earlier expedition, then learn they are not alone: underground predators inhabit the crevasses, and they have a taste for human flesh. A truly nail-biting horror.

Back to the Future

Sunday 29th March, Sky Greats, 6pm



Back to the Future is a 1985 American science fiction film directed by Robert Zemeckis. It stars Michael J. Fox and Christopher Lloyd.

Set in 1985, it follows Marty McFly (Fox), a teenager accidentally sent back to 1955 in a time-traveling DeLorean automobile built by his eccentric scientist friend Emmett "Doc" Brown (Lloyd), where he inadvertently prevents his future parents from falling in love – threatening his own existence – and is forced to reconcile them and somehow get back to the future.

Back to the Future is considered by critics and audiences to be one of the greatest science fiction films and among the best films ever made. In 2007, the United States Library of Congress selected it for preservation in the National Film Registry.

TV Guide

Tuesday 24th 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
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
14:45 The Tournament
15:30 Chess Masters: The Endgame
16:00 Clive Myrie's Italian Road Trip
16:30 Serengeti
It's the end of an extraordinary year for the animals of the Serengeti. In the aftermath of a huge fire,
17:30 Antiques Roadshow
18:15 Flog It!
19:00 Richard Osman's House of Games
19:30 Great British Menu
20:30 UEFA Women's Champions League
23:00 Inside No. 9
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 Deal or No Deal
17:00 Tipping Point
18:00 The Chase
19:00 ITV News London
19:30 ITV Evening News
20:30 Bradley & Barney Walsh: Breaking Dad
21:00 Emmerdale
21:30 Coronation Street
22:00 WhatsApp Obsession: The Murder of Stephanie Hansen
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 Atlanta
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 Cheshire
17:10 The Real Housewives of
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
Verdict: In New Orleans,
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 A Place in the Sun: What Happened Next?
20:00 Channel 4 News
Channel 4's flagship news programme. Including the weather. [S]
21:00 The Dog House
22:00 The Hunt: Prey vs Predator
23:05 Gogglebox

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
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
21:00 The Yorkshire Vet
Peter Wright assists a sheep with a nasty-looking rash on its face, Matt Smith tries a traditional technique
22:00 Power: The Downfall of Huw Edwards
23:50 The Bailiffs
00:50 Rogue Claimers

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
16:00 S.W.A.T.
17:00 Police 24/7

18:00 The Simpsons
19:00 The Office (US)

20:00 The Simpsons

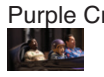
When Homer illegally
21:00 Rob & Romesh Vs...
22:00 New: The Dyers' Caravan Park

23:00 Ricky Gervais - Fame

00:30 Ted

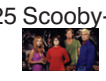

Sky Family

11:10 The Hobbit: The Battle Of The Five Armies

13:40 Harold and The Purple Crayon

15:20 The Smurfs 2

Evil wizard Gargamel kidnaps Smurfette so she can turn his mischievous
17:20 The Spongebob Movie: Sponge Out of Water

19:00 The Hobbit: The Battle Of The Five Armies

21:25 Scooby-Doo!

22:55 Lemony Snicket's A Series Of...

00:45 Blueback


Sky Documentaries

11:00 Ken Burns: The Civil War

12:05 The Sixties

13:00 Steve McQueen: The Lost Movie

14:50 My Icon: Natasha Jonas

15:00 Terry Venables: A Man Can Dream

17:00 Discovering: Brad Pitt
18:00 Nora Ephron: The Directors

19:00 The Movies
20:00 Ken Burns: The Civil War

21:00 Murder At The Post Office
00:00 I Am Steve McQueen


U&Dave

11:00 Railroad Australia
12:00 Rick Stein's Mediterranean Escapes
13:00 Border Force America's Gatekeepers
15:00 Guy Martin: Proper Jobs
16:00 Top Gear
The sometimes outrageous, always jocular motoring show with Clarkson and chums. Jeremy celebrates
18:00 Hairy Bikers' Best of British
19:00 Rick Stein's Mediterranean Escapes
20:00 Would I Lie To You?
Celebrity guests Bez, Motsi Mabuse, Shazia Mirza and Steve Pemberton reveal
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
The five comics go undercover as they try to impress Greg Davies with their attempts at high-level

DMAX

11:00 Deadliest Catch
13:00 Curse of the Frozen Gold
Deep in the mountains of British Columbia, there's a legend - a fortune in gold guarded by a dangerous
14:00 Expedition Unknown
Josh treks deep into Siberia for a site where priceless mammoth bones are mined out of the permafrost. Then,
16:00 Alaska: Homestead Rescue
18:00 Outback Opal Hunters
The Blacklighters discover opalised sea creatures in an ancient seabed. The Cheals close in on their
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 II

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 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 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
22:35 Prime Time
23:15 This Town
00:30 Wolf Hall: The Mirror...

Sport

Sky Sports Mix

11:00 Darts Gold: Taylor v Priestley
11:15 Darts Gold: Taylor v Barneveld
11:30 TGL Highlights
15:00 Premier League Greatest Games





TV Guide

Wednesday 25th 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 Installation of the One Hundred and Sixth Archbishop of Canterbury
17:30 The Finish Line
Roman Kemp, assisted by
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 Whitney Houston: I Wanna Dance with Somebody

BBC TWO

12:15 Politics Live
14:00 Impossible
14:45 The Tournament
15:30 The Travelling Auctioneers
16:00 Escape to the Country
16:45 The Repair Shop on the Road
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 Digging for Britain
22:00 QI XL
22:45 Captive Audience: A Real American
23:30 Newsnight
00:20 Unspun World with John Simpson
00:45 The Duchess

ITV

ITV1 HD

11:00 This Morning
13:30 ITV Lunchtime News
13:55 ITV News London
The latest news and weather from London and the South East. [S,HD]
14:00 Celebrity Catchphrase
15:00 Lingo
16:00 Deal or No Deal
17:00 Tipping Point
18:00 The Chase
Bradley Walsh hosts as
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
23:45 New: Peston
00:40 The Jonathan Ross Show

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 Cheshire
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 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
Grumpy George: Karen and Christian admit that they
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 A Place in the Sun: What Happened Next?
20:00 Channel 4 News
21:00 New: Help! I Bought It at...
22:00 New: A Woman of Substance
23:00 Moors Murders

Channel 5

5

12:30 Storm & Alexis
13:45 5 News at Lunchtime
National and international news.[S]
13:50 Matt Allwright
15:00 Vanessa
16:00 Murder Most Puzzling
A famous face returns to Bakerbury, stirring up the past and triggering tensions. As emotions run
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: Warship: Life on the...
23:30 New: A&E After Dark
00:30 Ambulance: Code Red

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
16:00 S.W.A.T.

17:00 Police 24/7
18:00 The Simpsons

Homer tells Bart that either
19:00 The Office (US)

20:00 The Simpsons
21:00 A League Of Their Own

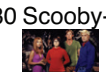
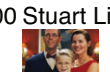
22:00 Micky Flanagan: An Another Fing
23:45 Never Mind The Buzzcocks
00:30 Grimm

Sky Family

12:15 The Angry Birds Movie

13:55 The Angry Birds Movie 2

15:35 Lemony Snicket's A Series Of...

17:30 Scooby-Doo!

The cowardly cartoon dog is hungry for adventure with
19:00 Stuart Little

20:30 Stuart Little 2

21:55 The Witches

23:30 The Hobbit: The Battle Of The Five Armies

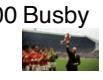
The future of Middle-earth hangs is at stake as Peter Jackson's epic trilogy concludes. Martin Freeman

Sky Documentaries

11:00 The Nazi Cartel

12:00 The Sixties

1968: A look at the year which saw the assassinations of Robert F Kennedy and Martin Luther
13:00 Very Ralph

15:00 Busby

17:00 Discovering: Matt Damon

18:00 Antoine Fuqua: The Directors

19:00 The Movies

20:00 Hitsville: The Making Of Motown

22:00 The Crime Of The Century


U&Dave

11:00 Railroad Australia
Documentary series. A new V/Line VLocity train is driven to its limits to pass its final test, and the ageing
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
19:00 Rick Stein's Mediterranean Escapes
Puglia and Corfu: In Corfu, Rick attends a family feast, visits the island's kitchens and learns how to make
20:00 Would I Lie To You?
20:40 Richard Osman's House of Games
TV presenters Alex Jones and Karim Zeroual, comedian Jessica
22:00 Have I Got A Bit More News For You?
23:00 QI XL
00:00 Taskmaster

DMAX

11:00 Deadliest Catch
13:00 Curse of the Frozen Gold
Daryl's got new info about
14:00 Expedition Unknown
16:00 Alaska: Homestead Rescue
18:00 Outback Opal Hunters
20:00 Deadliest Catch
Sig returns to the season that nearly killed him. After a tough start, Keith and son fight to prove themselves.
22:00 New: Maine Cabin Masters
23:00 New: Barnwood Builders
00:00 Aussie Gold Hunters
The Poseidon Crew finally start digging legendary ground in search of a multi-million-dollar nugget.

HGTV

11:00 The Big Bang Theory
15:00 Mike & Molly
16:30 Young Sheldon
18:00 The Big Bang Theory
22:00 New: Dr Pimple Popper: Breaking...
00:00 Dr. Pimple Popper

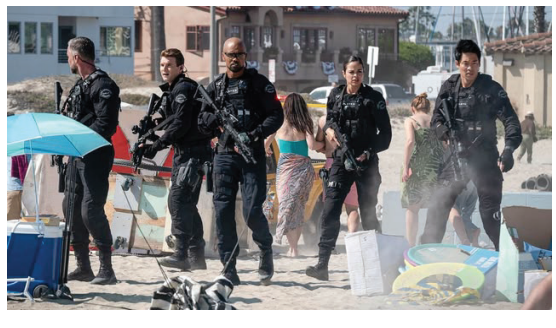
RTÉ One

11:00 The Drew Barrymore Show
11:25 The Kelly Clarkson Show
12:15 Only Fools and Horses
12:50 Leaders' Questions
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
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 Blue Lights
23:35 The Great House Revival
00:40 Call The Midwife

Sport

Sky Sports Mix

11:00 Darts Gold: Taylor v Priestley
11:15 Darts Gold: Taylor v Barneveld
11:30 TGL Semi-Finals Highlights
15:00 PL Greatest





TV Guide

Thursday 26th 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
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 Big Little Journeys
A tiny female turtle hatchling struggles out of her egg and emerges onto the roadside. She heads
17:30 Antiques Roadshow
18:15 Flog It!
19:00 Richard Osman's House of Games
19:30 Great British Menu
20:30 Match of the Day Wales
23:00 The Apprentice: Unfinished Business
23:30 Newsnight
Insights and global
00:00 Clash of the Superpowers: America vs China

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
17:00 Tipping Point
18:00 The Chase
19:00 ITV News London
19:30 ITV Evening News
20:30 Tonight
21:00 Emmerdale
21:30 Coronation Street
22:00 New: The Martin Lewis Money Show...
...Live: Tax Year End
23:00 ITV News at Ten
23:30 ITV News London
23:45 WhatsApp Obsession: The Murder of Stephanie Hansen
00:40 Heathrow: Britain's Busiest Airport

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
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 The 1% Club
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 A Place in the Sun: What Happened Next?
20:00 Channel 4 News
21:00 George Clarke's Building Home
22:00 New: A Woman of Substance
23:00 24 Hours in A&E
A pedestrian is rushed to A&E with multiple life-threatening injuries after a hit-and-run. An acrobat

Channel 5

5

12:30 Storm & Alexis
13:45 5 News at Lunchtime
13:50 Matt Allwright
15:00 Vanessa
16:00 Miss Willoughby Mysteries
17:00 Entertainment News on 5
17:05 Miss Willoughby Mysteries
18:00 5 News at 5
19:00 New: Love Nature
19:05 Susan Calman's Grand Day Out
Susan celebrates brilliant journeys she's had by boat and train as enjoys a new adventure at the Scottish
20:00 New: Celebrity Puzzling
21:00 New: Yorkshire's Poshest Hotel:...
22:00 New: The Hotel Inspector
23:00 The Wire: Forensics Murder

Entertainment

Sky Max HD

11:00 Will & Grace

12:00 The Simpsons

13:00 David Attenborough's Conquest of the Skies
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 Angels & Demons

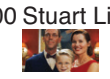
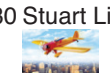
23:30 Mr Bigstuff

00:30 The Dyers' Caravan Park

Sky Family

12:35 The Wild Robot

14:20 The Emoji Movie

16:00 Stuart Little

Charming tale following the adventures of a spirited young mouse adopted by
17:30 Stuart Little 2

The little mouse with the big heart is back for action and adventure, rescuing his dream chick with Snowbell
19:00 Cats & Dogs

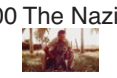
20:35 Monster Trucks

22:35 Paul Blart: Mall Cop

00:15 Spy Kids 2: Island Of Lost...

...Dreams: Snappy family adventure with spy dad Antonio Banderas and crackpot scientist Steve

Sky Documentaries

11:00 The Nazi Cartel

12:00 The Sixties

13:00 Spitfire

15:00 Everton: Howard's Way

Documentary film telling the
17:00 Discovering: Frances McDormand

18:00 Barry Levinson: The Directors

19:00 The Movies
20:00 Lancaster

22:00 Chernobyl: The Lost Tapes

00:00 Bobby Robson: More Than A Manager


U&Dave

11:00 Railroad Australia
12:00 Rick Stein's Mediterranean Escapes
13:00 Border Force America's Gatekeepers
A man wanted for murder is apprehended at the border, and officers discover over 80 kilograms of cocaine
15:00 Guy Martin's Lancaster Bomber
16:00 Top Gear
18:00 Hairy Bikers' Best of British
The biker duo explore how
19:00 Rick Stein's Mediterranean Escapes
20:00 Would I Lie To You?
Rob Brydon and team captains Lee Mack and David Mitchell are joined by guests Shirley Ballas,
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: Champion of Champions

DMAX

11:00 Deadliest Catch
The treacherous waters
13:00 Curse of the Frozen Gold
14:00 Expedition Unknown
16:00 Alaska: Homestead Rescue
18:00 Outback Opal Hunters
20:00 Deadliest Catch
22:00 Expedition X
Jess and Phil's investigation into unidentified objects off Catalina Island's coast
23:00 Expedition Unknown
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 New: 90 Day: The Single Life
23:00 New: Sister Wives
Meri ventures into the wild world of dating apps, and Kody struggles to fake it about the new family
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 Reeling In The Years
20:30 EastEnders
21:02 High Road, Low Road
21:30 Heat My Home
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 PGA Tour Golf Highlights
12:00 TGL Finals Highlights
16:00 PGA Tour Champions





TV Guide

Friday 27th 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 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 The One Show
20:30 Extraordinary Portraits
21:00 Beyond Paradise
22:00 Death in Paradise
23:00 BBC News at Ten
23:30 BBC London
23:40 The Claudia Winkleman Show
00:25 The MOBO Awards

BBC TWO

14:00 Impossible
14:45 The Tournament
In the ultimate knockout quiz, eight players do battle on the Tournament Run in a series of exciting
15:30 Chess Masters: The Endgame
16:00 Clive Myrie's Italian Road Trip
16:30 Big Little Journeys
17:30 Antiques Roadshow
18:15 Flog It!
19:00 Richard Osman's House of Games
19:30 Rick Stein's Food Stories
20:00 This Farming Life
21:00 Gardeners' World
22:00 Big Cats 24/7
Reunited to protect themselves from intruding
23:00 Live at the Apollo
23:30 Newsnight
00:00 Femme

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
Stephen Mulhern hosts another episode of the exciting and iconic
17:00 Tipping Point
18:00 The Chase
19:00 ITV News London
19:30 ITV Evening News
20:00 International Football: England...
23:05 ITV News at Ten
ITV News provides a fresh perspective on the major stories of the day with national and international
23:40 ITV News London
23:50 Devil In Disguise: John Wayne Gacy
00:55 Millionaire Hot Seat

ITV2

11:20 The Real Housewives of Atlanta
12:15 The Real Housewives of
13:10 Supermarket Sweep
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 Beverly Hills
19:00 Celebrity Catchphrase
20:00 Wheel of Fortune
21:00 The 1% Club
22:00 The Suicide Squad
23:00 FYI Daily
23:05 The Suicide Squad
00:40 Family Guy

Channel 4

Channel 4

11:10 Frasier
12:10 Ramsay's Kitchen Nightmares USA
13:05 Channel 4 News Summary
Channel 4's midday news
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 A Place in the Sun: What Happened Next?
20:00 Channel 4 News
21:00 New: Keir Starmer: Where Did It...
22:00 New: Gogglebox
23:00 Live: The Last Leg
00:05 Sarah Millican: Control Enthusiast

Channel 5

5

12:30 Storm & Alexis
13:45 5 News at Lunchtime
13:50 Matt Allwright
15:00 Vanessa
16:00 An Invitation to Murder
17:05 Entertainment News on 5
17:10 An Invitation to Murder
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 presides as team captains Sally Lindsay and Carol Vorderman are
21:00 New: Building the Impossible...
22:00 Secrets of the Sun with Dara O...
00:00 New: Piers Morgan: Uncensored

Entertainment

Sky Max HD

11:00 Will & Grace

12:00 The F1 Show: Japan
13:00 David Attenborough's Conquest of the Skies
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 The F1 Show: Japan

22:00 New: Ted
23:30 Intelligence

00:00 Grimm

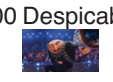
Sky Family

11:30 The Hobbit: The Battle Of The Five Armies

13:55 Cats & Dogs

15:35 Penguins Of Madagascar

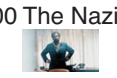
17:10 DC League Of Super Pets

19:00 Despicable Me 4

20:40 The Hobbit: The Desolation Of...

23:25 The Hobbit: The Battle Of The Five Armies

The future of Middle-earth hangs is at stake as Peter

Sky Documentaries

11:00 The Nazi Cartel

12:00 The Sixties

13:00 Val

15:10 Brazil 2002

17:00 Discovering: Meg Ryan

18:00 Alexander Payne: The Directors

19:00 The Movies

20:00 David Frost Vs
21:00 How The Beatles Changed The World
23:00 BIG SAM'S BOLTON (NEW)


U&Dave

11:00 Railroad Australia
12:00 Rick Stein's Mediterranean Escapes
Morocco and Turkey: As
13:00 Border Force America's Gatekeepers
15:00 How Britain Worked
16:00 Top Gear
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: Champion of Champions
Five hall of famers return for more consensual indignity at the hands of Greg Davies. The

DMAX

11:00 Deadliest Catch
13:00 Devil's Canyon
14:00 Expedition Unknown
16:00 Alaska: Homestead Rescue
18:00 Outback Opal Hunters
20:00 Deadliest Catch
22:00 Cornwall Air 999
A child is taken critically ill at night, and a climber falls on the moors. Plus, it's a race against time to help a
00:00 Aussie Gold Hunters

HGTV

11:00 The Big Bang Theory
15:00 Mike & Molly
Joyce drives Vince crazy with jealousy when she agrees to have dinner with her ex-boyfriend. S2/Ep14
16:30 Young Sheldon
18:00 The Big Bang Theory
22:00 New: 90 Day Fiancé: Before The 90 Days
00:00 Georgie & Mandy's First Marriage

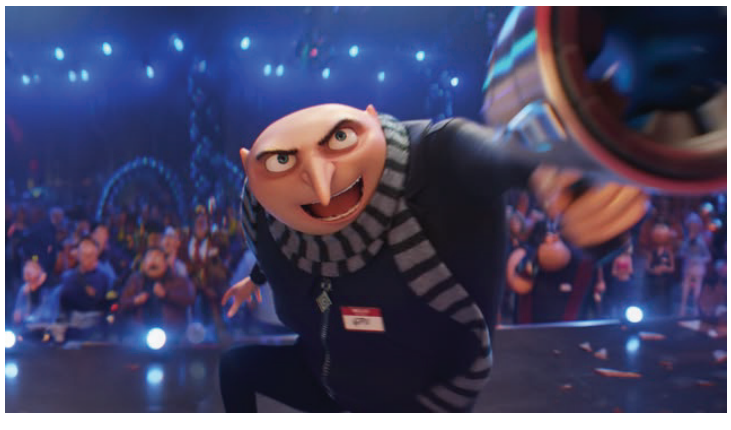
RTÉ One

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 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 Nationwide
20:30 Fair City
21:30 Seisiún
22:00 RTÉ News: Nine O'Clock
22:35 The Late Late Show
00:15 The Graduate

Sport

Sky Sports Mix

12:00 Legends of Darts: Phil Taylor
12:15 S/Lge: Castleford v Bradford
15:00 PL Greatest: Cardiff v Liverpool
15:15 PL Greatest: L'pool/Arsenal 09
15:30 PL Greatest 08





TV Guide

Saturday 28th March 2026

BBC

BBC ONE

11:00 Saturday Kitchen
12:30 Flaming Feasts
13:00 Bargain Hunt
14:00 BBC Weekend News
14:10 BBC Weather
14:15 Women's Super League
16:45 The Mask
18:20 BBC Weekend News
18:35 BBC London
18:40 BBC Weather
18:45 Gladiators
19:45 Michael McIntyre's The Wheel
20:45 Big Night of Musicals by the National
22:20 The Walsh Sisters
23:10 BBC Weekend News
23:25 BBC Weather
23:30 The Shallows
00:50 The Claudia Winkleman Show

BBC TWO

11:00 All about Eve
Keen fan Eve ingratiates herself into the life of sharp-tongued Broadway star Margo Channing,
13:15 Great British Menu
14:15 Escape to the Country
15:00 Flog It!
Mark Stacey and Nick Hall
15:30 The Ipcress File
17:15 Earth's Great Rivers
18:15 Rugby League: Super League
20:30 Celebrity Antiques Road Trip
21:30 Inside Britain's National Parks
Once a royal hunting ground for William the Conqueror, the New Forest is now a unique mosaic of
22:20 Show Tunes at the BBC

ITV

ITV1 HD

13:00 Raymond Blanc's Royal Kitchen
13:30 James Martin's Great British Adventure
14:00 ITV News
14:15 ITV Racing: Live from Doncaster
17:00 Millionaire Hot Seat
17:30 The Chase Celebrity Special
18:25 ITV Evening News
18:40 ITV News London
18:50 New: Celebrity Catchphrase
19:45 New: Britain's Got Talent
21:00 Celebrity Sabotage
22:00 The 1% Club
23:00 New: The Jonathan Ross Show
00:00 ITV News
00:15 F9: The Fast Saga

ITV2

11:25 The Only Way is Essex
Tensions are still high in Essex as Saffron and Chloe's disagreement causes a rift and a divide
12:25 Deal or No Deal
15:20 Britain's Got Talent
The auditions make their
16:40 Celebrity Catchphrase
17:40 The Super Mario Bros. Movie
18:45 FYI Daily
18:50 The Super Mario Bros. Movie
19:25 Stardust
20:25 FYI Daily
20:30 Stardust
22:00 Meet the Fockers
23:05 FYI Daily
23:10 Meet the Fockers
00:25 Family Guy

Channel 4

Channel 4

11:00 The Simpsons
Lisa the Beauty Queen: Lisa wins second place in a beauty contest. (S4 Ep4/22) [AD,S]
12:00 F1 Japanese GP Qualifying...
13:30 The Simpsons
14:30 Four in a Bed
17:10 Togo
(2019) Fact-based action adventure with Willem Dafoe and a cheeky Siberian husky pup who
19:20 Channel 4 News
19:50 Britain's Most Luxurious Train...
20:50 New: Chernobyl: 48 Hours to Escape
Witnesses, survivors and front-line heroes recall the
22:20 New: Bill Bailey's Vietnam
23:20 Moonfall

Channel 5

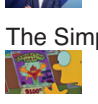
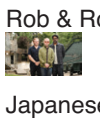
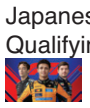
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11:25 Ben Fogle: New Lives in the Wild
13:25 Dogs Behaving (Very) Badly
15:25 Catching Up with the Royals with Rev Richard Coles & Emily Andrews
16:25 The Yorkshire Vet
17:25 Beyond The Yorkshire Farm: Reuben & Clive
19:25 5 News Weekend
19:30 Birds of a Feather: 30 Years of Laughs
20:50 Lip-Reading the Royals: The Secret Conversations
22:20 The Windsor Castle Fire: Minute By Minute
23:50 Those Were The Days

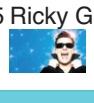
Entertainment

Sky Max HD

11:30 Ted's Quali Notebook: Japan
12:00 Japanese F1 GP: Qualifying Hlts
13:00 The Simpsons

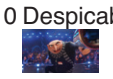
15:00 Gillette Soccer Sat: Live Scores

18:30 The Simpsons

18:55 Rob & Romesh Vs...

19:50 Japanese F1 GP: Qualifying Hlts

20:50 Raiders Of The Lost Ark

23:00 New: Saturday Night Live UK
00:15 Ricky Gervais - Fame


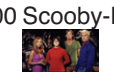
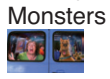
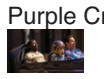
Sky Family

11:20 DC League Of Super Pets

13:10 Despicable Me 4

14:50 The Hobbit: The Desolation Of...

17:30 The Borrowers

Fun comic adventure about a four-inch high family who
19:00 The Golden Compass

21:00 Scooby-Doo!

22:40 Scooby-Doo 2: Monsters Unleashed

00:25 Harold and The Purple Crayon


Sky Documentaries

12:00 I Am Bruce Lee

14:00 Benetton Formula

16:00 Hill

17:50 My Icon: Pam Cookey
18:00 Williams & Mansell: Red 5

19:50 My Icon: Linford Christie

20:00 Busby

22:00 Germanwings: What Happened...

23:50 Bowling For Columbine


U&Dave

11:20 Would I Lie To You?
22:00 Red Dwarf
Classic sci-fi comedy following the clownish crew. Holly intercepts a distress call from a crashed
00:00 QI XL

DMAX

11:00 Outback Opal Hunters
14:00 Gem Hunters Down Under
Deep in the heart of the Australian Outback lie some of the largest gems
17:00 Aussie Gold Hunters
A machinery problem adds more woes to the Dust Devils' nightmare start. Shane and Russell find
20:00 Hoarding: Buried Alive
22:00 New: Paranormal Caught On Camera
A shadowy figure spies on a paranormal investigator, a man and his son stumble upon a talkative Bigfoot and
23:00 New: Kindred Spirits

HGTV

11:00 Georgie & Mandy's First Marriage
Mandy has to help Meemaw collect money from her dad when he loses some bets, while Georgie tries to intervene. S1/Ep19
12:00 The Big Bang Theory
After a terrible date, Raj vows to never leave his apartment again. Meanwhile, Penny actually impresses Sheldon with her acting skills. S6/Ep17
22:00 Mock The Week
Dara Ó Briain introduces topical chat and hilarious games with Rhys James, Scott Bennett, Ed Byrne, Hugh Dennis, Sara Pascoe and Katherine Ryan. S1/Ep8
23:00 Beverly Hills Cop III
Street-smart Detroit cop Axel Foley is back in L.A. on a mission to find the man who killed his boss in Detroit, aided by old pal Rosewood.

RTÉ One

11:45 Ros na Rún
12:50 MasterChef: The Professionals
14:00 RTÉ News: One O'Clock
14:10 Home of The Year
14:40 The Shelter: Animal SOS
15:10 Amazing Hotels: Life Beyond The Lobby
16:10 My Uni Life
16:40 Local Hero
18:45 Nuacht RTÉ
18:55 RTÉ News with Signing
19:01 RTÉ News: Six One
19:30 Teenage Mutant Ninja...
21:15 Pat Shortt's Entertainment From
21:50 RTÉ News: Nine O'Clock
22:20 The Tommy Tiernan Show
23:35 The 2 Johnnies Late Night Lock In
00:40 Here Before

Sport

Sky Sports Mix

12:30 My Icon: Pam Cookey
12:40 My Icon: Kadeen Corbin
12:50 Live WSL: Everton v Liverpool
17:00 Legends of Darts: RVB
17:15 Legends of Darts: Bob Anderson
17:30 My Icon: Keegan Hirst





TV Guide

Sunday 29th March 2026

BBC

BBC ONE

11:30 Homes Under the Hammer
12:00 Bargain Hunt
13:00 BBC Weekend News
13:10 Weather for the Week Ahead
13:15 Songs of Praise
13:50 Lifeline
14:00 Gladiators
15:00 Crookhaven
16:35 Attenborough's Life in Colour
17:35 BBC Weekend News
17:50 BBC London
17:55 BBC Weather
18:00 Countryfile
19:00 Antiques Roadshow
20:00 The Other Bennet Sister
21:00 The Capture
22:00 BBC Weekend News
22:25 BBC London
22:30 The Proposal
00:15 The Women's Football Show

BBC TWO

11:30 Great British Menu
The three talented chefs from north east England and Yorkshire are halfway through their heat, and the
13:30 Mary Berry - Love to Cook
14:00 World Figure Skating Championships
16:05 Evil Under the Sun
18:00 Big Cats 24/7
19:00 This Farming Life
20:00 Burma with Simon Reeve
Simon travels to Burma and Bangladesh to learn about the roots and consequences of the
21:00 Forensics: The Real CSI
22:00 Master and Commander: The Far Side of the World
1805. Royal Navy captain Jack Aubrey's dogged pursuit of a superior French frigate strains his ship, his
00:05 Good Vibrations

ITV

ITV1 HD

11:25 New: Fletchers' Family Farm
12:25 Love Your Garden
12:55 ITV News
National and international news with reports and
13:00 Britain's Got Talent
14:15 Celebrity Sabotage
15:20 Indiana Jones and the Kingdom of the Crystal Skull
Action-adventure reboot of the iconic movie franchise. During the Cold War, Soviet agents watch Indiana Jones
17:35 The Chase
18:35 ITV Evening News
18:50 ITV News London
The latest news and weather from London and the South East. [S,HD]
19:00 Emmerdale
19:30 Coronation Street
20:00 Grace
22:00 ITV News
22:20 Creed III
00:15 Shop on TV

ITV2

11:10 Deal or No Deal
12:10 New: Celebrity Catchphrase
13:10 Celebrity Sabotage
14:15 Stuart Little
15:15 FYI Daily
Latest news from the world of entertainment.
15:20 Stuart Little
16:00 Britain's Got Talent
17:15 New: Britain's Got Talent: Unseen
17:40 School of Rock
18:45 FYI Daily
Latest news from the world of entertainment.
18:50 School of Rock
Anarchic musical comedy. After being kicked out of his rock band, slacker guitarist Dewey Finn faces a
20:00 Spectre
21:00 FYI Daily
21:05 Spectre
22:55 Family Guy
00:20 American Dad!

Channel 4

Channel 4

13:00 F1 Japanese GP Highlights
15:30 A Place in the Sun
Golf fan Peggy can't think of anywhere else she'd
16:15 George Clarke's Amazing Spaces
A couple create an ambitious floating home, George and Will make a magical vista in their
17:20 Channel 4 News
17:50 Toy Story 2
(2000) Tom Hanks and Tim Allen return in toy form for more endearing animated adventures. Buzz rallies his
19:40 The Great Celebrity Bake Off for SU2C
21:00 The Hunt: Prey vs Predator
22:00 Gogglebox
The Gogglebox settle in for more of the biggest and best TV. What do they think this time? (S27 Ep8) [AD,S]
23:00 First Dates
00:00 xXx

Channel 5

5

11:35 The Ten Commandments
13:25 Entertainment News on 5
13:30 The Ten Commandments
16:00 Portugal with Michael Portillo
18:00 5 News Weekend
18:05 M&S vs Aldi: Who Does Easter Best?
19:00 Cadbury at Easter: Secrets of the Chocolate Factory
20:00 Rich Holiday, Poor Holiday
The wealthy Olutayo family - Dad Kay, 20-year-old Tyra
21:00 Rich House, Poor House
22:30 When Theme Parks Go Horribly Wrong
00:30 Car Pound Cops
Following the army of enforcers patrolling the streets, hunting down drivers for vehicle

Entertainment

Sky Max HD

11:00 Football's Funniest Moments

A look at the most hilarious
11:30 Live WSL: Chelsea v Aston Villa

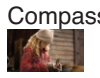
14:30 The Simpsons

17:00 Agatha Raisin

The Haunted House: Agatha opens her own detective agency, but with clients not exactly breaking
19:00 Angels & Demons

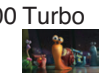
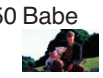
21:30 FILM: THE 'BURBS (1989)
23:30 Brassic


Sky Family

11:10 The Golden Compass

13:10 Madagascar: Escape 2 Africa

14:45 Cloudy With A Chance Of Meatballs

16:20 Cloudy With A Chance Of...

18:00 Turbo

19:50 Babe

Plucky piglet Babe
21:25 Stardust
23:35 Teenage Mutant Ninja Turtles:...

Sky Documentaries

13:00 Jackie Stewart

15:00 Everton: Howard's Way

17:00 Lancaster

Discover the story of the legendary bomber
19:00 Bobby Robson: More Than A Manager

21:00 Blur: To The End

23:00 The Assassination Of John Lennon

An exploration of the life and career of the Beatles superstar, with a look at the strange parallels between

U&Dave

11:00 Top Gear
Jeremy Clarkson, Richard
13:00 Mortimer & Whitehouse: Gone Fishing
14:20 Hairy Bikers' Best of British
16:20 Robson Green's Weekend Escapes
17:00 Wilderness with Simon Reeve
18:00 The Americas with Simon Reeve
19:00 Special Ops: To Catch A Criminal
21:00 Have I Got A Bit More News For You?
22:00 QI
22:40 Mock the Week
00:00 Live at the Apollo
More cutting-edge stand-up from the iconic theatre in London. The magnificent Jen Brister introduces

DMAX

11:00 Chasing Classic Cars
14:00 Kindig Customs
17:00 Shorty's Dream Shop
19:00 Mysteries Of The Deep
21:00 Cooper's Treasure
A dangerous storm threatens to shut down the
23:00 Expedition X

HGTV

11:00 The Big Bang Theory
20:00 New: Georgie & Mandy's First...
21:00 New: Mock The Week
22:00 Zero Stars First Look
22:15 Mock The Week
23:15 Young Sheldon
Meemaw meets Dale's ex-wife, while Sheldon is forced to work on a group project with reluctant
23:45 Dr. Pimple Popper

RTÉ One

11:00 Sunday Worship
12:00 The Week In Politics
13:00 RTÉ News: One O'Clock
13:10 Home of The Year
13:40 The Hardacres
14:35 Ireland's Wild Islands
15:35 The Go-Between
17:40 Nuacht RTÉ
17:50 RTÉ News with Signing
18:01 RTÉ News: Six One
18:30 Cheap European Homes
19:30 The Money List
20:30 Fair City
21:00 RTÉ News: Nine O'Clock
21:30 The Great House Revival
22:30 Leonard and Hungry Paul
23:00 The Week In Politics

Sport

Sky Sports Mix

11:00 Live WSL: Chelsea v Aston Villa
17:30 WTA Final: Miami

A women's singles
18:30 WTA Indian Wells 2026 Review
19:00 Spirit of Yachting
19:30 PL Darts: Berlin
23:30 WTA Final: Miami

Movies

Sky Premiere

11:20 One Battle After Another
14:10 On Swift Horses

Muriel and her husband
16:10 Hostages (2025)
17:45 Superman (2025)
20:00 One Battle After Another
23:00 Nobody 2

Sky Greats

12:45 Mad Max
14:25 Mad Max 2: The Road Warrior
16:10 Mad Max: Beyond Thunderdome
18:00 Back To The Future
20:00 Back To The Future Part II
21:50 Back To The Future Part III
23:50 Blade Runner

Film4

11:00 Those Magnificent Men...
13:50 First Knight
16:30 Hidden Figures
19:05 Men in Black II
21:00 Transporter 2
22:45 Darkman
(1990) Liam Neeson and Frances McDormand star in Sam Raimi's crime-fighting
00:35 The Northman

TV Guide

Monday 30th March 2026

BBC

BBC ONE

11:15 Celebrity Homes Under the Hammer
12:15 'Wood' You Believe It?
13:00 BBC News at One including BBC...
14:00 Just One Thing
14:30 The Travelling Auctioneers
15:00 Escape to the Country
15:45 The Repair Shop on the Road
16:30 The Finish Line
17:15 Pointless
18:00 BBC News
18:30 BBC London News
19:00 The One Show
19:30 EastEnders
20:00 Dangerous Dogs: Is the Ban...
20:30 Trace, Track, Get My Car Back
21:00 Babies
22:00 BBC News and Weather
22:30 BBC London News
22:40 Trying
23:40 Have I Got News for You
00:10 Weather for the Week Ahead
00:15 BBC News

BBC TWO

13:00 Impossible
13:45 The Tournament
14:30 Lightning
1/25. Comedian Zoe Lyons hosts the quick-fire quiz where six plucky contestants must stay out
15:00 Clive Myrie's Italian Road Trip
15:30 Big Little Journeys
16:30 Vintage Antiques Roadshow
Another chance to see Michael Aspel and the experts when they travel north to Lochgilphead in
17:15 Flog It!
18:00 Richard Osman's House of Games
18:30 Rick Stein's Food Stories
19:00 Global Eye
19:30 Extraordinary Portraits with...
20:00 Mastermind
20:30 University Challenge
21:00 Clash of the Superpowers:...
22:00 Mortimer & Whitehouse: Gone...
22:30 Newsnight, followed by Weather
23:00 The Prestige
Period thriller set in Edwardian London. Two

ITV

ITV1 HD

10:00 This Britain
12:30 ITV Lunchtime News
13:00 Celebrity Catchphrase
14:00 Lingo
Taking on the reigning champions are mother and daughter Amanda and Emily, and brothers Martyn and Stuart. Presented by Adil Ray
15:00 Deal or No Deal
15:59 ITV Weather
16:00 Tipping Point
17:00 The Chase
18:30 ITV Evening News
19:30 Fletchers Family Farm
20:00 Emmerdale
20:25 Im a Celebrity; South Africa
A preview of the second series of the programme in which memorable campmates from past series of I'm A Celebrity...Get Me Out Of Here! compete against each other
20:30 Coronation Street
21:00 Hunting the Silver Killer
22:00 ITV News at 10
22:45 The Jonathan Ross Show
23:45 Millionaire Hot Seat
00:15 Shop on TV

ITV2

11:50 Supermarket Sweep
Rylan Clark-Neal is joined by 2019 Love Islanders Anton and Belle, Ovie and India, and Chris and Harley
12:50 Wheel of Fortune
It's a couples' edition as Graham Norton welcomes three pairs - Corinne and Aaron, Quamelle and
13:50 The Only Way is Essex
14:50 The Real Housewives of Cheshire
15:55 The Real Housewives of Atlanta
16:55 The Real Housewives of Beverly Hills
18:00 New: Celebrity Catchphrase
Stephen Mulhern hosts a celebrity special of the
19:00 Wheel of Fortune
20:00 The 1% Club
Have you ever wondered how clever you are? This is your chance to find out as comedy legend Lee Mack
21:00 TikTok: Murder Gone Viral
22:00 Family Guy
23:35 American Dad!
00:35 Bob's Burgers

Channel 4

Channel 4

11:10 Ramsay's Kitchen Nightmares USA
12:05 Channel 4 News Summary
Channel 4's midday news summary. [S]
12:10 Find It, Fix It, Flog It
13:10 Matt Baker: Our Farm in the Dales
14:10 Countdown
15:00 A Place in the Sun
16:00 A New Life in the Sun
17:00 Four in a Bed
Emma Louise and Liv host at their 527-year-old pub in
17:30 Come Dine with Me
18:00 Jasmine Harman's Renovation in...
...the Sun: No stranger to helping others find their perfect place in the sun, Jasmine Harman takes the
19:00 Channel 4 News
20:00 New: Batch from Scratch:...
21:00 The Hunt: Prey vs Predator
22:05 The Great Celebrity Bake Off for SU2C
Molly-Mae Hague/Richard Herring/JoJo Siwa/Babatunde Aléshé: Molly-Mae Hague, Richard
23:20 Naked Attraction
00:20 New: Sphinx

Channel 5

5

11:30 Storm & Alexis
12:30 Tour Championship
17:00 5 News at 5
Join Dan Walker and the team for the news that matters to you.
18:00 Cash in the Attic
18:30 Tour Championship
In the final elite tournament before the World Championships, snooker's top 12 players compete for
20:00 Motorway Cops: Catching Britain's Speeders
A call about a robbery and assault leads to a hunt on Humberside police's patch. After a chase on icy roads,
21:00 The Teacher
Victoria Hamilton stars as Helen Simpson, a teacher with 30 years' experience who dismisses the woke
22:00 Police: Night Shift 999
Shop staff report three men stealing garden furniture, but one man will not give in easily. And officers respond
23:05 Traffic Cops
More than 60 thefts are reported to Derbyshire
00:05 Police Interceptors
A runaway driver flees an accident in a decommissioned ambulance, on the wrong

Entertainment

Sky Max HD

11:00 The Simpsons
12:00 David Attenborough's Conquest of the Skies
13:00 Hawaii Five-0

14:00 NCIS: Los Angeles
15:00 S.W.A.T.

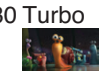
Fire and Smoke: Hondo's
16:00 Police 24/7
17:00 The Simpsons

18:00 The Office (US)
18:55 The Simpsons
20:10 UFO
21:10 Andor
22:00 Rooster
22:40 New: Last Week Tonight with John Oliver
23:25 Saturday Night Live UK

Sky Family

11:20 Madagascar: Escape 2 Africa

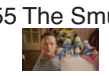
12:55 Penguins Of Madagascar

14:30 Turbo

16:20 Harold and The Purple Crayon

18:00 Peter Rabbit

19:40 The Hobbit: The Battle Of The Five Armies

22:15 Spy Kids

23:55 The Smurfs


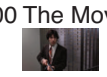
Sky Documentaries

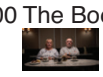
11:00 The Seventies

12:00 The Crime Of The Century

16:10 Discovering: Angela Bassett

17:05 James Cameron: The Directors

18:00 The Movies

19:00 UFO

20:00 The Body Next Door

23:00 Costa Concordia: Chronicle Of a Disaster


U&Dave

11:00 Rick Stein: From Venice to Istanbul
12:00 Border Force America's Gatekeepers
14:00 How Britain Worked
15:00 Top Gear
High-octane entertainment. Jeremy Clarkson and
17:00 Rick Stein: From Venice to Istanbul
18:00 Hairy Bikers' Best of British
19:00 Would I Lie To You?
19:40 Richard Osman's House of Games
TV presenter Gemma Cairney, comedy actor Tim Key, and sports hosts Gabby Logan and Jeff
21:00 QI XL
22:00 Frankie Boyle's New World Order
22:50 Mock the Week
23:30 Would I Lie To You?
00:10 QI XL

DMAX

11:00 Deadliest Catch
12:00 Devil's Canyon
13:00 Expedition Unknown
15:00 Alaska: Homestead Rescue
17:00 Outback Opal Hunters
19:00 Deadliest Catch
21:00 Body Bizarre
22:00 My Body Is Eating My Bones...
23:00 Aussie Gold Hunters
00:00 Naked And Afraid: Alone

HGTV

11:00 The Big Bang Theory
14:00 Mike & Molly
15:30 Young Sheldon
17:00 The Big Bang Theory
21:00 New: Hunted by My Husband: The...
23:00 People Magazine Investigates...
00:00 Dr. Pimple Popper

RTÉ One

11:35 Father Brown
12:30 The Complaints Bureau
13:00 RTÉ News: One O'Clock
13:30 Home and Away
14:00 Shortland Street
14:30 Fair City
15:30 Today
17:40 Nuacht RTÉ
17:55 RTÉ News with Signing
18:01 RTÉ News: Six One
19:00 Nationwide
19:30 EastEnders
20:00 10 Things To Know About
20:30 Slan Go Feoil
21:00 RTÉ News: Nine O'Clock
21:35 CrimeCall
22:35 Made Of Stone

23:40 The Late Late Show

Sport

Sky Sports Mix

14:00 PL Greatest '01
14:15 PL Greatest: Man City/Man Utd 2002



World's happiest countries

The world's happiest nations are once again clustered in northern Europe, with Finland extending its remarkable streak at the top of the global rankings, according to the latest World Happiness Report.

For the ninth consecutive year, Finland secured first place, followed closely by Iceland and Denmark, reinforcing the Nordic region's enduring dominance in measures of life satisfaction. The annual report, compiled by researchers at the Wellbeing Research Centre at the University of Oxford, evaluates how people across the globe perceive their quality of life.

While Nordic countries continue to set the standard, this year's rankings also highlight notable shifts elsewhere. Costa Rica achieved a historic milestone by placing fourth—the highest position ever reached by a Latin American nation. Sweden and Norway rounded out the top six, maintaining the region's strong presence near the top. Elsewhere in Europe, the Netherlands, Luxembourg and Switzerland all secured places within the top 10, while Israel stood out as the only Middle Eastern country in the top tier, ranking eighth.

In contrast, several traditionally high-ranking English-speaking countries fell short of the top 10 for the second year in a row. The United States ranked 23rd, followed by Canada at 25th and the United Kingdom at 29th. Among this group, New Zealand performed best, narrowly missing the top 10 at 11th, while Ireland and Australia placed 13th and 15th, respectively.

The rankings are based on data collected from the Gallup World Poll, which surveys respondents in 147 countries. Participants are asked to imagine their lives as a ladder, with steps ranging from zero, representing the worst possible life, to 10, representing the best. Their responses—known as the Cantril Ladder scores—form the foundation of the report.

To better understand differences between countries, researchers analyze six key factors: income per capita, healthy life expectancy, social support, freedom to make life choices, generosity and perceptions of corruption. The final rankings are calculated using a three-year average, helping to smooth out temporary disruptions caused by events such as economic downturns or conflicts.

Finland's continued success reflects more than just economic stability. Experts point to a deeply ingrained culture of trust and cooperation as a central factor. According to John F. Helliwell, a founding editor of the report, societies that foster a strong sense of collective responsibility tend to perform better in the rankings.

"Successful societies cooperate in the face of adversity," Helliwell noted. "Once people feel they are working together, their potential to overcome challenges increases significantly."
Finnish respondents reported an average life satisfaction score of 7.764, well above the global average. By comparison, the United States recorded an average score of 6.816, underscoring the gap between the leading nations and those further down the list.

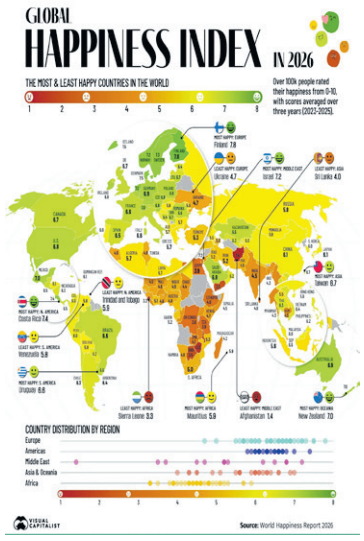
Beyond country rankings, the report draws attention to a growing concern: declining happiness among young people in several wealthy nations. First identified as a trend in 2024, the issue has become more pronounced in the latest findings.

In the United States, Canada, Australia and New Zealand, life satisfaction among individuals under 25 has dropped by nearly one full point over the past decade. This decline is particularly striking given that youth happiness has generally increased in other parts of the world during the same period.

Researchers suggest that changes in how young people spend their time may be contributing to this trend. Increased hours devoted to social media and gaming have been linked to lower levels of well-being, although the relationship is complex. Not all online activity is viewed negatively; engaging with friends and family or using digital platforms for learning and personal development can have positive effects.

The findings underscore a broader shift in how happiness is understood and measured. While economic indicators remain important, the report emphasizes that social connections, trust and a sense of belonging are equally vital to overall well-being.

As countries examine the results, the consistent performance of Nordic nations offers a clear message: policies that prioritize social cohesion and mutual support may be as crucial as economic growth in shaping how people experience their lives.



Easter holidaymakers switching from Dubai to Spain

British holidaymakers are rapidly changing their Easter travel plans, turning away from Dubai and other Middle Eastern destinations as conflict in Iran disrupts flights and raises safety concerns.

Travel firms say widespread airspace instability across the region has led to cancellations, delays and official advice against visiting large parts of the Middle East, including the United Arab Emirates. As a result, bookings to the region have fallen sharply, with nearby countries such as Turkey, Cyprus and Egypt also experiencing a slowdown.

At the same time, demand for alternative destinations has surged. Popular European countries including Spain, Portugal and Italy are seeing a strong increase in bookings, while long-haul locations such as the Caribbean, Mauritius and the United States are also attracting more travellers. Some airports report flights to these destinations are filling more quickly than at the same point last year.

British Airways has suspended several routes to the Middle East until June, citing ongoing uncertainty and disruption to airspace. The airline confirmed that flights to Dubai, Bahrain, Tel Aviv and Amman have been cancelled up to and including 31 May.

Industry experts warn that availability is tightening as travellers affected by cancellations compete with those yet to book, all seeking places in the same destinations. This is likely to reduce choice and could drive up prices in the coming weeks.

Neil Swanson, managing director of TUI UK and Ireland, said customers are increasingly opting for "reassuring alternatives" that avoid travelling through the Middle East. He noted a shift towards "familiar, easy-to-reach" destinations, with Spain, Portugal, Greece and Cape Verde among those seeing higher demand.

He added that interest in long-haul holidays remains strong, particularly for Caribbean destinations such as the Dominican Republic and Jamaica, as well as Phuket in Thailand and Goa in India.







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Spanish restaurant La Mafia loses name claim to Italy

A Spanish restaurant chain may be forced to rebrand after authorities ruled that its name, which references the mafia, breaches standards of public order and morality following a long-running legal challenge by the Italian government.

The chain, La Mafia se Sienta a la Mesa – which translates as The Mafia Sits at the Table - has been under scrutiny for several years amid claims that its branding trivialises organised crime and undermines efforts to combat it.

Italy has persistently challenged the name through European and Spanish legal channels, arguing that it promotes a positive or trivial image of criminal organisations responsible for serious offences. In 2018, the European Union Intellectual Property Office found the name to be invalid, concluding that it presented the mafia in an overly favourable light and could offend victims and the wider public.

Now, Spain's Patent and Trademark Office has reached a similar conclusion, declaring the brand name invalid on the grounds that it conflicts with accepted moral standards. In its ruling, the office stated that the name directly references a real criminal organisation whose activities — including drug and arms trafficking, money laundering, corruption and murder — remain an ongoing concern rather than a purely cultural or historical concept.

The restaurant group had defended its branding, arguing that the name was inspired by a recipe book and that the term "mafia" has evolved in popular culture beyond its criminal origins. It also maintained that many people interpret the word as part of a broader cultural or literary reference rather than a direct link to organised crime.

However, the Spanish authorities sided with Italy's position, emphasising that the term still carries strong associations with a global criminal network, including operations within Spain.

The company has described the decision as unprecedented and is considering an appeal. It also noted that its trademark has been renewed multiple times over the past two decades and said it had attempted to engage with Italian officials to explain the origins and intent behind its name.

Company representatives said they reject any negative associations and remain focused on their core business, describing the brand as centred on high-quality Italian-Mediterranean cuisine and a distinctive dining experience.

PepsiCo to open Pilla Tortilla restaurant

PepsiCo has opened its first-ever branded restaurant, unveiling a new concept centred on one of Spain's most traditional dishes—the tortilla—reimagined using its flagship Lay's crisps.

The venue, named "Pilla Tortilla", marks a significant step for the company as it expands beyond packaged goods into the "away-from-home" dining sector, aiming to connect more directly with consumers through in-person food experiences.

The company selected Madrid as the launch city, citing its reputation as a hub for food trends and innovation. The new concept combines a casual bar-restaurant format with takeaway and delivery services, alongside a second kitchen dedicated exclusively to takeaway orders.

At the centre of the concept is the Spanish tortilla, traditionally made with potatoes and eggs, now adapted using Lay's crisps. Customers can order the dish in multiple formats, including slices ("pinchos"), sandwiches, or whole tortillas.

The menu offers a range of toppings designed to modernise the classic recipe, including combinations such as spicy sausage with brie and honey, anchovies, pork belly with sauces, Iberian ham with gazpacho, and pulled pork.

Speaking at the launch, a senior executive described the project as a milestone for the company, highlighting its role in bringing one of PepsiCo's most recognisable brands into a new culinary setting.

Industry analysts say the move signals a growing trend among major food companies to explore direct-to-consumer hospitality ventures, allowing brands to showcase their products in new ways while responding to demand for unique dining experiences.

With "Pilla Tortilla", PepsiCo is testing whether a global snack brand can successfully translate into a restaurant concept—starting in Spain, where the dish at its core is a national staple.





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Hendrick's launches new orange blossom and cacao gin

Hendrick's, the Scottish gin brand known for its distinctive rose and cucumber botanicals, has launched a new permanent addition to its core range for the first time in a decade. The new expression, called 'Another Hendrick's', introduces cacao and orange blossom flavours, expanding the brand's signature profile while remaining true to its identity.

Since its founding more than 25 years ago, Hendrick's has stood out in the gin market for its unusual combination of botanicals, which was highly unconventional at the time. Over the years, the gin category has grown and diversified, with brands experimenting with new flavours and styles.

Hendrick's has evolved alongside this trend, releasing a variety of limited-edition expressions and experimental releases, all rooted in the brand's original concept of combining rose and cucumber with a carefully curated mix of other botanicals.

'Another Hendrick's' marks a notable departure from previous releases while retaining the hallmarks of the brand. Like all Hendrick's variants, it begins with the original recipe, which blends rose and cucumber with a total of 11 botanicals, including juniper, coriander, and elderflower. The distillation process uses two distinct types of stills—Bennett and Carter-Head—to produce separate distillates, some created by steeping botanicals and others by steaming them. The characteristic essences of rose and cucumber are then added at the final stage, ensuring the gin's familiar floral and fresh notes remain central.

For this new expression, Hendrick's has incorporated cacao bean extract and essential oils from orange blossom. The pairing introduces a layered complexity, balancing the intensity of chocolate with the aromatic brightness of orange blossom. The result is a spirit that retains the brand's signature freshness while adding subtle depth and warmth. The new gin is presented in a white bottle, distinguishing it visually from the brand's traditional black glass, yet it remains recognisable as a Hendrick's product.

The introduction of cacao and orange blossom builds on Hendrick's history of botanical innovation. The combination is intended to complement the existing flavour profile rather than overpower it, providing versatility for both classic and contemporary cocktails. It also offers an engaging tasting experience when served neat, highlighting the brand's commitment to craftsmanship and experimentation.

This launch reflects wider trends in the global gin market, where consumers increasingly seek novel and sophisticated flavour profiles. Established brands like Hendrick's are responding by creating new expressions that expand the boundaries of traditional gin while maintaining the qualities that first attracted enthusiasts.

With 'Another Hendrick's', the brand continues to position itself as an innovative and distinctive player in the spirits sector, combining traditional distillation techniques with imaginative botanical blends. The release is expected to appeal to both long-time fans of Hendrick's and newcomers looking for a complex, versatile gin with a unique twist.

Restaurants clampdown on no-shows

Restaurants in Palma de Mallorca are leading the way in stricter booking policies, including charges for no-shows, as the Spanish hospitality sector battles mounting losses linked to diners failing to honour reservations.

Industry leaders say the move reflects a growing determination among bars and eateries to tackle a long-standing problem that continues to impact revenues, particularly during peak tourist seasons.

According to recent data from Delectatech, the restaurant industry is facing a difficult outlook, with no-shows compounding the effects of rising costs. Its Restaurant Results in Summer 2025 report highlights how missed reservations, combined with sustained price increases, are squeezing margins across Spain.

While figures from TheFork show a slight improvement—no-show rates dropped to 3.3% in 2025 from 3.6% the previous year—business owners say the issue remains significant enough to demand stronger action.

Restaurants are increasingly turning to financial safeguards to reduce the risk of empty tables. Around 21% of venues now require customers to provide card details to secure a booking—double the level seen in 2023. Meanwhile, 7% of establishments have introduced full or partial prepayment at the time of reservation, a figure that has tripled in just two years. These measures allow restaurants to recover losses when diners fail to attend without cancelling.

In addition to financial penalties, digital tools are playing a growing role. Platforms such as TheFork have developed predictive systems that flag high-risk bookings before they occur.

Hotel Algorfa to make local entertainment history

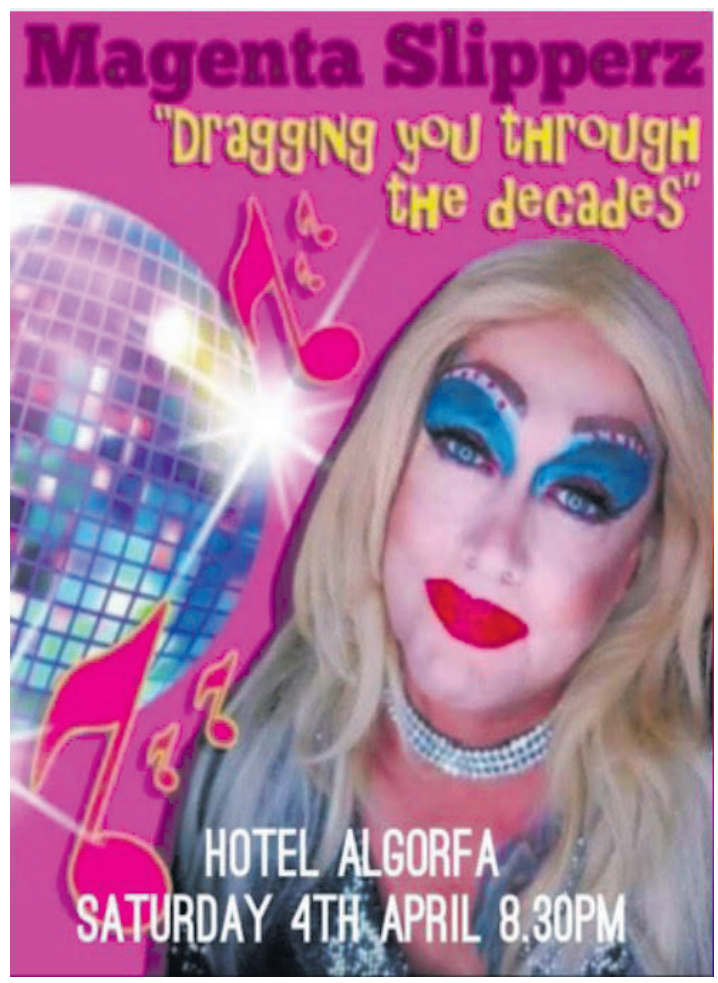
Hotel Algorfa is set to make local entertainment history with the arrival of a dazzling drag queen show—an experience unlike anything ever seen in the area. This exciting event promises to bring a bold burst of glamour, creativity, and high-energy performance to the stage, offering guests a night they won't soon forget.

Drag is an art form that celebrates self-expression, talent, and individuality, and this upcoming show will showcase all of that and more. Expect stunning costumes, powerful vocals, sharp wit, and captivating performances that will have the audience laughing, cheering, and completely immersed from start to finish.

For Hotel Algorfa, this is more than just a show—it's a statement. By introducing fresh and diverse entertainment, the venue continues to evolve as a place where everyone can come together to enjoy something new and exciting. It's a chance for the community to experience a vibrant and inclusive atmosphere, right on their doorstep.

Whether you're a long-time fan of drag or simply curious to see something different, this is an event not to be missed. Get ready for a night of sparkle, sass, and unforgettable entertainment at Hotel Algorfa.

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Beef Sausage Rolls



These gigantic beef sausage rolls are meaty, juicy and cheesy. Everything you dream a mighty sausage roll should be.

Ingredients
- 1 small onion, peeled, whole
- 30 g panko breadcrumbs
- 500 g beef mince (ground beef), fattier the better
- 1 egg
- 2 garlic cloves, minced with garlic press or finely grated
- 1 beef stock cube, crumbled (OXO is my favourite) or 1/2 tsp cooking salt / kosher salt
- 0.5 tsp cooking salt
- 0.25 tsp black pepper
- 0.33 cup pickled jalapeno, roughly chopped (3mm)
- 150 g cheddar or other cheese of choice - grated
- 50 g parmesan, shredded using box grater (or pre-shredded packet)
- 360 g frozen puff pastry, butter is better (24cm / 9.5" squares)
- 1 egg, separated

Sprinkling:
- 1 tsp white sesame seeds
- 0.5 tsp black sesame seeds (or more white)

Serving:
- Tomato sauce or ketchup

Instructions
Preheat oven 200°C/425°F (180C fan-forced).
Onion soak – Grate the onion in a bowl using a box grater, reserving all the onion juices. Add panko breadcrumbs and toss to wet.
Everything else but cheese – Then add beef, egg, garlic, stock cube, salt, pepper and jalapeño. Mix well with hands to combine.
"Crumble" in cheese – Add cheeses, then use fingers to firstly "crumble" the cheese through the beef before mixing well with hands (this method prevents cheese from clumping together).
Roll – Barely thaw puff pastry (stiffer = easier to handle). Divide meat into 2 equal logs. Roll up in the puff pastry, then overlap the base with double layer, sealing with egg white. Finish with the seam side down and trim off surplus puff pastry (about 2 cm/0.8").
Finish sausage rolls – Cut each log in half. Cut 3 diagonal slashes on the top of each sausage roll. Brush with egg yolk, sprinkle with sesame seeds.

Bake – Place the sausage rolls on a paper lined tray. Bake for 35 minutes, then transfer onto rack (to elevate out of fat. Bake a further 15 minutes until pastry is deep golden and underside is crispy.
Cool on rack 5 minutes before attacking! Serve with tomato sauce or ketchup.



Rainbow Chicken Stir Fry

This Rainbow Chicken Stir Fry is a recipe designed to bring some much needed mood-lifting cheer along with a big veggie hit - also much needed, and so good for us. Quick, easy, highly adaptable to whatever veg you've got.

Ingredients
Sauce:
- 4 tsp cornflour / cornstarch
- 1 cup water
- 1 tbsp oyster sauce
- 2 tbsp Chinese cooking wine
- 2 tbsp soy sauce
- Pinch white pepper (or black pepper)

Chicken:
- 350g/ 12 oz boneless chicken thighs, each cut in half then into 1 cm /0.4" strips (Note 3 for breast)
- 1 tbsp Chinese cooking wine
- Pinch white pepper

Rainbow stir fry:
- 2 tbsp peanut oil, or vegetable or canola oil
- 4 garlic cloves, finely minced with a knife
- 3 green onion stems, cut into 4 cm / 2" lengths, white part separated from green part (or 1/2 onion sliced)
- 1 cup sugar snap peas or small snow peas, strings removed
- 1/2 each red and yellow capsicum (bell pepper), deseeded, cut into 1 cm /0.4" strips
- 3 baby bok choy, leaves cut off stems, big stems cut lengthways – or any other Asian greens
- 3/4 cup unsalted roasted cashews (or almonds)
- 3/4 cup frozen edamame beans – or fresh shelled
- 1 1/2 cups purple cabbage, cut into 5 x 1 cm /0.4" strips – or any other type of cabbage, baby spinach etc
- 2 tbsp sesame oil (for finishing)

Serving:
- White rice – or any other rice of choice

Instructions
Sauce – In a jug, mix cornflour with a splash of the water until dissolved. Mix in everything else except the remaining water until dissolved. Then add remaining water.
Chicken – Toss chicken with Chinese cooking wine and pepper.
Cook – Heat the oil in a large 30 cm / 12" non-stick skillet over high heat. Add chicken then stir constantly until mostly cooked, about 2 minutes.
Add garlic and the white part of green onion, cook for 1 minute.
Add the capsicum, sugar snap peas, bok choy stem, cashews and frozen edamame. Cook 1 minute.
Add bok choy leaves, cabbage and green part of green onions. Toss with two spatulas until slightly wilted (~30 seconds).
Sauce – Add the sauce, stir and let it simmer until it becomes glossy and thickens so it coats everything beautifully, about 1 minute.
Sesame oil – Add sesame oil, toss through, then serve over rice.

Peach Crumble Muffins

A soft buttery crumb littered with juicy pops of peach, and a crunchy, crumbly pecan topping, these are amazing made with ripe peaches, but so good with canned peaches too.

Ingredients
Peaches (2 large, 3 medium):
- 1 1/4 cups peaches, ripe but firm, skin on, cut into small 1.25cm / 1/2" pieces (Note 1)
- 3/4 cup Extra chopped peaches – for topping

Wet batter ingredients:
- 100 g unsalted butter, melted, cooled
- 140 g caster sugar / superfine sugar (granulated/regular white sugar ok too)
- 125 g plain unsweetened yogurt, at room temperature
- 1 large egg, at room temperature (~55g/2oz shell-on weight)
- 1 tsp vanilla extract

Dry muffin ingredients:
- 225 g plain flour / all-purpose flour
- 1 tsp baking soda (bi-carbonate soda)
- 1/2 tsp cinnamon powder
- 1/8 tsp cooking salt / kosher salt

Crumbly topping:
- 50 g plain flour / all-purpose flour
- 70 g brown sugar
- 60 g pecans (sub rolled oats for nut-free)
- 1/2 tsp cinnamon powder
- 1/8 tsp cooking salt / kosher salt
- 30 g unsalted butter, melted

Instructions
Preheat oven to 180°C / 350°F (160°C fan-forced).
Toast pecans – Spread the pecans on a tray and place in the oven for 5 minutes. Remove, cool slightly then finely chop.
Turn oven up to 200°C / 390°F (180°C fan-forced). Line a 12-hole standard muffin tin with paper liners.
Crumbly topping – Mix the flour, sugar, salt and chopped pecans using a fork in a small bowl. Add butter and mix until it resembles wet sand. Set aside.
Muffin batter – Whisk the Dry ingredients in a large bowl. Whisk the Wet ingredients in a separate bowl. Pour the Wet into the Dry ingredients bowl then mix with a rubber spatula until the flour is almost incorporated – about 14 stirs, the batter will be lumpy.
Add peaches – Add the 1 1/2 cups peach pieces, then mix just until you can no longer see flour and the peaches are dispersed. Minimum stirring is key here, for soft muffins.
Fill muffin tin – Working quickly, divide the batter between the holes, filling to the top – a lever ice cream scoop is super useful here! Lightly press the Extra peaches on top of each muffin, then spoon the Crumble on – just pile it on top and use it all!
Bake 23 – 25 minutes (check first at 23 minutes), until a toothpick comes out clean. Leave in the muffin tin for 10 minutes then transfer to fully cool on a rack – or eat!



Four nutrients to help lower blood pressure

Blood pressure: it's one of those numbers you hear every time you visit your doctor, but hypertension, is more than just a medical statistic - it's a major risk factor for heart disease, stroke, kidney damage, and other serious health issues. The problem is that hypertension often sneaks up quietly. You might feel fine, but over the years, the stress of high pressure on your arteries can cause irreversible damage.

The bright side? Your blood pressure isn't set in stone. Certain lifestyle adjustments, especially what you eat, can help you keep it in check. Food can influence everything from blood volume to artery flexibility and even how your body manages sodium and fluid balance - all of which play a pivotal role in maintaining a healthy blood pressure. By prioritising nutrient-rich, heart-healthy foods, you can make meaningful changes that protect your cardiovascular system.

Here, we break down four key nutrients that science shows can help lower blood pressure, and how to easily incorporate them into your daily routine.

1. Potassium: The Sodium Counterbalance

Potassium is often celebrated as a hero nutrient when it comes to managing blood pressure—and for good reason. Decades of research, including studies underpinning the DASH (Dietary Approaches to Stop Hypertension) diet, show that foods rich in potassium can significantly support healthy blood pressure. Think bananas, avocados, beans, potatoes, sweet potatoes, and dark leafy greens.

Potassium helps your body flush out excess sodium, which can increase blood pressure in some people. It also relaxes your blood vessels, allowing blood to flow more freely through your arteries. Low potassium levels, on the other hand, can cause arteries to stiffen over time, creating resistance that drives your blood pressure upward.

The Heart Association recommends 3,500 to 5,000 milligrams of potassium per day from food if you're trying to prevent or manage hypertension. For perspective, one medium banana offers about 450 mg, and a cup of cooked sweet potato contains roughly 570 mg. Building potassium-rich foods into your meals, like topping oatmeal with sliced banana or adding avocado to your salad, can make reaching these goals simple and delicious.

2. Magnesium: The Artery Relaxer

Magnesium often flies under the radar, but it's another vital nutrient featured in the DASH diet. It's found in a variety of heart-friendly foods, including leafy greens, legumes, nuts, seeds, and whole grains such as brown rice and oatmeal. Some fortified cereals also offer magnesium, giving you even more ways to reach your daily needs.
Magnesium helps relax muscles throughout the body, including the walls of your arteries. Without enough magnesium, arteries can constrict, increasing resistance and raising blood pressure. Adults should aim for 310 to 420 mg per day, depending on age and sex. An ounce of roasted pumpkin seeds delivers 156 m g - about a third of the daily requirement.

Research also indicates that magnesium supplements may help lower blood pressure in individuals with both hypertension and low magnesium levels. However, always talk to your doctor before starting a supplement. Supplements aren't one-size-fits-all, and your healthcare provider can help you determine the best approach.

Incorporating magnesium-rich foods into your diet is surprisingly easy: sprinkle seeds on yogurt, add beans to soups, or enjoy a handful of almonds as a snack. These simple swaps can have a meaningful impact on both your nutrient intake and your blood pressure.

3. Calcium: The Heart Helper

Calcium is more than just a bone-building mineral—it also plays a central role in blood pressure regulation. Found in dairy products like milk, yogurt, and cheese, as well as fortified milk alternatives, tofu, fruit juices, and certain cereals, calcium helps blood vessels tighten and relax as needed. This flexibility allows your heart to pump blood more efficiently and lowers the overall strain on your cardiovascular system.

The DASH plan recommends two to three servings of fat-free or low-fat dairy per day. One serving equals 1 cup of milk or yogurt or 1.5 ounces of cheese. Incorporating calcium doesn't have to feel like a chore: blend yogurt into smoothies, top cereal with milk, or enjoy cheese with fresh fruit. These tasty combinations support both your bones and your heart, all while helping maintain healthy blood pressure.

4. Fibre: The Unsung Hero

Unlike potassium, magnesium, and calcium, fibre isn't a mineral - it's a type of carbohydrate found in plant-based foods. Fruits, vegetables, nuts, seeds, and whole grains are all rich in fibre, and all play a starring role in the DASH diet.

Fibre supports blood pressure in subtle but powerful ways. It fuels beneficial gut bacteria, which produce short-chain fatty acids like butyrate that help reduce inflammation and keep your blood vessels functioning smoothly. Fibre also supports blood sugar control, improves insulin sensitivity, and aids in weight management—all of which reduce stress on the cardiovascular system.

Some of nutritionist Echols' favourite high-fibre foods include lentils, collard greens, oats, raspberries, and chia seeds. They're flexible enough to build into soups, salads, and warm breakfast bowls without overthinking it.

The DASH plan recommends three to five servings of fibre-rich fruits and vegetables, four to eight servings of whole grains daily, and three to five servings of nuts, seeds, or legumes each week. Building fibre into your meals can be simple: try oatmeal with berries for breakfast, a hearty lentil soup for lunch, or roasted vegetables with quinoa for dinner.

Beyond Nutrition

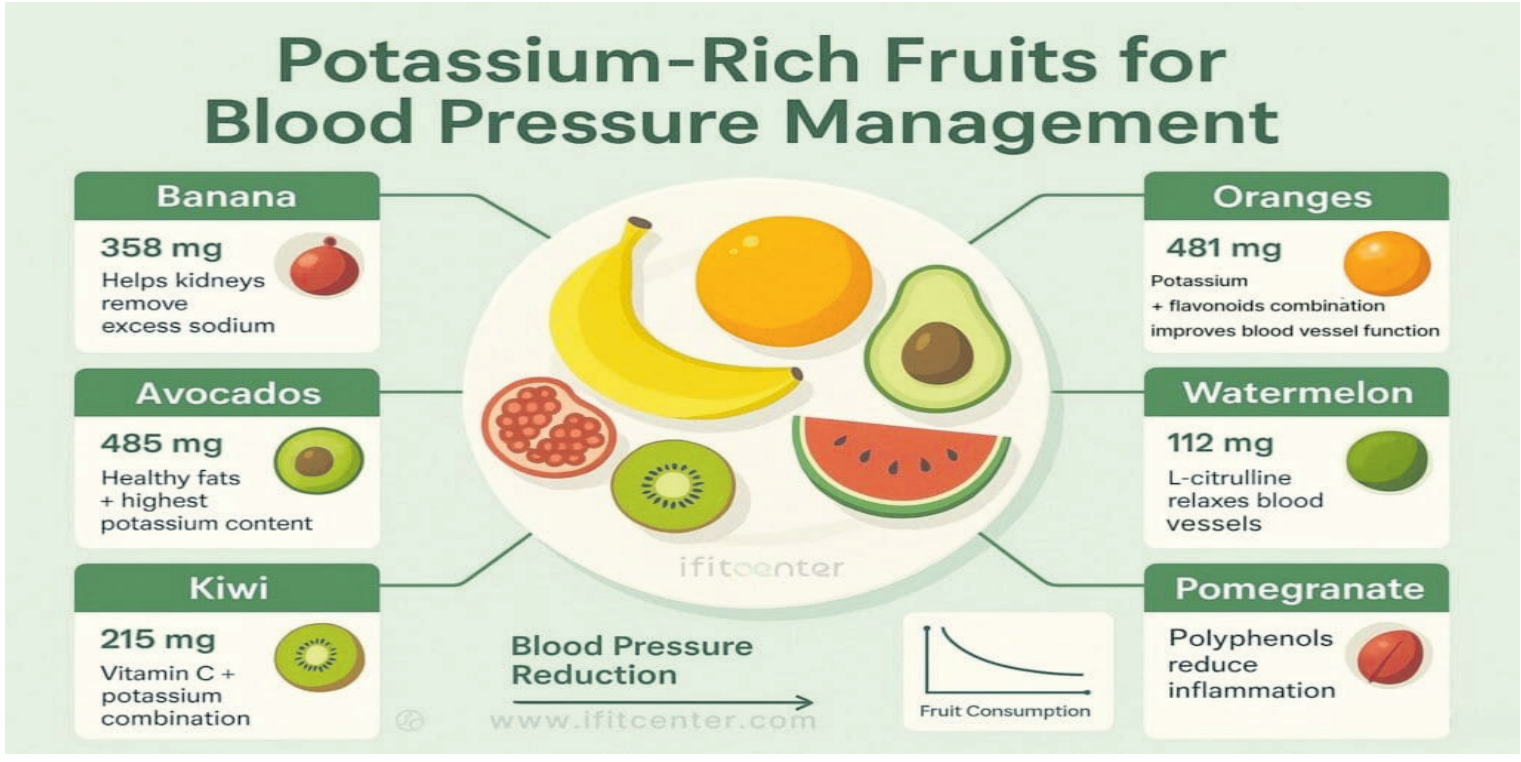
While focusing on these four nutrients is an excellent starting point, diet is just one piece of the puzzle. Several lifestyle habits can complement your nutrition efforts and further support healthy blood pressure:

• Exercise regularly: Aim for at least 150 minutes of moderate activity per week. Even brisk walking can make a difference.
• Quit smoking: Tobacco use raises blood pressure and damages blood vessels.
• Limit alcohol: Excess alcohol intake can drive up blood pressure over time.
• Maintain a healthy weight: Even modest weight loss can help reduce blood pressure.
• Manage stress: Meditation, yoga, or simple breathing exercises can calm the nervous system and support heart health.
• Prioritize sleep: Adults should aim for at least seven hours of quality sleep per night.
By combining nutrient-rich foods with these healthy lifestyle choices, you're giving your heart the support it needs to function at its best.

Making Heart-Healthy Eating Practical

Adopting a DASH-inspired diet doesn't have to be complicated. Start small: add a side of leafy greens to dinner, swap white rice for brown rice, snack on nuts instead of chips, and sprinkle seeds over breakfast bowls. By gradually incorporating potassium, magnesium, calcium, and fibre into your meals, you create a sustainable eating pattern that benefits both your blood pressure and overall health.

Remember, the goal isn't perfection—it's consistency. Small, steady changes compound over time, reducing your risk of hypertension and supporting long-term cardiovascular wellness. And if you're ever unsure about your nutrient intake or considering supplements, your doctor or registered dietitian can provide personalised guidance.



Get moving

No matter your age, science agrees on one simple truth: staying physically active is one of the most powerful ways to boost your health and happiness. From lowering the risk of serious illnesses to improving mood and sleep, movement is medicine that everyone can benefit from.

Life-Changing Benefits of Exercise
Regular activity isn't just about looking fit - it's about living longer, stronger, and happier. Research shows that people who stay active have a lower risk of:

• Coronary heart disease and stroke
• Type 2 diabetes
• Bowel and breast cancer
• Early death
• Osteoarthritis and hip fractures
• Falls among older adults
• Depression and dementia, including Alzheimer's

And that's just the start. Exercise also works wonders for your mental wellbeing, boosting self-esteem, energy levels, sleep quality, and resilience to stress.

How Much Movement Do You Really Need?
According to experts, adults should aim for at least 150 minutes of activity per week, spread across different forms of movement.

The easiest way to get started is to make activity part of your daily routine. Walk or cycle instead of driving, take the stairs, or try a lunchtime stroll. Add in sports or structured exercise, and you're supercharging the benefits.

It's not just about moving—it's about how you move.

• Moderate intensity: You should feel warmer and breathe faster but still be able to hold a conversation. Think brisk walking or a gentle bike ride.
• Vigorous intensity: Your heart races, breathing is heavy, and you can only say a few words at a time. Running, high-intensity cycling, or fast-paced sports fall into this category. Vigorous activity can deliver even greater health benefits.

The Sedentary Dilemma
Despite the clear benefits, modern life makes it easy to stay still. Technology has eased our physical burdens—cars, machines, and screens now dominate our days. Many jobs require little movement, and chores that once demanded effort now barely break a sweat.

Adults today can spend more than seven hours a day sitting, while over-65s often sit or lie down for ten hours or more. Prolonged inactivity is increasingly recognized as a "silent killer," linked to heart disease, stroke, diabetes, and obesity.

Don't Sit Still
Even if you meet your weekly activity targets, long periods of sitting can still put your health at risk. Common sedentary habits include:
• Watching TV or using computers
• Driving short distances
• Sitting to read, talk, or listen to music

The message is clear: move more, sit less. Breaking up sitting time with short bursts of activity can be as important as your regular exercise routine.

The Bottom Line
Staying active isn't just about gym sessions or intense workouts. It's about weaving movement into everyday life, choosing stairs over elevators, walks over drives, and standing over sitting when you can. The more you move, the healthier, happier, and longer your life can be.



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Turn to page 38 for all puzzle results

Word Ladder — Easy (4 letters)

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

1	F I S H	START
2	- - - -	
3	- - - -	
4	- - - -	
5	B I R D	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	H E A R T	START
2	- - - - -	
3	- - - - -	
4	- - - - -	
5	- - - - -	
6	- - - - -	
7	- - - - -	
8	S W E E T	END

WORD SEARCH

K	Y	L	I	G	H	T	E	K	N	A	L	B	O	Q	H	W	J	Y	H
L	C	X	M	X	G	G	E	P	F	P	L	J	W	M	Y	W	A	D	N
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A	U	R	U	T	P	H	W	G	P	Y	H	E	E	W	B	J	Y	U	V
D	T	P	S	H	K	P	E	O	P	L	E	V	S	R	V	A	R	S	D
W	E	B	C	L	U	Q	R	N	O	I	T	N	E	M	B	Q	E	Z	J
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U	F	W	R	O	R	C	T	R	E	P	T	I	N	G	S	H	C	Z	X
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Z	D	I	U	I	I	A	N	P	O	K	D	W	P	U	U	K	M	U	E
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Z	H	N	Y	F	K	E	Y	S	O	N	H	G	O	O	W	Q	U	C	P
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7.FURNITURE 8.BLANKET 9.COLOUR 10.CURTAINS 11.OUTSIDE 12.CHAIR
13.SPENDING 14.ENVIRONMENT 15.WINDOW 16.COUNTRY 17.MENTION
18.LIGHT 19.PICTURE 20.GARDEN 21.HOUSE 22.APPLE

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Spain releases strategic oil reserves

Spain has approved the release of 11.5 million barrels of oil from its strategic reserves, joining an unprecedented international effort led by the International Energy Agency to stabilise markets shaken by the war in Iran and disruptions in the Strait of Hormuz.
The move follows an agreement by the IEA to collectively release 400 million barrels—the largest coordinated response in the agency's history—in an attempt to curb soaring energy prices and prevent further economic fallout.

The Spanish government authorised the release during a Cabinet meeting at the request of the Ministry for the Ecological Transition and the Demographic Challenge. Officials say the first tranche, equivalent to roughly four days of national fuel consumption, will be made available immediately.

The reserves include around 2.2 million barrels of petrol and approximately 9 million barrels of middle distillates such as diesel and aviation fuel. In total, the volume represents about 12 days of Spain's consumption.

Authorities expect the additional supply to have a rapid impact. Fuel products will be sold at market prices, with diesel—Spain's most in-demand fuel—likely to make up the largest share.

The intervention comes less than a month after the outbreak of conflict in Iran, following military strikes involving the United States and Israel. Since then, global energy markets have been under sustained pressure.

Petrol and diesel prices have risen sharply across Europe, with supply fears driven largely by disruptions in the Strait of Hormuz, one of the world's most critical transit routes. Analysts also point to speculative trading as a factor amplifying price volatility

Despite the scale of the release, experts warn the measure may offer only temporary relief. Around 20 million barrels of oil per day are estimated to be affected by the blockade of the Strait of Hormuz. At that rate, the IEA's total 400-million-barrel intervention would offset just under three weeks of disrupted supply.

Spain's contribution represents about 2.9% of the global release. The country still maintains emergency reserves equivalent to roughly 92 days of national consumption.

The IEA says the coordinated release is designed to "moderate market volatility and avoid panic reactions," but acknowledges it cannot fully compensate for prolonged disruption.

With no clear end to the conflict in sight, governments face growing pressure to balance energy security with the risk of depleting emergency reserves. For consumers, the coming days will reveal whether the intervention brings the immediate relief at the pump that authorities are hoping for—or merely buys time in an escalating crisis.

Spain tightens motorhome rules amid surge in vans

Spain's Dirección General de Tráfico (DGT) has issued a major update to national regulations for motorhomes, caravans, and camper vans, responding to a surge in the number of mobile camping vehicles across the country.

The new guidance, Instruction PROT 2026/04, replaces the 2023 rules and introduces stricter requirements for parking, overnight stays, and vehicle inspections. The update aligns technical inspections with Ministry of Industry standards and incorporates a key Supreme Court ruling on local authority powers, clarifying for the first time how councils can regulate parking and camping in towns and tourist areas.

All registered motorhomes (category M passenger vehicles) and camper vans (category N) must comply immediately. Foreign drivers operating similar vehicles on Spanish roads are also bound by the new rules. There is no phased rollout - violations can result in fines and penalties from the moment the guidance comes into force.

"The regulations are clear: stay in authorised areas, ensure your vehicle passes inspection, and follow local bylaws," a DGT spokesperson said.

Coastal and mountainous tourist destinations are expected to face the strictest enforcement. Popular provinces now have central government backing to enforce limits on overnight stays, while Navarra, Extremadura, and Madrid have introduced regional laws regulating dedicated welcome areas as tourist accommodation. Urban centres must now tighten controls on waste disposal and unauthorised overnight parking.

Motorhome and caravan owners are urged to:
• Book ITV inspections according to the updated schedule
• Check local council bylaws before stopping in villages, towns, or cities
• Use official S-128 service points for waste disposal
• Stay only in authorised areas to avoid fines or clamping

The 2026 instruction also resolves earlier ambiguity between national and local powers. The 2018 Supreme Court ruling, now explicitly incorporated, confirms that town halls can cap parking durations and prohibit camping outside approved sites to protect traffic flow and public spaces.

The tightening of regulations comes in response to a post-COVID boom in mobile camping. The number of motorhomes and caravans on Spanish roads has nearly tripled, rising from 48,000 units in 2015 to 137,000 today.

In addition to inspection requirements, the new S-128 sign is officially catalogued, marking safe service points for waste emptying and helping travellers comply with the new rules.

With tourist numbers returning to pre-pandemic levels and mobile camping growing rapidly, authorities say the updated guidance aims to balance recreational use with road safety, public space protection, and environmental responsibility.

Murcia's northwest ring road to fully open next week

Drivers in the Region of Murcia will soon see the long-awaited completion of a major road project designed to reduce congestion around the capital. The final section of the Murcia Northwest Ring Road is due to open to traffic on Monday 23rd March, completing the full 21.7km bypass connecting the A-30 with the A-7.

The new stretch, around 7.6km long, will link Las Torres de Cotillas with the junction between Murcia and Alcantarilla, allowing vehicles travelling long distances to avoid passing through the city itself. The official inauguration is expected to take place that morning at around 10.30am, with Spain's Minister of Transport and Sustainable Mobility, Óscar Puente, attending the event.

The completion of this final section marks the end of a project that began in 2019 and has gradually taken shape over the past few years. Last summer, two earlier stretches of the road were opened, covering about 14.1km between the A-30 at kilometre 119 in Archena and the RM-B37 road in Las Torres de Cotillas.

Once fully operational, the bypass will allow traffic travelling between Andalucía, Cartagena, Valencia and Albacete to pass around Murcia rather than through it. According to government estimates, the route could divert thousands of vehicles each day, including around 3,800 trucks that currently use the busy western ring road.

Officials say the new infrastructure should help relieve pressure on some of the region's most congested routes, including the Espinardo junction and the ring roads surrounding Murcia city, where traffic levels can reach around 123,000 vehicles daily during peak periods.

Government delegate Francisco Lucas recently highlighted the wider significance of the project, describing it as an investment aimed at modernising the Region's transport network. "These are investments aimed at resolving historical demands and preparing the Region for the challenges of the future," he said.

The road also connects a number of municipalities in the metropolitan area, including Molina de Segura, Lorquí, Villanueva del Río Segura, Ceutí, Alguazas and Las Torres de Cotillas, as well as Murcia itself. The route will also serve several nearby industrial estates and business areas. The completion of the ring road is expected to be particularly helpful during busy holiday periods. Visitors travelling from central and northern Spain towards Cartagena and the Region's beaches during Easter will be able to bypass Murcia altogether, avoiding the usual traffic bottlenecks.

The project also forms part of a wider plan to improve traffic flow around the city, alongside the proposed Northern Ring Road that aims to divert vehicles away from the busy shopping centre areas and major motorway junctions around Murcia.





Aries (21 Mar – 19 Apr)
Life
Aries, your energy is bursting like popcorn in the microwave! Use this dynamo to tackle a lingering project. Just remember, slow and steady wins the race—unless it's a popcorn-eating contest.

Mind
This week, Aries, focus on setting a steady pace in your daily routines. Start the day with a refreshing walk or a few deep breaths to boost your energy. Small adjustments in your schedule will bring a harmonious balance.

Heart
This week, Aries, focus on clear communication with your loved ones. A heartfelt conversation can strengthen your bonds. Be patient and listen actively, and you might discover a new perspective that deepens your connection.

Taurus (20 Apr – 20 May)
Life
Taurus, it's all about comfort this week. Treat yourself to a cozy night in with your favorite film and a blanket fort. Indulge in life's little luxuries, but maybe let someone else control the remote.

Mind
Taurus, take some time to indulge in simple pleasures. Cooking a favorite meal or enjoying an evening with a good book can rejuvenate your spirit. Remember, it's the little things that can make your week feel grounded and fulfilling.

Heart
Taurus, this is a wonderful time to indulge in simple pleasures with your partner. Plan a cozy evening at home or a delightful walk in nature. These small moments will nurture your relationship and bring joy.

Gemini (21 May – 20 Jun)
Life
Gemini, your social butterfly wings are flapping fast. A spontaneous get-together might lead to new friendships or at least a few hilarious stories. Remember to rest those wings with a bit of quiet reading or doodling.

Mind
Gemini, it's a great time to connect with friends who uplift your energy. A casual chat over coffee or a fun group activity will keep your spirits high. Sharing laughter is the best way to recharge this week.

Heart
Gemini, you're likely to feel a surge of curiosity about your partner's interests this week. Explore these together, and you'll find new ways to connect. Sharing experiences will bring you closer and enrich your bond.

Cancer (21 Jun – 22 Jul)
Life
Cancer, home is where the heart is, and this week it feels like a five-star resort! Tidy up your living space and light a candle for ambiance. A small act of kindness might also lift a friend's spirits.

Mind
This week, Cancer, find comfort in organizing your personal space. Tidying up can clear both your environment and your mind. Treat yourself to a cozy evening to reward your efforts.

Heart
Cancer, your nurturing side shines brightly this week. Show your loved ones how much they mean to you through thoughtful gestures. Your kindness will be appreciated and reciprocated, strengthening your emotional ties.

Leo (23 Jul – 22 Aug)
Life
Leo, your charisma is shining brighter than a disco ball at a 70s party! Bask in the admiration but watch out for overconfidence. A humble compliment or two can polish your sparkle even more.

Mind
Leo, channel your creative energy into a small project that excites you. Whether it's painting, writing, or even rearranging a room, let your imagination lead the way. Your enthusiasm will inspire those around you.

Heart
Leo, your warmth and enthusiasm are contagious. Use this energy to bring loved ones together. Hosting a small gathering can create wonderful memories and deepen your relationships through shared laughter and joy.

Virgo (23 Aug – 22 Sep)
Life
Virgo, your focus is sharper than a freshly honed pencil. Channel this precision into organizing your space. Just be sure to balance that productivity with a relaxing break doing something you love.

Mind
Virgo, make time for self-reflection and planning. Consider keeping a journal to note down goals or thoughts; this will help you align with your priorities. Your analytical mind will thrive in this reflective space.

Heart
Virgo, take time this week to express your feelings openly. Honest communication can clear up misunderstandings and bring new intimacy. Your sincerity will be met with appreciation and can pave the way for a deeper connection.

Libra (23 Sep – 22 Oct)
Life
Libra, relationships are your jam this week! Nurture connections by planning a simple outing or writing a heartfelt note. Balance is key, so ensure you also take time for a solo stroll or a moment of peace.

Mind
Libra, seek harmony in your relationships by practicing active listening. A simple, heartfelt conversation can strengthen bonds and provide clarity. Approach each interaction with empathy and you'll find peace in your connections.

Heart
Libra, balance is key this week in your relationships. Make sure to listen as much as you share. Being a supportive partner will foster mutual respect and harmony, creating a peaceful and loving environment.

Scorpio (23 Oct – 21 Nov)
Life
Scorpio, your inner detective is on the case! Dive into a mystery novel or solve a fun puzzle for mental exercise. Remember, not everything is a conspiracy—sometimes a cookie is just a cookie.

Mind
Scorpio, keep your energy balanced by engaging in a relaxing hobby. Activities like gardening or crafting allow you to express yourself and unwind. Take pride in the beauty you bring into the world.

Heart
Scorpio, your passionate nature will shine through this week. Channel it into deep, meaningful conversations with your loved ones. Vulnerability can be powerful, and sharing your true self will strengthen your bonds.

Sagittarius (22 Nov – 21 Dec)
Life
Sagittarius, adventure calls, but maybe start with a local expedition. Explore a new café or a nearby park for a change of scenery. Don't fret if your GPS leads you astray—getting lost can be half the fun!

Mind
Sagittarius, embark on a mini adventure this week. A day trip to a nearby place you haven't explored can ignite your sense of wonder. Embrace the new experiences with an open heart.

Heart
Sagittarius, this week is perfect for adventure, even if it's just a local outing with someone special. Exploring new places together can reignite excitement and bring fresh energy into your relationship.

Capricorn (22 Dec – 19 Jan)
Life
Capricorn, your ambitious streak is in full gear. Tackle your goals with practical steps and a pinch of patience. After all, even the tallest mountains are climbed one step at a time, preferably with sturdy boots.

Mind
Capricorn, focus on maintaining a practical routine that supports your well-being. Try a simple evening ritual like meditating or reading to unwind from the day's achievements. Consistency will be your key to serenity.

Heart
Capricorn, focus on quality time this week. Whether it's sharing a meal or enjoying a hobby together, these moments will build lasting memories and strengthen your connection with loved ones.

Aquarius (20 Jan – 18 Feb)
Life
Aquarius, your creativity is like a firework show on full display! Dive into an art project or share your quirky ideas with friends. Remember, sometimes the weirdest ideas make the best stories.

Mind
Aquarius, this is a great week to nurture your social side. Hosting a casual gathering or attending an event can bring joy and connection. Your friendly nature will attract positive vibes.

Heart
Aquarius, your innovative mind can bring fresh ideas into your relationships this week. Plan something creative and unexpected with your partner. This will not only surprise them but also deepen your emotional connection.

Pisces (19 Feb – 20 Mar)
Life
Pisces, your intuition is as strong as a cat's curiosity. Trust your gut feelings this week, especially in creative ventures. Just be sure to keep those dreams playful and free, like a kite flying in a gentle breeze.

Mind
Pisces, let yourself dream and explore new ideas this week. Creative pursuits, like drawing or writing poetry, will help express your feelings. Dive into your imagination and let it lead you to tranquility.

Heart
Pisces, your empathy is your strength this week. Show your loved ones that you're there for them through small acts of kindness and understanding. This support will be cherished and strengthen your emotional connections.



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Spanish inheritance comes with strict conditions

A growing number of inheritances in Spain are no longer straightforward gifts but conditional agreements, as rising housing costs reshape how property is passed on. Lawyers say more families are attaching legally enforceable requirements to wills and property transfers, turning them into contracts that heirs must fulfil to receive a home.

Across the country, legal professionals report an uptick in arrangements where ownership depends on meeting specific obligations. These can range from long-term responsibilities, such as caring for pets for the rest of their lives, to personal milestones like completing higher education.

Official notarial figures reflect this shift. Transfers of residential property with attached conditions have increased sharply, climbing nearly 68% in seven years, from 32,623 cases in 2017 to 54,735 in 2024. Experts link this rise to the growing difficulty younger generations face in accessing housing, as property prices continue to outpace incomes.

The broader housing situation helps explain the trend. Data from Spain's Youth Council indicate that a large majority of people under 30 cannot afford to live independently, while most young adults, even those with jobs, remain in the family home. In this context, property inheritances have become more valuable, and more conditional.

These agreements are typically structured to be legally binding. In many cases, property is transferred during the owner's lifetime, but with safeguards: the original owner may retain the right to live in or rent out the home until death, and the transfer can be revoked if the heir fails to meet the agreed terms.

Lawyers point to a wide range of real-life examples. Some homeowners tie inheritance to educational achievement, such as requiring a beneficiary to complete a university degree and postgraduate studies. Others leave property to friends or caregivers as a form of recognition for support in later life.

One of the most notable developments is the rise in pet-related clauses. Increasingly, owners are making inheritance contingent on the ongoing care of their animals. These provisions ensure pets are looked after for the remainder of their lives, with the risk that the inheritance is withdrawn if the commitment is not honoured.

Cases include individuals leaving homes to non-family members, such as trusted friends—on the condition they take responsibility for multiple pets. Financial advisers say some clients also structure arrangements to guarantee their animals can remain in the home and avoid being rehomed or sent to shelters.

Underlying these decisions are broader social changes. Spain has a growing elderly population living alone, alongside high levels of pet ownership, particularly dogs and cats. For many, conditional inheritances offer a way to secure both their legacy and the future care of what matters most to them.

Pope Calls for ceasefire as Israel–Iran Conflict Intensifies

Pope Leo XIV has appealed for an immediate ceasefire in the escalating conflict between Israel and Iran, warning of mounting civilian casualties and deepening humanitarian suffering across the region.

Speaking after the Sunday Angelus prayer in Vatican City, the pontiff urged leaders to halt the violence.

"On behalf of the Christians of the Middle East and all people of good will, I appeal to those responsible for this conflict: cease fire," he said.

The pope, the first American to lead the Catholic Church, described the past two weeks as a period of "horrific violence," with civilians bearing the brunt of the fighting since hostilities erupted.

"Thousands of innocent people have been killed and many more forced to flee their homes," he said, adding that schools, hospitals and residential areas had been struck. He also expressed solidarity with victims and their families, offering prayers for those who have lost loved ones.

Leo warned that continued military action would not bring a lasting resolution. "Violence can never lead to the justice, stability and peace that the people are waiting for," he said.

His comments came as Israel signalled that its military campaign against Iran is set to continue for weeks. According to a spokesperson for the Israel Defence Forces, thousands of targets remain, and operations are expected to extend at least through the upcoming Jewish holiday of Passover.

Brig. Gen. Effie Defrin told international media that the campaign is not bound by a fixed timetable. "We are not working according to a stopwatch, but to achieve our goals," he said, describing the objective as significantly weakening Iran's capabilities.



Since the start of the offensive on 28 February, Israeli officials say the air force has conducted hundreds of strike waves across western and central Iran. The operations have targeted infrastructure as well as military and production facilities linked to Iranian forces.

Israeli sources also indicated that coordination with the United States has been central to the campaign, with both countries involved in striking a large number of sites since the conflict began.

The situation has broadened beyond the two main adversaries. According to Israeli military officials, the Iran campaign has drawn in Hezbollah, which had previously avoided direct involvement during a shorter confrontation last year.

Defrin said the scale of the current offensive had changed the group's calculations. "Now that it's all out, they join in," he said.

Israel is also reinforcing its northern border with Lebanon, deploying additional troops amid concerns of further escalation. Officials have suggested that operations in Lebanon could continue independently of any eventual end to fighting with Iran, as Israel seeks to push Hezbollah forces back from the frontier.

King Felipe VI acknowledges abuses in Spain's colonial past

King Felipe VI made a rare public acknowledgment of abuses committed during Spain's colonial era on Monday, marking one of the few occasions the Spanish crown has addressed its historical actions without issuing a formal apology.

Speaking at the Museum of Archaeology, Felipe reflected on Spain's imperial history, noting that colonial laws, though ostensibly designed to protect Indigenous populations, often failed in practice and led to widespread abuse.

"Spanish colonial laws wanted to protect. But in reality, things didn't work out as they were originally intended, and there was a lot of abuse," the king said. He added that modern evaluations of the period should consider historical context while acknowledging the harms inflicted. "When we study certain things under modern-day criteria, with our values, obviously we can't feel proud. But we must learn from this, within its context, without too much moralising. We must learn lessons through objective and rigorous analysis," he said.

Felipe's comments came during a tour of an exhibition highlighting the lives of indigenous women in Mexico. He was accompanied by the Quirino Ordaz, reflecting ongoing cultural and diplomatic ties between the two nations despite historical tensions.

Spain's colonial empire, which reached its peak between the 16th and 18th centuries, spanned five continents, including vast portions of Central and Latin America. Colonial practices included forced labour, land expropriation, and systemic violence against Indigenous peoples.

Relations between Spain and Mexico have been complicated by calls for formal recognition and apology for these historical wrongs. In 2019, then-Mexican President Andrés Manuel López Obrador requested that the Spanish government—and the late Pope Francis—apologize for abuses committed during the conquest, often in the name of spreading Catholicism and European "civilization."

Five years later, Felipe was notably absent from the inauguration of López Obrador's successor, Claudia Sheinbaum, after he declined to issue a formal apology. The decision prompted criticism from Spain's Prime Minister Pedro Sánchez, who called the exclusion "unacceptable."

Historians say Felipe's acknowledgment, while stopping short of a formal apology, represents a rare instance of the Spanish monarchy publicly confronting the moral complexities of its imperial past. By framing his remarks around historical context and rigorous analysis, the king emphasized learning lessons from history rather than assigning blame to contemporary generations.

The museum exhibition, focused on indigenous women, served as a platform for the king to highlight the human impact of colonial policies and to underscore the importance of understanding Spain's global legacy in a nuanced and historically informed way.

While Spain has yet to issue formal apologies to its former colonies, Felipe's statements signal a subtle shift in tone from the crown, acknowledging both the achievements and the human costs of its centuries-long empire.



San Miguel GS at Saurines de la Torre

It was Autumn when we played here previously and after the amazing weather of St. Patrick's Day, the previous day, we weren't disappointed and had a lovely sunny day, albeit a tad breezy. There were a few 'Guinness-heads' lurking so we hoped the fresh air and exercise would clear those hangovers quickly. It did!
The course was, overall, in good condition. The greens were fast and a little sandy but as they are so undulating, you have to have your wits about you.
40 headed off with a solo guest and the scores were tidy, just like the course:

Gold: Steve Webb (38 points)
Silver: Will Fenn (34 points)
Bronze: Martin Readman (40 points and best score of the day)
The Twos Pot was halved between Roger Webb and Humphrey Kelleher and the Nearest the Pins winning a sleeve of balls each were Darren Hancock (2nd), Rod East (6th), John Simmons (10th) and Humphrey Kelleher (14th). Good Job Guys. Rita East received the coveted "McBride Bottle" with a score of an age she wished she were again! The football card pot was taken by Colin "Smudger" Smith with Bolton.
Keep up to date with SMGS on our website www.smgs.org.
If you are interested in sponsoring one of our games – please contact smgs91info@gmail.com to discuss further. We are proud to be supported by Michaela Schmidt at www.golf-hotspots.com for all your golf travel requirements.
Winners pictured (L to R) Lee "President" Eastman (also deputising as PBomber), Darren Hancock (another sneaky PBomber but 2nd in Gold), Martin Readman (Bronze), Steve Webb (Gold) and Will Fenn (Silver). The lady with the wine disappeared off quickly to drink it!



A day at Mar Menor Golf for The Stray Sod



A hefty 48 golfers from The Stray Sod Golf Society travelled to the Mar Menor golf course for a very early for a round of golf. The first tee time was 8.20am so the weather was quite fresh and damp to start with. Luckily however, it soon warmed up and turned out to be a lovely day to be pitting our wits against the course.

The course was in good condition, especially the greens. Sometimes running a little slow but in general pretty good.

We played a Stableford competition for members and another for guests and allocated prizes for nearest the pin on all par threes, longest drive male and longest drive female, and Category A and Category B winners and runners up.

The highest scorer of the day was Carl Van Elsen in Category A scoring 40 points and our Struggler of the Day, who won a bottle of wine, was guest Simon Ryan with 9 points.

The winners were:

Category A

Winner: Carl van Elsen 40 points

Runner up: Justin Dummingan 39 points

Category B

Winner: Eileen Moriarty 39 points

Runner up: George Petrie 38

After the golf we headed back to the Stray Sod for food and prize giving. As always, a big thank you to the kitchen and waiting staff for looking after us so well. Thanks also goes to the ladies who run The Stray Sod Green Fees for their hard work and patience juggling outings and tee times across a membership of more than 300 golfers. The picture shows Sharon working hard sorting golf packages and booking tee times.

Our next outing is on Vistabella on Friday 27th March. If you are interested in becoming a member or even just fancy a round of golf with us, please contact the shop on 966 77 59 20.

Stray Sod Green Fees has been nominated for 'Best Inbound and Outbound Tour Operator' in the World Golf Awards 2026. Please feel free to vote for us on the official website: www.worldgolfawarwds.com/vote. All support is greatly appreciated.

New Leeson Street Golf at Altaona

Thank you to the staff at Altaona Golf course for opening the café early for us last Tuesday so we could grab a coffee and a tostada before we went out to battle the course.
Fourteen golfers from New Leeson Street Golf Society went out for the second time this month on Altaona and each time the course gets better. A beautiful day, with a slight breeze, saw some good scores come in with Mick Riley being the top scorer of the day on 38 points.
Prizes were also given for nearest the pin on all par threes, a nearest the pin in two on a par four, longest drive and first, second and third in the Stableford.

Winners:
First: Mick Riley - 38 points
Second: John McHugh – 34 points
Third: John Batterby - 33 points

Presentation and prizes were made back at Leeson Street, where players enjoyed Chilli and chips, washed down by their favourite triple. Thanks to Andy, Llinos and the team.
Our next outing is on Wednesday 8th April playing at El Plantio, near Alicante. All golfers are welcome to come and join our society, just pop into the bar and leave your name and contact details.



Home trends for 2026

Spring doesn't arrive all at once, it unfolds. First in the air, then in the light, and finally, almost instinctively, in the way we want our homes to feel. As the days stretch longer and the chill begins to lift, there's a natural urge to reset our surroundings. Winter's visual weight - thick knits, heavy textures, dark finishes - start to feel out of place. In its wake comes a softer, brighter sensibility that reflects the season's quiet optimism.

For many years, spring decorating followed a familiar formula: pastel palettes, obvious florals, and light-hearted accents that made the seasonal shift instantly recognizable. But in 2026, the approach feels more refined. Instead of leaning into the expected, designers are embracing a mood - one defined by romance, subtle elegance, and a touch of nostalgia. The result is less about announcing spring and more about evoking it.

This year's interiors draw heavily from countryside influences, where beauty is found in simplicity and lived-in charm. It's a look that favours authenticity over perfection, and comfort over careful curation. Rather than dramatic transformations, the focus is on thoughtful updates that make a home feel gently refreshed.

Organic Textures

One of the most defining elements of the season is a renewed emphasis on organic texture. Materials that feel natural and tactile are taking centre stage, grounding interiors in a way that feels both calming and timeless. Woven rugs, rattan furniture, linen upholstery, and subtly patterned botanical wallpapers all contribute to a space that feels connected to the outdoors. These pieces don't compete for attention; instead, they layer quietly, creating an atmosphere that is relaxed and breathable. It's a design approach that extends beyond spring, offering year-round appeal.

Running parallel to this is the return of countryside charm—less polished than traditional interpretations, and far more personal. Inspired by rural European homes, particularly those of the English countryside, this aesthetic leans into soft romance without tipping into excess. There's a certain ease to it: slightly rumpled linens, timeworn wooden furniture, and ceramics that feel collected rather than styled. Floral patterns still have their place, but they're more restrained, often appearing as delicate accents rather than bold statements. The overall effect is warm, inviting, and effortlessly lived-in.

Soothing Palette

Colour plays a crucial role in shaping this atmosphere. Instead of bright, saturated tones, spring 2026 favours a palette that soothes. Muted mauves, earthy greens, warm browns, and soft creams echo the natural landscape in early bloom. These shades create a sense of quiet comfort, allowing a room to feel cohesive and calm. For those who still crave a hint of brightness, sunnier hues can be introduced sparingly—perhaps through a cushion, a vase, or a piece of art—adding just enough contrast without overwhelming the space.

Form is also evolving. After years of interiors dominated by sharp lines and rigid geometry, curves are making a confident return. Sofas arc gently rather than sitting in strict angles, chairs feature rounded backs, and mirrors take on oval and circular shapes. These softer silhouettes bring a sense of movement and fluidity into a room, subtly encouraging relaxation. There's something inherently inviting about a curved piece of furniture - it draws you in, suggesting comfort and ease.

The shift toward softness continues in the finer details. Scalloped edges, once considered a purely decorative flourish, are re-emerging as a key design feature. Inspired by the gentle wave of a shell, this detail introduces a sense of rhythm and playfulness to interiors. Whether it appears on curtains, rugs, or tableware, scalloped trim adds a hint of vintage charm without feeling overly ornate. It's a small touch, but one that can transform the mood of a space.

Delicate Fabrics

Equally delicate is the resurgence of eyelet fabric. With its intricate embroidery and tiny cutout patterns, eyelet brings a lightness that feels perfectly aligned with the season. It filters sunlight beautifully, softening windows and adding texture to bedding or decorative accents. Used sparingly, it lends a sense of quiet elegance - never overpowering, always understated.

What unites all of these trends is a shared desire for balance. Homes are no longer being styled to impress so much as to comfort. There's a move away from the highly curated, toward spaces that feel personal, layered, and real. Spring 2026 is less about following strict design rules and more about creating an environment that reflects a slower, more intentional way of living.

In many ways, this season's approach to interiors mirrors the rhythm of spring itself. It's not about instant transformation, but gradual renewal. A lighter throw here, a rearranged corner there, a shift in colour or texture that subtly changes how a room is experienced. These small adjustments accumulate, creating a home that feels refreshed without losing its sense of familiarity.

Ultimately, the goal isn't perfection—it's atmosphere. A space that feels welcoming from the moment you step inside, where natural light is embraced, textures invite touch, and every detail contributes to a sense of ease. This spring, the most compelling interiors won't be the ones that look dramatically different, but the ones that feel quietly, unmistakably new.



PUZZLE SOLUTIONS

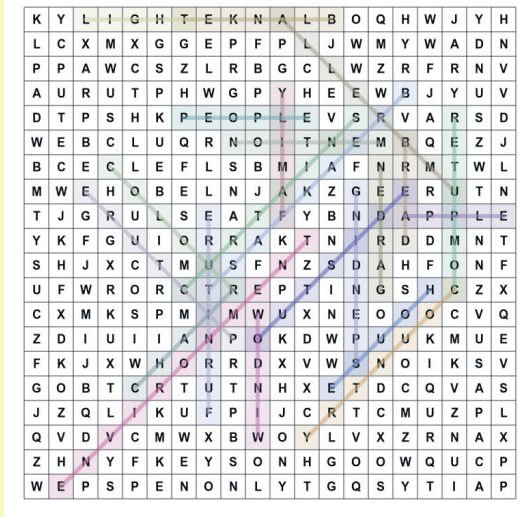
Word Ladder — Easy Solution

1. FISH (START)
2. BISH
3. BISK
4. BIRK
5. BIRD (END)

Word Ladder — Medium Solution

1. HEART (START)
2. HEARS
3. SEARS
4. SEERS
5. SKERS
6. SKEES
7. SWEES
8. SWEET (END)

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



Butane gas prices

The price of bottled gas in Spain is going up again, with the cost of a standard butane cylinder increasing by 4.9% from Tuesday March 17 to €16.35, according to the latest update published in the Official State Gazette.

This latest rise follows a resolution from the Directorate General for Energy Policy and Mines and reflects ongoing changes in international energy markets, transport costs and exchange rates.

One of the main drivers behind the increase is a sharp jump in freight costs, which have surged by 16.6%. Raw material prices have also edged up by 3.2%, while a slight 1.2% shift in the euro-dollar exchange rate has further influenced the final price, according to the Ministry for Ecological Transition and the Demographic Challenge.

Unlike many other energy products, the price of bottled liquefied petroleum gas, or LPG, is still regulated in Spain. This applies to cylinders weighing between 8 and 20 kilos, including the traditional butane bottle used in many homes.

Prices are reviewed every two months, specifically on the third Tuesday, and are calculated based on a combination of international butane and propane prices, transport and distribution costs, and currency fluctuations.

There is also a built-in limit to how much prices can change and each revision is capped at a maximum increase or decrease of 5%.

Bottled gas remains an essential energy source for many households, particularly in areas that are not connected to the mains gas network. It's still widely used for cooking, heating and hot water, especially in rural and coastal parts of the country.

However, its use has been gradually declining. In 2025, around 57 million LPG cylinders were consumed across Spain, but overall demand has fallen by more than 12% since 2021, reflecting a steady shift towards alternative energy sources.



Spanish nuns turn to tourism and sales

Several monasteries across Spain are adopting innovative approaches to generate income as rising maintenance costs and declining religious vocations put pressure on historic religious communities. From handcrafted goods and traditional pastries to monastery hotels, these initiatives aim to preserve centuries-old buildings while supporting the resident nuns.

In Alcalá de Henares, near Madrid, the Monastery of San Juan de la Penitencia has opened a small shop window, or *ventanilla*, to sell items crafted by its nine resident sisters, all over 80 years old. The products include crocheted nativity figures, pendants, and magnets, with the miniature nativity cradles proving especially popular. Sales have already exceeded 1,000 items in a few months, providing a modest but crucial contribution toward the upkeep of the 17th-century monastery.

The monastery also offers guided tours of its chapel and small museum, allowing visitors to explore its historic architecture and learn about the sisters' way of life. In addition to their own crafts, the nuns repackage traditional pastries from a monastery in Ciudad Real, including shortbread cookies filled with strawberry jam and coated in chocolate, which are sold locally and by order.

To further support monasteries nationwide, the Contemplare Foundation has developed a large online platform to help nearly 100 religious institutions market and sell their products. The foundation also participates in markets and operates a physical store in Madrid to extend sales beyond major religious holidays like Christmas. The aim is to generate a more stable, year-round revenue stream, reducing the financial uncertainty that many convents face.

In addition to small-scale crafts and sales, some monasteries are converting parts of their buildings into guest accommodations. The Monastery of Santa Paula in Seville is nearing completion of an 11-room guesthouse in a former non-monumental nave, designed to preserve the cloistered nuns' privacy while creating a revenue source. The project includes a reception, multipurpose room, and all necessary guest amenities, and will be operated by a specialist company.

Seville's city authorities have welcomed such projects as a way to balance cultural heritage preservation with tourism management. Other monasteries in the city have undertaken similar initiatives, including the Monastery of San Leandro, which opened four guest rooms last May and has since attracted tourists from North America and Europe, earning high ratings on Booking.com.

Architects and planners emphasize that such conversions must respect the primary religious vocation of cloistered communities while ensuring the historical integrity of protected heritage sites. When carefully executed, these projects can provide sustainable financial support without disrupting monastic life.

Across Spain, monasteries are also increasingly embracing digital sales. Twenty-six convents recently received the "Solete Repsol" distinction, a local recognition for traditional bakeries or eateries with recipes passed down through generations. The online platform developed by the Contemplare Foundation allows these and other monasteries to reach a broader audience, helping preserve their cultural and culinary heritage while funding ongoing building maintenance.

The combination of local sales, online platforms, guided tours, and guest accommodations reflects a growing trend among Spanish religious communities to diversify income sources. These efforts are driven by the dual pressures of maintaining centuries-old architecture and supporting small, aging religious communities in a time of declining vocations.

Great White caught near Spanish coast

A juvenile great white shark accidentally caught by fishermen off the coast of Alicante has provided new evidence that the species still inhabits the western Mediterranean, according to researchers who have studied the case.

The shark, pulled up in fishing gear in spring 2023, initially surprised the crew, who were operating far from shore in deep waters. Now, following detailed analysis, scientists say the animal represents only the third confirmed great white recorded in Spanish waters in less than eleven years.

The research was carried out by teams from the Spanish Institute of Oceanography and the University of Cádiz. Using photographs, video footage and tissue samples provided after the accidental capture, they confirmed the species through genetic testing.

According to the study, the shark measured approximately 2.1 metres in length and weighed between 80 and 90 kilograms, indicating it was a juvenile.

Researchers say the finding adds to growing evidence of what they describe as a small, hard-to-detect population of great white sharks in the region. Despite the species' global notoriety, confirmed encounters in Spanish Mediterranean waters remain rare.

To better understand long-term trends, the team compiled historical data spanning more than 160 years, from 1862 to 2023. Their review identified dozens of documented sightings and captures, particularly between the late 20th century and early 2000s. However, the frequency of observations has declined significantly in recent decades.

In some areas, including waters around the Balearic Islands, recorded sightings have dropped by more than 70 percent. As a result, scientists now refer to Mediterranean great whites as a "ghost" population, still present but rarely observed.

Marine ecologists say the discovery of a juvenile shark is especially noteworthy. Younger individuals suggest the possibility that the region may serve not only as a migration route but also as part of the species' reproductive range.

Lead researcher José Carlos Báez said the presence of immature animals raises the prospect that some level of breeding could be occurring in the western Mediterranean. However, he cautioned that a single confirmed case does not necessarily indicate population recovery.

Instead, the finding may reflect improved monitoring and closer cooperation between scientists and the fishing industry, which has increased the likelihood that rare encounters are documented and studied.

Despite the attention surrounding great white sharks, experts emphasise that the risk to humans in Spanish waters is extremely low. Historical records show that incidents involving people are exceptionally uncommon, and researchers stress that the species does not pose a significant threat to coastal communities.

For beachgoers, they note, everyday hazards such as sun exposure or marine pollution remain far more likely concerns than shark encounters.

From a conservation perspective, however, the stakes are considerably higher. Great white sharks are classified as a vulnerable species globally, with populations under pressure from accidental capture in fishing gear, including longlines and gillnets.

Their biological characteristics make recovery particularly challenging. Great whites grow slowly, can live for more than 70 years and produce relatively few offspring, meaning that each surviving juvenile plays a critical role in sustaining the population.

Scientists underline that protecting apex predators such as great white sharks has broader ecological implications. As highly mobile hunters, they help regulate marine food webs, transport nutrients across large distances and contribute to the health of deep-sea ecosystems.

Maintaining their presence, researchers say, supports the overall balance and resilience of the Mediterranean—an ecosystem that underpins fishing industries, tourism and coastal livelihoods across the region.

While sightings may remain rare, the Alicante case offers a rare glimpse into a species that continues to inhabit the Mediterranean largely out of view and highlights the importance of ongoing monitoring and conservation efforts.

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