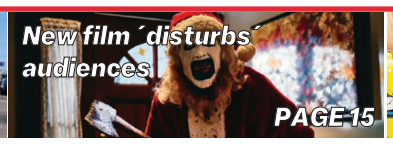
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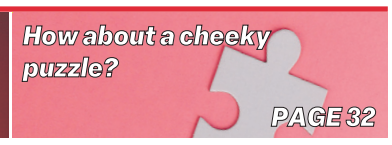
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Spanish inflation jumps to 3.3% in March

Spain's economic growth is expected to lose momentum in the coming months as the fallout from the Middle East conflict begins to weigh on global conditions, according to new projections from the Bank of Spain.

In its latest outlook, the central bank said that while the economy has started 2026 on a solid footing, external pressures—particularly rising energy costs and geopolitical uncertainty—are likely to slow activity. Growth for the year has been slightly revised upward to 2.3%, compared with a previous estimate of 2.2%, after stronger-than-expected performance in the first quarter.
Early data suggests the economy expanded between 0.5% and 0.6% in the opening months of the year. However, the Bank of Spain warned that this pace is unlikely to be sustained. It pointed to a "marked slowdown" ahead, driven by an increasingly unstable international environment and the risk of volatility in financial markets.

The warning follows a robust 2025, when Spain recorded growth of 2.8%, making it one of the fastest-growing economies in the European Union and well above the eurozone average.

Inflation pressures intensify
A major concern for policymakers is the recent spike in inflation, largely triggered by surging energy prices linked to the conflict. Figures released by the National Statistics Institute (INE) show annual inflation climbed to 3.3% in March, up from 2.3% in February.

The increase, measured by the Consumer Price Index (CPI), was driven primarily by higher fuel costs as global oil prices reacted to escalating tensions. On a monthly basis, prices rose by 1%, marking a sharp acceleration. Electricity prices, however, were lower compared to a year earlier, helping to partially offset the rise. Meanwhile, core inflation—which excludes volatile items such as energy and unprocessed food—remained steady at 2.7%.

Reflecting these developments, the Bank of Spain now expects inflation to average around 3% in 2026, significantly above its earlier forecast of 2.1%. It also stressed the "high degree of uncertainty" surrounding both the duration of the conflict and its broader economic consequences.

Fuel price volatility and government response
Fuel prices have fluctuated sharply in recent weeks. Petrol rose from €1.48 per litre at the end of February—when hostilities intensified—to around €1.78 over the weekend, before easing back to approximately €1.56.



In response, the government led by Pedro Sánchez has introduced a €5 billion package of measures aimed at shielding households and businesses. The plan, approved by parliament, includes temporary cuts to value-added tax on fuel and gas, expected to lower prices at the pump by up to €0.30 per litre.

Additional support includes a €0.20-per-litre subsidy for key sectors such as transport, agriculture and fisheries, as well as reductions in electricity-related taxes. Officials say the objective is to prevent the external shock from having a lasting impact on inflation or household incomes.

Resilience amid uncertainty
Despite the challenges, the government maintains that Spain is relatively well positioned to withstand the pressure. Its diversified energy supply—combined with strong investment in renewables—has reduced dependence on volatile fossil fuel imports. Currently, around 55% of the country's energy mix comes from renewable sources, while much of its crude oil is sourced from the Americas and Africa, limiting exposure to disruptions in the Middle East.

Since 2021, Spain has consistently outperformed many of its eurozone peers, supported by resilient domestic demand, comparatively lower energy costs and a strong rebound in tourism following the pandemic.
Even so, economists warn that the months ahead will test that resilience as geopolitical tensions continue to ripple through the global economy.

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Contact:
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Deposito Legal:
MU 170-2026

ISSN:
ISSN 3101-6723

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

Printed in Elche (Alicante Province)

Spain introduces new rental rules to protect tenants

Spain has introduced new rental measures that could allow tenants to stay in their homes for longer, but there's still some uncertainty around how long the rules will remain in place.

The changes form part of a wider package aimed at easing the cost of living crisis which has arisen as a result of the conflict in the Middle East, with housing included alongside measures like lower VAT on fuel and electricity, which is already having a positive impact. For renters, the focus is on contract extensions and limiting rent increases.

Here's a simple breakdown of what it all means.

Why are there two separate decrees?
The government split the measures into two parts, one focused on economic support and another on housing. This was done because not all parties agree on the full package and separating them increases the chances that at least some measures will pass.

What happens next?
The rental rules are already in force, but they must be approved by Congress within 30 days. If they are approved, they could stay in place until 2027. If they are rejected, they will be scrapped, although any extensions already granted will still stand.

Which rental contracts are affected?
The rules apply to standard long-term residential rental contracts. If your contract is due to expire before December 31, 2027, or you are reaching the end of a renewal period, you may be able to extend it for up to two more years under the same conditions.

Are short-term or holiday lets included?
No. The rules do not apply to temporary rentals such as holiday lets, seasonal contracts or room rentals. These continue under their usual terms.

Do tenants need to request the extension?
Yes. Even though it's described as an automatic extension, tenants must still ask their landlord before the current contract ends.

Can landlords refuse?
In most cases, no. Landlords are expected to accept the extension if the tenant requests it. The only exceptions are in specific situations, such as if both sides agree to a new contract or if the landlord needs the property for their own use and has given proper notice.

Will the rent go up?
The terms of the existing contract stay the same. During the extension period, rent increases are limited to a maximum of 2% per year.

When did the rules come into force?
The measures took effect on Sunday after being published in the Official State Gazette on Saturday March 21.

Is political approval guaranteed?
No, and this is where things get uncertain. The government needs enough support in Congress to keep the rules in place, and that backing is not fully secured. Some parties have already said they will vote against it and others have raised concerns about the impact on landlords.

Why are some parties against it?
Critics argue that the measures put too much pressure on property owners and interfere with the housing market. Some believe the government should take more responsibility for social support rather than placing the burden on landlords.

Seven arrested over alleged drug trafficking in Torrevieja

Seven people have been arrested in Torrevieja as part of a Guardia Civil investigation into alleged drug trafficking through local cannabis associations.

Officers said the suspects, aged between 19 and 45 and of five different nationalities, operated five associations that appeared to function as non-profit entities but were in fact used as drug sales points. Investigators believe those responsible acted in an organised manner with a clear profit motive.

The operation began in January, when officers reviewed the activities of cannabis associations in the municipality. On 16 March, eight properties were searched simultaneously to prevent the destruction of evidence. Police seized 7.6 kilos of marijuana, 2.8 kilos of hashish, 68 cannabis-filled cigarettes and approximately 4,000 euros in cash.

During the investigation, a minor was allegedly found to be involved in distributing drugs, a matter referred to the judicial authorities.

The five associations have been temporarily closed by court order. The seven suspects have been released pending trial, while Local Police identified administrative irregularities at the premises.

Torrevieja invests in new harbour craft market stalls

Torrevieja Town Hall has valued the construction and installation of new stalls for the popular Hippies Craft Market at €3,545,488. The project, which will relocate the market to the harbour area beside the new leisure complex, represents an average cost of around €32,800 per unit including VAT. The council will fund the investment in full, with works expected to take up to 12 months from the formal award of the contract.

Current technical documents provide for 108 stalls, although sources close to the governing team have said the tender conditions are being amended and the final number could increase. The contract has not yet been put out to tender. Previously, nearly 190 wooden stalls operated along the former Paseo de la Libertad, although around 25 had little activity before their move to a temporary site on Avenida de la Estación.

The new white prefabricated structures, designed by DRM Arquitectura, will feature LED lighting, laminated wood finishes and low-voltage electrical installations. Two base models are planned, with modular combinations of up to four units. The legal guarantee period is 3 years, extendable to 54 months for higher tender scores.
The final layout within the port area remains under discussion with traders. The council has also indicated that occupancy fees will rise, although final amounts depend on the regional government's port concession terms. The return of the craft market is expected during 2026 as part of the wider €42 million redevelopment of the harbour.



Regional Health allocates more than 5.8 million euros to addiction prevention

The Valencian regional government has unveiled a significant increase in funding aimed at tackling drug addiction and other addictive disorders, allocating €5.84 million for prevention, treatment and social reintegration programs in 2026.

The funding package, published in the Official Gazette of the Generalitat Valenciana (DOGV), marks a 30% rise compared to previous years. Officials say the increase forms part of a broader effort to strengthen mental health and addiction policies during the current legislative term.

Bartolomé Pérez Gálvez, Director General of Mental Health and Addictions, described the move as a clear signal that addiction is being treated as a top public health priority. He noted that the grants will work alongside other initiatives, including a school-based prevention program that receives more than €3 million annually to address addictive behaviours from an early age.

Authorities say the funding is designed to expand support networks across the region while improving the quality of care available to those affected. Emphasis is being placed on early intervention and community-based services to reduce both the social and health impacts of addiction.

The call for proposals covers a wide range of services, including day centres, low-threshold intervention programs, and initiatives targeting individuals involved in the criminal justice system. It also includes support for problem gambling treatment, community prevention units, non-profit programs, and mutual aid groups for alcoholism recovery.

In terms of distribution, the largest share—€3.9 million—will go toward prevention programs. A further €1.7 million is allocated to reintegration services, while €144,750 will fund legal and judicial support for people with drug dependencies. An additional €100,000 is set aside for associations of recovering alcoholics.

Officials highlighted that the Valencian Community has integrated addiction care into its public healthcare system since 1997, making it the only Spanish region to extend this model universally. The newly announced grants are intended to complement that existing network.

The funding will be open to local authorities and non-profit organisations operating in prevention, care and reintegration services across the region. Applications must be submitted electronically via the Generalitat's online platform by 23rd April, with awards granted through a competitive process based on criteria such as coverage, resources and program effectiveness.

The initiative forms part of the government's 2024–2027 strategic grant plan, aimed at strengthening prevention efforts and improving comprehensive care for people affected by addiction.

British man jailed over shooting of key figure in John George investigation

A British man has been arrested in connection with the fatal shooting of a key figure in the ongoing John George murder investigation, in a case that's continuing to grip the Costa Blanca.

The suspect was detained last week by the Guardia Civil in a town in the Region of Murcia. He's now been placed in provisional custody following a court appearance, as officers continue to search for others believed to be involved.

The arrest relates to the killing of 33-year-old Czech national Michael Maly, who was shot dead in Torrevieja in the early hours of March 1. As reported at the time, Maly had previously been linked to the murder of Northern Irishman John George, whose body was discovered on a lemon farm in Rojales in January 2025.

Investigators from the Guardia Civil's homicide unit in Alicante have identified the British suspect as someone allegedly connected to Maly's death. According to sources close to the case, the investigation is still very much open, with officers working to track down additional suspects.

Early lines of enquiry had reportedly ruled out any direct link between Maly's killing and the murder of John George. Police had initially dismissed the idea that Maly was targeted to stop him from giving evidence in the case against the main suspect, Jonathan Alan Smyth.

However, Maly's earlier testimony had directly pointed the finger at Smyth in connection with John George's death. He had also told a court that he'd received death threats, allegedly linked to the same suspect.

Smyth, who is from Northern Ireland, remains the principal suspect in the John George case. He was previously arrested in Portugal following an international manhunt and later extradited to Spain. After spending time in custody, he was released on €100,000 bail in December 2025 and remains under investigation.

Orihuela Costa has seen a string of violent incidents in recent months, with at least two other shootings involving British nationals believed to be linked to drug-related disputes. In one case, a young Englishman lost his life and in another, a British man survived and later fled the country before being detained.

Both the murder of Michael Maly and the killing of John George are being handled by the same court in Torrevieja. Maly had been out on bail in connection with the earlier case and had recently appeared in court again in February, when judges were reviewing whether he should be returned to custody following new evidence.

For now, the latest arrest marks a significant development, but with more suspects still being sought, this is clearly far from over.



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Hundreds of campervans descend on local beauty spots

The motorhome season is back in full swing along the Costa Blanca and with it comes the familiar debate about where these vehicles should and shouldn't be parking. From Torrevieja's residential streets and natural park to the large municipal car park next to Zenia Boulevard in Orihuela Costa, hundreds of campers have taken up position across some of the area's most popular spots.

In Torrevieja, motorhomes have spread across several key locations including Avenida de Soria, the green areas of the La Manguilla residential complex near La Mata beach, Calle La Veleta on the southern edge of the town centre and the area around Cala de Ferrís.

The situation has now extended into the grounds of the Lagunas de Torrevieja y La Mata Natural Park itself, where a motorhome parking area between the cemetery and the park's visitor centre has effectively become a caravan island within the protected landscape.

Over in Orihuela Costa, the municipal car park next to the Zenia Boulevard shopping centre has been steadily filling up with campervans in recent weeks, with motorhomes now covering more than 20,000 square metres of the site.

Torrevieja City Council has responded by installing signs prohibiting vehicles wider than 2.2 metres from parking in certain areas. The signs do have some deterrent effect, but enforcement is proving difficult. Local police can act on public streets where the signs are displayed, but their powers don't extend into the natural park, where the land falls outside municipal jurisdiction.

The situation inside and around the natural park is where concerns are most serious, according to those raising the alarm. Although the areas being occupied aren't within the park's most strictly protected zones, they do fall within plots covered by the Natural Resources Management Plan, which acts as a buffer zone where motorhome parking isn't permitted.

Some vehicles are accessing the area via the N-332 roundabout and then turning off onto paths that run alongside former vineyard plots where kermes oak and mastic trees have been carefully restored as part of conservation work in the protected habitat.

The environmental impact isn't limited to the physical presence of the vehicles either. Solid waste and wastewater from some campervans are reportedly being left behind, raising concerns about the effect on the surrounding area.

Back at the Zenia Boulevard car park in Orihuela Costa, the absence of overnight parking fees or any strictly enforced time limits means what starts as a short stop has a habit of turning into something much longer. What were originally brief rest breaks for travellers heading further south towards the Almería coast have, in some cases, stretched into stays lasting weeks or even months over the summer.

It's worth noting that the Orihuela City Council had previously rejected proposals to build a new school on this land, and the site is currently used by the shopping centre to provide extra parking for its businesses without any payment to the municipality.

A big part of what's driving the concentration of motorhomes in specific spots is technology. Dedicated apps and online forums allow travellers to share GPS coordinates, access point photos, noise levels and, crucially, information about how often an area is policed and how likely a fine is. Locations that were barely known as stopping points five years ago are now firmly on the motorhome map, and once a spot gets a reputation for being relaxed on enforcement, word spreads fast.

Some local businesses near the Zenia Boulevard car park have reported a boost in sales of food, basic supplies and provisions to motorhome travellers, suggesting there is some economic upside to the influx.

But with no system in place to rotate vehicles or limit the length of stays, the car park designed to serve shoppers during busy periods is increasingly tied up with long-term occupants who show no sign of moving on.



Torrevieja plans 11-storey hotel tower

Torrevieja Council is processing an Interior Reform Plan submitted by developer Grupo Insara to reclassify a 1,389 square metre residential plot in La Veleta for tertiary hotel use. The proposal would allow the construction of a minimum three-star hotel tower of 11 storeys and 36 metres in height, close to the seafront at Calle Mar del Coral.

The scheme maintains the existing buildable volume of 6,945 cubic metres, with a total constructed area of 2,315 square metres. Occupancy would increase from 20% to 30%, with a stepped and diagonal design intended to maximise sea views and reduce visual impact. The developer argues the tower would sit among other tall buildings and would not alter the area's character.

An environmental assessment has begun. If approved, work could start in 2027 and finish by the end of 2028. The project is expected to create between 77 and 155 jobs.

Planning documents state the development is needed to address what promoters describe as a strong imbalance between residential housing and hotel beds in Torrevieja, and to reduce the seasonal nature of tourism. The plan is currently on public display while the council reviews the application.

AI traffic lights to be installed at Punta Prima roundabout

The Ministry of Transport and Sustainable Mobility will begin work on Monday 30 March to install an artificial intelligence-based traffic light system at the Punta Prima–Rocío del Mar roundabout on the N-332, near the Torrevieja and Orihuela boundary. The project has a budget of €409,369, funded through the EU Recovery, Transformation and Resilience Plan. Partial traffic restrictions will be in place until the end of May to ensure safety.

The scheme will introduce an intelligent monitoring and traffic management system using machine learning and reinforcement learning. It will analyse real-time and historical traffic data to adjust signal timings automatically, aiming to improve flow and reduce congestion.

Works include installing traffic light poles at each access point, fitting cameras and traffic data collection devices, and implementing an AI control system capable of adapting signal cycles to actual traffic levels. The ministry said the project will also lay the groundwork for wider use of smart systems across the State Road Network.

The roundabout is a known congestion hotspot, particularly during Easter and the summer. In 2024, this stretch of the N-332, which has two lanes in each direction, recorded an average daily flow of 45,000 vehicles. Residents from Rocío del Mar, Señorío de Gomendio and Punta Prima rely on this junction as their main access to the national road.



PM chooses Carlos Cuerpo as the new vice-president of the Government of Spain

The President of the Government has appointed Minister of Economy Carlos Cuerpo as the new Vice-President of the Executive, a move seen as strengthening the role of economic policy within the Cabinet. He succeeds María Jesús Montero, who will now focus on her candidacy for the elections to the Junta de Andalucía.

Cuerpo, a State economist and head of the Economy, Trade, and Business Ministry since December 2023, will take on broader coordination responsibilities amid global economic uncertainty and domestic fiscal challenges. His appointment is widely interpreted as a commitment to a technical and continuity-driven approach to Spain's economic strategy.

A member of the Higher Corps of Commercial Technicians and State Economists—one of the elite bodies in Spain's administration—Cuerpo brings extensive experience in both national and international finance. Before entering politics, he held senior technical roles at the Treasury and served at the World Bank.

Born in Carcaixent in 1974 and the son of a historic PSPV leader in the region, Cuerpo studied economics under Vicent Soler, whom he later succeeded as Valencian Minister of Finance. He has also held regional posts, including chief of staff to former president Ximo Puig and Minister of Public Works in the Valencian Community, giving him prior experience in government coordination.

Cuerpo is a trusted ally of current Minister of Science and PSPV leader Diana Morant, and his name had previously been mentioned as a potential successor to Puig in the Valencian Socialist Party. Analysts note that his role will be crucial in navigating Pedro Sánchez's third term, particularly in securing approval for new Budgets that must balance support from both conservative separatists in Junts and the left-wing Podemos.

The appointment underscores the government's intent to prioritize economic stability and reinforce technical expertise at the highest levels of decision-making.

Drink and drug driver rolls car in Pilar

The Local Police of Pilar de la Horadada has reported the intervention recently carried out after detecting a driver who was driving dangerously on several roads in the municipality.

According to the statement, the agents observed a vehicle performing irregular and potentially dangerous manoeuvres. After proceeding to arrest and identify the driver it was found that they did not have a driving license, tested positive for alcohol and narcotic substances, and showed reckless driving.

The vehicle was immobilised and the corresponding proceedings were initiated for several crimes against road safety. The Local Police recalls that this type of behaviour poses a serious danger both to the person driving and to the rest of the citizens.

The police force has taken advantage of the dissemination of the event to insist on the importance of respecting traffic rules and avoiding the consumption of alcohol or drugs at the wheel, stressing that the combination of these factors significantly increases the risk of accidents.



Spain to scrap IVA for thousands of self-employed workers

There's finally some welcome news for often neglected autónomos workers in Spain that could make a real difference both financially and day-to-day.

The government has confirmed plans to scrap IVA for self-employed workers earning under €85,000 a year, meaning hundreds of thousands of freelancers will no longer need to charge VAT on their invoices or deal with the quarterly paperwork that comes with it.

For many, that alone will feel like a weight lifted. Anyone who has worked as an autónomo in Spain will know how time-consuming and, at times, confusing the system can be. Removing the need to file IVA returns every three months is expected to simplify things massively, especially for those running smaller businesses or working solo.

According to estimates from the Association of Self-Employed Workers, around 770,000 people could benefit from the change, which works out to about 22% of all autónomos in Spain.

On average, that's a saving of roughly €660 a year per person, adding up to more than €500 million across the group.

Beyond the money, it's the reduced admin that will likely be the biggest win. Instead of tracking IVA on every invoice and expense, those who qualify will be able to operate with far less red tape, making it easier to focus on actually running their business.

It also brings Spain more into line with the rest of Europe. Until now, Spain has been the only EU country where self-employed workers had to charge and declare IVA even at relatively low income levels. In countries like France and Germany, similar exemptions have been in place for years, with different thresholds depending on the type of work they do.

There is one thing to keep in mind. Autónomos who opt into the scheme will still pay IVA on business expenses, but won't be able to reclaim it. For some, especially those with higher costs, it will be worth doing the maths before deciding.



Guardamar invests 5 million in marina concession

Guardamar del Segura Town Hall is seeking to extend its management of the town's marina for another 15 years, as the current concession for the maritime public domain is set to expire this July after three decades.

The municipality, which originally promoted the construction of the marina, has submitted a proposal to regional authorities outlining a long-term investment plan aimed at securing the renewal. The marina is currently operated by the municipal company Marina de las Dunas (Madusa).

Under Valencian port legislation, expiring concessions can be opened to private bidders. However, in practice, most have been renewed in favour of existing operators, provided they present a financially sound plan to upgrade and maintain facilities.

According to councillor Pablo de Miguel Pradillo, who oversees the municipal company, the proposal includes investments exceeding €5 million over the extension period. The upgrades would be funded through the marina's own revenue.

At present, the Town Hall pays an annual fee of €15,000 for use of the public maritime domain. This figure is expected to rise to around €40,000 if the extension is approved, based on a calculation of 2% of the estimated €2 million land value.

To finance the planned improvements, officials anticipate an increase in mooring fees. In return, the project outlines several upgrades, including an expansion of the dry marina, allowing for additional storage of boats and jet skis on land.

The plan also includes new construction projects, such as a restaurant space and a small leisure venue in the Poniente area, as well as modifications to accommodate larger vessels. As part of this adaptation, the number of berths will be reduced from 485 to 460 to better meet demand for bigger boats.

Additional measures include revising parking fees at the marina's 400-space car park. A new system will replace the current flat rate with time-based pricing, marking one of the first changes to be implemented.

The proposal also highlights plans to significantly improve the marina's nautical school.

Regional authorities are now expected to review the project as the July deadline approaches, determining whether the current municipal operator will retain control of the facility or face competition from private bidders.



Speeding in Spain could soon land drivers with jail time

Drivers in Spain could soon face prison sentences for extreme speeding under new plans being considered by the government.

On Tuesday March 24, Spain's Congress of Deputies agreed to begin processing a legal reform that would lower the threshold at which speeding becomes a criminal offence. The proposal, put forward by the Socialist Party, was backed by a majority in parliament.

If the changes are approved, the limits that trigger criminal charges would be reduced by 10 km/h across the board. That means drivers exceeding the speed limit by 50 km/h in urban areas, or 70 km/h on motorways and dual carriageways, could be treated as committing a criminal offence rather than just receiving a fine.

In practical terms, that would make a big difference in towns and cities. Driving at more than 80 km/h in a 30 km/h zone or over 100 km/h in a 50 km/h area could land someone in serious legal trouble. On motorways, where the usual limit is 120 km/h, speeds above 190 km/h would fall into the same category.

The penalties themselves wouldn't change. Judges would still have the option to impose prison sentences of between three and six months, financial penalties lasting six to twelve months, or community service. Anyone convicted would also face a driving ban of at least one year and up to four years.

According to the proposal, the updated rules could come into force quite quickly, with a two month window between publication in the Official State Gazette and implementation.

The government explained that the current limits, which were introduced nearly two decades ago, are now out of date and don't reflect modern research or international road safety standards. The aim is to bring Spain more in line with current thinking across Europe.

Speed continues to play a major role in road deaths across the country. In 2024, excessive or inappropriate speed was linked to 22% of fatal accidents. Studies also suggest that even a small increase in speed has a significant impact on risk, with a 1% rise in speed associated with a 4% increase in the likelihood of a fatal crash.

The Directorate General of Traffic (DGT) processes around 3.5 million speeding tickets annually, with roughly 450,000 of those resulting in points being taken off licences. That accounts for about 40% of all penalties involving points.

According to the Línea Directa Foundation, reducing speeds on interurban roads by 20 km/h could save hundreds of lives every year in Spain. Similar recommendations have been made by global organisations aiming to cut road deaths by half before 2030.

Elsewhere in Europe, stricter rules are already being introduced. In France, new measures this year mean that exceeding the speed limit by more than 50 km/h is now treated as a criminal offence.



Spanish economy grew roughly double eurozone average in 2025

Spain's economy grew by 2.8% in 2025, roughly double the average rate recorded across the eurozone, according to final figures released by the National Statistics Institute (INE). The data confirms the preliminary estimate published at the end of January.

The country's gross domestic product (GDP) expanded by 0.8% in the fourth quarter, marking the strongest quarterly performance of the year and an acceleration of two-tenths compared with the previous quarter. Year-on-year, fourth-quarter GDP rose 2.7%.

Domestic demand was the primary driver of growth, led by household consumption and investment. Household spending increased 3.1% annually, while investment in capital goods surged 5.9%. Exports also maintained solid momentum, climbing 3.8% compared with 2024, up 0.8 percentage points from the third quarter.

From a sectoral perspective, nearly all areas of the economy recorded positive growth in value added. Construction posted the largest gain at 7.2%, while services grew 3%. The only sector to contract was agriculture, forestry, and fishing, which declined by 0.6%.

Labor market dynamics supported economic expansion. Employee compensation rose 7.8% year-on-year, driven by a 3.2% increase in full-time equivalent employment and a 4.5% rise in wages.

In nominal terms, which include the effects of inflation, Spain's total economic output reached €1,687.152 billion in 2025, a 5.8% increase compared with the previous year.

Economists note that Spain's robust growth reflects a combination of resilient domestic demand, strong investment, and steady export performance, positioning the country as one of the eurozone's fastest-growing economies in 2025.

Local beaches all set for Easter 2026

Coastal towns across southern Alicante have activated extensive beach safety and maintenance plans ahead of the busy Holy Week period, as authorities prepare for a sharp rise in visitors during Easter 2026. Municipalities including Pilar de la Horadada, Torrevieja, Orihuela Costa and Guardamar del Segura have begun rolling out coordinated cleaning operations, lifeguard services and surveillance systems to ensure beaches remain safe and fully operational during one of the year's peak tourism periods.
Local officials say preparations have been underway for days, with services either already in place or scheduled to begin this weekend. The measures are designed to mirror high-season standards despite the early spring calendar, reflecting expectations of strong visitor numbers along the Vega Baja coastline.

Pilar
In Pilar de la Horadada, authorities have implemented one of the most comprehensive programmes. The municipality's ten beaches, stretching across nearly five kilometres, are now fully equipped to serve residents and tourists between 28 March and 6 April. During this ten-day period, beaches will offer daily cleaning, open public facilities and full lifeguard coverage.

Cleaning teams begin work before 10:00 a.m., preparing the sand across key areas including El Mojón, Las Higuericas, Las Villas and Mil Palmeras. Maintenance continues throughout the day, with staff assigned to empty bins, maintain walkways and remove waste manually for up to twelve hours. Mechanical cleaning operations resume again in the evening to maintain conditions comparable to peak months.

Councillor for the Environment Pedro Miguel Moya said the municipality is operating "as if it were mid-summer," highlighting the scale of the effort.

Safety operations in Pilar de la Horadada include a coordinated rescue team made up of a supervisor and six lifeguards, stationed across the busiest beach zones. Three surveillance posts have been installed, each equipped with medical rooms, sanitation facilities, elevated watch points and semi-automatic defibrillators. Additional resources include a 4×4 emergency response vehicle, a jet ski fitted with a rescue stretcher and a semi-rigid boat based in Mil Palmeras, capable of responding flexibly to demand.

Torrevieja
Further south, Torrevieja has already begun activating its seasonal beach services. Amenities such as beach bars, toilets and sunbeds are now available, while cleaning crews continue to maintain marked bathing areas despite unsettled weather conditions. According to Councillor for Beaches Antonio Vidal, the municipality is prioritising readiness ahead of the expected influx. Lifeguard coverage in Torrevieja is due to begin on 28 March and will remain in place for ten days.

Orihuela Costa
A similar timeline has been set in Orihuela Costa, where lifeguard services will operate daily from 10:00 a.m. to 7:00 p.m. between 28 March and 6 April. Municipal officials confirmed that all necessary coastal authorisations have been secured in advance, ensuring compliance with national regulations governing shoreline activity during peak periods.

Guardamar
Guardamar del Segura has moved slightly ahead of neighbouring towns, launching its lifeguard operations on 27 March. The service will remain active until 13 April, offering daily coverage from 11:00 a.m. to 3:00 p.m. The team, managed by Servicial Sur, consists of four specialists, including a coordinator, post manager, lifeguard and skipper.

Emergency response capacity in Guardamar includes a full suite of medical equipment, such as a portable defibrillator, oxygen therapy kits and spinal support gear. Rescue units are supported by two quad vehicles, a rapid intervention vehicle and a jet ski, enabling swift deployment along the coastline.

Across the Vega Baja region, the coordinated activation of these services underscores the importance of Easter as a key driver of tourism. With favourable conditions expected to draw large crowds, local councils say the enhanced operations will help guarantee clean, safe and well-maintained beaches for both residents and visitors throughout the holiday period.

April guided tours, tastings, trips and more

Orihuela's Tourism Department has put together a packed schedule of guided tours and cultural activities for April 2026 and there's something for all tastes. Whether you're into history, coastal walks or just fancy a free morning out with your dog, the programme has it covered.

Running under the banner "Routes and Visits 2026", the events are open to both visitors and locals, with the aim of shining a light on the area's historical, artistic and natural heritage. Spaces on all routes are limited and booking in advance is essential via the reservations section at www.orihuelaturistica.es. Here's what's on offer throughout the month:

Cultural Legacy Tour (1st, 2nd, 3rd and 4th April): Departing from the Santo Domingo Arch at 11am, this tour takes a deep dive into Holy Week in Orihuela, a celebration that carries International Tourist Interest status. It covers the traditions, history and heritage behind one of the city's most iconic annual events.

Alfonso X The Wise in the City of Orihuela (Thursday 9th April): Starting at 4.30pm from the María Moliner Library, this route explores the historical connections between the Spanish king Alfonso X and the city of Orihuela.

Convent Route (Friday 17th April): One of the most popular tours in the local programme, this one departs from Plaza del Carmen at 5.30pm and takes in the city's rich religious and convent heritage. A firm favourite that keeps drawing people back.
Campoamor and Cabo Roig (Saturday 18th April): For those based on the coast, this is the one to book. The excursion sets off at 9am from Avenida de las Adelfas in the Dehesa de Campoamor urbanisation and explores the beautiful Orihuela Costa coastline. A proper morning out right on your doorstep.

Almohad Towers Tour (Friday 24th April): A brand new addition to the programme, departing at 4.30pm from Plaza de Santiago. Details are being kept fairly low-key, but it's billed as a route that'll really surprise you.

Wine Tasting at Vinessence, Orihuela Costa (Saturday 25th April, 12 noon): Another new addition and one that's sure to be popular. Vinessence holds the SICTED quality tourism seal, which is awarded to businesses that meet high standards in visitor experience. A great excuse for a Saturday treat.

Dog Walk through La Murada (Saturday 25th April, 8.30am): Possibly the highlight of the month for anyone with a four-legged friend. This free, inclusive walk welcomes dogs and includes gifts for all attendees as well as lunch. It costs nothing and there's a free meal thrown in. What's not to love?

Murals of San Isidro (Sunday 26th April): Starting at the Guernica mural, "Memories of his Childhood", this route winds through the streets of the San Isidro neighbourhood to discover the urban art that has paid tribute to the poet Miguel Hernández since 1976. The murals follow the stages of his life, from his family and youth to his friendship with Ramón Sijé and the women who inspired his writing, including Josefina Manresa, María Zambrano and Maruja Mallo.

At Miguel's House with... José Antonio Alonso (Thursday 30th April, 6pm): The programme wraps up at the Miguel Hernández House Museum with a literary evening featuring Madrid-born writer José Antonio Alonso, author of three poetry collections and the short story "Chronicle of a Society Dispossessed of Humanity". It's a lovely way for the museum to continue its commitment to celebrating writing and poetry in the very place where Orihuela's most beloved poet grew up.
Remember, all activities require advance booking at www.orihuelaturistica.es so don't leave it too late, especially for the newer additions which are likely to fill up fast.

Local police thwarts robbery at school gates

A 45-year-old man has been arrested in Orihuela following a violent robbery near a school during the morning drop-off period, according to local authorities. The incident occurred at around 9:00am in the Los Dolses area, close to a primary school, at a time when families were arriving and police officers were managing traffic and pedestrian access. The suspect, who was travelling on a personal mobility vehicle, allegedly approached a woman and forcibly stole her handbag, pushing her to the ground in the process.
Witnesses at the scene immediately alerted officers from the Policía Local de Orihuela, who were stationed nearby due to the busy school entrance period. Officers quickly responded and pursued the suspect on foot after he attempted to flee and ignored initial commands to stop.
During the chase, the man reportedly discarded the stolen bag, which was later recovered by police and returned to the victim. The suspect was intercepted shortly afterwards in the surrounding area and taken into custody within minutes of the robbery.
Emergency services attended to the victim at the scene before she was taken to a local health centre for further medical assessment. Her condition has not been described as serious.
Following his arrest, the suspect was informed of his legal rights and transferred to the Guardia Civil, which will continue the investigation and handle judicial proceedings.
Authorities highlighted the speed of the police response, noting that the presence of officers at the school entrance played a key role in the rapid resolution of the incident. The operation ensured that the situation was brought under control quickly in what is considered a particularly sensitive environment, with many children and families present at the time.

Alicante Airport unveils plans for snazzy new VIP lounge

Passengers flying through Alicante Airport can expect a more comfortable start to their journey in the near future, as work gets underway on a brand new VIP lounge packed with upgraded facilities.

The project focuses on bringing the former Ifach Lounge back into use after it was closed following the 2020 terminal fire. Once complete, the revamped space will be significantly larger and far more modern, designed to offer a premium experience for travellers looking to escape the busy departure areas.

Plans for the new lounge include a wide range of features aimed at making preflight time more enjoyable. There will be showers, a quiet reading zone, a dedicated children's area and even a video game room. A catering space with a bar is also included, along with a meeting room and a private area for nursing mothers.

The upgraded lounge will cover just over 1,900 square metres in total, including an outdoor terrace, giving passengers plenty of space to relax before boarding.

This is just one part of a much wider transformation planned for Alicante Airport over the coming years. The improvements don't stop at refurbishing existing spaces, as a completely new VIP lounge is also in the pipeline as part of a larger terminal expansion.

That future lounge is expected to cater mainly to non-Schengen passengers, including a large number of UK travellers heading to and from the Costa Blanca. It will form part of the new terminal extension, which will include additional boarding gates and improved passenger flow throughout the airport.

The wider plans also include new shopping and dining areas.





Torrevieja improves the Plaza María Asunción

The Torrevieja City Council has begun a series of improvement works in public spaces across the municipality, with recent efforts focused on Plaza María Asunción as part of a broader urban maintenance and renewal plan.

According to the council's Parks and Gardens Department, the project aims to enhance the condition, functionality and visual appeal of the square, while encouraging its use as a meeting point for residents. Over recent weeks, municipal teams have carried out a range of upgrades designed to improve both the environment and comfort for visitors.

Among the key measures is the planting of five new trees — including olive and jacaranda species — intended to increase shade, boost environmental quality and contribute to a more attractive urban landscape. New benches have also been installed to replace older seating, alongside updated litter bins aimed at improving cleanliness and upkeep.

Additional work has included the pruning of a large ficus tree, as well as painting and general maintenance tasks throughout the square and its surrounding park areas. These actions form part of a wider strategy to ensure public spaces remain safe, well-maintained and accessible for daily use.

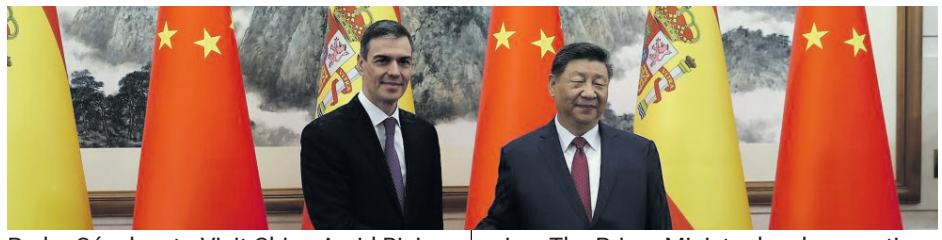
The council confirmed that similar maintenance has recently been carried out in Plaza Marina Española, where another large ficus tree has been pruned. Further improvements are expected to continue in this location in the coming weeks.

Elsewhere, work is ongoing in the Levante Dock area, where preparations are advancing ahead of its planned reopening. These developments are part of a municipal initiative to restore and upgrade key areas of the town, with a focus on improving public amenities and revitalising shared urban spaces.

City officials say the programme reflects a continued commitment to maintaining and enhancing Torrevieja's public environment for residents and visitors alike.



Sánchez to return to China amid rising tensions with US



Pedro Sánchez to Visit China Amid Rising US-Spain Tensions and Economic Focus

The Spanish government has announced that Prime Minister Pedro Sánchez will travel to China from April 13 to 15, a move aimed at strengthening economic ties with Beijing amid escalating tensions with the United States. Details of his itinerary have not yet been released.

This will mark Sánchez's fourth visit to China in four years. The trip comes shortly after he publicly criticised US President Donald Trump over the conflict with Iran, a key Chinese economic partner, and declined US requests to use Spanish military bases in operations against Tehran. Trump responded with threats to cut trade ties with Spain, prompting Beijing to voice support for Madrid's position.

"Trade should not be used as a weapon or an instrument," Chinese Foreign Ministry spokeswoman Mao Ning said at a press conference, addressing Washington's trade threats.

Sánchez's visit underscores Spain's dual focus on diplomacy and economic expansion. The Prime Minister has been actively promoting opportunities for Spanish businesses abroad and attracting investment to Spain, the eurozone's fourth-largest economy. The trip also coincides with growing global energy concerns: oil prices have surged after Iran effectively blocked the Strait of Hormuz in retaliation to joint US-Israeli strikes, threatening global oil and gas shipments. Over half of China's seaborne crude imports pass through this strategic route, according to analysis firm Kpler.

During his previous visit to Beijing in April 2025, Sánchez stressed that trade tensions should not hinder EU-China cooperation after meeting President Xi Jinping. Xi urged Sánchez and the EU to resist "unilateral bullying" in reference to US trade tariffs.

Analysts say Sánchez's upcoming visit seeks to reinforce Spain's economic and diplomatic positioning in a complex global landscape, balancing relations between the United States, China, and the European Union while addressing the repercussions of Middle East instability.

New cycle lane planned for Los Montesinos

A new cycle lane could soon be on the way for a busy stretch of road on the Costa Blanca, as plans move forward in Los Montesinos.

The Alicante Provincial Council has opened the tender process for the design of a two-kilometre bike lane along the CV-943. The proposed route will run from Avenida de La Marquesa to the junction with San Miguel, an area regularly used by cyclists from both the town and nearby communities.

Once completed, the new section will link up with an existing stretch approved last year, which connects the La Marquesa junction to Los Florentiles. Together, the two routes are expected to create a more complete and practical network for cyclists in the area.

Local officials believe the project could make a real difference on a road that sees heavy traffic every day. As well as improving safety, the aim is to encourage more people to consider cycling as part of their daily routine, whether for commuting or leisure.

José Manuel Butrón, Mayor of Los Montesinos, highlighted the wider goals behind the project, saying, "This new bike lane is part of our policies to promote more sustainable, safe, and efficient mobility."

There is now hope locally that the process will move quickly once the design phase is complete. The council is keen to see construction begin without unnecessary delays, with residents and regular cyclists already viewing the project as a much-needed upgrade for the area.



More than 200,000 soft drink cans seized in Murcia

The Guardia Civil in the Region of Murcia has seized 202,608 cans of carbonated soft drinks from a distribution warehouse in Los Alcázares as part of an investigation into potentially counterfeit or low-quality products.

Officers from the Fiscal and Borders Unit worked alongside inspectors from the Murcia Health Department. They found that the drinks, covering several well-known brands, did not carry mandatory Spanish labelling or the required European CE mark. All affected stock has been sealed while enquiries continue.

The investigation began after officers in Jaén intercepted 48,401 similar drinks without Spanish labelling and traced their origin to a Murcia-based wholesaler. Further checks led authorities to the warehouse in Los Alcázares.

The warehouse manager has been reported for an alleged infringement under Law 4/1996, the Consumer and User Protection Statute of the Region of Murcia. Officials say the operation was carried out to safeguard public health and food safety.



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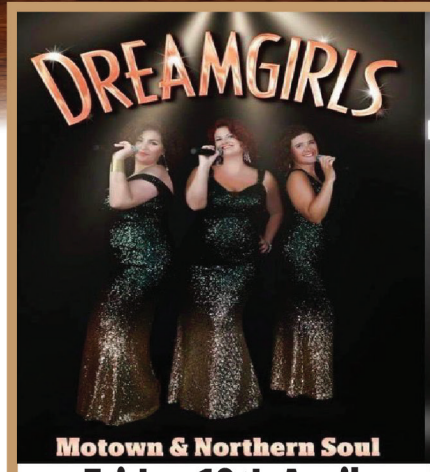


Friday 3rd April
10€ pp - 8.30pm

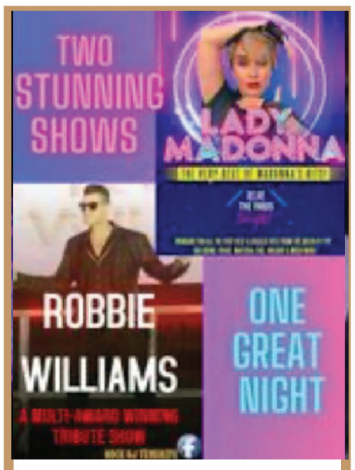




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Simon MBE - 5pm
Free entry



Friday 10th April
8.30pm
10€ per person



Saturday 11th April
8:30pm
Free Entry









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Why electricity bills still feel high nearly a year after Spain's blackout

It's been almost a year on from the major blackout that left large parts of the Iberian Peninsula without power, with the effects still being felt in how Spain's electricity system operates and, in some cases, how much it costs.

The outage on April 28 exposed weaknesses in voltage control and system coordination, prompting urgent changes to how electricity is managed. In response, grid operator Red Eléctrica de España (REE) introduced a reinforced operating mode designed to prevent a similar incident from happening again.

In the immediate aftermath, the disruption also had a noticeable impact on prices. Electricity costs surged in the days following the blackout, adding to concerns about both reliability and affordability. While the situation has since stabilised, the measures introduced to protect the system remain in place.

Since May, the grid has been operating under what is known as Operating Procedure 7.4. This involves prioritising combined cycle gas plants to help maintain voltage stability across the network. According to REE data, the enhanced scheduling has already cost €516 million, accounting for 2.18% of the total electricity system costs.

As Ismael Morales from the Renewable Energy Foundation explains, "This provides stability, but it also forces a reduction in renewable generation." The reason is technical but important. Traditional energy sources rely on heavy rotating turbines, which help stabilise the system in a way that renewables currently cannot fully replicate.

That shift comes at a cost. "Gas is much more expensive than renewables," Morales adds, pointing to the increased role of combined cycle plants. This, in turn, boosts revenues for the companies that operate them.

Energy firms themselves have acknowledged the scale of the added costs. Endesa CEO José Bogas told a Senate committee that ancillary services linked to the reinforced system could reach around €1.1 billion, describing the approach as "the safe or normal way to operate."

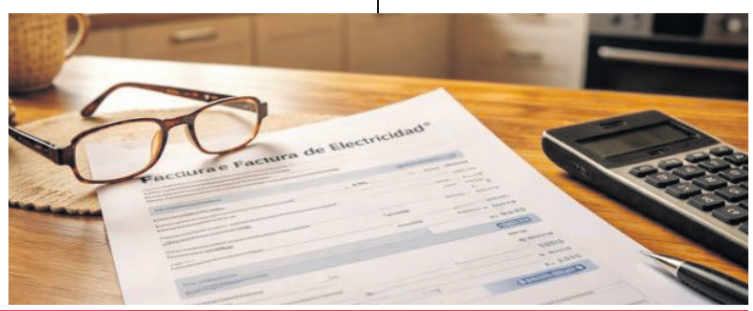
Despite this, the government insists the impact on consumers is limited. The Ministry for Ecological Transition says "the enhanced operation represents a small cost compared to other elements of the final bill," adding that "consumer prices have not risen; in fact, they are lower than last year."

However, questions remain about the longer-term picture. Months after the incident, concerns persist over grid stability, system costs and the lack of definitive answers about what went wrong.

For households on fixed tariffs, the effect may be less visible. But for businesses and industry, the pressure is more apparent. Morales warns that "until we eliminate this mechanism, prices will remain high" for those sectors.

For now, there is no clear timeline for ending the reinforced operation. REE has said it will remain in place until the system can guarantee stable voltage control. As its president, Beatriz Corredor, recently explained, the measure was introduced due to "a lack of reliability" in how some parts of the system were operating.

Until those underlying issues are resolved, the legacy of last year's blackout is likely to continue shaping Spain's energy landscape.



Elche provides the palms

The Elche City Council has upheld a long-standing Easter tradition by presenting its annual white palms, which will be distributed to key national and international figures for Palm Sunday, a celebration recognised as a Festival of International Tourist Interest since 1997. The ceremonial unveiling took place this Wednesday at the Huerto de San Plácido, with mayor Pablo Ruz and Culture Councillor Irene Ruiz in attendance.

The palms, crafted each year by the Serrano Valero family, have become an emblem of the city's cultural heritage. "Thanks to the Serrano Valero family for this altarpiece of beauty, tradition and hands that make these works of art," Ruz said. "One more year we comply with tradition, an invisible thread that communicates us with the past and projects us into the future, and we do it with great pride."

This year, the City Council is introducing curly palms for the first time for select recipients. Notably, a specially designed palm topped with a large cross will be sent to Pope Leo XIV's Square as a symbol of the Christian world. Other recipients include the President of the Government, Pedro Sánchez, and Queen Letizia´s palm incorporates a dove symbolising peace. Bishops José Ignacio Munilla of Orihuela-Alicante and Francisco Conesa of Solsona will also receive elaborate palms.

Expanding the tradition, the city is for the first time sending curly palms to local leaders including the mayors of Santa Pola and Crevillente, along with the director of the European Union Intellectual Property Office, João Negrão. "It is a meaningful gesture that the three municipalities of the Baix Vinalopó region and the EUIPO receive these palms, which will be displayed for the first time in this context," Ruz said.

Plain white palms will also be sent to King Felipe VI, Queen Sofia, the mayor of Elche's twin city Jaca, Carlos Serrano, members of the local council, and the president of the Alicante Provincial Council, Toni Pérez. Ruz noted that the tradition of sending palms dates back to the 1950s and continues to enjoy "extraordinary health," with each piece serving as a work of art representing Elche around the Catholic world.

This year also marks a first for the annual craft contest: the exhibition of participating palms will be held in the plenary hall of Elche City Hall, described as "the noblest institutional and civil space in the city." Residents can view the display on Saturday from 12noon to 2:30pm and 4:30pm to 9pm, with the awards ceremony scheduled at 7:30pm.

Artisan Paqui Serrano described the process as both "a pride and a responsibility." He highlighted the complexity of the Pope's curly palm with its large cross, which took a team of four about a week to complete. The palm for Queen Letizia also required intensive work. Once finished, all palms are carefully moistened, treated with sulphur, wrapped in plastic, and secured in wooden frames to ensure their safe delivery, preserving their delicate craftsmanship for recipients worldwide.

The annual white palms of Elche continue to blend artistic mastery, religious devotion, and local tradition, reinforcing the city's cultural identity during one of its most celebrated festivals.

Boadas 1880 brand sausage recalled over salmonella concerns

Spanish authorities have issued a food safety alert for Boadas 1880 brand sliced sausage, known as longaniza de payés, after several batches tested positive for salmonella. The recall affects products sold in Andalucía, Catalonia, Valencia, Murcia, and potentially other regions.

The Spanish Agency for Food Safety and Nutrition (Aesan) announced the alert on Wednesday, urging consumers to avoid eating the affected products and to seek medical attention if they experience symptoms of salmonellosis, including diarrhoea, vomiting, fever, and headache. While most cases are mild and resolve without treatment, the Ministry of Consumer Affairs warned that severe dehydration can pose serious risks for young children and the elderly.

Aesan has notified the relevant regional authorities through the national rapid alert system to ensure the recalled products are removed from all sales channels.

Affected Batches and Expiry Dates:

Batch 329 – 30/03/2026
Batch 330 – 31/03/2026
Batch 331 – 31/03/2026
Batch 345 – 11/04/2026
Batch 346 – 11/04/2026
Batch 347 – 11/04/2026

Consumers in possession of these batches are advised to discard them immediately and monitor for any signs of illness.

Palm trees removed from Torrevieja seafront

Torrevieja Council has started removing 20 large palm trees from Paseo Juan Aparicio after technicians identified a potential structural risk. The work began on Tuesday and is being carried out by Actúa, part of Grupo Hozono Global, which maintains the town's parks and gardens.

Councillor Concha Sala said the most vulnerable specimens are being removed before the busy Easter period, when thousands of visitors gather along the seafront. The work will pause during the holiday and resume afterwards.

The action follows an urgent inspection ordered after a palm tree fell onto the CV-905 on 15 November 2025, killing a young driver. That tree, which was infected with red weevil, was listed in the census of more than 5,500 palms. While only one other infected tree was found, several showed structural weaknesses.

The council has confirmed the removed palms will not be replaced, in order to create more pedestrian space. Some of the date palms are more than 50 years old and form part of the seafront's traditional image, although more than 15 have disappeared over the past 25 years without replacement.

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Torrevieja Book Fair

The Torrevieja City Council has announced the return of one of its most popular cultural events, with the 28th edition of the Torrevieja Book Fair set to take place from 28th March to 6th April along the Vista Alegre promenade.

The event, organised by the Municipal Institute of Culture "Joaquín Chapaprieta," was presented by Councillor for Culture Antonio Quesada and institute manager Miguel Fernández. Officials highlighted the fair's long-standing presence in the city's cultural calendar and its continued growth in scale and participation.

This year's edition will open with a keynote appearance by acclaimed Spanish author Javier Sierra, who will serve as the event's patron and present his latest work at the Torrevieja Casino. The programme will conclude with a literary event featuring Paloma Sánchez-Garnica, winner of the 2024 Planeta Prize, hosted at the Royal Nautical Club of Torrevieja.

Organisers have confirmed that 15 stalls will be installed along the promenade, including spaces for bookshops, publishers and cultural associations. Exhibitors are expected to attend from across Spain, including regions such as Andalucía, Murcia and the Valencian Community, reflecting the fair's growing national profile. Local booksellers will also play a central role, with officials recognising their contribution to promoting reading throughout the year.

As in previous editions, all books purchased at the fair will be offered at a 10% discount, aimed at encouraging reading and increasing access to literature.

A central feature of the event will be a dedicated activity tent hosting presentations, talks and signings by 23 emerging authors. The initiative is designed to provide visibility to new literary voices while expanding the cultural programme available to visitors.

The fair will also include a strong focus on younger audiences, with storytelling sessions, workshops and educational activities scheduled throughout the day to promote reading among children.

The full programme, including event times and author appearances, has been made available through the cultural institute's official website. Organisers say the 2026 edition aims to further strengthen Torrevieja's reputation as a hub for literary culture on the Costa Blanca.

Murcia death prompts cosmetic surgery law change

Spain is tightening its rules on cosmetic surgery following a high-profile death in Murcia that exposed serious gaps in patient safety.

The reform, approved by the Council of Ministers on Tuesday March 24, comes after the 2022 death of 39-year-old Alcantarilla mum Sara Gómez, who died after undergoing liposuction performed by a Cartagena doctor who was not a qualified specialist in plastic, reconstructive and aesthetic surgery. The case caused widespread outrage and prompted calls for stricter controls.

According to the Ministry of Health, the new decree is designed to ensure that only properly trained and qualified professionals can carry out cosmetic procedures. Officials explained that previous attempts to regulate the sector did not have enough legal backing, which led to this stronger measure.

Under the new rules, all healthcare professionals must be officially registered and will only be allowed to perform procedures that match their level of training and specialisation. Clinics and medical centres will also be legally responsible for making sure their staff meet the required standards.

The ministry pointed out that cosmetic surgery has seen the highest levels of malpractice and cases of professionals working beyond their qualifications, which is why the sector has been targeted. However, the new regulations will apply across the wider healthcare system in an effort to reduce errors and improve patient safety.

Health centres will have six months to ensure their staff comply with the new requirements. They will also need to keep detailed, up-to-date records of their employees' qualifications and training, and make sure new staff are aware of safety protocols.

The reform will officially come into force on Tuesday July 1, 2026, with regional health authorities given up to a year to fully adapt to the updated system.

According to the government, the changes are aimed at preventing tragedies like the Murcia case from happening again and restoring confidence in cosmetic procedures across Spain.

Image: Freepik



Spain arrests three men for planned terror attack

Spanish authorities, in coordination with Morocco, have arrested three suspected members of a jihadist cell allegedly planning an attack in Spain.

The operation, carried out jointly with Morocco's Directorate General for Territorial Surveillance, led to the detention of two suspects in Tangier and one in Palma, police sources reported.
Moroccan authorities identified the alleged leader of the cell as the individual behind the attack plot, which authorities say involved a "lone wolf" strategy. Details regarding the intended target have not been released.
The other two suspects are believed to have provided financial and logistical support to fighters linked to the Islamic State operating in the Sahel region and Somalia.
Investigations suggest connections to broader jihadist networks in sub-Saharan Africa, where militant activity has surged over the past decade, causing significant regional instability and representing a growing security concern for Europe.
Authorities emphasised that the arrests highlight ongoing cooperation between European and North African intelligence services in preventing terrorism and disrupting the funding of extremist networks.

Teruel Airport becomes biggest carpark

Qatar Airways has temporarily relocated part of its fleet to Spain as ongoing conflict in the Middle East and Gulf continues to disrupt air travel, according to flight tracking data from Flightradar24. Around 20 aircraft have been transferred to Teruel Airport in eastern Spain, a publicly-owned facility known as one of Europe's largest aircraft storage and maintenance hubs.

The move reflects a scaled-back flight schedule from the airline's Doha base at Hamad International Airport, where airspace restrictions have limited operations.
In a statement to Doha News, Qatar Airways said: "Due to the current exceptional circumstances in the region and the consequent disruptions to flight operations, beyond our control, Qatar Airways has safely secured some of its aircraft at selected airports outside Qatar. This is a temporary measure, and the aircraft will progressively return to service as flight operations are restored to normal levels."
Teruel Airport, a small and remote facility in rural Spain, previously served as a major storage site during the COVID-19 pandemic, when it housed around 140 aircraft. Its strategic location between major Spanish cities—including Madrid, Barcelona, Valencia, Zaragoza, and Bilbao—makes it a hub for aeronautical industrial activity, particularly maintenance, repair, and overhaul (MRO) operations. The airport spans 540 hectares, with a 2,825-metre runway and parking capacity for up to 400 aircraft.
The relocation comes amid one of the largest recent disruptions to global aviation. Since the escalation of the conflict with Iran in late February, much of the Gulf airspace has been partially or fully closed due to missile and drone attacks. This has forced airlines to cancel flights, reroute planes, and contend with rising fuel costs.
Industry sources estimate that thousands of flights across the region have been affected, impacting major airports such as Doha, Dubai, and Abu Dhabi. Qatar Airways is currently operating a limited schedule from Hamad International Airport.

Power firms urged to make blackout information public

Spain's Energy Minister, Sara Aagesen, urged electricity companies to release all available data on the widespread blackout that struck Spain and Portugal on April 28, 2025, emphasizing that transparency is crucial to uncover the incident's root causes.

The outage left large swathes of the Iberian Peninsula without power for up to 16 hours, prompting multiple investigations by government authorities and the national grid operator. While these inquiries have identified a voltage surge as the immediate trigger, no entity has been held responsible, and much of the data provided by utilities has been submitted anonymously.

"I take this opportunity to ask companies, since this information is available to them, to please make it public," Aagesen told a Senate committee hearing. "I believe it would be best for all citizens."

The minister stressed that there were no prior warnings indicating such a blackout could occur and argued that existing regulatory and technical safeguards should have prevented the disruption. "With the existing regulatory elements and mechanisms, the blackout should not have happened," she said.

Aagesen also highlighted that Spain's electricity system is now better prepared to handle similar incidents and reassured that the country can continue expanding renewable energy capacity without risking another large-scale outage.

Levante dock opens in Torrevieja



The Levante Dock has been fully reopened following the completion of its modernisation works, which includes new continuous paving, improvements to the pedestrian walkway, and the replacement of safety and protection elements. A high-efficiency public lighting system has also been installed, which not only improves visibility and safety at night but also significantly enhances the aesthetic appeal of the promenade.

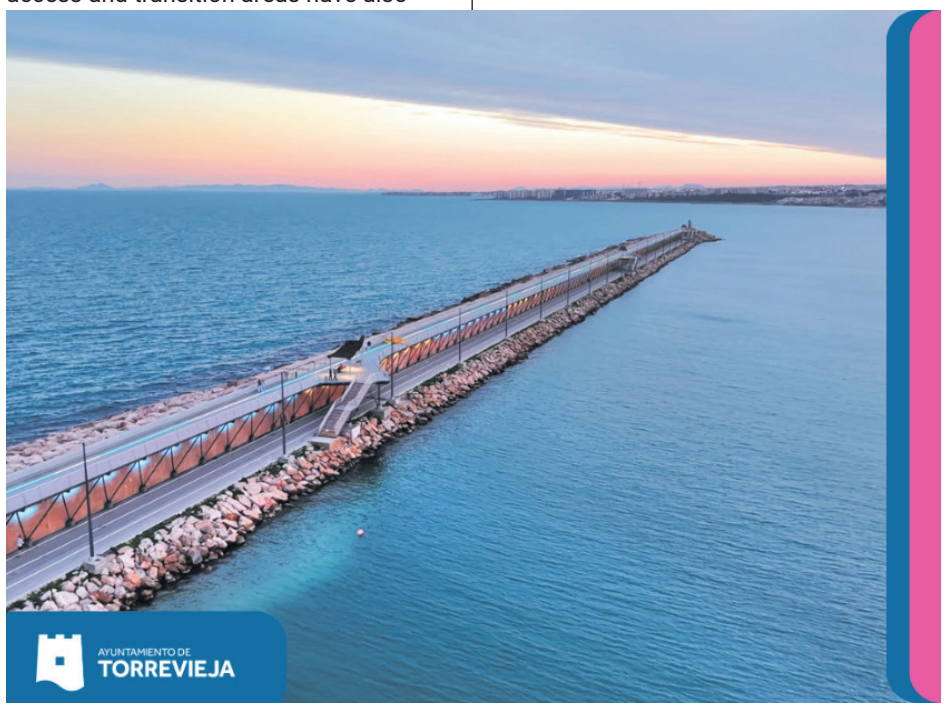
The repaving and repair work on this cantilevered walkway cover 1,247 linear meters and have been made at an investment of 6,543,733 euros, with the works having been carried out by the company CHM Obra y Infraestructuras SA.

Among the project's most notable features is the installation of a prefabricated concrete bench, specially designed for this promenade, which also serves as a breakwater, integrating urban design and protection from the sea. An innovative RGB lighting system gives the breakwater a unique, dynamic, and attractive nighttime appearance, making it a new visual landmark on the Torrevieja coastline. The access and transition areas have also been improved, now offering more spacious and open areas from which to enjoy privileged views of the sea and the coastal environment.

During the development of the works, the City Council has opted for a system of partial openings, allowing the progressive use of the promenade by the citizens while the works progressed.

With the final handover, the Levante Dock is now completely finished and open to the public in its entirety, establishing itself as a key space for leisure, tourism and the enjoyment of residents and visitors.

The Architectural Lighting project is financed with funds from the recovery, transformation and resilience plan, Next Generation funds and is part of the tourism sustainability plan in destination that is developed in conjunction with the Secretary of State for Tourism and the Ministry of Innovation, Industry and Commerce, through Turisme Comunitat Valenciana, for an amount of 895,073 euros.





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Man accused of being a Russian spy arrested in Alicante

Spanish authorities have arrested a Ukrainian national in Alicante under a European Arrest Warrant issued by Germany, in a case linked to alleged espionage activities connected to the ongoing war in Ukraine.

The suspect was detained on March 24 by the Policía Nacional, where he had been living. According to investigators, he is accused of conducting surveillance operations in Germany on behalf of individuals believed to be acting from Russia.

The investigation, led by the German Federal Prosecutor's Office, alleges that the man gathered intelligence on a German citizen involved in supplying drones and technological equipment to Ukraine. Authorities say the surveillance was carried out both in person and through online channels, including social media, with the aim of tracking and documenting the individual's activities.

German officials believe the suspect had already conducted intelligence-gathering operations before travelling to Spain. His arrest forms part of a wider cross-border investigation into suspected efforts to monitor logistics networks supporting Ukraine.

In a parallel operation in Germany, law enforcement agencies arrested a second suspect believed to be connected to the case. The individual, a Romanian national, was detained in the city of Rheine following a coordinated raid involving special forces and the Bavarian State Criminal Police Office.

Authorities allege that this second individual continued the surveillance activities after the first suspect left Germany. Both arrests are seen as part of a coordinated effort to disrupt what investigators describe as an organised intelligence operation.

Searches were carried out at properties linked to the two suspects in Spain and Germany. Officers seized electronic devices and documents, which are now being analysed for further evidence.

The case is now being handled in Spain by the Audiencia Nacional, which is responsible for processing international arrest warrants and extradition proceedings. Investigations remain ongoing as authorities assess the full scope of the alleged espionage network.



Spain strips town of fiesta's tourist status for banning women

Spain has begun the process of stripping Sagunto's Holy Week of its Festival of National Tourist Interest status after a row over the exclusion of women.
The decision was announced by the Ministry of Tourism after one of the town's main religious brotherhoods publicly opposed allowing women to take part in its processions. According to the ministry, the move goes against principles of equality that events with national recognition are expected to uphold.

The case has put Sagunto, in the Valencian Community, firmly in the spotlight and reignited a wider debate about tradition versus equality in Spain's most famous fiestas.
Officials explained that while religious and cultural traditions are respected, they cannot override basic rights. The government now plans to move ahead with formally revoking the event's status, a label that helps attract visitors from across Spain and beyond.

This is not the first time tensions over women's participation have surfaced.
In recent years, similar disputes have emerged in other parts of the country, often involving long-standing traditions that historically excluded women.

One high-profile example came in Tenerife, where a centuries-old brotherhood that only admitted men was forced to change its rules. In 2024, the Constitutional Court ruled in favour of a woman who had been denied entry, stating that the exclusion breached her fundamental rights.
A similar controversy played out in the Region of Murcia in 2025, when a religious brotherhood in Cartagena faced complaints after refusing to allow women to take part in one of its parade groups. The case drew national attention and even involved the Ombudsman.

There have also been gradual changes elsewhere. Events that were once male-only, such as San Sebastián's famous Tamborrada, have become largely mixed over time, with women now making up a significant share of participants.

Even so, some traditions continue to resist change. In certain festivals and religious events, organisers still argue that limiting roles based on gender is part of preserving their historical identity.

Back in Sagunto, the government's intervention sends a clear message that public recognition comes with responsibilities. According to officials, events that benefit from national status must reflect modern values as well as cultural heritage.

The final decision on the fiesta's status is now pending, but the debate it has sparked is unlikely to fade anytime soon.

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NEWS IN BRIEF

Torrevieja opens applications for elderly support grants

Torrevieja Council has opened the application period for municipal grants aimed at supporting older residents with limited financial resources. Applications are open between 24th March and 23rd April. The scheme provides a one-off payment of up to 400 euros per beneficiary, with a total budget of 399,200 euros allocated for this year's call.

The grants are available to residents aged over 60 who are pensioners, including retirement, widow's or orphan's pensions, or who receive a compensatory pension. Applicants must have been registered in Torrevieja for at least two consecutive years, have an income below 1.5 times the IPREM, and be up to date with tax and Social Security obligations.

Applications can be submitted at the General Register of Torrevieja Town Hall or via the municipal electronic office. In-person assistance is also available at the Casa de la Tercera Edad, on Calle Pedro Lorca, 74, between 9am and 1pm, Monday to Friday. In the previous call, 848 people applied for support.

Safety measures demanded on CV-941 to San Miguel

A residents' association in San Miguel de Salinas has submitted a formal request to the Generalitat Valenciana calling for urgent road safety improvements on the southern access to the town via the CV-941.



The move follows a recent fatal collision in which a local resident died after his agricultural tractor overturned when it was struck from behind by a van. The accident happened close to the junction with Camino de Las Filipinas, an intersection without a roundabout that neighbours describe as a frequent site of serious crashes.

According to the association's president, Manuel Gómez, more than 5,000 vehicles use the stretch each day, with peak traffic at rush hour. Residents argue that the volume of traffic, combined with the lack of regulated access points, has turned the area into an accident blackspot. They have proposed immediate measures such as double solid no-overtaking lines, lower speed limits, LED street lighting and illuminated speed warning signs.

In the longer term, the group is demanding the construction of a main roundabout linking Camino de Las Filipinas, the Rebate road and the northern ring road access. The letter also calls for a two-metre hard shoulder, a cycle lane and a pedestrian path. The association has urged the regional authorities to prioritise funding and implementation.

Demolition begins for Torrevieja innovation hub project

Demolition work has begun on the former hospital residency and nursery run by Carmelite nuns in the centre of Torrevieja. Heavy machinery moved onto the site recently, marking the start of a municipal project valued at more than three million euros.



The new building, to be known as iHub Torretech, will serve as a centre for innovation, entrepreneurship and business development. It will include a technical office to manage and promote the hub, alongside a 'Talent Launchpad' designed to support training, mentoring and the incubation of start-ups.

Although the original structure had stood for more than seventy years, it did not have formal heritage protection. Municipal technicians have preserved selected features, including part of the exterior railings, a small chapel bell and sections of hydraulic floor tiles, which will be incorporated into the new design.

Family investigated over alleged drug sales at CBD shop in Guardamar

The Guardia Civil is investigating a married couple, aged 52, and their 21-year-old son for allegedly running a drug trafficking operation from a CBD shop in Guardamar del Segura. The investigation began in December after officers noted a significant rise in cannabis use and possession in the town.

Police identified the family business, which sold cannabidiol products, as the suspected source. Although CBD is legal in Spain if it contains less than 0.2% THC, officers believe the shop was selling psychoactive cannabis derivatives disguised as legal products, giving customers a false sense of safety.

During a recent inspection, officers seized 6.55 kilograms of marijuana buds, 815 grams of cannabis resin, 128 marijuana-filled cigarettes and more than 500 euros in cash. A total of 6,815 prepared doses were removed from circulation. The premises were sealed after it was found to lack the proper business licence and documentation.

Preliminary analysis confirmed the presence of cannabis derivatives and other banned psychoactive compounds. The three family members are being investigated for alleged offences against public health and membership of a criminal group. The case has been referred to the judicial authorities.

Three in four journeys in Benidorm now made on foot

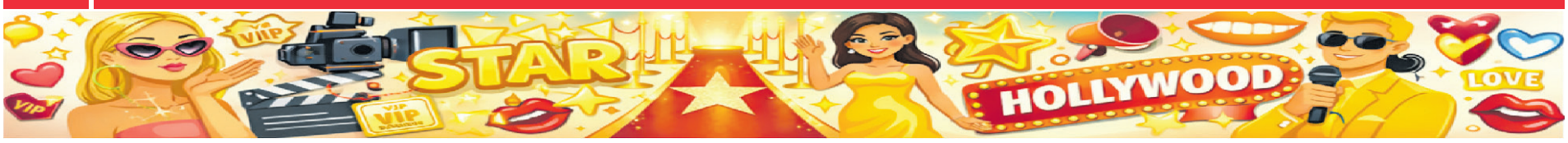
Three in four everyday journeys in Benidorm are now made on foot, according to new data presented to the Mobility Council. The review of the Sustainable Urban Mobility Plan shows 75% of trips within the municipality are walked, while private cars account for 15% and buses 5%. Motorcycles, trains, bicycles, taxis and scooters make up only a small proportion.

Jesús Alba, director of the mobility plan, said the figures confirm the town's commitment to sustainable transport. Councillor for Mobility Francis Muñoz said the results show Benidorm is on the right track. The ongoing review will examine all forms of transport, with particular focus on pedestrians, public transport and cycling, alongside road safety and parking.

Noise pollution is also declining. The Municipal Acoustic Plan reports that 5% of residents were exposed to high noise levels in 2019, but this is expected to fall to just 0.1% by 2025. Currently, 87% of people experience low daytime noise levels, with almost no serious night-time noise pollution. Officials link the improvement to major roads being located outside the urban centre and to recent sustainable mobility policies.







Ben Shephard celebrates 22 years of marriage

Television presenter Ben Shephard has celebrated his 22nd anniversary with wife Annie by sharing a rare personal photograph and reflecting on their long-standing relationship. The milestone prompted the 51-year-old host of This Morning to look back on the couple's journey, from their student days to their life today as parents preparing for a quieter home.

In a social media post marking the occasion, Shephard shared an early selfie of the pair, taken during the early stages of their relationship. Accompanying the image was a light-hearted caption recalling how their romance began more than two decades ago, alongside a humorous aside referencing former West Ham United captain Mark Noble.

Shephard and Annie married in 2004 in Salcombe, Devon, after first meeting while studying at the University of Birmingham. Although their relationship began years earlier, the presenter has previously noted that it took him nearly a decade to propose. The proposal took place in Paris, roughly a year before their wedding.

Over the years, the couple have built a family life together, raising two sons, Sam, now 21, and Jack, 19. Despite Shephard's high-profile broadcasting career — which has included roles on Tipping Point and The Summit — Annie has largely remained out of the public eye, focusing on her work in interior design and family life.

In a recent interview with the Daily Mail's Weekend Magazine, Shephard highlighted the importance of their long-standing partnership. He emphasised that Annie had been part of his life well before his television career began, supporting him through both professional successes and challenges. He also pointed to their strong friendship as a key foundation of their relationship.

The presenter described Annie as a steady and influential presence within their family, crediting her with shaping the home environment in which their sons were raised. He suggested that her role had been central not only to their children's development but also to his own growth as a parent.

As their sons move into adulthood — with Sam studying mathematics at university and Jack working as a teaching assistant while planning future travel — Shephard and his wife are entering a new phase of their lives. The transition to an "empty nest" household represents a significant change after years of a busy family home.

Shephard has acknowledged that the shift will bring a quieter environment but also sees it as an opportunity. With both partners maintaining independent careers and interests, he indicated that the next stage of their relationship will involve finding shared activities while continuing to pursue their individual passions.

The anniversary reflection offers a rare glimpse into the personal life of one of Britain's most recognisable daytime television presenters, underscoring a relationship that has endured alongside the demands of a long and varied broadcasting career.

New film 'disturbs' audiences at early screenings

A forthcoming film starring Zendaya and Robert Pattinson has sparked controversy ahead of its release, following reports from early screenings that reveal a divisive plot twist at the centre of the story.

The film, titled The Drama, is described as a dark romantic comedy and follows an engaged couple whose relationship begins to unravel after a life-altering secret comes to light. Set for release on 3rd April and backed by independent studio A24, the project had initially generated buzz for its unconventional blending of genres. However, attention has now shifted to concerns about its subject matter.

According to viewers who attended early screenings, the narrative takes a sharp turn when Zendaya's character, Emma, confesses to having once planned a school shooting during her teenage years, though she ultimately did not carry it out. The revelation emerges during a tense exchange in which she is pressed to disclose the worst thing she has ever done. The admission creates a rupture in her relationship with fiancé Charlie, played by Pattinson, as he grapples with the implications of her past.

Audience reactions to the twist have been mixed, with some praising the film's ambition while others have expressed discomfort over its handling of a sensitive topic. Critics of the storyline argue that framing such a confession within a romantic narrative risks trivialising or humanising acts of mass violence. Concerns have also been raised about the absence of content warnings in early screenings, particularly given the ongoing prevalence of school shootings in the United States.

The issue has drawn comment from individuals directly affected by such tragedies. Tom Mauser, whose son Daniel was among those killed in the Columbine High School massacre, publicly criticised the film's premise. He questioned the appropriateness of incorporating the subject into a romantic comedy format and expressed concern about its potential impact on audiences. Mauser has long been an advocate for gun violence awareness and reiterated that discussions of such issues should be handled with care and responsibility.

The debate comes amid continued scrutiny of how the film industry portrays real-world violence. School shootings remain a persistent issue in the United States, with more than 150 incidents reported between 2023 and early 2025. Against this backdrop, the decision to centre a fictional narrative on such a theme has amplified sensitivities around the film's release.

Zendaya addressed the project's tonal complexity during a recent television appearance, noting that the film blends elements of romance and drama and is designed to provoke discussion among viewers. While she did not elaborate in detail on the controversial twist, she acknowledged that audiences are likely to leave the cinema with differing interpretations.

Despite the backlash, early reactions have not been uniformly negative. Some attendees of preview screenings have praised the performances and the film's willingness to tackle difficult subject matter, suggesting it may resonate with audiences open to challenging narratives.

In an apparent effort to manage expectations and limit spoilers, A24 has scaled back advance screenings ahead of the film's debut. The strategy reflects both the studio's marketing approach and the sensitivity surrounding the storyline.

The controversy surrounding The Drama highlights the ongoing tension between artistic expression and public sensitivity, particularly when fictional stories intersect with real-world tragedies.

Jane McDonald opens up on marriage

British singer and television presenter Jane McDonald has spoken candidly about her early marriage, career struggles and personal loss, offering fresh insight into the experiences that shaped her decades-long career in entertainment.

In a recent interview with the The Guardian's G2 supplement, the 62-year-old revealed that she did not feel genuine love during her eight-year marriage to Danish manager Henrik Brixen. The relationship, which ended in 2003, coincided with a pivotal period in her rise to fame, following the success of her self-titled debut album in 1998, which reached number one in the UK charts.

McDonald described tensions within both her personal and professional life at the time, suggesting that there was pressure from those around her — including her then-husband — to alter her image as her profile grew. She indicated that this extended to aspects of her appearance and identity, which she felt were shaped by an industry that did not always value her working-class background. Born in Wakefield to a coal miner father and a shop worker mother, McDonald has frequently emphasised pride in her roots and credits her authenticity as a key factor in her appeal to audiences.

Despite early commercial success, the singer's career faced a downturn in the early 2000s. Following the breakdown of her marriage, she also experienced professional setbacks, including losing support from her record label and the BBC. Rather than stepping away from the industry, she chose to rebuild independently, a move that would later underpin her long-term success as both a performer and television personality.

Reflecting on her first marriage, McDonald suggested that the end of the relationship ultimately proved beneficial, allowing her to reassess both her personal life and professional direction. She has also indicated that, in hindsight, she was not fully aware of her own feelings during the marriage, describing a lack of emotional connection that only became clear later.

After her divorce, McDonald rekindled a relationship with her teenage sweetheart, Eddie Rothe, a member of The Searchers. The couple became engaged in 2008 and remained together until his death from lung cancer in 2021. His passing marked a significant personal loss for McDonald, who has since spoken openly about the realities of grief.

In a separate interview with Bella magazine, she described the ongoing impact of losing her partner, noting that his absence remains a constant presence in her daily life. While she acknowledged the difficulty of coping with such loss, she also outlined her approach to managing grief, focusing on maintaining a balance between sadness and positivity.



McDonald has continued to work extensively in television and music in recent years, building a loyal audience through her straightforward style and emphasis on relatability. Her reflections highlight not only the challenges she has faced behind the scenes, but also the resilience that has defined her career.

WHAT'S ON TV?



Your FREE weekly TV Guide

THIS WEEK'S FILM PICKS

Smokey and the Bandit

Friday 3rd April, ITV4, 9.05pm



Comedy starring Burt Reynolds, Sally Field and Jackie Gleason. Bandit is a maverick driver who never refuses a challenge, and no cop - or "smokey" - is going to stop him. However, Sheriff Buford T Justice has other ideas, and the chase is on as the Bandit and his friends try to get a truckload of illicit beer from Texarkana, Texas, to Atlanta, Georgia.
The film follows Bo "The Bandit" Darville (Reynolds) and Cledus "Snowman" Snow (Reed), two truck-driving bootleggers attempting to illegally transport 400 cases of Coors beer from Texarkana to Atlanta. While the Snowman drives the truck carrying the beer, the Bandit drives blocker, in a 1977 Pontiac Trans Am, to distract law enforcement and keep the attention off the Snowman.

Ice Age: The Great Egg-Scapade

Sunday 5th April, ITV2, 2.20pm



The story follows Sid, who starts an egg-sitting service for prehistoric bird families, including Ethel, a harried mother, and her neighbours. Business booms, but trouble arises when the vengeful pirate bunny Squint, assisted by his lazy twin brother Clint, steals and camouflages all the eggs. Manny, Diego, Crash, and Eddie join Sid on a daring mission to retrieve the eggs, leading to the first-ever Easter egg hunt. Scrat also plays a comedic subplot, losing and chasing his acorn, which is humorously disguised as one of the eggs. The special combines holiday-themed antics with the franchise's signature humour, including pranks, battles, and clever disguises. By the end, the herd successfully recovers the eggs, and Clint is suggested to become the Easter Bunny, painting and hiding eggs annually.

TV Guide

Tuesday 31st March 2026

BBC

BBC ONE

11:15 Homes Under the Hammer
12:15 Bargain Hunt
13:00 BBC News at One
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 at Six
18:30 BBC London
19:00 The One Show
19:30 EastEnders
20:00 Sort Your Life Out
21:00 Babies
22:00 BBC News at Ten
22:30 BBC London
22:40 Boarders
00:15 Weather for the Week Ahead
00:20 Joins BBC News

BBC TWO

13:00 Impossible
13:45 The Tournament
14:30 Lightning
15:00 Clive Myrie's Italian Road Trip
15:30 Monkey Planet
16:30 Antiques Roadshow
17:10 Flog It!
18:00 Richard Osman's House of Games
18:30 Rick Stein's Food Stories
19:00 Grand Tours of Scotland's Lochs
19:15 Sportscene: International Football
21:45 QI XL
22:30 Newsnight
Insights and global interviews on the crucial news stories of the day.
23:00 Forensics: The Real CSI
00:00 The Misadventures of Romesh Ranganathan

ITV

ITV1 HD

12:30 ITV Lunchtime News
12:55 ITV News London
13:00 Celebrity Catchphrase
14:00 Lingo
15:00 Deal or No Deal
Stephen Mulhern hosts as another of his brave contestants takes on the infamous Banker in the
16:00 Tipping Point
Ben Shephard hosts the quiz show in which three players take on an extraordinary machine in
17:00 The Chase
18:00 ITV News London
18:30 ITV Evening News
19:00 International Football: England v Japan
Mark Pougatch is joined by Roy Keane and Ian Wright for live coverage of
22:05 ITV News at Ten
22:35 ITV News London
22:50 Creed III
00:45 Shop on TV

ITV2

12:05 Supermarket Sweep
Rylan Clark-Neal hosts a revamp of the iconic game show where three pairs of shoppers go wild in the
13:05 Wheel of Fortune
14:05 The Only Way is Essex
15:05 The Real Housewives of Cheshire
16:05 The Real Housewives of Atlanta
17:00 The Real Housewives of Beverly Hills
18:00 New: Celebrity Catchphrase
19:00 Wheel of Fortune
20:00 The 1% Club
21:00 TikTok: Murder Gone Viral
With exclusive access to
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
12:10 Find It, Fix It, Flog It
13:10 Matt Baker: Our Farm in the Dales
As a blanket of snow falls,
14:10 Countdown
15:00 A Place in the Sun
16:00 A New Life in the Sun
17:00 Four in a Bed
17:30 Come Dine with Me
18:00 Jasmine Harman's Renovation in...
19:00 Channel 4 News
Channel 4's flagship news programme. Including the weather. [S]
20:00 The Dog House
21:00 Ramsay's Hotel Hell
22:00 The Hunt: Prey vs Predator
22:55 Gogglebox
00:55 Open House: The Great Sex...

Channel 5

5

11:30 Storm & Alexis
12:30 Snooker: 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 Snooker: Tour Championship
Reigning champion John Higgins plays Mark Williams to a conclusion for a place in the Quarter
20:00 The Yorkshire Vet
21:00 The Teacher
22:00 Fare Dodgers: At War with the Law
23:05 The Bailiffs
Following the work of agents executing High Court writs on behalf of
00:05 Police Code Zero: Officer Under Attack
Shocking first hand video and testimony from brave officers facing the most dangerous situations. PC

Entertainment

Sky Max HD

11:00 The Simpsons

When Flanders Failed:
12:00 David Attenborough: Micro Monsters

13:00 Hawaii Five-0
14:00 NCIS: Los Angeles
15:00 S.W.A.T.
16:00 Police 24/7
17:00 The Simpsons

18:00 The Office (US)

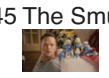
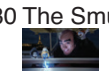
19:00 The Simpsons
20:00 Rob & Romesh Vs...

21:00 Coleen Rooney: The Real...

23:00 Ted


Sky Family

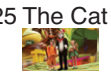
11:05 Smurfs: The Lost Village

12:45 The Smurfs

14:30 The Smurfs 2

16:20 Peter Rabbit

Beatrix Potter adaptation with James Corden voicing the mischievous rabbit
18:00 Charlie And The Chocolate Factory

20:00 Lemony Snicket's A Series Of...

21:50 Paul Blart: Mall Cop

23:25 The Cat In The Hat


Sky Documentaries

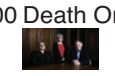
11:00 The Seventies
12:00 I Am Bruce Lee
14:00 Brazil 2002

15:50 My Icon: Kadeen Corbin
16:00 Discovering: Jeff Goldblum

17:00 Steven Soderbergh: The Directors

18:00 The Movies

19:00 UFO

20:00 Death On The Beach

23:00 Ringleader: The Case Of The Bling Ring,


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
17:00 Rick Stein: From Venice to Istanbul
18:00 Hairy Bikers' Best of British
19:00 Would I Lie To You?
19:35 Richard Osman's House of Games
TV presenter Gemma Cairney, comedy actor Tim Key, and sports hosts Gabby Logan and Jeff
21:00 Have I Got A Bit More News For You?
22:00 Frankie Boyle's New World Order
22:40 QI XL
23:40 Mock the Week
00:20 Would I Lie To You?
Star names turn 'true detective' in the mirthful fact-or-fiction panel show.

DMAX

11:00 Deadliest Catch
12:00 Devil's Canyon
13:00 Expedition Unknown
15:00 Alaska: Homestead Rescue
17:00 Outback Opal Hunters
The Bushmen struggle to locate the source of water
19:00 Deadliest Catch
21:00 Hoffman Family Gold
22:00 Deadliest Catch
23:00 Aussie Gold Hunters
00:00 Naked And Afraid

HGTV

11:00 The Big Bang Theory
14:00 Mike & Molly
15:30 Young Sheldon
17:00 The Big Bang Theory
There's trouble in paradise when Amy learns Sheldon signed up for a one-way mission to colonise Mars.
21:00 Mock The Week
22:00 Beverly Hills Cop III
00:00 Dr. Pimple Popper

RTÉ One

11:20 Father Brown
12:15 The Complaints Bureau
12:45 Telly Bingo
13:00 RTÉ News: One O'Clock
13:30 Home and Away
14:00 Shortland Street
14:30 Fair City
15:00 EastEnders
15:30 Today
17:40 Nuacht RTÉ
17:55 RTÉ News with Signing
18:01 RTÉ News: Six One
19:00 Home of The Year
19:30 EastEnders
20:00 Fair City
20:30 Our Farm - A GIY Story
21:00 RTÉ News: Nine O'Clock
21:35 Prime Time
22:15 This Town
23:30 Wolf Hall: The Mirror...

Sport

Sky Sports Mix

12:00 TGL Finals: LAGC v Jupiter Links
14:00 PL Greatest: Bolton v M'boro 2003
14:15 PL Greatest Liverpool/Arsenal
14:30 PL Greatest
14:45 PL Greatest:N Forest/Liverpool '92





TV Guide

Wednesday 1st April 2026

BBC

BBC ONE

11:15 Homes Under the Hammer
12:15 Bargain Hunt
13:00 BBC News at One
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 at Six
18:30 BBC London
19:00 The One Show
19:30 EastEnders
20:00 The Repair Shop
21:00 Ambulance
22:00 BBC News at Ten
22:30 BBC London
22:40 Myleene: Miscarriage and Me
23:25 21 Bridges
00:55 Weather for the Week Ahead

BBC TWO

13:00 Impossible
13:45 The Tournament
In the ultimate knockout
14:30 Lightning
15:00 Clive Myrie's Italian Road Trip
15:30 Monkey Planet
The key to primate success is that, like us, most species live in close-knit family groups. How do you
16:30 Antiques Roadshow
17:15 Flog It!
18:00 Richard Osman's House of Games
18:30 Great British Menu
19:30 UEFA Women's Champions League
22:00 Live at the Apollo
22:30 Newsnight
23:00 Captive Audience: A Real American Horror Story
A heroic escape. A televised family reunion. But the Stayner ordeal is far from over. When a hit TV
23:45 Belfast

ITV

ITV1 HD

12:30 ITV Lunchtime News
12:55 ITV News London
13:00 Celebrity Catchphrase
14:00 Lingo
15:00 Deal or No Deal
16:00 Tipping Point
17:00 The Chase
18:00 ITV News London
18:30 ITV Evening News
19:30 Celebrity Lingo
20:00 Emmerdale
20:30 Coronation Street
21:00 New: It'll Be Alright on the Night
22:00 ITV News at Ten
22:30 ITV News London
22:45 Murder in the Family: True...
...Crime Presents. Documentary. Dogged detective work identifies a
23:40 Sorry, I Didn't Know
00:05 Gallagher PREM Unleashed
00:30 Shop on TV

ITV2

11:20 The Real Housewives of Beverly Hills
12:15 Supermarket Sweep
13:10 Wheel of Fortune
14:10 The Only Way is Essex
15:10 The Real Housewives of Cheshire
16:10 The Real Housewives of Atlanta
17:00 The Real Housewives of Beverly Hills
Follow the lavish lives of six savvy champagne-swilling Beverly Hills women who
18:00 Celebrity Catchphrase
19:00 Wheel of Fortune
20:00 The 1% Club
21:00 Hell's Kitchen
22:00 Family Guy
23:30 American Dad!
00:35 Bob's Burgers

Channel 4

Channel 4

11:10 Ramsay's Kitchen Nightmares USA
12:05 Channel 4 News Summary
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
In the Pyrenees, Becky and
17:00 Four in a Bed
17:30 Come Dine with Me
18:00 Jasmine Harman's Renovation in...
19:00 Channel 4 News
20:00 New: Help! I Bought It at...
21:00 New: A Woman of Substance
22:00 Hatton Garden: The Great Diamond Heist
23:30 Emergency Helicopter Medics
00:30 Britain's Most Expensive Houses

Channel 5

5

11:30 Storm & Alexis
Two of 5's much-loved faces team up to focus on the issues that matter most to viewers - with your
12:30 Snooker: Tour Championship
Shaun Murphy faces the winner of Monday's first round match between Judd Trump vs Mark Allen. Katie
17:00 5 News at 5
18:00 Cash in the Attic
Jules Hudson hosts the show that helps people find the hidden treasure in their home to sell at auction and
18:30 Snooker: Tour Championship
20:00 Warship: Life in the Royal Navy
21:00 The Teacher
After an onslaught of online media abuse, Helen makes a discovery when she investigates Cressida's
22:00 A&E: After Dark
23:05 Ambulance: Code Red
00:05 Trauma Room One

Entertainment

Sky Max HD

11:00 The Simpsons
12:00 David Attenborough: Micro Monsters

Courtship: Dating is just as
13:00 Hawaii Five-0
14:00 NCIS: Los Angeles
15:00 S.W.A.T.
16:00 Police 24/7

17:00 The Simpsons

18:00 The Office (US)

19:00 The Simpsons

20:00 A League Of Their Own

21:00 New: The 'Burbs
23:00 Grimm


Sky Family

12:40 Spy Kids
14:15 Lemony Snicket's A Series Of...
16:15 Despicable Me 4
18:00 E.T. The Extra-Terrestrial
20:00 Stardust
22:10 The Hobbit: An Unexpected Journey

Sky Documentaries

11:00 The Seventies

Peace With Honour: A look
12:00 Val
14:00 Jackie Stewart
16:00 Discovering: Forest Whitaker
17:00 Milos Forman: The Directors
18:00 The Movies
19:00 UFO
20:00 The Alabama Solution
22:10 Bowling For Columbine

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
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
21:00 QI XL
Sandi Toksvig hosts an 'upsadaisy' episode and is joined by Justin Moorhouse, Emmanuel
22:00 Frankie Boyle's New World Order
Frankie is joined by Sara Pascoe and Katherine Ryan as he continues to try
22:40 Have I Got A Bit More News For You?
23:40 Mock the Week
00:20 Would I Lie To You?

DMAX

11:00 Deadliest Catch
In a rush to help their collapsed greenhorn, the Wizard crew calls in a Coast Guard helicopter,
12:00 Devil's Canyon
John's plans are derailed when a tree crushes his shelter. Ben finds the best
13:00 Expedition Unknown
15:00 Alaska: Homestead Rescue
17:00 Outback Opal Hunters
Sweltering temperatures and a waterlogged mine threaten to unravel The Digi Diggers' season-long
19:00 Deadliest Catch
21:00 New: Maine Cabin Masters
22:00 New: Barnwood Builders
23:00 Aussie Gold Hunters
The Gold Timers negotiate a lucrative deal to sell their mining rights. Torrential summer storms in Victoria
00:00 Naked And Afraid

HGTV

11:00 The Big Bang Theory
Leonard and Sheldon consider dropping by George Lucas' Skywalker Ranch when a speaking
14:00 Mike & Molly
Chaos ensues on Mike and Molly's long awaited wedding day as anything that can go wrong, does go
15:30 Young Sheldon
After graduating high school, Sheldon has a breakdown when he realises he may not be
17:00 The Big Bang Theory
Penny has a problem dealing with Leonard's confession about having kissed another woman,
21:00 New: Dr Pimple Popper: Breaking...
...Out. Bill's arm growth ruins retirement plans. Regina hides facial moles
23:00 Zero Stars First Look
Best friends and comedians Roisin Conaty and Sara Pascoe are visiting locations with the most
23:15 Dr. Pimple Popper

RTÉ One

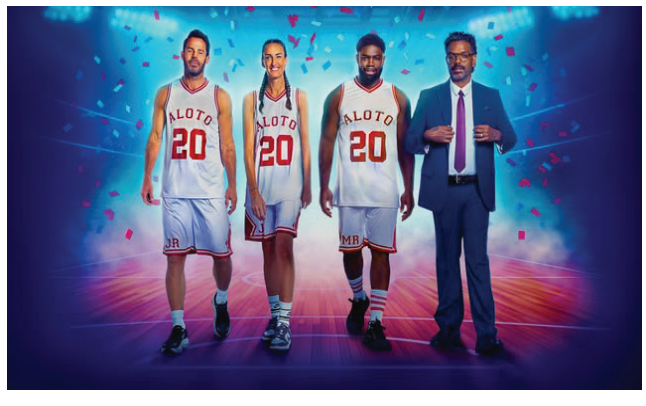
11:35 Father Brown
12:30 The Complaints Bureau
13:00 RTÉ News: One O'Clock
13:30 Home and Away
14:00 Shortland Street
14:30 Fair City
15:00 EastEnders
15:30 Today
17:40 Nuacht RTÉ
17:55 RTÉ News with Signing
18:01 RTÉ News: Six One
19:00 Nationwide
19:30 EastEnders
20:00 Eva Pau's Asian Kitchen
20:30 Neven's Ulster Food Tour
21:00 RTÉ News: Nine O'Clock
21:35 Blue Lights
22:35 The Great House Revival
23:39 Call The Midwife

Sport

Sky Sports Mix

12:00 TGL Finals: LAGC v Jupiter Links
14:00 PL Greatest:C Palace/L'Pool 2014
14:15 PL Greatest Games: B'ming/A.Villa
14:30 PL Greatest : Watford/Fulham 2006
14:45 ICC T20 WC Highlights





TV Guide

Thursday 2nd April 2026

BBC

BBC ONE

11:15 Homes Under the Hammer
12:15 Bargain Hunt
13:00 BBC News at One
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 at Six
18:30 BBC London
19:00 The One Show
19:30 EastEnders
20:00 Race Across the World
21:00 The Apprentice
22:00 BBC News at Ten
22:30 BBC London
22:40 Harry Clark Goes to Rome
23:40 Ambulance
00:40 Weather for the Week Ahead
00:45 Joins BBC News

BBC TWO

13:00 Impossible
13:45 The Tournament
14:30 Lightning
15:00 Clive Myrie's Italian Road Trip
15:30 Monkey Planet
16:30 Antiques Roadshow
17:15 Flog It!
18:00 Richard Osman's House of Games
18:30 Rick Stein's Food Stories
19:00 Great British Menu
20:00 This Farming Life
21:00 Kegworth: Flight to Disaster
22:00 The Apprentice: Unfinished Business
22:30 Newsnight
23:00 Clash of the Superpowers: America vs China
00:00 Inside Britain's National Parks
Once a royal hunting ground for William the Conqueror, the New Forest is now a unique mosaic of
00:55 Great British Menu

ITV

ITV1 HD

12:30 ITV Lunchtime News
12:55 ITV News London
The latest news and weather from London and the South East. [S,HD]
13:00 Celebrity Catchphrase
14:00 Lingo
15:00 Deal or No Deal
16:00 Tipping Point
17:00 The Chase
18:00 ITV News London
The latest news and weather from London and the South East. [S,HD]
18:30 ITV Evening News
19:00 Diet: Can You Eat Yourself...
...Happy? - Tonight. For many of us, the food we eat to give ourselves a boost is often comfort food. Lara
19:30 Emmerdale
20:00 Coronation Street
20:30 Vera
22:25 ITV News
23:00 ITV News London
23:15 Indiana Jones and the Kingdom of the Crystal Skull

ITV2

11:20 The Real Housewives of Beverly Hills
12:10 Supermarket Sweep
13:10 Wheel of Fortune
14:10 The Real Housewives of Cheshire
16:10 The Real Housewives of Atlanta
17:00 The Real Housewives of Beverly Hills
Follow the lavish lives of six savvy champagne-swilling Beverly Hills women who were born for shopping and
18:00 Celebrity Catchphrase
19:00 Wheel of Fortune
20:00 The 1% Club
21:00 Hell's Kitchen
22:00 Family Guy
23:35 American Dad!
US animated comedy series. The Smiths return from a difficult and
00:35 The Bob's Burgers Movie

Channel 4

Channel 4

11:10 Ramsay's Kitchen Nightmares USA
12:05 Channel 4 News Summary
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
Sharon and Brendon want to buy a holiday home beside beautiful Lake Garda, but they each have
16:00 A New Life in the Sun
17:00 Four in a Bed
17:30 Come Dine with Me
18:00 Jasmine Harman's Renovation in...
19:00 Channel 4 News
20:00 George Clarke's Building Home
21:00 New: A Woman of Substance
Epic rags-to-riches drama with Brenda Blethyn and Jessica Reynolds. As the war rages on, Emma
22:00 New: Click to Kill: The AI War...
23:05 24 Hours in A&E

Channel 5

5

11:30 Storm & Alexis
Two of 5's much-loved faces team up to focus on the issues that matter most to viewers - with your
12:30 Snooker: Tour Championship
The Quarter Finals. Four-time World Champion
17:00 5 News at 5
18:00 Cash In the Attic
18:30 Snooker: Tour Championship
20:00 Yorkshire's Poshest Hotel: Grantley Hall
Grantley Hall prepares to host its first ever Hallowe'en Party, which means a hectic week for Interior and
21:00 The Teacher
22:00 Forensics: Murder Scene
Groundbreaking new documentary series taking viewers behind the police tapes at the crime scene. In
23:30 Murder 360
00:30 Car Pound Cops
In Surrey, a quad bike rider is flagged down for a lack of number plates on his vehicle. A Surrey police

Entertainment

Sky Max HD

11:00 The Simpsons

12:00 David Attenborough: Micro Monsters

13:00 Hawaii Five-0

Mea Makamae (Treasure):
14:00 NCIS: Los Angeles

15:00 S.W.A.T.

16:00 Police 24/7

17:00 The Simpsons

18:00 The Office (US)
19:00 The Simpsons
20:00 An Idiot Abroad

21:00 Never Mind The Buzzcocks
22:00 The Mechanic

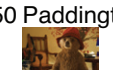

Sky Family

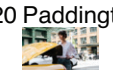
11:05 The Hobbit: The Desolation Of...

Martin Freeman returns as Bilbo Baggins, whose
13:50 The Hobbit: The Battle Of The Five Armies

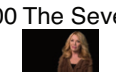
The future of Middle-earth hangs is at stake as Peter Jackson's epic trilogy concludes. Martin Freeman
16:20 Hotel Transylvania

18:00 The Wild Robot

After a shipwreck, an intelligent robot called Roz survives the harsh environments of an
19:50 Paddington

21:30 Paddington 2

23:20 Paddington in Peru


Sky Documentaries

11:00 The Seventies

12:00 MoviePass, MovieCrash

13:50 My Icon: Natasha Jonas

14:00 Benetton Formula

16:00 Discovering: Sigourney Weaver

17:00 Richard linklater: The Directors
18:00 The Movies
19:00 UFO
20:00 Tell Them You Love Me
22:00 Barbie Uncovered

23:50 Villeneuve Pironi - Racing's Untold Tragedy


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
17:00 Rick Stein: From Venice to Istanbul
18:00 Hairy Bikers' Best of British
19:00 Would I Lie To You?
Sorting the fact from fiction with Rob Brydon and team captains Lee Mack and David Mitchell this time are
19:40 Richard Osman's House of Games
21:00 QI XL
22:00 Frankie Boyle's New World Order
22:40 Have I Got A Bit More News For You?
Guest host Clive Myrie, journalist Katy Balls, and
23:40 Mock the Week
00:20 Would I Lie To You?
Rob Brydon hosts the witty panel show in which kidology is rewarded. David Mitchell, Lee Mack, Aisling

DMAX

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 Expedition X
22:00 Expedition Unknown
23:00 Aussie Gold Hunters
00:00 Naked And Afraid

HGTV

11:00 The Big Bang Theory
14:00 Mike & Molly
15:30 Young Sheldon
17:00 The Big Bang Theory
Sheldon and Amy spend Thanksgiving at the aquarium, Wolowitz volunteers at a soup
21:00 New: 90 Day: The Single Life
22:00 New: Sister Wives
The Browns celebrate the holidays with new traditions, and Kody and
23:00 Zero Stars First Look
23:15 Dr Pimple Popper: Breaking Out

RTÉ One

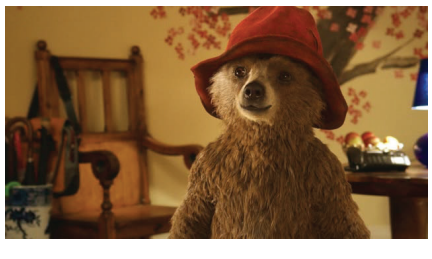
11:20 Father Brown
12:15 The Complaints Bureau
12:45 Telly Bingo
13:00 RTÉ News: One O'Clock
13:30 Home and Away
14:00 Shortland Street
14:30 The End Of The World With Beanz
15:00 EastEnders
15:30 Today
16:40 Mass For Holy Thursday
17:40 Nuacht RTÉ
17:55 RTÉ News with Signing
18:01 RTÉ News: Six One
19:00 High Road, Low Road
19:30 EastEnders
20:00 Fair City
20:30 Heat My Home
21:00 RTÉ News: Nine O'Clock
21:35 Prime Time
22:15 Welcome To Moore Street
23:15 Dolores@70

Sport

Sky Sports Mix

12:00 TGL Finals: LAGC v Jupiter Links
14:00 PL Greatest: Burnley/Man U 2009







TV Guide

Friday 3rd April 2026

BBC

BBC ONE

11:15 Homes Under the Hammer
12:15 Bargain Hunt
13:00 BBC News at One
13:20 Garden Rescue
13:45 Celebrity Escape to the Country
14:30 The Sound of Music
17:15 Pointless
18:00 BBC News at Six
18:20 BBC London
18:30 The Marvellous Miniature Workshop
19:00 The One Show
19:30 Extraordinary Portraits
20:00 Beyond Paradise
21:00 Have I Got News for You
21:30 The Young Offenders
22:00 BBC News at Ten
22:20 BBC London
22:30 The Claudia Winkleman Show
23:15 Wedding Crashers

BBC TWO

13:00 Impossible
13:45 The Tournament
In the ultimate knockout quiz, eight players do battle on the Tournament Run in a series of exciting
14:30 Coast
14:55 Funeral in Berlin
Harry Palmer is sent to Berlin with instructions to assist Colonel Stok, the Russian head of security for
16:30 Antiques Roadshow
17:15 Flog It!
18:00 Richard Osman's House of Games
18:30 Beechgrove Garden
19:00 Great British Menu
20:00 Gardeners' World
21:00 Big Cats 24/7
22:00 The Wolf of Wall Street
Based on the true story of stockbroker Jordan Belfort, whose rise and fall involved drug-fuelled decadence,
00:50 Panorama

ITV

ITV1 HD

12:00 EFL Live: Middlesbrough v Millwall
Hugh Woozencroft presents live EFL action from the Championship as promotion-chasing
14:50 ITV Lunchtime News
14:55 ITV News London
15:05 Lingo
16:05 Deal or No Deal
17:05 Tipping Point
18:05 ITV News London
18:15 ITV Evening News
18:30 The Chase Celebrity Special
19:30 Emmerdale
Paddy spirals. Marlon has an idea. Marlon makes a discovery.
20:00 Coronation Street
Maggie's slip of the tongue
20:30 Vera
22:30 ITV News
22:45 Red 2
00:50 Shop on TV

ITV2

11:05 FYI Daily
11:10 Stuart Little
11:45 Supermarket Sweep
12:45 Wheel of Fortune
13:45 Madagascar: Escape 2 Africa
14:50 FYI Daily
14:55 Madagascar: Escape 2 Africa
15:30 Ice Age: The Great Egg-Scapade
16:05 Hop
17:10 FYI Daily
17:15 Hop
18:00 Celebrity Catchphrase
19:00 Wheel of Fortune
20:00 The 1% Club
21:00 Spectre
Bond film starring Daniel Craig and Christoph Waltz,
22:05 FYI Daily
22:10 Spectre
00:00 Family Guy
00:55 American Dad!

Channel 4

Channel 4

12:20 Stormbreaker
14:10 Countdown
15:00 A Place in the Sun
16:00 A New Life in the Sun
In Portugal, there's beer fear at Richard and Simon's new bar. Will they run out? A group of cyclists tackle
17:00 Four in a Bed
After a feisty week in Kent - when some B&Bers couldn't even wait until payment day to get their
17:30 Come Dine with Me
18:00 Jasmine Harman's Renovation in...
19:00 Channel 4 News
19:30 Kirstie and Phil's Love It or...
20:00 Inside Cadbury: Chocolate...
21:00 Gogglebox
22:00 Live: The Last Leg
23:05 Taskmaster: Champion of...
00:10 Bill Bailey: Larks in Transit

Channel 5

5

11:30 Storm & Alexis
12:30 Snooker: Tour Championship
17:00 5 News at 5
17:05 Cadbury at Easter: Secrets of the Chocolate Factory
Dive into the enticing world of Easter chocolate, the famous confectioner's role in the origins of the Easter
18:05 Cash in the Attic
18:30 Bargain-Loving Brits in the Sun
18:45 Snooker: Tour Championship
22:00 Are You Being Served?: Secrets and Scandals
The Secrets and Scandals
23:05 Piers Morgan: Uncensored
The bold, opinion-led news and debate show hosted by Piers Morgan. Piers blends journalism, debates and
00:35 Car Pound Cops

Entertainment

Sky Max HD

11:00 Great Barrier Reef With David Attenborough
14:00 Gillette Soccer Special
17:30 The Simpsons

18:45 Raiders Of The Lost Ark
21:00 New: Rob Beckett: Giraffe
22:45 Queen: Live At Wembley Stadium


Sky Family

12:50 The Wild Robot
14:40 Shrek

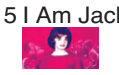
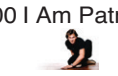
16:15 Paddington

18:00 Paddington 2

19:50 The Emoji Movie
21:30 Trolls
23:05 A Minecraft Movie

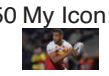
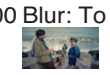
Sky Documentaries

11:00 JFK Revisited: Through The Looking Glass

13:15 I Am Jackie O

15:00 I Am Patrick Swayze

16:50 My Icon: Shaun Gayle

In the next episode of this
17:00 I'm Chevy Chase And You're...

19:00 I Am Johnny Cash

20:50 My Icon: Leon Pryce

21:00 Blur: To The End

23:00 Fatboy Slim: Right Here, Right Now


U&Dave

11:40 Top Gear: Winter Olympics Special
12:40 Top Gear
Another foreign junket for Jeremy Clarkson, Richard Hammond and James May, who pay a visit to Vietnam
17:00 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: Christmas 2017
23:00 Have I Got A Bit More News For You?
Jack Dee hosts as journalist Janet Street-Porter and comedian Phil Wang join team
23:40 Mock the Week
Before Brexit, there was
00:20 Would I Lie To You?
The gags from the fact-or-fiction panel show that cruelly hit the cutting room floor get a second

DMAX

11:00 Deadliest Catch
As unrelenting winds rip across the crab grounds, the Wizard prepares to do battle with the descending
12:00 Devil's Canyon
It's the final push before winter hits and season goals slip away. Pump problems for Boyce put his
13:00 Expedition Unknown
Josh has a fresh lead on a shipwreck from 1715 with a potentially massive treasure haul. He launches an
15:00 Alaska: Homestead Rescue
17:00 Outback Opal Hunters
19:00 Deadliest Catch
21:00 Cops UK: Bodycam Squad
22:00 Street Cops UK
23:00 Aussie Gold Hunters
The Poseidon Crew's mine site is swamped after a brutal storm. Ryan collapses in a deadly
00:00 Naked And Afraid
An independent mother of three, plus a jungle savvy Green Beret, take on the remote wetlands of

HGTV

11:00 The Big Bang Theory
Professor Proton visits Sheldon in a dream and
14:00 Mike & Molly
With the house feeling crowded, Molly decides to have a yard sale, while Mike and the guys take Carl
15:30 Young Sheldon
Sheldon's first day of college is derailed by his new philosophy teacher. Mary and Brenda live
17:00 The Big Bang Theory
Sheldon and the gang celebrate his birthday and he's surprised by a special guest. S9/Ep17
21:00 New: 90 Day Fiancé: Before The 90 Days
Lisa faces the fallout of her lies. Aviva gets answers about Stig's infidelity, Elise finally meets Joshua, and
23:00 Georgie & Mandy's First Marriage
Georgie panics when he learns that Jim is considering selling the tire store to his rival, and
00:00 Dr. Pimple Popper
Monica returns in the hopes that Dr. Lee can remove more of her face growths. Ken has several large cysts

RTÉ One

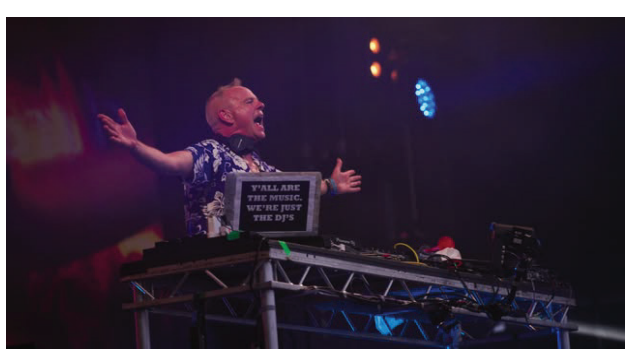
11:20 Father Brown
12:15 The Complaints Bureau
12:45 Telly Bingo
13:00 RTÉ News: One O'Clock
13:10 Home and Away
13:40 Shortland Street
14:10 Fair City
14:40 Donal's Soul Food Shorts
15:00 Solemn Liturgy For Good Friday
16:10 Today
17:45 Nuacht RTÉ
17:55 RTÉ News with Signing
18:01 RTÉ News: Six One
18:30 Reeling In The Years
19:00 Nationwide
19:30 Fair City
20:00 Imelda May - Amhráin na nGael
20:30 Seisiún
21:00 RTÉ News: Nine O'Clock
21:35 Bob Marley: One Love
23:35 Dancing At Lughnasa

Sport

Sky Sports Mix

11:00 PGA Tour Champions
12:00 Premier League Greatest Games
12:15 PL Greatest Games: Wol v MC 19/20
12:30 PL Greatest Games:Newc/Leics





TV Guide

Saturday 4th April 2026

BBC

BBC ONE

11:30 Flaming Feasts
12:00 Homes Under the Hammer
12:45 BBC Weekend News
12:55 BBC Weather
13:00 Bargain Hunt
13:40 Money for Nothing
14:10 Puss in Boots: The Last Wish
15:40 Attenborough and the Giant Egg
16:40 BBC Weekend News
16:50 BBC London
16:55 BBC Weather
17:00 The FA Cup
22:05 BBC Weekend News
22:20 BBC Weather
22:25 Not Going Out
22:50 The Outfit
00:30 Weather for the Week Ahead
00:35 Joins BBC News

BBC TWO

13:00 Great British Menu
Four chefs compete for Northern Ireland with blockbuster canapes, starters and fish dishes
15:00 Escape to the Country
15:50 Earth's Great Rivers
16:50 Death on the Nile
Agatha Christie's classic whodunnit. The great Belgian detective Hercule Poirot cannot believe how
19:05 Inside Britain's National Parks
20:00 Boxing
22:00 Top of the Pops
As the 80s come to a close, the Top of the Pops vaults open once more to offer up the movers, shakers and
00:00 The Beasts
Middle-aged French couple Antoine and Olga have moved to an inland Galician hamlet, happy to live off the

ITV

ITV1 HD

12:00 Raymond Blanc's Royal Kitchen Gardens
12:30 James Martin's Great British Adventure
13:00 ITV News
13:15 ITV Racing: Live from Musselburgh
16:15 The Chase Celebrity Special
17:15 ITV Evening News
17:30 ITV News London
17:45 Celebrity Catchphrase
18:45 New: Britain's Got Talent
20:00 Celebrity Sabotage
21:00 The 1% Club
22:00 New: The Jonathan Ross Show
23:00 ITV News
23:20 Godzilla vs Kong

ITV2

11:30 Deal or No Deal
13:35 Stuart Little 2
14:35 FYI Daily
14:40 Stuart Little 2
15:15 Britain's Got Talent
16:30 Sing
Animated comedy about the story of a koala called Buster Moon, a theatre impresario who has one
17:30 FYI Daily
17:35 Sing
Animated comedy about the story of a koala called Buster Moon, a theatre
18:40 School of Rock
19:45 FYI Daily
19:50 School of Rock
21:00 Little Fockers
22:00 FYI Daily
22:05 Little Fockers
23:05 Family Guy
00:35 American Dad!

Channel 4

Channel 4

11:25 Four in a Bed
13:30 Live: The Boat Race
16:30 Location, Location, Location
17:30 Kirstie and Phil's Love It or...
...List It: In Whitley Bay, Sarah, Sean and their five kids share six bedrooms - and one bathroom! Will
18:30 Channel 4 News
19:00 Britain's Most Luxurious Train...
20:00 Yorkshire by the Sea
21:00 New: Bill Bailey's Vietnam
22:00 New: Bill Bailey: Thoughtifier
23:00 Prey
00:55 Nightmare Alley
(2021) Guillermo del Toro's star-studded carny thriller with Bradley Cooper and Cate Blanchett. Can a

Channel 5

5

11:30 Catching Up with the Royals with Rev Richard Coles & Emily Andrews
12:30 Snooker: Tour Championship
17:00 Britain's Greatest Bridges
17:15 Cash In the Attic
In Cornwall, Jules Hudson and Jessica Wall helps
17:45 Reuben Owen: Life in The Dales
18:40 5 News Weekend
18:45 Snooker: Tour Championship
22:00 The Cancellation of Benny Hill
23:30 When Buildings Collapse: World's Worst Engineering Disasters
00:50 Car Pound Cops

Entertainment

Sky Max HD

11:00 The Simpsons

Homer at the Bat: Homer signs up for the nuclear power plant's softball team. (S3, ep 17)
13:45 Agatha Raisin

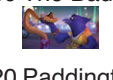
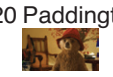
The Haunted House: Agatha opens her own detective agency, but with clients not exactly breaking
17:45 The Burbs (1989)

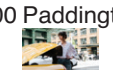
Hilarious comedy starring
19:45 Indiana Jones And The Temple Of Doom

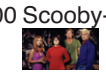
22:00 New: Saturday Night Live UK

23:15 Rob Beckett: Giraffe

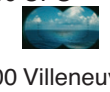

Sky Family

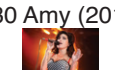
12:30 The Bad Guys 2

14:20 Paddington

A young Peruvian bear travels to London in search of a home. Delightful big-screen adaptation of the
16:00 Paddington 2

When everyone's favourite marmalade-loving bear is framed, the Brown family
18:00 Paddington in Peru

20:00 Monster Trucks

22:00 Scooby-Doo!

23:30 Scooby-Doo 2: Monsters Unleashed


Sky Documentaries

11:00 UFO

14:00 Villeneuve Pironi - Racing's Untold Tragedy
16:00 I Am Steve McQueen

17:30 Amy (2015)

20:00 Ghislaine Maxwell: Epstein's Shadow

23:00 Ringleader: The Case Of The Bling Ring,


U&Dave

12:30 Top Gear
15:00 Would I Lie To You?
21:00 Red Dwarf
23:00 Not Going Out

DMAX

11:00 Outback Opal Hunters
The Bushmen put their lives on the line in the most dangerous mine they have ever worked. Plus, the
13:00 Gem Hunters Down Under
Huge floods and a mini
16:00 Aussie Gold Hunters
19:00 Extreme Cheapskates
21:00 New: Paranormal Caught On Camera
A witch taunts investigators in a graveyard, a woman's late husband checks in on their baby, and an erupting
22:00 New: Kindred Spirits
Amy Bruni, Adam Berry and Chip Coffey visit a museum in Florida. Reports of multiple attacks on
00:00 The Teen Who Wants A Voice...
...Body Bizarre. Rebecca vomits up to 12 times an hour and is often hospitalised. Jacque has a

HGTV

11:00 The Big Bang Theory
Leonard needs surgery for a deviated septum, and Sheldon feels an operation is too dangerous and that his roommate may not make it out alive. S8/Ep9
21:00 Mock The Week
Dara Ó Briain introduces an end of series special featuring a look back at the best bits, hilarious out-takes and some brand-new material. S1/Ep9
22:00 No Strings Attached
Emma and Adam set up a seemingly perfect arrangement: no strings attached. But when a fling becomes a thing, can sex friends stay best friends?
00:00 Young Sheldon
After graduating high school, Sheldon has a breakdown when he realises he may not be ready for college. Also, Dale tries to make amends with Meemaw. S4/Ep1

RTÉ One

11:50 Young MasterChef
13:00 RTÉ News: One O'Clock
13:10 Cheap European Homes
14:10 The Money List
15:10 Amazing Hotels: Life Beyond The Lobby
16:10 Realtaí Na Gaeltachta
16:40 The Great House Revival
17:45 Nuacht RTÉ
17:55 RTÉ News with Signing
18:01 RTÉ News: Six One
18:35 The Smurfs
20:15 Pat Shortt's Entertainment From
20:50 RTÉ News: Nine O'Clock
21:20 The Tommy Tiernan Show
22:30 The Young Offenders
23:05 Sunday Worship

Sport

Sky Sports Mix

11:15 EFL 13/14: Derby County v N.Forest
11:30 EFL 14/15: Derby County v Leeds
11:45 EFL 17/18: Aston Villa v N. Forest
12:00 PGA Tour Champions
13:00 EFL 08/09: Millwall v Scunthorpe
13:15 ATP Miami 2026 Review
14:15 WTA Miami 2026 Review





TV Guide

Sunday 5th April 2026

BBC

BBC ONE

11:00 Urbi et Orbi
11:25 Homes Under the Hammer
12:25 Bargain Hunt
13:15 BBC Weekend News
13:25 Weather for the Week Ahead
13:30 Songs of Praise
14:05 Attenborough's Life in Colour
15:05 Crookhaven
16:35 BBC Weekend News
16:50 BBC London
16:55 BBC Weather
17:00 Countryfile
18:00 Secret Garden
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 Hunger Games: The Ballad of
00:55 The Claudia Winkleman Show

BBC TWO

11:35 Great British Menu
12:35 Easter Parade
14:15 High Society
16:00 Natural World
17:00 Flog It!
This edition presents a collection of some of the best unseen finds from this series, visiting the
18:00 This Farming Life
19:00 Big Cats 24/7
Change sweeps across Xudum, and every big cat character must adapt to survive. The core of the
20:00 Burma with Simon Reeve
The second of a two-part series, in which adventurer and broadcaster Simon Reeve travels deeper into
21:00 Pilgrimage
22:00 The Imitation Game
During the Second World War, mathematician Alan Turing and his team of cryptographers set out to
23:50 Being There
Chance, a simple-minded gardener, has spent all his

ITV

ITV1 HD

11:30 Fletchers' Family Farm
12:30 Love Your Garden
Alan Titchmarsh and his team head to Derbyshire to build an exciting garden for
13:00 ITV News
13:15 Britain's Got Talent
14:30 Willy Wonka and the Chocolate Factory
16:35 Tipping Point: Lucky Stars
17:30 The Chase
18:30 ITV Evening News
18:45 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
National and international news with reports and analysis from ITV's Correspondents in the UK
22:15 Hot Fuzz
00:25 Shop on TV

ITV2

11:30 Celebrity Sabotage
12:30 Celebrity Catchphrase
13:30 Ice Age: The Great Egg-Scapade
14:05 Hop
15:10 FYI Daily
15:15 Hop
The Easter Bunny's son heads to Hollywood - catch the hilarious part-animation
16:00 Britain's Got Talent
The auditions continue as
17:15 New: Britain's Got Talent: Unseen
17:40 E.T. the Extra-Terrestrial
18:45 FYI Daily
Latest news from the world of entertainment.
18:50 E.T. the Extra-Terrestrial
20:00 No Time to Die
21:05 FYI Daily
21:10 No Time to Die
23:15 Family Guy
00:45 American Dad!

Channel 4

Channel 4

13:00 The Simpsons
13:25 Mr Popper's Penguins
15:20 Luca
(2021) Charming Disney Pixar animated adventure about a cute sea monster with wanderlust who takes
17:10 Toy Story 3
19:10 Channel 4 News
19:40 The Great Celebrity Bake Off for SU2C
21:00 New: Sarah Millican: Late Bloomer
When Sarah Millican was a bairn, she wouldn't say boo to a goose. But now? She's goose booing all over the
22:00 The Hunt: Prey vs Predator
As alliances chop and change, a first-time Predator goes in ruthless pursuit of Prey, but will a
22:55 Gogglebox
The Gogglebox return for more of the biggest and best TV. What do they think this time? (S27 Ep9) [AD,S]
00:00 Speed

Channel 5

5

11:00 Holidaying with Jane McDonald & Friends
While Jane takes a safari tour of Corfu, Tony Robinson dives in Thailand, and Jennie Bond takes a
12:30 Snooker: Tour Championship
17:00 Cash In the Attic
17:30 Some Mothers Do 'Ave 'Em: Secrets & Scandals
A look behind the scenes of
18:25 5 News Weekend
18:30 Snooker: Tour Championship
The conclusion of the Tour Championship Final, live from Manchester Central. The final two players battle
22:00 When Motorways Go Horribly Wrong
23:35 Fare Dodgers: At War with the Law
00:35 Car Pound Cops
In Northamptonshire, Colin deals with a car that has ran out of petrol near Watford services, and in

Entertainment

Sky Max HD

13:15 The Hobbit: The Desolation of Smaug

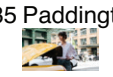
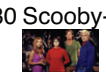
Bilbo Baggins' journey across Middle-earth edges closer to an epic showdown. Second
16:15 Hobbit: The Battle Of The...

...Five Armies: The future of Middle-earth hangs in the balance as Peter Jackson's trilogy ends. Action
19:00 Live Fight Night: Dubois v Harper

An Easter Sunday lightweight unification clash
23:00 New: Saturday Night Live

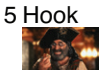
Politicians and celebrities are in the firing line as SNL brings together its trademark blend of

Sky Family

12:35 Paddington in Peru

14:30 Scooby-Doo!

16:00 The Bad Guys 2

18:00 The Angry Birds Movie

19:40 Scooby-Doo 2: Monsters Unleashed

21:15 Hook

When Captain Hook
23:40 The Hobbit: The Desolation Of...

Martin Freeman returns as Bilbo Baggins, whose journey across Middle Earth edges closer to an epic

Sky Documentaries

11:00 Laurel & Hardy: Their Lives and Magic

Behind-the-scenes
13:00 Elvis: The Searcher

17:10 I Am Patrick Swayze

19:00 Becoming Madonna

21:00 The Salt Path Scandal

Follow journalist Chloe Hadjimatheou as a tip sparks a probing look into Raynor Winn's beloved
22:30 The Wimbledon Kidnapping

Sky Original documentary exploring the mysterious disappearance of Muriel McKay, the UK's first

U&Dave

11:20 Top Gear
12:20 Top Gear: Patagonia Special
15:00 Guy Martin: Proper Jobs
In one of the most intense experiences of his life, Grimsby-based Guy Martin takes on the dangerous job
17:00 The Americas with Simon Reeve
19:00 Special Ops: To Catch A Criminal
The suspicious demise of a woman at the cult-like Wiltshire retreat of a self-proclaimed 'healer'
21:00 Have I Got A Bit More News For You?
Guest host Steph McGovern, comedian
22:00 QI
Revolutions: Sandi Toksvig examines some revolutionary ideas with Alan Davies, Gyles
22:40 Mock the Week
00:00 Live at the Apollo

DMAX

11:00 Chasing Classic Cars
At auction, Wayne works with a collector who has last-minute doubts about selling his collection. Plus,
14:00 Kindig Customs
17:00 Shorty's Dream Shop
19:00 Mysteries Of The Deep
Jeremy investigates an accident involving a nuclear submarine on a secret mission. Also, scientists
21:00 Ancient Unexplained Files
23:00 Expedition X

HGTV

11:00 The Big Bang Theory
Sheldon's interview for a "Star Trek" documentary focusing on Spock turns up a shocking revelation about
22:00 Mock The Week
23:00 Dr. Pimple Popper
00:00 Young Sheldon
00:30 Dr. Pimple Popper

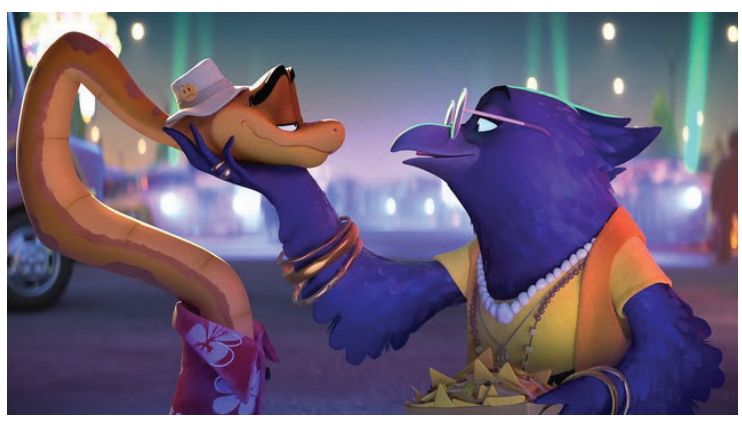
RTÉ One

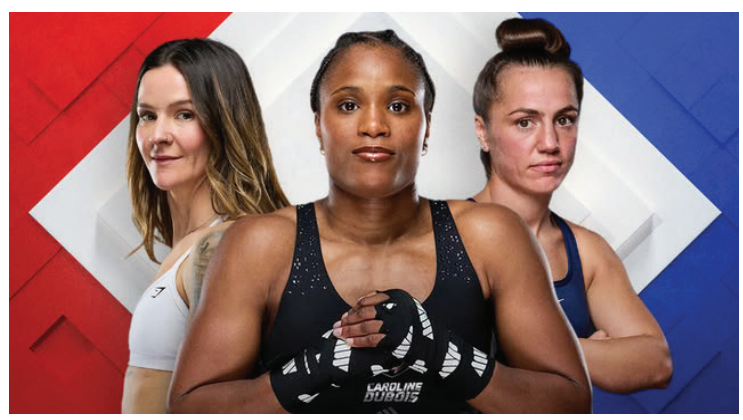
11:00 Sunday Worship
11:50 Urbi Et Orbi
12:20 The Zoo
12:50 RTÉ News: One O'Clock
13:00 Home of The Year
13:30 The Hardacres
14:26 Ireland's Wild Islands
15:25 Emma
17:40 Nuacht RTÉ
17:50 RTÉ News with Signing
18:01 RTÉ News: Six One
18:30 Cheap European Homes
19:30 The Money List
20:30 Fair City
21:00 RTÉ News: Nine O'Clock
21:30 The Great House Revival
22:30 Leonard and Hungry Paul
23:05 The Tommy Tiernan Show

Sport

Sky Sports Mix

12:00 ATP Miami 2026 Review
13:00 WTA Miami 2026 Review
13:30 S/Lge: St Helens v Wigan
16:00 S/Lge: Hull KR v Hull FC
18:45 PL Greatest: Man Utd/Everton 2012





TV Guide

Monday 6th April 2026

BBC

BBC ONE

11:15 Celebrity Homes Under the Hammer
12:15 Bargain Hunt
13:00 BBC News at One including BBC...
13:20 Just One Thing
13:50 Garden Rescue
14:50 Escape to the Country
15:50 Peter Rabbit
17:15 New: Pointless
18:00 BBC News
18:20 BBC London News
18:30 Wallace & Gromit: Vengeance...
19:45 Celebrity Escape to the Country
20:30 EastEnders
21:00 Babies
22:00 BBC News and Weather
22:25 BBC London News
22:30 Have I Got News for You
23:00 Ambulance
00:00 The Repair Shop

BBC TWO

13:00 Doctor Zhivago
16:05 Best Bakes Ever
16:30 Vintage Antiques Roadshow
17:10 Flog It!
18:00 Richard Osman's House of Games
6/100. Michael Ball, Jodie Prenger, Laurence Rickard and Snoochie Shy test their general knowledge skills on
18:30 Ronan Keating's Wild Atlantic
19:00 Global Eye
Bringing forensic journalism
19:30 Extraordinary Portraits with...
20:00 Mastermind
29/31. Clive Myrie asks the questions in another semi-final. The specialist subjects include
20:30 University Challenge
21:00 Pilgrimage: The Road to Holy...
22:00 Gosford Park
00:10 Killing Sherlock: Lucy Worsley...

ITV

ITV1 HD

12:30 ITV Lunchtime News
12:35 ITV News London
12:40 Celebrity Catchphrase
13:40 Celebrity Lingo
14:15 ITV Racing Live: Irish Grand National
17:30 Tipping Point: Lucky Stars
18:30 ITV News London
18:40 ITV Evening News
19:00 The Chase Celebrity Special
20:00 Emmerdale
20:30 Coronation Street
21:00 New: I'm a Celebrity... South Africa
22:30 ITV News
22:50 The 1% Club Rollover
Have you ever wondered how clever you are? Do you think you might be in the top 50 per cent of the
23:50 Millionaire Hot Seat
00:20 Shop on TV

ITV2

11:15 FYI Daily
11:20 Stuart Little 2
Part-animated family adventure comedy film sequel featuring the character created by
11:55 Supermarket Sweep
12:55 Wheel of Fortune
13:55 Peter Pan
14:55 FYI Daily
15:00 Peter Pan
16:10 Madagascar: Escape 2 Africa
17:10 FYI Daily
17:15 Madagascar: Escape 2 Africa
18:00 Catchphrase
19:00 Wheel of Fortune
20:00 The 1% Club
21:00 Fast & Furious: Hobbs & Shaw
22:10 FYI Daily
22:15 Fast & Furious: Hobbs & Shaw
23:45 Family Guy
00:40 American Dad!

Channel 4

Channel 4

13:00 Live: Women's FA Cup Quarter Final
15:40 Countdown
Colin Murray, Rachel Riley and Susie Dent host, with
16:30 A Place in the Sun
17:00 Chateau DIY
18:00 Jasmine Harman's Renovation in...
19:00 Channel 4 News
19:30 Kirstie and Phil's Love It or...
20:00 New: The Dog House
21:00 24 Hours in A&E
22:00 The Hunt: Prey vs Predator
The last five players embark on their most important hunt yet: the battle for a place in the
22:55 The Great Celebrity Bake Off for SU2C
00:15 Britain's Most Expensive Houses
In Oxfordshire, Guy hopes to bring a £6.5m 14-bedroomed, five-acre mega manor house onto his

Channel 5

5

11:30 Storm & Alexis
12:45 5 News at Lunchtime
12:50 Clash of the Titans
13:50 Entertainment News on 5
13:55 Clash of the Titans
15:10 Zulu
16:10 Entertainment News on 5
16:15 Zulu
17:55 5 News at 5
18:00 Love Nature
18:05 Susan Calman's Grand Day Out
19:00 Police Interceptors
20:00 Motorway Cops: Catching Britain's Speeders
21:00 China with Ben Fogle
Ben Fogle embarks on a journey of wonder amid the amazing visual splendour of
22:30 Police: Night Shift 999
23:30 Traffic Cops
00:30 Car Pound Cops

Entertainment

Sky Max HD

12:00 Football's Funniest Moments

14:00 Gillette Soccer Special

Follow the full story of the
17:30 The Simpsons

18:45 Indiana Jones And The Last Crusade

21:00 Andor

22:00 New: Rooster

22:40 Saturday Night Live UK
23:55 Grimm


Sky Family

12:30 Paddington
14:15 Paddington 2
16:05 Paddington in Peru

18:00 Hook
20:25 Stardust
22:35 Charlie And The Chocolate Factory

Sky Documentaries

11:50 My Icon: Casey Stoney

12:00 JFK Revisited: Through The Looking Glass
14:15 I Am Jackie O
16:00 Boyzone: No Matter What
19:00 Lancaster
21:00 Spitfire
23:00 When We Were Kings

U&Dave

11:05 Gavin & Stacey
15:00 Mortimer & Whitehouse: Gone Fishing
17:00 Rick Stein's Road to Mexico
19:00 Would I Lie To You?
Rob Brydon, Lee Mack and David Mitchell return for an episode of previously unseen material with guests
19:40 Richard Osman's House of Games
Richard is joined by comedian Maisie Adam, satirical impressionist Rory Bremner, Olympic gold
21:00 Have I Got A Bit More News For You?
22:00 Frankie Boyle's New World Order
22:40 QI XL
23:40 Mock the Week
00:20 Would I Lie To You?
Surely royalty wouldn't lie? Danny Dyer is among the

DMAX

11:00 Deadliest Catch
As the ice pack invades the opilio grounds, the captains are forced to make a difficult decision - grab their
12:00 Cooper's Treasure
13:00 Expedition Unknown
15:00 Alaska: Homestead Rescue
The Raneys face a swamp nightmare in Georgia. They must find an ingenious way
17:00 Outback Opal Hunters
The Cheals' dreams of expanding their Opal Empire are crushed by the reality of juggling two
19:00 Deadliest Catch
21:00 Crikey! It's the Irwins
22:00 The Zoo
A new male okapi named Magani is paired with breeding veteran, Kweli, who has already had
23:00 Aussie Gold Hunters
00:00 Naked And Afraid

HGTV

11:00 The Big Bang Theory
Sheldon shocks Amy with a startling revelation after she buys him a laptop. Raj throws Leonard and
14:00 Mike & Molly
Mike dresses as Santa but feels more like the Grinch when he can't contain his frustrations over Molly's
15:30 Young Sheldon
Sheldon campaigns to become Dr. Linkletter's lab assistant. Georgie enlists the drama teacher, to help
17:00 The Big Bang Theory
Sheldon accuses Amy of not following the bathroom schedule. Meanwhile, Howard and Bernadette's
21:00 The Fall Of Diddy
23:30 People Magazine Investigates...
00:30 Dr. Pimple Popper
Gabriel has a huge growth on his clavicle but is terrified of surgery. Karen has dealt with painful, scaly

RTÉ One

11:35 Father Brown
12:30 The Complaints Bureau
13:00 RTÉ News: One O'Clock
13:10 Home and Away
13:40 Shortland Street
14:10 Fair City
15:10 The End Of The World With Beanz
15:55 Cheaper By The Dozen
17:45 Nuacht RTÉ
17:55 RTÉ News with Signing
18:01 RTÉ News: Six One
18:30 For Peat's Sake
19:30 10 Things To Know About
20:00 Slán go Feoil
20:30 EastEnders
21:00 RTÉ News: Nine O'Clock
21:30 No Time to Die

Sport

Sky Sports Mix

11:00 PGA Tour Champions
12:00 IPL 2026 Highlights
14:00 PL Greatest Games: Wolves/WBA '12
14:15 PL Greatest Games:Stoke/L'Pool
14:30 PL Greatest: M'boro/Man City
14:45 PL Greatest Games:Man Utd/Man







Discover a quieter Europe



There's a quiet kind of magic that settles over Europe just before the crowds arrive—or just after they've gone. It lingers in café-lined streets without queues, in golden light stretching across old stone facades, and in the gentle hum of cities returning to their natural rhythm. This is the shoulder season: travel's best-kept secret, when the continent reveals itself with fewer people, softer prices, and a far more intimate charm.

While summer may dominate postcards and itineraries, it also brings packed piazzas and soaring costs. Shoulder seasons—those fleeting windows between peak and off-peak—offer something far richer. The weather is still inviting, the atmosphere more relaxed, and the experience closer to how locals actually live. It's Europe, unhurried.

In places like Spain, the shift is especially noticeable. By late September and early October, the intense summer heat begins to fade, making it the perfect time for a "staycation" that doesn't feel like a compromise. Attractions are easier to access, queues shrink, and exploring becomes a pleasure rather than a test of endurance. Across the continent, autumn brings a similar transformation—cooler air, changing landscapes, and cities that feel newly breathable.

For those seeking inspiration, a handful of destinations truly come into their own during these in-between months.

In Lisbon, the glow of summer lingers without the crush of visitors. The city's tiled façades gleam under softer sunlight, and the scent of freshly baked pastel de nata drifts from neighbourhood bakeries. With fewer tourists competing for reservations, it's easier to settle into boutique hotels and linger over long meals. Spring and early autumn—March to May, and September through early November—are when Lisbon feels both vibrant and accessible.

Further east, Venice sheds some of its summer intensity. Known for its labyrinth of canals and timeless beauty, the city can feel overwhelmed at its peak, welcoming tens of millions each year. But visit in the quieter months—March to May or September to November—and a different Venice emerges. Gondolas glide through calmer waterways, narrow streets open up, and for a moment, it's possible to imagine the city as it once was.

Along the sun-drenched coast of the French Riviera, Nice offers a more serene seaside escape once summer fades. The Mediterranean remains invitingly warm, the light softens, and the crowds thin out. September and October are ideal for slow mornings by the water and unhurried strolls along the Promenade des Anglais, when the town feels less like a hotspot and more like a retreat.

In Munich, timing is everything. The city bursts with energy during Oktoberfest, but just beyond the festival's peak lies a quieter, equally compelling side. Visit in spring, from March through June, or in the weeks after the festivities wind down in October, and you'll find a more relaxed pace. It's the perfect setting to admire historic architecture, savour hearty Bavarian cuisine, and enjoy the city's renowned beer culture—without the shoulder-to-shoulder crowds.

Across Europe, these shoulder seasons offer more than just savings—they provide a different perspective. One where moments feel less rushed, encounters more genuine, and destinations more personal. For travellers willing to shift their calendars just slightly, the reward is a Europe that feels not only seen, but truly experienced.

Europe's best family-friendly airports named

A new study ranking Europe's most family-friendly airports has named Malaga Airport as the best option for travellers with children, highlighting a growing focus on stress-free journeys for families.
The report, compiled by Airport Parking and Hotels, analysed the 50 busiest airports across Europe using criteria designed with parents in mind. These included the number of children's play areas, baby-changing facilities, dining options, and the availability and cost of nearby hotels.
Spain performed particularly well overall, with multiple airports featured in the top rankings alongside hubs in countries such as Hungary, France and the Czech Republic.
According to the index, Malaga Airport secured the top spot with an overall score of 7.7 out of 10. The airport stood out for its extensive child-friendly facilities, including 17 dedicated play areas—one of the highest totals recorded in the study.
The airport, which handled a record 26.76 million passengers last year, also offers 23 dining options and relatively affordable nearby accommodation.
Researchers noted that the airport's spacious terminals and straightforward layout make it particularly easy for families navigating with pushchairs and luggage.
Its popularity is also driven by its role as a key gateway to southern Spain's beach destinations.

Spain continued to dominate the rankings, with Adolfo Suárez Madrid-Barajas Airport taking second place. One of the country's busiest travel hubs, it welcomed 68.2 million passengers last year and offers 18 play areas alongside 53 restaurants—the highest number of dining venues among the top five airports.

Another Spanish entry, Alicante International Airport, ranked fourth with a score of 6.7. The airport features eight play zones and 18 restaurants, as well as a range of budget-friendly hotels nearby. It serves as a major gateway to the Costa Blanca, a region popular with families seeking sun and seaside holidays.
In third place, Václav Havel Airport Prague was praised for its balance of family facilities and relaxation spaces. The airport offers 10 play areas, 23 restaurants and designated quiet rooms—features that can make travelling with young children more manageable.
Hungary's Budapest Ferenc Liszt International Airport rounded out the top five. While it has fewer play areas—just three—it compensates with 26 dining options and competitively priced nearby hotels, averaging £86 per night. The airport also provides practical family-focused services, including multiple pushchair collection points and priority security screening for those travelling with young children.

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Alcoholic drinks that hit the sweet spot

In the golden light of a Mediterranean evening—perhaps on a terrace somewhere along the coast of Spain—there's a particular pleasure in choosing a drink that leans toward the sweeter side of the spectrum. Not cloying, not overpowering, but gently indulgent: a glass that softens the edges of the day and invites you to linger just a little longer.

While many associate alcohol with dryness, bitterness, or sharp complexity, there exists an entire world of beverages defined by their sweetness. These drinks, whether delicately floral or decadently rich, offer a different kind of experience—one that is often more approachable, more playful, and undeniably satisfying.

But what exactly makes a drink "sweet"? And why are these styles enjoying a renewed appreciation among modern drinkers?

The Science of Sweetness

Sweetness in alcohol isn't accidental. It's the result of careful craftsmanship, shaped by both nature and technique.

One of the most important factors is residual sugar—the natural sugars that remain after fermentation. When yeast doesn't convert all the sugar into alcohol, what's left behind creates a softer, sweeter flavour on the palate. This is particularly common in certain wines and liqueurs, where balance is key.

Then there's the addition of sweet elements after fermentation. Distillers and winemakers often enhance flavour by incorporating ingredients such as fruit, honey, spices, or cream. These additions don't just increase sweetness—they build layers of aroma and texture, transforming a drink into something more complex and indulgent.

Finally, the character of the base ingredient plays a vital role. Fruits like grapes, berries, and melons carry their own natural sugars and flavour profiles, which can shine through even after fermentation. The result is a sweetness that feels organic rather than engineered—vibrant, fresh, and deeply tied to its origins.

Together, these elements create a spectrum of sweet alcoholic drinks, from light and refreshing to rich and dessert-like. And across Europe and beyond, there's no shortage of options to explore.

Ten Sweet Drinks Worth Discovering

Whether you're new to sweeter styles or simply looking to expand your repertoire, these ten drinks offer a delicious starting point—each with its own personality, history, and moment to shine.

Sangria

Few drinks capture the spirit of Spain quite like sangria. A vibrant mix of wine and chopped fresh fruit—often oranges, apples, and berries—it delivers a natural sweetness balanced by citrusy brightness. Served chilled over ice, it's light, sociable, and perfect for long, sunlit afternoons.

Moscato

Hailing from Italy, Moscato is beloved for its delicate sweetness and aromatic charm. Expect notes of peach, apricot, and orange blossom, often with a gentle sparkle. It's a wine that doesn't demand attention but rewards it—ideal for relaxed evenings and easy conversation.

Baileys Irish Cream

Velvety and indulgent, Baileys blends Irish whiskey with cream and chocolate to create a drink that feels more like dessert than a spirit. Poured over ice or stirred into coffee, it offers a smooth, comforting sweetness that's hard to resist.

Malibu

With its unmistakable coconut flavour, Malibu brings a taste of the tropics to any glass. Light, sweet, and endlessly mixable, it pairs beautifully with fruit juices or soda for a refreshing, holiday-ready cocktail.

Midori

Instantly recognisable by its vivid green hue, Midori delivers a burst of sweet melon flavour. It's playful, fruity, and often used in cocktails that lean toward the fun and colourful—perfect for those who enjoy lighter, sweeter drinks.

Amaretto

Amaretto offers a more nuanced sweetness, built around the rich, nutty flavour of almonds. With a subtle bitter edge, it strikes a balance between dessert-like indulgence and grown-up complexity. Sip it neat, over ice, or as part of a classic cocktail.

Southern Comfort

Smoother and sweeter than traditional whiskey, Southern Comfort blends fruit and spice notes into a warm, approachable spirit. It's versatile enough to enjoy on its own or mixed into cocktails with a Southern twist.

Licor 43

Produced in the Murcia Region, Licor 43 is a local favourite known for its distinctive blend of vanilla, citrus, and aromatic spices. Its silky sweetness makes it a standout choice, whether served chilled, over ice, or mixed into coffee or cocktails.

Cosmopolitan

Stylish and iconic, the Cosmopolitan balances sweetness with a hint of tartness. Made with vodka, orange liqueur, cranberry juice, and lime, it delivers a crisp, refreshing flavour wrapped in a signature blush-pink hue.

Strawberry Daiquiri

A frozen favourite, the strawberry daiquiri blends rum with ripe strawberries and lime for a drink that's both sweet and refreshing. Served icy cold, it's a go-to choice for warm weather and laid-back moments.





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Mercadona tops global rankings

Mercadona, headquartered in Valencia, has climbed to the top tier of international grocery brands, securing a place among the world's strongest in the Brand Finance Global 500 2026 report.
The company is the only Spanish retailer to feature in the top 10 for brand strength and has been awarded the highest possible AAA+ rating—a distinction shared by just 37 brands worldwide.
The recognition comes as Mercadona reports its most profitable year on record. In its latest financial results, the company posted net profits of approximately €1.73 billion, marking a sharp increase of around 25% compared to the previous year.
Total turnover reached €41.9 billion, representing an 8% year-on-year rise. The bulk of sales—€39.8 billion—were generated in Spain, with just over €2 billion coming from its expanding operations in Portugal. The retailer currently operates around 1,670 supermarkets, including more than 1,600 stores across Spain and roughly 70 in Portugal.
Industry analysts point to Mercadona's tightly focused business model as a key driver of its performance. The company has achieved a net profit margin of approximately 4.52%—meaning it earns just over €4.50 for every €100 in sales—crossing the 4% threshold for the first time. This growth has been achieved despite a slight reduction in store numbers, as the company has closed or relocated underperforming outlets while continuing to increase overall sales.
Central to its strategy is a heavy emphasis on private-label products. Its in-house brands—including Hacendado for food and drink, Deliplus for cosmetics, and Bosque Verde for household goods—dominate shelf space and play a significant role in maintaining both customer loyalty and profit margins.
The company has also invested heavily in logistics and operational efficiency, supported by a multi-billion-euro investment programme aimed at improving productivity and supply chain performance.
Mercadona has also shared its financial success with employees, distributing more than €1 billion through bonuses, wage increases linked to inflation, and improved working conditions. The company says these measures are part of a long-term strategy to boost staff retention and productivity.
Although Mercadona remains primarily focused on the Spanish and Portuguese markets, it has developed a growing following among international residents.
Its stores, while designed around local shopping habits, stock a selection of familiar international products. These include items such as PG Tips, Heinz baked beans, and cereals from Kellogg's, alongside a broad range of plant-based drinks, including oat, soy and almond options.
The retailer also offers ingredients catering to global cuisines, such as soy sauce, rice noodles and curry pastes, as well as imported cheeses like raclette and provolone. In addition, its gluten-free range—spanning bread, pasta and snacks—has become a notable draw for shoppers with specific dietary needs.
Mercadona's inclusion in the global top 10 for brand strength highlights its growing reputation beyond its home market. Despite not operating on the same international scale as some of its competitors, the company's focus on efficiency, private-label dominance and customer loyalty has positioned it as one of the most profitable supermarket groups worldwide.

A drink a day...

Spain may soon answer the age-old question: is that daily glass of wine really "for your health," or just an elaborate way to justify happy hour?

A major four-year study involving 10,000 adults aged 50–75 is underway, aiming to finally settle the debate once and for all. The research, led by the University of Navarra and supported by the European Research Council, will track participants who enjoy a daily glass of wine against those who abstain completely.

Over the next few years, scientists will monitor everything from heart health to cognitive function and overall longevity—basically checking if wine makes you smarter, healthier, or just really good at trivia.

For decades, wine enthusiasts have claimed their habit improves everything from mood to memory. Sceptics argue it's simply an excuse to uncork the bottle. Now, with 10,000 volunteers and a strict four-year timeline, Spain is putting the theory to the test.

Researchers caution that results won't come overnight, so don't cancel your doctor's appointments just yet—though you might be allowed a celebratory glass while waiting for the verdict.

If successful, the study could redefine how the world drinks, possibly making that nightly Rioja not only socially acceptable but medically endorsed. Until then, the question remains: is your wine habit genius—or just deliciously clever?

The queue to sign up as a volunteer starts in Madrid!!!

Easter Sunday at Hotel Algorfa

Easter Sunday is the perfect time to gather with friends and family, relax, and enjoy great food in a warm and welcoming atmosphere. This year, make it extra special by heading to Hotel Algorfa, where a traditional Sunday carvery awaits. Indulge in a delicious selection of perfectly roasted meats, seasonal vegetables, and all the classic trimmings that make a Sunday roast so comforting and memorable.

But the experience doesn't end with the meal. After enjoying your carvery, why not stay a little longer and soak up the entertainment? At 5pm, the fantastic Simon MBE will take to the stage, bringing energy, talent, and a performance guaranteed to keep you entertained throughout the evening. It's the perfect way to round off a relaxing Easter Sunday—great food followed by live music in a lively setting.

Whether you're looking for a family outing, a get-together with friends, or simply a way to treat yourself, Hotel Algorfa offers the ideal combination of dining and entertainment. Make your Easter Sunday plans now and enjoy a day filled with flavour, fun, and fantastic live music.

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Chicken Parmigiana

Chicken Parmigiana the great Italian classic pub favourite ready for you to rustle up at home. You'll love this kitchen friendly recipe with extra crispy schnitzel, the best ever parmigiana sauce and juicy marinated chicken.

Brined Chicken Marinade:
- 3 chicken breasts (300g/10z each), halved horizontally to form 6 pieces
- 1 tsp salt, cooking / kosher
- 0.5 tsp black pepper
- 0.5 tsp Italian mixed herbs

Flour dusting:
- 50 g flour, plain/all purpose

Egg Wash:
- 2 eggs
- 1 garlic clove, minced using garlic press
- 0.25 tsp each salt and pepper
- 0.25 tsp Italian mixed herbs

Parmigiana Bread Crumbing:
- 1.5 cups panko breadcrumbs
- 50 g parmesan, finely grated (store bought sand-like is best)
- 0.5 tsp salt
- 0.25 tsp black pepper

Frying:
- 500 ml olive oil (or vegetable)

Parmigiana Pasta Sauce:
- 1 tbsp olive oil
- 2 garlic cloves, finely minced
- 0.25 cup onion or shallots, very finely chopped
- 0.25 tsp red pepper flakes (chilli flakes),
- 0.25 tsp Italian mixed herbs
- 65 ml white wine, anything
- 400g / 14 oz tomato puree
- 125 ml chicken stock/broth (or water)
- 0.25 tsp each salt and pepper

Layering:
- 10 basil leaves, roughly chopped (or pinch of dried)
- 200 g mozzarella cheese, shredded (or enough slices to cover)
- 75 g parmesan, finely grated (best to grate your own)
- 1 tbsp extra virgin olive oil

Instructions

Dry Brine Chicken:

Sprinkle both sides of chicken with salt, pepper and Italian herbs. Refrigerate for 30 minutes.

Parmigiana Tomato Sauce:

Heat oil in a saucepan over medium heat. Add garlic and onion, cook for 3 minutes until onion is translucent.

Add red pepper flakes and herbs, stir for 15 seconds. Add wine, turn up heat and let it simmer rapidly until mostly evaporated and winey smell is gone.

Add tomato, chicken stock, salt and pepper. Cover, then simmer 10 minutes on low until thickened. Cover and keep warm.

Crumbing:

Preheat oven to 180°C/350°F.

Crumbing set up: Spread flour out in a shallow bowl. Whisk egg wash in a separate shallow bowl. Mix crumbing ingredients in a third shallow bowl or pan.

Dredge & Crumb: Press both sides of chicken into flour, then shake off excess. Coat in egg, letting excess drip off, then place in Crumbing, pressing to adhere. Transfer to plate and repeat with remaining chicken.

Frying:

Line a tray with paper towels and place rack on tray.

Heat 1.5 – 2cm / 2/3" oil in a skillet over medium high heat to 180°C/350°F .

Carefully place 2 or 3 pieces of chicken in. Cook 2 minutes until underside is golden, then carefully turn and cook the other side for 1 1/2 minutes.

Transfer to rack, then repeat with remaining chicken. (oil clean and reuse)

Assembling & baking:

Place chicken in a dish. Spoon sauce over the chicken – covering around 80% of the chicken, leave the ends crispy.

Sprinkle sauce with basil, then mozzarella cheese (pile it on in mounds to use it all up), then sprinkle with parmesan.

Drizzle oil over parmesan.

Bake 15 minutes until cheese is melted and there's a few brown spots – no longer, otherwise chicken will overcook.

Remove from oven, sprinkle with extra basil if desired. Serve immediately (with any leftover Tomato Sauce, if you like.)



French Mushroom Tart

This is an 'easy' version of tasty lunchtime or light evening meal. Flaky puff pastry topped with melted Gruyère, sautéed mushrooms and baked until crispy and golden. Let's do it...

Ingredients
- 1 square sheet butter puff pastry (25cm / 10" square), barely thawed
- 1 tbsp extra virgin olive oil
- 30 g unsalted butter
- 400 g brown mushrooms, sliced 0.5cm
- 1/2 tsp cooking salt / kosher salt, use half for table salt
- 1/4 tsp black pepper
- 150 g Gruyère cheese, grated
- 10 g unsalted butter, melted

Toppings
- 1 1/2 tsp fresh thyme leaves
- 1 pinch sea salt flakes
- Truffle oil or good extra virgin olive oil to drizzle (optional)

Intructions

Hot tray – Place a baking tray in the oven. Turn the oven on and preheat to 210°C / 410°F (190°C fan).

Cook the mushrooms – Heat the olive oil and butter in a frying pan over medium-high heat. Add mushrooms, salt and pepper. Cook for 5 minutes, stirring regularly, until soft. Transfer mushrooms to a colander over a bowl to drain off excess liquid.

Prepare the base – Place a sheet of baking paper / parchment paper on the worktop. Put the puff pastry on top. Fold the edges inwards to create a 1 cm / 0.4" border and brush them with melted butter.

Assemble – Spread the grated Gruyère evenly over the pastry. Top with the mushrooms, spreading them evenly too.

Bake – Lift the baking paper and tart onto the hot tray in the oven. Bake for 30 minutes, until the pastry is golden and crisp (sides and underneath).

Finish and serve – Sprinkle with fresh thyme leaves and salt flakes. Drizzle with truffle oil or a good virgin olive oil (optional but highly recommended). Cut and serve hot.



Super Spring Salad

Spring Salad is a seasonal salad filled with spring's bounty of vegetables: Asparagus, snow peas, peas and cos lettuce (romaine), dotted with goats' cheese for some creamy tang and a fresh lemon dressing. Elegant, pretty and refreshing to boot.

Ingredients

Salad:
- 3 bunches (24 spears) asparagus, woody ends snapped off
- 120g / 4oz snow peas (about 16 large or 20 smaller ones), trimmed and string removed
- 1 head baby gem or cos lettuce (aka romaine) washed (16 leaves)
- 2 cups fresh or frozen peas
- 90g / 3oz goats' cheese
- 1 cup (loosely packed) fresh mint leaves, roughly torn

Lemon Dressing:
- 1 tsp lemon zest (from 1 lemon)
- 2 tbsp (30ml) lemon juice
- 6 tbsp (90ml) extra virgin olive oil
- 1/4 tsp each salt and pepper

Instructions

Bring a large pot of water to the boil. Add snow peas to pot, boil for 1 1/2 minutes. Add the asparagus spears, boil for another 1 1/2 minutes. Add frozen peas, and boil for another 30 seconds or until the water just returns to a simmer, and peas turn bright green.

Immediately drain, refresh vegetables under cold running water until cooled to stop cooking process. Remove the asparagus and snow peas, blot with paper towels to dry. Leave peas in colander to drain, giving them a toss now and then to help them dry. (It's important to dry vegetables, otherwise it dilutes the dressing and it won't stick. You could use a salad spinner with care, or just let them naturally dry which is easier.)

Split the larger baby cos leaves down the middle, use the small ones whole.

Cut asparagus stems in half on a slight angle.

Shake Dressing ingredients in a jar.

Combine vegetables in a bowl, dress and toss.Arrange salad on a platter. Top with small chunks of goats cheese. Serve immediately.





Five fab foods to stock up on for weight loss

Along the sun-drenched coasts of Spain, where markets spill over with ripe tomatoes, golden olive oil glistens in shallow dishes, and long lunches stretch into the afternoon, food is more than nourishment—it's a way of life. Here, the Mediterranean diet isn't a trend or a temporary fix. It's culture, tradition, and daily ritual woven seamlessly into how people live.

For decades, this way of eating has been praised as one of the healthiest in the world. More recently, it's also gained attention for something many people quietly hope for: sustainable, lasting weight loss. But unlike rigid diets built on restriction and short-term results, the Mediterranean approach offers something far more appealing—balance, satisfaction, and longevity.

At its core, the Mediterranean diet celebrates whole, unprocessed foods. Think vibrant fruits and vegetables, hearty whole grains, legumes, nuts, and generous amounts of healthy fats, particularly olive oil. Lean proteins—especially fish and dairy—play a supporting role, while red meat and added sugars are kept to a minimum. The result is not deprivation, but abundance: plates filled with colour, flavour, and nourishment.
What makes this lifestyle particularly effective for weight management is not a single "superfood" or strict rulebook, but its natural ability to satisfy. Meals are rich in fibre, protein, and healthy fats—nutrients that help regulate appetite, stabilise blood sugar, and reduce the urge to overeat. And perhaps most importantly, it's a way of eating that people actually enjoy, making it far easier to maintain over time.

In a culture where meals are savoured rather than rushed, and ingredients are celebrated rather than disguised, the Mediterranean diet invites a slower, more mindful relationship with food. It's not about counting calories—it's about creating meals that are both deeply satisfying and inherently nourishing.

The ingredients that make it work
While the Mediterranean table is wonderfully diverse, certain staple foods stand out for their powerful role in supporting both health and weight balance. These are the quiet heroes—humble, accessible, and endlessly versatile.

Lentils: the quiet powerhouse
Few foods embody the Mediterranean ethos better than lentils. Found in rustic stews and simple salads alike, they are a cornerstone of plant-based nutrition. Rich in both protein and fibre, lentils deliver a powerful one-two punch when it comes to satiety. They help you feel fuller for longer while keeping blood sugar levels steady—two essential factors in managing weight.

A single cup of cooked lentils provides an impressive combination of nutrients that support appetite control and sustained energy. Over time, diets rich in legumes have been linked to lower body weight and reduced risk of weight gain. But beyond the science, lentils offer something equally valuable: comfort. Whether simmered slowly with vegetables or tossed with olive oil and herbs, they are as satisfying as they are nourishing.

Greek Yogurt: creamy, cultured, and clever
Thick, tangy, and deeply satisfying, Greek yogurt has become a staple far beyond the Mediterranean—but its roots remain firmly planted in the region's culinary traditions. What sets it apart is its concentrated protein content, achieved through a straining process that removes excess liquid.

Protein plays a crucial role in weight management, helping to curb appetite and even supporting calorie burn during digestion. But Greek yogurt offers another advantage: probiotics. These beneficial bacteria support gut health, which is increasingly recognised as a key player in metabolism, inflammation, and overall weight regulation.
Whether enjoyed with fresh fruit, drizzled with honey, or incorporated into savoury dishes, Greek yogurt proves that indulgence and health can go hand in hand.

Chickpeas: small but mighty
Known across the Mediterranean in everything from hearty stews to silky hummus, chickpeas are a nutritional powerhouse disguised as a humble ingredient. Packed with plant-based protein and fibre, they help regulate hunger and provide steady, lasting energy.

Their versatility is part of their charm. Tossed into salads, blended into dips, or roasted until crisp, chickpeas adapt effortlessly to any meal. And their benefits extend beyond fullness—regular consumption has been linked to healthier overall eating patterns and improved weight outcomes.

In many Mediterranean kitchens, chickpeas are less of an ingredient and more of a staple—a reliable foundation for meals that are both simple and deeply satisfying.

Nuts: nature's perfect snack
In the Mediterranean diet, snacks are not an afterthought—they're an opportunity to nourish. Nuts, such as almonds and walnuts, are a perfect example. Rich in healthy fats, fibre, and protein, they offer a rare combination of convenience and nutritional density.

Despite their higher fat content, nuts have been consistently associated with better weight control. Their ability to promote fullness means people naturally eat less overall, without feeling deprived. A small handful can bridge the gap between meals, preventing the kind of hunger that leads to overeating.

But nuts are more than just a snack. Scattered over salads, blended into sauces, or paired with fresh fruit, they add texture, flavour, and substance to everyday dishes.

Leafy Greens: light, fresh and filling
No Mediterranean table is complete without an abundance of vegetables, and leafy greens are among the most valuable. Varieties like spinach, kale, and Swiss chard are remarkably low in calories yet high in volume, making them ideal for creating meals that feel generous without being heavy.

Spinach, in particular, stands out as a nutritional star. Packed with vitamins, minerals, and fibre, it delivers essential nutrients with minimal caloric impact. Compounds found in leafy greens may even support better blood sugar control, further enhancing their role in weight management.

From simple salads to sautéed sides, leafy greens bring freshness and balance to the plate—an essential counterpoint to richer elements of the Mediterranean diet.

A lifestyle, not a limitation
What ultimately sets the Mediterranean diet apart is not just what you eat, but how you eat. Meals are shared, savoured, and often enjoyed outdoors. There is an emphasis on quality over quantity, on freshness over convenience, and on pleasure over restriction.
In a world crowded with quick fixes and fleeting trends, this approach feels refreshingly timeless. It doesn't promise overnight transformation, but something far more valuable: a sustainable way to feel better, eat well, and maintain a healthy weight without sacrificing joy.

And perhaps that's the real secret. In places like Spain, where this way of eating is simply part of everyday life, health isn't pursued—it's lived.



Getting fit over 60

Fit, Fabulous, and 60+: How to Keep Moving and Feel Your Best
After decades of juggling work, family, and life's countless responsibilities, the idea of sitting back and relaxing can feel like a well-earned reward. But turning 60—or even beyond—is no excuse to park it on the couch entirely. In fact, staying active at this stage of life is one of the best investments you can make in your long-term health, mobility, and happiness.

The secret? You don't need to train like you did in your twenties. Forget expensive gym memberships, fancy gadgets, or marathon schedules. Even small, consistent steps now can yield significant benefits in the years to come.

The Big 6-Oh! What's Happening to Your Body
Getting older is inevitable, and along with it come natural changes in your body. One of the most notable is metabolism—how efficiently your body converts food into energy. As we age, our energy requirements drop, muscle mass slowly declines, and the body tends to store more fat. Hormonal shifts also play a role, nudging the body toward slower energy use and increased fat reserves.

Other systems experience changes too. The heart gradually loses efficiency, while organs like the lungs and kidneys can lose some of their "oomph"—especially if your lifestyle is mostly sedentary. Combine these natural changes with inactivity, and you risk developing some of ageing's biggest threats:
• Coronary artery disease
• Osteoarthritis
• High blood pressure
• Obesity
• Osteoporosis
• Type 2 diabetes
• Cancer

The good news? Introducing regular physical activity can give your body the upper hand, helping prevent or manage these conditions while keeping you active and independent.

The key to fitness after 60 is starting slow and finding a pace that feels right for your body. Gradually building up a routine offers benefits that extend far beyond physical appearance:
• More energy: Using your body regularly helps you feel energized throughout the day.
• Sharper mind: Exercise increases blood and oxygen flow, giving your brain a natural boost.
• Better mood: Physical activity can reduce stress, anxiety, and depression, leaving you feeling more positive overall.
• Balance, strength, and flexibility: Keeping your muscles and reflexes strong reduces the risk of falls and injuries.
• Resilience against chronic illnesses: Regular activity helps manage conditions like high blood pressure, type 2 diabetes, and joint issues.

And the best part? These benefits aren't limited to the young. Starting now still produces meaningful results.

Getting Started: Safety First
Before beginning any new exercise programme, check in with your doctor. They can advise on which exercises are safe, recommend the right intensity, and help tailor your routine to your goals. This guidance is especially important for anyone looking to manage weight or recover from medical conditions.

Once you have the green light, remember that "exercise" doesn't have to be complicated. Small steps are just as valuable as a full workout. Try:
• Taking the stairs instead of the elevator
• Parking further from the shops
• Walking around during TV commercial breaks

These simple actions warm up your body and lay the foundation for more structured exercise.

Walk Your Way to Fitness
Walking is one of the easiest and most effective ways to get moving. All you need is a comfortable pair of shoes. Start with short sessions—10 minutes a few times a week—and gradually increase duration and frequency. Explore your neighbourhood, a nearby park, or a local trail. Even dusting off the treadmill works.

Tips for a safe, enjoyable walk:
• Stretch and hydrate: Light stretches before and after help prevent stiffness, and a bottle of water keeps you refreshed.
• Bring company: Walking with a spouse, friend, or family member adds motivation and makes the activity more enjoyable.
• Listen to your body: Expect some initial soreness and mild balance challenges—they are normal as your body adapts to movement.

Strength and Balance: The Next Step
Once walking feels natural, incorporate simple strength exercises using your body weight or light resistance. Movements like squats, wall push-ups, or seated leg lifts help build muscle, improve bone density, and enhance overall stability. Resources like Healthline offer beginner-friendly routines to guide your progress.

The Goal
Experts recommend aiming for at least 150 minutes of moderate-intensity aerobic activity per week, or 75 minutes of vigorous exercise. That averages to just 20–30 minutes a day—a manageable target that yields real health benefits.



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Turn to page 38 for all puzzle results

Word Ladder — Hard (6 letters)

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

1	M A R K E T	START
2	- - - - - -	
3	- - - - - -	
4	- - - - - -	
5	- - - - - -	
6	M A R G I N	END

Word Ladder — Medium (5 letters)

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

1	C R O W N	START
2	- - - - -	
3	- - - - -	
4	- - - - -	
5	- - - - -	
6	- - - - -	
7	S H E E P	END

WORD SEARCH

O	C	J	A	K	G	R	B	A	J	N	A	R	A	N	A	Z	N	A	M
H	T	A	B	S	S	C	V	U	B	I	C	I	C	L	E	T	A	T	J
R	P	R	R	G	E	A	A	O	U	F	R	Y	I	H	I	J	U	A	W
N	T	D	I	A	B	D	R	E	P	E	N	B	N	H	J	X	E	R	H
C	J	N	G	E	M	Z	T	T	G	B	R	S	R	U	N	I	Q	M	F
A	V	Q	O	M	V	E	R	A	N	O	S	R	T	P	S	E	Y	A	N
A	J	G	J	V	M	V	L	L	D	H	X	K	C	A	G	C	P	R	V
I	P	A	B	G	Z	O	K	O	G	W	B	F	E	P	O	K	P	I	L
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F	X	U	G	M	Y	L	I	O	Q	X	X	Z	E	L	J	Q	X	M	U
Y	Q	Z	U	F	N	U	M	H	N	W	B	N	J	S	O	B	T	P	G
U	X	X	O	C	D	S	N	C	I	R	R	O	A	L	L	I	S	K	G
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G	Y	I	D	O	K	G	Y	N	K	H	M	D	L	C	R	K	V	D	L
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1. CHAIR 2. PAPER 3. FRUIT 4. WATCH 5. BOOK 6. GARDEN 7. SUMMER
8. COAT 9. CITY 10. GIFT 11. ORANGE 12. APPLE 13. LETTUCE
14. WILD 15. WARDROBE 16. NOTEBOOK 17. PHONE 18. GUITAR
19. CANDY 20. CHOCOLATE 21. BICYCLE 22. ELECTRONICS

SUDOKU

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Fuel prices plummet

Drivers across Spain are finally seeing some relief at the pumps, with fuel prices dropping following new government measures aimed at easing the pressure on households.

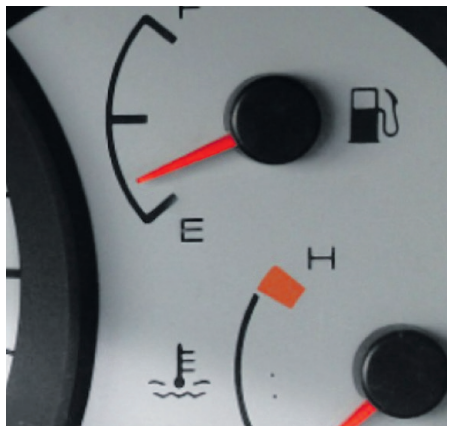
The changes, which came into force on Sunday March 22, include a reduction in VAT and other tax adjustments designed to bring down the cost of petrol and diesel. The move comes after weeks of rising prices linked to tensions in the Middle East, where conflict involving the United States, Israel and Iran has pushed global oil markets higher.

In many parts of Spain, prices had climbed above €2 per litre, leaving drivers facing some of the highest costs seen in recent years. Since the new measures were introduced, prices have fallen by around 20 to 30 cents per litre depending on the petrol station.

In major cities, the drop is already noticeable. Unleaded 95 is now sitting at around €1.62 per litre in Madrid and €1.60 in Barcelona. Elsewhere, drivers in Valencia and Seville are paying slightly less, with prices hovering around €1.59 and €1.57.

Some areas are still feeling the pinch more than others. In provinces like Guadalajara, prices remain among the highest in the country, with petrol still above €1.62 per litre and diesel edging close to €1.83.

While the reductions are welcome, they don't change the bigger picture. Filling up a car is still a significant expense for many households, and prices remain well above what drivers were used to before the recent surge.



Millions of drivers expected on Spanish roads

Spain is bracing for a massive surge in road traffic as millions of drivers head to the coast for Semana Santa, the first major holiday period since Christmas. Inland residents are taking advantage of the break to reach sun-soaked destinations, prompting authorities to launch one of the year's most intensive traffic operations.

The Dirección General de Tráfico (DGT) and the Guardia Civil have activated Operación Especial Semana Santa 2026 to manage the spike in vehicles and prevent accidents during this high-risk period. With overcrowding on high-speed trains and geopolitical uncertainties in the Middle East discouraging other travel options, officials anticipate more families will choose to drive to popular coastal areas.

Traffic is set to be heaviest on routes leading to Alicante, Murcia, Almería, and Málaga. Historical trends show that outbound flows from major cities can cause multi-hour delays, while inbound returns after the holidays often create similar congestion around urban centres. "The combination of tired drivers, busy motorways, and holiday excitement makes this a critical time for road safety," a DGT spokesperson said.

Enforced Safety Measures

Authorities are deploying all available resources to ensure smooth and safe travel. Measures include:

- Fixed and mobile speed cameras
- Drones for aerial traffic monitoring
- Helicopters and hidden patrol vehicles to catch mobile phone use or seatbelt violations
- Roadside inspections covering documentation, tyre conditions, vehicle safety, alcohol and drug testing, and signs of driver fatigue

Special attention will be paid to speed, driver distractions, and risky overtaking on heavily trafficked stretches, particularly on motorways serving the eastern and southern coasts.

Phased Traffic Operations

The Easter road operation is divided into three phases:

1. Operación Salida (Exit Operation): 3pm Friday, 27th March – midnight Sunday, 29th March, covering the pre-Easter weekend
2. Midweek Surge: From midday Wednesday, 1st April – Thursday, 2nd April, as additional holiday departures occur
3. Operación Retorno (Return Operation): Saturday, 4th April – midnight Sunday, 5th April, managing the bulk of returning traffic

Motorists are being urged to plan their journeys carefully, maintain safe distances, and take regular breaks to reduce fatigue.

Spain may allow children in front passenger seat in certain circumstances

A proposal to shake up Spain's strict child car seat rules is now on the table, and it could mean young children being allowed to travel in the front passenger seat in certain situations.

At the moment, Article 117 of Spain's General Traffic Regulations states that children measuring 135cm or under must use an approved child restraint system and should sit in the back seats. There are a few exceptions, but they're very limited.

Now, road safety organisation AESVI, which focuses on child safety in vehicles, believes the rule needs updating. The group has put forward a detailed proposal calling on Spain's traffic authority, the DGT, to rethink the current law.

In its report titled Child Safety in the Front Seat: Proposal for Amendment to the General Traffic Regulations, AESVI sets out why it thinks the change is needed, looking at both the situation in Spain and how other European countries handle similar rules.

The organisation is suggesting that children from just a few months old up to three years of age should be allowed to travel in the front passenger seat, as long as they are in a rear-facing car seat, the airbag is switched off and only one adult is in the front of the car, meaning the driver.

According to the group, this kind of exception is already allowed across most of Europe, with Romania being the only country that doesn't permit it.

AESVI points to three main reasons behind the proposal. The first relates to the risk of children being accidentally left inside cars. These tragic cases, which can turn fatal due to extreme heat in parked vehicles during the summer months, are something the organisation believes could be reduced if the child is seated in front and more visible to the driver.

The second reason is supervision. Having a young child in the front passenger seat makes it easier for the driver to keep an eye on them and react quickly if something goes wrong.

The third argument focuses on comfort. As AESVI explains, "The front seat offers more legroom for the child, improving their comfort and facilitating the use of rear-facing car seats."

At the moment, Spain does allow children to travel in the front seat, but only in specific situations that differ from what AESVI is proposing.

Under current rules, children can sit in the front passenger seat if they are using an approved child restraint system and one of the following applies.

The vehicle does not have rear seats

All rear seats are already occupied by children under 135cm

It is not possible to fit all the necessary child seats in the back

There is also a strict safety condition. If a rear-facing seat is used in the front, the airbag must be deactivated.

For now, the proposal is simply that, a proposal. The DGT has not announced any change to the law, but the debate is now open and it could lead to a shift in how families travel with young children across Spain in the future.



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Aries (21 Mar – 19 Apr)
LLife
Aries, this week is like a mystery novel you can't put down. Embrace your curiosity, but maybe avoid peeking into random people's shopping carts. A surprise invitation might pop up, so keep your calendar as open as a drive-thru at midnight.

Mind
This week, embrace new activities that spark your curiosity. Set aside time for outdoor adventures to rejuvenate your spirit. A little spontaneity will boost your mood; just remember to balance it with enough rest.

Heart
This week, Aries, you'll find opportunities to strengthen your bonds with loved ones. Plan a surprise outing or spend quality time sharing stories. Your enthusiasm is contagious, so spread positivity and watch connections deepen.

Taurus (20 Apr – 20 May)
Life
Taurus, you're as reliable as a favorite pair of socks. Lend a hand to a friend in need; they might even bring snacks. Consider rearranging your space—a fresh perspective is only a furniture shuffle away.

Mind
Focus on creating a comforting routine that includes a bit of nature. A leisurely walk or time in the garden can replenish your energy. Allow yourself moments of simplicity to keep a sense of balance.

Heart
Taurus, a calming presence is your strength this week. Offer a listening ear to a friend or partner. Simple gestures of kindness will build trust and remind those around you how much they matter.

Gemini (21 May – 20 Jun)
Life
Gemini, you're like a walking encyclopedia this week. Share your fun facts but remember that not everyone is ready for a surprise pop quiz. A creative project could use your attention—channel your inner Picasso and make some magic.

Mind
Your mind is buzzing with ideas. Channel this energy into creative projects or a new hobby. Make sure to schedule some quiet time to unwind and keep your thoughts organized.

Heart
Gemini, your playful energy attracts joy this week. Engage in light-hearted conversations and share laughter with friends. Balance your social activities with some quiet time to reflect on what truly makes you happy.

Cancer (21 Jun – 22 Jul)
Life
Cancer, you're the emotional ninja of the zodiac right now. Use this stealthy superpower to navigate tricky situations. Try cooking a new dish—your taste buds are ready for an adventure of their own.

Mind
Home is your sanctuary this week. Find joy in small tasks like decluttering or rearranging your space. Remember, small changes can have a big impact on your overall well-being.

Heart
Cancer, nurture your home environment this week. Whether through a family dinner or a cozy movie night, creating a warm atmosphere fosters love and understanding. Cherish the small moments shared with those you care about.

Leo (23 Jul – 22 Aug)
Life
Leo, your charisma is at an all-time high, like the sun at noon. Use that charm to brighten someone's day. Plan a virtual hangout or karaoke night—your inner diva is ready to shine, even if your neighbors aren't ready to hear it.

Mind
Your natural leadership is shining now, making it a great time to motivate others. Engage in group activities that bring out the best in everyone. Don't forget to recharge with a personal ritual that brings you joy.

Heart
Leo, your charisma is undeniable, and this week, it shines in your relationships. Organize a creative activity or gathering where everyone can express themselves freely. Your leadership will inspire others to join in and enjoy the moment.

Virgo (23 Aug – 22 Sep)
Life
Virgo, you're as organized as a squirrel with a Nutella stash. Channel this energy into a spring clean or sorting those overflowing photo albums. Remember, solving a puzzle is just as satisfying as vacuuming under the couch.

Mind
This week, prioritize what truly matters by creating a tidy space around you. Simple planning will help you feel organized and in control. Pamper yourself with a small reward for your efforts.

Heart
Virgo, your attention to detail is a gift in your relationships. Show appreciation for your loved ones by noticing the little things they do for you. A heartfelt message or a thoughtful gesture will make them feel cherished.

Libra (23 Sep – 22 Oct)
Life
Libra, you're the diplomat of the zodiac, even if you're negotiating for the last slice of pizza. A social event might call your name, so grab your best outfit and your best one-liners. Balance teaching and learning; everyone loves a fun fact.

Mind
Aim for harmony by focusing on both work and leisure. This balance will keep your energy levels steady. Incorporate light stretching or meditation into your daily routine to maintain inner peace.

Heart
Libra, balance in your relationships brings harmony this week. Encourage open and honest communication with those you love. Sharing your thoughts and feelings will strengthen your connections and bring mutual understanding.

Scorpio (23 Oct – 21 Nov)
Life
Scorpio, your intensity is magnetic, like a double-coated fridge magnet. Dive into a new book or film noir this week. Plan a cozy night in; the universe wants you to relax in your secret lair (or, you know, the living room).

Mind
Dive into activities that engage both your mind and body. Intense but fun workouts can be especially rewarding. Make sure to slow down at the end of the day with something calming, like journaling.

Heart
Scorpio, your depth of emotion is powerful this week. Use it to connect on a deeper level with someone special. A meaningful conversation could lead to new insights and a stronger bond.

Sagittarius (22 Nov – 21 Dec)
Life
Sagittarius, your adventurous spirit is as bold as a spicy burrito. Consider a day trip or exploring a new hobby from the comfort of your couch. Remember, the world is your oyster—or at least, your local neighbourhood is.

Mind
Adventure calls you this week, so explore new places or try something outside your comfort zone. Your optimistic nature will inspire others. Balance your expeditions with quiet evenings to reflect.

Heart
Sagittarius, adventure calls, and it's best shared with loved ones. Plan a spontaneous trip or explore something new together. Embrace the excitement and create memories that will last a lifetime.

Capricorn (22 Dec – 19 Jan)
Life
Capricorn, you're climbing life's mountain one responsible step at a time. This week, indulge in a bit of whimsy—watch a cartoon or try your hand at doodling. Sometimes, a playful mindset is the best strategy to reach new heights.

Mind
Structure is your friend this week, so set clear goals and break them into manageable steps. A little progress each day will keep you motivated. Treat yourself to a moment of reflection with a cup of your favorite tea.

Heart
Capricorn, stability in your relationships is your focus this week. Show your commitment through actions that demonstrate reliability and support. Your patience and determination will reassure those you care about.

Aquarius (20 Jan – 18 Feb)
Life
Aquarius, your ideas are flowing like a never-ending stream of cat videos. Connect with like-minded friends for brainstorming sessions, but remember to sprinkle in some laughter. A spontaneous picnic could be just the brain break you need.

Mind
Focus on community and connection, as social interactions will uplift you. Involve yourself in group projects or casual gatherings. Remember to keep a notebook handy to capture any inspiring ideas that come your way.

Heart
Aquarius, let your innovative spirit shine in your relationships this week. Try a new activity or game with friends or family to spark joy and laughter. Your unique perspective will bring fun and excitement to your interactions.

Pisces (19 Feb – 20 Mar)
Life
Pisces, your creativity is sparkling like a disco ball under a full moon. Channel this into a playlist or a spontaneous dance party. Maybe try painting or journaling to capture your thoughts—it's a perfect way to express your dreamy vibes.

Mind
Embrace your creative side and let your imagination flow in your spare time. Whether through art, music, or dance, express yourself freely. Balance the dreamy with the practical by maintaining a simple daily schedule.

Heart
Pisces, your empathy is heightened this week, making you a comforting presence. Be there for a loved one who needs support, and your compassion will strengthen your bonds. Remember to also take time for self-care to maintain balance.



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SC Torrevieja 1 – 2 CF Benidorm

A bumper crowd packed into the Nelson Mandela Stadium for a crucial encounter at the top end of the table, as third-placed SC Torrevieja hosted second-placed Benidorm in a high-stakes showdown.
Torrevieja manager Piquero, serving the final match of a three-game touchline suspension, was forced into a reshuffle with both first-choice strikers—Matías (injury) and Ismail (suspension)—unavailable. Berenguer led the line, supported by Breno, who made a timely return from injury. Matias does make the bench but apparently way short of fitness.
The hosts made a nervy start and were nearly caught out early when a misplaced pass across the back line gifted Benidorm an opportunity, though the danger was quickly cleared.
Another defensive lapse followed as goalkeeper Pizana misjudged a long ball, but Abadía recovered well to block and clear.
As the half progressed, Torrevieja settled. Caleb proved a constant outlet on the flank, repeatedly beating his full-back and delivering dangerous balls into the box. Despite improved possession, clear chances remained limited for both sides.
Benidorm broke the deadlock in the 27th minute. A speculative strike from distance was blocked by Conresa, but the rebound fell kindly to a Benidorm forward, who reacted quickest to slot home from close range.

Torrevieja responded immediately and felt aggrieved not to be awarded a penalty when Breno appeared to be pushed in the box, but the referee waved play on.

Their persistence paid off just before the break. Berenguer was fouled inside the six-yard area, and Pucho stepped up to calmly convert from the spot in the 42nd minute, levelling the score at 1–1.
Half-time: SC Torrevieja 1–1 Benidorm
A deserved equaliser for the hosts, though defensive sloppiness remained a concern.
Benidorm started the second half brightly, creating the first chance as their striker turned sharply in the box but fired wide. Torrevieja responded instantly, with Caleb nearly scoring directly from a cross that clipped the top of the crossbar.
On the hour mark, Torrevieja made a triple substitution, introducing Matías, Manresa, and Ernesto in an effort to regain control. However, Benidorm began to assert dominance. A poor short corner from Torrevieja sparked a dangerous counter-attack, forcing a save from Pizana before a follow-up effort struck the post. Moments later, Benidorm squandered a golden opportunity, somehow missing from four yards out after a pinpoint cross.
The pressure continued, and Pizana was again called into action, producing a strong one-on-one save to keep the scores level.

The breakthrough finally came in the 77th minute. A costly turnover in Torrevieja's own half allowed Benidorm's number nine to take possession and curl a superb finish into the top corner, giving the visitors a deserved lead.

Torrevieja made a late change, with Pucho replaced by Otman, and pushed for an equaliser. The closest they came was a spectacular overhead kick from Matías that rippled the side netting, deceiving sections of the crowd into thinking it had gone in.

Full-Time SC Torrevieja 1–2 Benidorm
In the end, Benidorm emerged with all three points in what was an entertaining and competitive fixture. While Torrevieja showed resilience to fight back in the first half, their defensive errors proved costly. On the balance of clear-cut chances, the visitors were worthy winners.
Match Report by Chris Peach - Torry Army Social Media
Contact us on torryarmyfootball@gmail.com

San Miguel GS at La Serena Golf

A quick return to La Serena, as we only played here a few weeks ago but so much has happened in the World since then. The "water course" but seemingly very popular and a full field turned up with extra balls in their bags (ooh err Missus). A lovely sunny morning teeing off from the 1st with quite a few balls coming to a watery end already. The course itself was in good condition and there were very few pitch marks on the greens, playing quite true, which was pretty amazing – a testament to the ground staff and greenkeepers. The whole team at La Serena are fantastic, and we are thankful for their warm welcome. We were delayed in sorting out the scores today because the "computer says No" as the laptop was playing silly beggars with us as was the wind which picked up on the back nine for the later players.
Nearest-the-pin honours today were Sandra "Officer" Dibble, Phil de Lacy, John Moore and Mike Stott. The Twos post was quartered between Sandra Dibble, Phil de Lacy, Mike Stott and Alan Bryce. Well done all.
Apologies that the prizes weren't distributed on the day so we shall list the winners fully as follows (1st – 5th):
Gold: Steve Webb (41 pts & best score of the day), Mike Stott (40 pts), Denis Ryan (38 pts), Drew Niblock (37 pts), Richard McCann (37 pts c/b)
Silver: Jan Skog (36 pts), Barry Roehrig (36 pts c/b), Humphrey Kelleher (34 pts c/b), Ivan Hanak (34 pts), Stephen Locke (33 pts)
Bronze: Sandra Dibble (40 pts), Norman Padmore (37 pts), Alan Bryce (36 pts), Carmel McCann (33 pts), Marit Rønsen (33 pts c/b)
Somebody has to take the McBride Bottle and it was being fought over at the bottom of the field, but John Simmons pipped another to the post and will enjoy that. The football card was Blackpool with Dave Smith taking the spoils of that pot. All prizes are being held safely by the Secretary.
We also had three "INITs" for John Batterby, Knut Hemsted and Sten Rønsen.
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Next week we stay in Murcia heading back to Saurines.

Valencian Community to boost aerospace sector

The aerospace industry in the Valencian Community is positioning itself for significant expansion after regional leaders unveiled a long-term strategy designed to boost its global competitiveness. The newly introduced Aerospace Sector Strategic Plan for 2026–2030 outlines ambitions to attract investment, create highly skilled jobs, and elevate the region's role within Europe's aerospace market.

The roadmap was formally presented at an event attended by regional president Juanfran Pérez Llorca and Director General for Innovation Juan José Cortés, alongside key figures from the business community.

While the strategy sets an overarching vision, officials confirmed that detailed implementation plans—including budgets and timelines—are still in development. These operational frameworks are expected to begin taking shape in the coming months, with initial documents anticipated before the summer.

Speaking at the presentation, Pérez Llorca emphasized that the initiative is intended to transform the region into a leading Mediterranean aerospace hub. He highlighted its potential to attract capital, generate high-value employment, and strengthen its foothold in an industry driven by advanced technology.

The plan is built around three core pillars. The first prioritizes innovation, aiming to elevate technological capabilities and move the sector toward higher-value activities. The second focuses on sustainability, with an emphasis on decarbonisation through clean technologies, alternative fuels, advanced materials, and next-generation propulsion systems. The third pillar centres on public-private collaboration, bringing together government institutions, businesses, universities, and technology centres to accelerate industry growth.

A standout example cited by regional authorities is PLD Space, headquartered in Elche. The company was highlighted as a symbol of the region's potential, with officials noting it is the only private European firm offering direct access to space. The regional government is already working with the company to support training initiatives aimed at preparing future aerospace professionals.

Authorities argue that the Valencian Community already possesses the infrastructure, expertise, and industrial base needed to support a competitive and sustainable aerospace sector with international reach. However, they acknowledge the region is still developing compared to more established aerospace hubs such as Madrid, Andalusia, and the Basque Country.

Despite this gap, recent growth trends point to increasing momentum. Between 2012 and 2023, the number of aerospace-related companies in the region rose by nearly 50%, reaching around 90 firms. These businesses currently employ approximately 1,680 people and generate an annual turnover of €735 million. The majority of activity—over 70%—is linked to passenger air transport, followed by air and space transport services and maintenance, repair, and overhaul operations.

With its new strategy, the Valencian Community is seeking to build on this growth and secure a stronger position in the rapidly evolving global aerospace industry.

Spain forces Airbnb to pay a fine of 64 million

The High Court of Justice of Madrid has rejected a request by Airbnb to delay payment of a €64 million fine imposed by Spain's Ministry of Consumer Affairs, dealing a significant blow to the company's position in the Spanish market.

The ruling means Airbnb must pay the penalty immediately, even as it continues to challenge the sanction through the courts. Judges did not assess the substance of the case, focusing solely on the company's attempt to suspend the payment until a final verdict is reached.

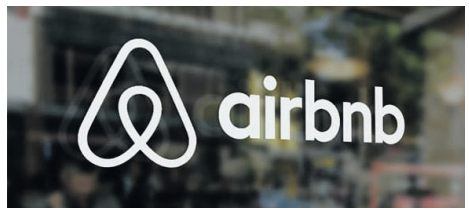
The fine, issued in December 2025, stems from multiple alleged violations linked to the listing of tourist accommodations on the platform. Authorities say these include advertising unlicensed properties, using incorrect or falsified registration numbers, and failing to provide accurate information about hosts—practices deemed misleading for consumers.

According to the Ministry, the penalty was calculated at six times the estimated illegal profits generated through these activities. Officials also stated that tens of thousands of listings were found to be non-compliant with regional regulations governing short-term rentals.

Airbnb has reiterated its intention to appeal, arguing that the sanction conflicts with both Spanish and broader European legal frameworks.

The case comes amid growing regulatory pressure on short-term rental platforms across Europe, as governments seek to address housing shortages and rising rental costs. Spain has been at the forefront of these efforts, alongside countries such as France, Italy, and Portugal, all of which have introduced stricter rules on tourist accommodations in response to concerns over access to housing.

The court's decision ensures that, for now, Airbnb must bear the financial impact of the fine while the broader legal dispute plays out.



Coconut oil hides 625 kilos of methamphetamine

Spanish authorities have dismantled a major drug trafficking network operating between Spain and Mexico following the seizure of 625 kilograms of methamphetamine in a warehouse in Arganda del Rey, officials confirmed.

The operation was carried out jointly by Spain's Customs Surveillance Service of the Tax Agency and the Civil Guard, culminating in the arrest of five individuals, four of whom have been remanded in custody.

The investigation began on February 19 at Adolfo Suárez Madrid–Barajas Airport, where customs officers flagged a suspicious shipment during a routine inspection. The cargo, consisting of 36 containers declared as coconut oil, tested positive for narcotics after further analysis.

Rather than making immediate arrests, investigators opted to monitor the shipment to identify those behind the operation. The goods were tracked to a storage facility in Arganda del Rey, where surveillance efforts eventually led authorities to suspects, including two individuals previously reported for alleged fraud offences in 2015.

The operation reached its final phase on March 5, when officers moved in to detain those involved and secure the drugs. The haul represents one of the largest methamphetamine seizures in Spain in recent years. Previous major operations date back to November 2019, when authorities confiscated 352 and 399 kilograms respectively during the so-called "Nomexmar" operation.

According to the European Union Drugs Agency, methamphetamine use in Europe has traditionally been concentrated in countries such as the Czech Republic and Slovakia. However, consumption has been spreading across the continent in recent years, even if trafficking routes often originate elsewhere before distribution within Europe.

Wastewater analysis conducted between 2024 and 2025 indicates the highest concentrations of methamphetamine residues in cities across northern and central Europe, including Norway, Sweden, Denmark, Belgium, Netherlands, and Germany.

In Spain, the highest recorded consumption levels have been detected in cities such as Lleida, Barcelona, Santiago de Compostela, and Granada, highlighting a growing presence of the drug in parts of the country.

The latest operation underscores both the scale of international trafficking networks and the increasing concern among authorities over the spread of methamphetamine use across Europe.

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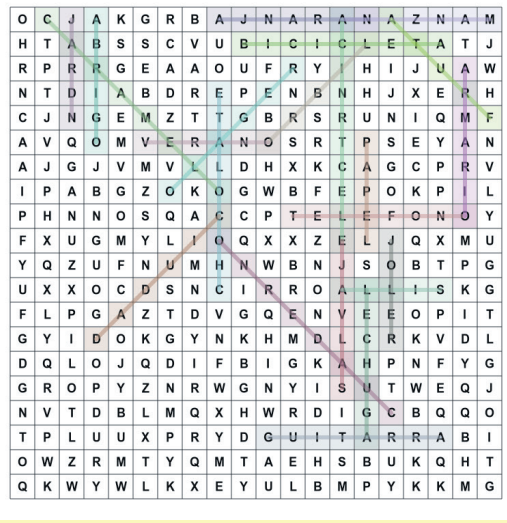
Word Ladder — Hard Solution

1	MARKET	START
2	MARKED	
3	MARTED	
4	MARTEN	
5	MARTIN	
6	MARGIN	END

Word Ladder — Medium Solution

1	CROWN	START
2	CROWS	
3	CREWS	
4	CREES	
5	CREEP	
6	CHEEP	
7	SHEEP	END

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



Residents in Cabo Roig finally get new lighting



The City Council of Orihuela has begun the works of improving the Avenida del Cabo, in the Cabo Roig urbanisation, an action long demanded by its residents and that involves an investment of more than 200,000 euros. The Mayor of Orihuela, Pepe Vegara, recently visited the works, together with the councillors for Infrastructure and the Coast, Víctor Valverde and Manuel Mestre, respectively, and the representative for Cabo Roig, Melissa Sian.

The works, which began a few days ago, focus on improving the public lighting in this main area of Orihuela Costa, with the replacement of the old sodium vapor lighting with high energy efficiency LED technology.

The Councillor for Infrastructure, Víctor Valverde, explained that "this is an important action on one of the main roads of the coast, very busy throughout the year and especially in summer". He stressed that the renovation of the lighting "will mean significant energy savings, a reduction in CO_2 emissions and, above all, a significant improvement in visibility and safety".

Valverde explained that the action is not only limited to lighting, but includes improvements in accessibility, vertical and horizontal signage, the elimination of vegetation in poor condition and specific improvements on the pavement. "It is an intervention that improves the safety, mobility and image of this avenue," he said.

The councillor for Costa, Manuel Mestre, said the initiative is part of a broader line of investment in the Orihuela coast. "Little by little things are coming out. It is not the pace we would like, but we are launching important investments both on the coast and in the municipality as a whole," he said.

Mestre recalled other recent actions such as Calle de los Pinos and the works in Barranco Rubio, and discussed new projects such as Miguel de Cervantes Avenue and the renovation of local playgrounds. "This government team is serious, responsible and compliant. The coast has been abandoned for years in aspects such as roads, lighting and gardens, and now we are reversing that situation," he added.

The representative for Cabo Roig, Melissa Sian, told of her satisfaction with the start of the works, assuring that "it is a very necessary investment and expected by the local residents for a long time".

Finally, the Mayor of Orihuela, Pepe Vegara, stressed that this action "is a clear example of the commitment of the government team with Orihuela Costa. There were those who said that the coast was abandoned, but the truth is that it is now receiving investments that had not been executed for decades," he said.

Vegara recalled that in recent months actions have been carried out in different parts of the coast, especially in terms of road resurfacing and renovation of infrastructures, and stressed that "we continue to work to improve this fundamental part of the municipality, which is a real jewel. This intervention on Avenida del Cabo was essential and responds to a historical demand of the neighbours. Today it is a reality and we are going to continue advancing in this line," he concluded.

A 17-year-old girl dies in Dénia of suspected meningitis

A 17-year-old girl has died in the Dénia Hospital with symptoms consistent with meningitis, sources from the Valencian Ministry of Health confirmed to Spanish news agency EFE.

Although the results of the microbiological analysis are still pending to confirm that it was meningitis, the Public Health Department of the Generalitat said that the official protocol has been activated. The relevant authorities are contacting people in the youngster's social environment and tracing all her recent contacts for the provision of chemoprophylaxis.

The health authorities have reminded the public that meningitis is mainly spread through respiratory secretions, such as coughing, sneezing, and kissing.

The young woman had been transported in an ambulance from a nearby town in the Marina Alta region and died a few hours later.



Spain reaches record numbers of European patents

Spain has reached a new milestone in innovation, recording its highest-ever number of European patent applications in 2025, according to the latest annual report from the European Patent Office. The country filed 2,255 applications, marking a 2.9% increase on the previous year and reinforcing its position as one of Europe's most dynamic innovation economies.

The figures reflect a sustained upward trajectory over the past decade. Since 2016, Spanish patent filings have surged by more than 43%, placing the country among Europe's fastest-growing contributors to research and development.

Within the European Union, Spain now ranks ninth in total patent applications, while globally it holds the 15th position. Its filings account for 1.1% of all submissions to the EPO, which itself surpassed 200,000 annual applications for the first time—highlighting broader growth across the international innovation landscape.

Spain's innovation output continues to be driven largely by the healthcare sector. Fields such as biotechnology, pharmaceuticals, and medical technology together represent nearly a quarter of all applications, underscoring the country's strength in biomedical research.

At the same time, the fastest growth has emerged in computer technology, where applications jumped by 29.8% in 2025. The increase points to expanding activity in areas including artificial intelligence and other advanced digital technologies.

Geographically, innovation remains concentrated in key regions. Catalonia leads the country with 754 applications—over a third of the total—followed by the Community of Madrid with 484 filings and a notable annual increase of 17.2%. Other active regions include the Basque Country, the Valencian Community, and Navarre.

Major urban centres such as Barcelona and Madrid are increasingly consolidating their roles as leading European technology hubs, alongside emerging innovation cities like San Sebastián and Zaragoza.

Another key indicator of Spain's growing innovation maturity is the rapid adoption of the Unitary Patent system. More than half of Spanish applicants—56.1%—now use the system, significantly exceeding both the European average of 40.7% and the global rate.

Together, these trends highlight Spain's strengthening position in the global innovation ecosystem, driven by both established strengths in healthcare and accelerating advances in digital technologies.

Bioparc reveals 'surgeon' ants that cut off legs to survive

Nature isn't always cuddly or pretty, and the latest attraction at Bioparc Valencia certainly isn't for the faint hearted.

The zoo-immersion park has unveiled a unique exhibit featuring the giant spotted ant, also known as the 'surgeon ant', and yes, it does exactly what the name suggests.

These insects have the unsettling ability to treat injured members of their colony, and in some cases that means carrying out what can only be described as tiny amputations. When a limb is too badly damaged, worker ants will remove it completely to stop infection spreading, before carefully cleaning the wound.

It sounds like something out of a horror film, but visitors can now watch it happen in real time.

The colony is housed in a specially designed enclosure inspired by the Kitum Cave, where you can see the intricate network of tunnels and chambers the ants use for everything from storing food to disposing of waste. The setup has been created so you can observe workers, soldiers and even the queen as they go about their business.

When they're not carefully carrying out amputations on each other, these ants are known for their aggressive defence tactics, with larger soldier ants that bite and even spray formic acid when threatened.

Originally from Africa, this species can grow quickly, with colonies reaching up to 10,000 ants in less than two years and eventually expanding to as many as 50,000.

Their diet is just as lively as their behaviour, feeding not only on nectar but also on insects like crickets, cockroaches and flies.

It's strange, slightly gruesome and oddly fascinating all at once, and if you're brave enough, it's something you can now see for yourself in Valencia.



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