

Costa Weekly News tm

Email: costaweeklynews@alicantetoday.com DEPÓSITO LEGAL: MU 170-2026 24th February - 2nd March 2026 - ED - 4

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Andrew arrested on his 66th birthday



What was meant to be a birthday celebration turned into an unwelcome surprise for Andrew Mountbatten-Windsor as police arrested the former prince on Thursday (19th February) his 66th birthday, on suspicion of misconduct in public office.

Unmarked cars and plain-clothes officers were spotted at his Wood Farm home on the Sandringham estate just after

8am, where he has been staying for nearly three weeks after leaving Royal Lodge in Windsor.

Thames Valley Police confirmed, "We have today arrested a man in his 60s from Norfolk on suspicion of misconduct in public office and are carrying out searches at addresses in Berkshire and Norfolk. The man remains in police custody at this time."

Norfolk police are assisting the investigation. The arrest follows US Department of Justice documents detailing Andrew's ties to convicted sex offender Jeffrey Epstein.

Misconduct in public office is a serious common law offence in the UK that applies when a public official wilfully neglects their duty or misconducts themselves to such a degree that it amounts to an abuse of the public's trust, carrying a maximum life sentence. In Andrew's case as UK trade envoy, between 2001-2011, it centres on claims he shared sensitive information with Jeffrey Epstein.

Emails reportedly show Andrew forwarding to Epstein official briefings on state visits to Hong Kong, Vietnam and Singapore, plus Helmand province (Afghanistan) reconstruction opportunities, sometimes just minutes after receiving them.

Police are also reviewing claims of possible trafficking related to his time in office. Andrew has always denied any wrongdoing. However, he was stripped of his royal titles

last October amid the Epstein fallout, and Buckingham Palace then confirmed his move from Royal Lodge.

King Charles has said he is ready to help police, while Prime Minister Keir Starmer said today, "Nobody is above the law."

Andrew's links to the Spanish royal family under the spotlight

The news hits close to home in Spain, given Andrew's long friendship with Spain's disgraced ex-King Juan Carlos. The pair reportedly travelled together to Kazakhstan, where royal biographer Andrew Lownie says they received cash gifts and other favours. Juan Carlos, now exiled in Abu Dhabi after his own scandals, appears repeatedly in the Epstein files.

Former Spanish President José María Aznar also features in the Epstein files, with Epstein sending packages to him at La Moncloa and later to his post-presidency policy group FAES.

Back in 2020, Andrew cancelled

a planned golf trip to Spain's Costa del Sol amid Epstein investigations, reportedly worried about the risk of being arrested. The Spanish royals and the Windsors share deep family ties: the current King of Spain Felipe VI called the late Queen Elizabeth 'Aunt Lilibet', and their houses trace a common lineage back to Queen Victoria.

At time of going to print no charges had been brought, but search powers mean officers can examine his phones, files and properties as part of their investigation. A former Met officer noted the pressure had been "growing and growing."

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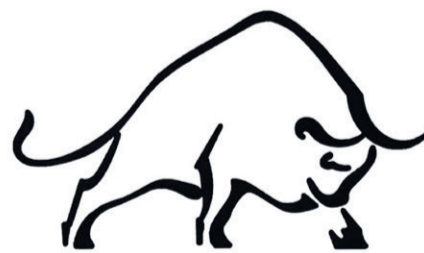
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Deposito Legal:

MU 170-2026

ISSN:

2026013000127

Publishing Company:

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

Printed in Elche (Alicante Province)

Spain's minimum wage set to rise to 1,221 euros



We're already half-way through February but the news Spain's minimum wage earners have been waiting for is finally here. On Monday February 16, President of the Government Pedro Sánchez signed on the dotted line to increase the minimum wage by 3.1% in 2026, following lengthy negotiations between the Ministry of Labour and the unions.

The signing was due to take place at the Ministry of Labour, but at the time of writing was still waiting for approval from the Council of Ministers for the royal decree that will implement the increase. Once approved, the

minimum interprofessional wage (SMI) will be set at €1,221 gross per month, paid in 14 instalments.

The proposed increase of €37 gross per month was rejected by the employers' association CEOE-Cepyme, which pulled out of the negotiations after the government failed to include its request to update contracts signed with the Public Administration in line with the SMI increase. The employers' absence from the signing ceremony highlights the ongoing tensions between business groups and the government over wage policy.

Minister of Labour Yolanda Díaz is hoping to approve the increase as soon as possible, presumably before the end of February. Crucially, the increase will be retroactive to January 1, 2026, which means workers on minimum wage will receive back pay for January and February once the royal decree comes into force.

Raising the SMI is at the discretion of the government after consulting with social partners and is established annually by royal decree, a measure that doesn't require ratification by Congress. This means the government can push through the increase without needing parliamentary approval, streamlining the process but also potentially adding to the frustration felt by the employers' association at being sidelined.

For workers currently earning minimum wage, the increase works out at an extra €518 per year, which should provide some relief in the face of ongoing cost of living pressures, although whether it keeps pace with inflation and rising prices remains a point of debate.

Spain to debate nationwide burka ban



Spain's Congress was set for a heated debate on Tuesday February 17 as politicians considered whether to move forward with a nationwide ban on the burka and niqab in public spaces.

The proposal, put forward by the right-wing Vox party led by Santiago Abascal, would apply across the whole of Spain, not

just in regions such as Catalonia where similar discussions have surfaced before.

If approved, it would prohibit the use of full-face veils in public spaces and in private spaces considered to have "public potential", a term that could include places such as shopping centres, public buildings, public transport and

possibly certain workplaces.

The bill argues that garments such as the burka and niqab have a "clear implication of eradicating women's personal identity from collective life" and amount to "subjugating them to men".

It also proposes prison sentences of up to three years for

anyone who forces a woman to wear a full-face veil through violence, intimidation or coercion. In addition, foreign nationals who commit a serious offence could face expulsion from Spain under the proposal.

Although the debate is national, the numbers in Congress mean it is unlikely the measure will pass in its current form. Junts, the Catalan separatist party, has already said it will vote against the proposal. However, the situation is politically complex. Junts has stated that it shares the "basic principles" behind restricting the burka and full face veil, describing the garments as "oppression" and saying that "women's freedom and safety are non-negotiable".

Instead of backing Vox's text, Junts plans to present its own bill to prohibit the burka and full-face veil in public spaces, alongside a demand for Catalonia to have delegated state powers in matters of security and identification of individuals.

The centre right Partido Pop-

ular has signalled support for debating the issue, while the current government has rejected the proposal outright, arguing that it may conflict with constitutional rights including freedom of religion.

If a nationwide ban were ever approved, in practical terms it would mean that wearing a burka or niqab that fully covers the face would no longer be allowed in public streets, public transport, administrative offices, schools and potentially other publicly accessible venues. Police would have the authority to require identification, and sanctions could follow for non-compliance. The proposed prison sentences would apply not to the wearer, but to anyone proven to have forced a woman to cover her face.

For now, the vote is about whether Congress will formally take the proposal forward for further debate. Whatever the outcome, the discussion has already sparked strong reactions across Spain and is likely to remain a hot political issue in the months ahead.

Inflation falls to lowest level in four years

Inflation ended January at 2.3%, according to updated data from the National Institute of Statistics, a figure one tenth lower than the initial estimate and six tenths below December's rate. It is the lowest January inflation reading since 2021, although still well above the 1% levels recorded between 2018 and 2021.

The slowdown was largely shaped by electricity prices, which, despite rising in January, increased less than they did in the same month of 2025. This eased pressure on the housing category, which dropped sharply from 5.7% in December to 2.7%.

Fuel prices also helped pull inflation down, falling this year after rising during the same period a year earlier. As a result, transport inflation slipped into negative territory, ending the month at -0.1%.

Meanwhile, core inflation—which excludes energy and fresh food due to their volatility—remained unchanged at 2.6%, holding steady for the third consecutive month. This measure has shown greater persistence, following what has been described as an uneven but generally upward trend since last March.

Inflation varied notably across regions. Madrid posted the highest rate at 3%, followed by Ceuta at 2.9%. At the other end of the scale, La Rioja, Murcia, Galicia, Castilla-La Mancha and Asturias recorded the lowest figures, all at 1.9%.

Several territories matched the national

average exactly, including the Basque Country, Extremadura, the Canary Islands and Aragon, each registering 2.3%.

On a month-to-month basis, the Consumer Price Index (CPI) fell by 0.4% between December and January. The biggest driver was a steep drop in clothing and footwear, which fell 13.1%.

Tourist packages also became cheaper, contributing to a 2.8% decline in leisure and culture, while transport costs fell by 1.1% in monthly terms.

The Ministry of Economy emphasised that the January figure remains close to the European Central Bank's 2% target. The ministry also noted that, based on its calculations, wages rose more than prices during 2025, helping households increase their purchasing power by 1.5% over the year.

The HICP, the inflation index used for European comparisons, stood at 2.4%, also six tenths lower than in December.



Doctors across Spain begin strike action



Doctors across Spain have begun a series of strikes that could disrupt healthcare services for the next five months. Six medical unions are staging weekly walkouts to protest against government reforms they say don't go far enough to protect their profession. The industrial action kicked off on Monday 16th February and will see doctors down tools for seven days each month until June, with strikes planned for mid-February, mid-March, late April, late May and mid-June.

Around 5,000 people recently marched through Madrid calling for Minister of Health Mónica García to resign.

Víctor Pedrero from the

Spanish Confederation of Medical Unions warned that the healthcare system risks being "dismantled and left without doctors" unless the government changes course.

The dispute centres on reforms to the framework statute that governs working conditions across the Spanish National Health System. In late January the Ministry of Health agreed changes with four other unions representing different healthcare staff, but doctors' groups have rejected the deal outright.

Medical professionals are pushing for their own separate statute independent from other health workers, along with a unique professional classification under

a new A1 category. They want maximum working hours capped at 35 per week, with anything beyond that counted as voluntary overtime that must be paid. The unions are also demanding a voluntary early retirement scheme and protection against forced transfers to other locations.

The medical unions have apologised to patients for any disruption caused by the strikes but insist that better working conditions for doctors will ultimately lead to improved care. They've made it clear they won't back down until they secure their own negotiating framework separate from the rest of the Health System workforce.



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Orihuela Costa's famous St Patrick's Day Parade



St Patrick's Day 2026 is now less than a month away and in Orihuela Costa, it's not just a parade, it's a full scale spectacle that turns Cabo Roig into one of the liveliest spots in Europe.

On Sunday March 15, the Costa Blanca's biggest and boldest Irish party returns for its 13th edition, and around 25,000 people are expected to pack the streets. The Cabo Roig St Patrick's Day Parade has grown into one of the largest parades in Europe, drawing visitors from across Spain and beyond for a day that is loud, proud and unapologetically green.

The famous Strip will once again be transformed into a rolling festival of colour and sound as more than 60 acts make

their way along the route. Expect powerful music including the Ex Irish Army Veterans Pipe Band, booming drummers, energetic dancers, stilt walkers and circus performers, plus classic cars, motorbikes and eye catching floats created by local businesses. Every year the standard gets higher and the crowd gets bigger.

Although St Patrick's Day falls on Tuesday March 17, the parade takes place on the Sunday so families can get involved. That decision has paid off, helping the event earn the title of best organised festival in the Vega Baja in 2024.

Leading the parade in 2026 will be Deputy Peter Roche, Fine Gael TD for Galway East, bringing a touch of official Irish presence to the Costa Blanca celebrations. According to the organisers, "Peter brings true Irish spirit, pride and craic to one of Europe's biggest St Patrick's celebrations. A dedicated public representative with deep Galway roots, he's the perfect person to lead our green parade down the iconic Cabo Roig Strip."

The parade itself gets underway at 3pm, but from dawn til dusk it's a non-stop party. Bars and restaurants will be serving traditional favourites like bacon and cabbage alongside special menus and plenty of Guinness, while live music and family entertainment keep the atmosphere buzzing into the evening.

As usual, the parade sets off from Calle Agua, continues along Calle del Mar and then loops back along the front of the Strip beside the N 332. If you're hoping for a terrace table with a clear view, getting there early is essential as every year they fill up fast.

Man arrested in Murcia for paying for a murder

The National Police have arrested a man in a Murcian town for his alleged involvement in a crime of 'proposition to commit murder', after he allegedly tried to commission the killing of another person through the Mara Salvatrucha (MS-13) criminal gang, according to the General Directorate of the Police.

Investigators say the suspect placed the order with a branch of MS-13 operating in Spain—an organisational structure that was dismantled in March 2025. The alleged contract killing was reportedly agreed in exchange for a payment of 3,000 euros.

The arrest is linked to intelligence gathered during a broader police crackdown last year against the transnational gang. In that operation, carried out in March 2025, police arrested 27 MS-13 members in Madrid,

Barcelona, Tarragona and Alicante.

That operation involved co-operation with the FBI and the National Civil Police of El Salvador, authorities said.

According to the official police statement, officers were able to confirm that MS-13 was attempting to expand its criminal services in Spain, offering violent services to other groups and private individuals.

During the investigation, officers allegedly detected the murder request and determined that gang members had not only identified the intended victim, but also had a specific execution plan.

Police said the arrest was brought forward after investigators concluded there was a real and imminent threat to the victim's

life, prompting officers to act quickly to prevent the attack and "neutralise the danger immediately."

The case was developed as part of Operation Astas, during which officers seized documentation and electronic devices allegedly belonging to the organisation.

Police said messages recovered from the material laid out the murder plan, including the victim's identity and the agreed price for the killing.

A second person was also arrested during the operation, though police said the individual was later released after giving a statement.

The main suspect has been brought before the courts and has been remanded in custody, according to the police statement.



Vega Baja registers more than 400,000 inhabitants

The Vega Baja reinforced its status in 2025 as one of the most populated regions in the Valencian Community, surpassing 400,000 residents, according to the latest official figures from Spain's National Institute of Statistics (INE).

The data places the region as the third largest by population in the Valencian Community, behind Valencia and its metropolitan area—now above one million inhabitants—and the Alacanti region, which includes Alicante city and municipalities such as San Vicente del Raspeig and El Campello, with 480,372 residents.

Within Alicante province, Vega Baja has already moved into second place, well ahead of Baix Vinalopó, which includes Elche—Alicante's second-largest city with 245,557 inhabitants—as well as Crevillent and Santa Pola, totalling 316,187. The contrast is even sharper when compared with other neighbouring regions such as Marina Baixa (209,663)

and Marina Alta (199,500), underlining Vega Baja's role as a major residential growth area.

Despite the usual discrepancies between municipal registers and the INE's official figures—often higher at local level—the statistics confirm sustained growth in the region. In the last year recorded, Vega Baja added 9,034 residents, an increase of 2.31%, making it one of the fastest-growing areas in the Valencian Community, only behind Plana Alta.

The region has exceeded the 400,000 mark, before reaching it in 2013. However, between 2013 and 2016 it lost more than 50,000 inhabitants, largely due to the economic crisis and a nationwide census purge ordered by the central government. The revision, carried out under Royal Decree 1,024/2012, removed millions of so-called "ghost residents" from official registers—especially in tourist-heavy areas—dramatically affecting towns

such as Torrevieja, Orihuela, San Fulgencio and Rojales.

Torrevieja leads the increase

A breakdown of the 27 municipalities in Vega Baja shows widespread growth, though unevenly distributed.

Torrevieja recorded the largest absolute increase, adding 3,730 residents to reach 98,533, maintaining its position as the most populated municipality in the region. The gap between INE figures and local estimates remains significant: the city council reported 110,000 residents as of January 1 this year.

Orihuela, the historic capital of the region, grew by 840 inhabitants to 84,560, driven largely by population gains along its coastline. Other coastal and near-coastal municipalities also posted strong increases, including Guardamar del Segura (+501), Rojales (+490) and Pilar de la Horadada (+472).

Inland, the fastest growth rates were recorded in smaller towns such as Benijófar (+6%), where construction activity remains high despite limited municipal land, and Daya Vieja (+6.24%). Only two municipalities—Rafal and Redován—registered a slight population decline, losing one resident each.

Overall, the pattern confirms Vega Baja's transition into a region of expanding residential settlement, not only along the coast but increasingly across its interior towns.

The census challenge

The next official census update, scheduled for the end of 2026, is expected to confirm the milestone of more than 400,000 registered residents. However, officials and municipalities continue to face a longstanding administrative problem: official population figures often fail to reflect reality, particularly in coastal towns.

Among the reasons are second-home owners who never deregistered, foreign residents who returned to their home countries without completing the paperwork, and seasonal workers who remain on the register despite long absences. At the same time, many long-term residents—especially foreigners—continue living in the area without being officially registered.

The gap has significant consequences. Regional and state funding allocations, as well as healthcare and education planning, are calculated using official figures that may underestimate the true population, while municipalities are forced to provide services for a much higher real demand.

The issue, local authorities warn, is not new—but as Vega Baja continues to grow, it is becoming increasingly difficult to ignore.

Homeowners in Spain could save more than €1,300 on their income tax return

The 2025 tax return filing period is fast approaching and in these expensive times, we'll all be looking for ways to keep a few more euros in our pockets rather than handing it over to the tax man.

On this front, there's some good news, as Hacienda has confirmed that many homeowners will be able to deduct more than €1,300 in their 2025 income tax return, and the key could be your home insurance.

The 2025 tax filing season opens on Tuesday April 8, 2026, and anyone who earned €22,000 or more from a single employer will need to submit a return. Those who earned €15,876 and had more than one employer must also file.

What you end up paying, or getting back, depends on the deductions you can apply. One of the most significant for property owners relates to mortgages taken out before January 1, 2013.

If you bought your main home before that date and still have an active mortgage, you may

qualify for the long standing deduction for investment in a primary residence. This includes part of your home insurance premium, as long as the policy is linked to the mortgage and has been in place with the same lender since the loan began.

The maximum amount that can be claimed each year under this deduction is €9,040. Taxpayers can deduct 15% of that figure, which means the saving can reach up to €1,356.

However, you cannot deduct the full cost of your insurance policy. Only the portion directly linked to the mortgage qualifies, usually the basic buildings cover required by the bank. Optional extras or additional protection are not included.

There are other housing related deductions still available this year. Families who live with relatives aged over 75 may be able to claim up to €2,500, provided they meet certain income limits and cohabitation rules.

Homeowners who carried out energy efficiency improvements may also benefit. Renovations

that reduce heating and cooling demand can qualify for a percentage deduction, and in some cases this also applies to rental properties.

More traditional deductions linked to buying or financing

a main residence under older transitional rules are still in place, along with tax relief for improvement works designed to meet the needs of people with disabilities.

With the deadline approaching,

it is worth checking carefully which deductions apply. For some homeowners, that compulsory home insurance policy could make a significant difference to the final tax bill.



Elche has an official anthem as Mediterranean Capital of Sport

Elche City Council has unveiled the official soundtrack for its year as Mediterranean Capital of Sport 2026, a musical piece designed to serve as the anthem for the city's major sporting and promotional events.

The soundtrack was composed by producer and composer Alfred Tapscoff, with artistic coordination and performance by Elche-born tenor José Manuel Guinot. The project was presented by the council's Department of Sports as part of preparations for the 2026 programme.

Sports councillor José Antonio Román said the composition aims to capture Elche's identity and project it internationally. He described the work as "a profound evocation of our roots and the Mediterranean environment," blending Arabic-inspired elements linked to the Palmeral, irrigation channels and water, alongside references to the sound of the Mediterranean.

Román added that the piece also includes melodic echoes of Elche's official anthem by Maestro Alfredo Javaloyes, as well as musical allegories of the Misteri d'Elx.

According to the council, the artwork and message associated with the soundtrack reflect the city's bilingual character. The Elche brand appears in Spanish, while the closing invitation – "Let's play" – is delivered in Valencian.

Román said the music was designed to convey "the epic nature of sport" and the effort behind competition, culminating in what he described as a powerful sprint at the end "that will instill in athletes the pride of being from Elche and of being the Mediterranean Capital of Sport."

Tapscoff is an experienced composer and producer of music for film, television and advertising. He trained in film composition at the University of California, Los Angeles (UCLA), and developed his style in Hans Zimmer's studio alongside Brazilian composer Heitor Pereira. His credits include international productions such as *Minions* and *Angry Birds*, and he has worked on more than 100 audiovisual projects.

Guinot, meanwhile, served as both artistic coordinator and the voice of the soundtrack, bringing what the council described as an emotional connection to Elche's identity.

Both Tapscoff and Guinot said the piece was created "with respect," and Guinot added that it was also made "with love for the city."

The soundtrack will be used throughout 2026 at official ceremonies, sporting competitions and promotional events linked to Elche's role as Mediterranean Capital of Sport.

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Elche company to launch first Spanish space mission

An Elche-based company is preparing what is being hailed as the first fully Spanish private space mission, with its MIURA 5 rocket set to launch cutting edge 5G satellites into orbit. If all goes to plan, 2026 and 2027 could put Alicante province firmly on the global space map.

PLD Space, founded in Elche, has signed a commercial agreement with satellite operator Sateliot to send two next generation 5G D2D satellites into space aboard the MIURA 5 rocket. D2D stands for Direct to Device, meaning the satellites will be capable of connecting directly to mobile devices and IoT systems without relying solely on traditional ground networks.

The mission, scheduled for 2027, will see two Tritó flat satellites, each weighing around 160kg, deployed into low Earth orbit. These are not small experimental cubes. They are high capacity satellites designed to deliver dual connectivity and eventually provide Europe with direct 5G connections for data, voice and video.

Sateliot chose the Elche based rocket company because MIURA 5 can offer a dedicated launch service tailored specifically to its needs. That means more control over timing and deployment, which is crucial when you are building a space based communications network.

The Tritó satellites are designed with defence, security and civil protection in mind. According to Sateliot, they will act as a strategic backup when terrestrial networks fail. In practical terms, that could mean maintaining communications during natural disasters, in remote areas or in emergency situations where traditional mobile coverage collapses.

Jaume Sanpera, co-founder and CEO of Sateliot, said the company is committed "to the Spain Brand and to guaranteeing D2D connectivity worldwide and in any scenario, with reinforced capabilities for defence and security, as well as civilian use, thus acting as a strategic backup when terrestrial networks do not

reach or fail."

Raúl Verdú, co-founder and Chief Business Development Officer of PLD Space, described the alliance as "a key milestone for the Spanish and European space ecosystem" and proof that two national companies can deliver unprecedented vertically inte-

grated solutions.

Spain already made headlines in 2023 with the successful launch of the MIURA 1 rocket. That mission marked a turning point and proved that a privately developed Spanish rocket could reach space.

Now MIURA 5 is entering its final validation phase, including engine tests and integration checks, ahead of its inaugural launch from the Kourou Space Centre in French Guiana, currently planned for the second quarter of 2026.



Orihuela to invest 6.6 million in school maintenance

The Orihuela City Council will invest 6.6 million euros until 2030 in the maintenance of its schools and educational centres, after having already allocated more than 1.1 million since June 2023.

The Mayor, Pepe Vegara, and the Councillor for Education, Vicente Pina, made a detailed presentation to the school heads and directors. They outlined the actions already carried out and the roadmap planned until the end of the decade.

Since June 2023, the Consis-

tory has invested 1,126,233 euros in maintenance through external contracting, through distributed of 180,774 euros in 2023, 631,078 euros in 2024 and 314,379 euros in 2025. In this period, 2,079 incidents related to roofs, painting, electrical installations, plumbing, enclosures and adaptation of courtyards, among others, have been managed.

One of the main focuses has been the administrative regularisation of supplies such as gas, diesel and electricity. In the case of the CEIP Playas de Orihuela,

an outstanding debt of 28,457 euros was assumed to guarantee the supply of gas in accordance with current regulations.

Likewise, urgent repairs have been initiated in heating systems in four centres and a new contract for preventive maintenance of boilers is also being processed. The tender for the supply of diesel for two years is also in the final phase, with a base budget of 94,847 euros.

The City Council has also asked the Generalitat for information

on pending technical inspections, recalling that the ownership of the schools corresponds to the regional administration.

The new Comprehensive School Maintenance Plan 2026-2030 contemplates a total investment of 6,615,776 euros for 21 educational centres across the municipality.

The plan is divided into a first shock phase, endowed with 639,200 euros to correct accumulated deficiencies, and a second phase of preventive and

corrective maintenance for five years, with almost six million euros of investment.

In addition, it is planned to incorporate a management system based on artificial intelligence to classify incidents through alerts and reduce administrative times by up to 70%.

The Mayor has assured that it is a stable, transparent and planned model that puts an end to improvised solutions of the past and guarantees a clear strategy until 2030.

Lifeless body airlifted off local hiking route

A 71-year-old man has been found dead in the Rambla Salada area of Albaterra after being reported missing earlier this week.

The man, a Dutch national, disappeared on Monday, 16 February, after leaving home to go hiking — an activity he regularly did, according to his wife. When he failed to return, his 69-year-old wife alerted authorities and reported him missing.

Search efforts intensified on Tuesday morning after the man's vehicle was located in the municipality of Albaterra. A coordinated operation was launched involving the Albaterra Local Police, the GER rescue specialists from the Alicante Provincial Firefighters Consortium, and

the Civil Guard's USECIC unit — an elite rapid-response team.

The man's body was eventually located by a USECIC drone in the Rambla Salada, a rugged area known for its difficult terrain and limited access. Investigators believe the man may have fallen or slipped into the hazardous zone.

The Civil Guard is continuing to investigate the circumstances surrounding the death.

Torre Vieja opens Levante Dock

Torre Vieja City Council has approved the partial opening of a newly completed stretch of the Levante Dike promenade following an extraordinary and urgent meeting of its Local Government Board.

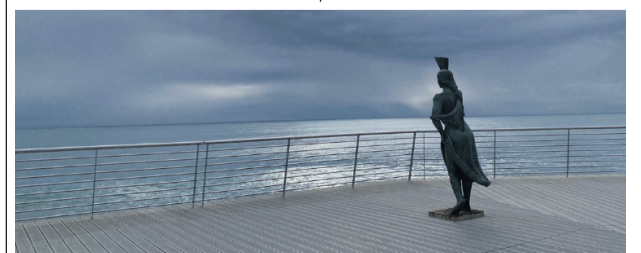
The section, which forms part of the ongoing Repaving and Repair project, has been cleared for public use after inspectors confirmed it meets the specifications set out in the approved plans. The newly opened area includes independent access points, complete walking routes, and all required safety and pub-

lic-use features. Infrastructure Councillor Sandra Sánchez said the latest phase covers around 250 metres of promenade, running from the "Bella Lola" viewpoint platform to the next plateau heading toward the lighthouse.

The full project spans 1,247 metres in total. With this

second partial opening, approximately 700 metres of the renovated promenade is now accessible to the public.

Mayor Eduardo Dolón said the remaining works are expected to be completed, with final reception scheduled for the end of March.



Spain is already running out of storm names

Spain is racing through its high-impact storm name list at a pace meteorologists say they have never seen before.

Since the start of January, ten named high impact storms have swept across the country in just six weeks. Francis, Goretti, Harry, Ingrid, Joseph, Kristin, Leonardo, Marta, Nils and Oriana have all battered parts of mainland Spain, pushing the official naming system close to the letter O by mid-February.

Back on September 1, the Spanish State Meteorological Agency released its seasonal list of 21 storm names, drawn up with weather services from Portugal, France, Andorra, Belgium and Luxembourg. The names are

used only for high-impact storms expected to cause significant disruption. No one expected the list to move this quickly.

Francisco Martín, a meteorologist at Meteored with more than 30 years of experience, described the situation as "extraordinary".

"No meteorologist can recall a similar episode of ten high impact storms in a row," he said.

Although storms have always affected Spain, naming them only began in the 2017 to 2018 season. Even so, ten in less than two months is, in his words, "not normal" and not something recorded in recent meteorological history.

Aemet spokesperson Rubén del Campo agreed, pointing out that ten consecutive storms means one every four or five days.

"It's a pace we haven't seen before, and it's not a typical situation at all," he added.

Experts say the main reason is a persistent blocking anticyclone over Greenland and Scandinavia. Normally, Atlantic storms track towards the British Isles. This time, that high pressure system acted like a barrier, diverting weather systems directly towards Spain, Portugal and France. At the same time, the Azores High, which usually helps stabilise Spain's weather, shifted further south, effectively opening a corridor for storms to roll in

one after another.

The big question is whether climate change is playing a role. Both Martín and del Campo are cautious, saying formal attribution studies are needed. However, they acknowledge that these storms have been unusually wet and energetic, drawing moisture from warmer tropical and subtropical waters. A warmer ocean means more evaporation, and a warmer atmosphere can hold more moisture, increasing the potential for intense rainfall.

A recent study into Storm Nils by researchers at ClimaMeter suggested that its stronger winds and heavier rain could not be explained by natural variability alone, pointing towards human

driven climate change as a key factor.

And it may not be over yet. Another storm could arrive midweek and, if classified as high impact, it already has a name waiting: Pedro. The record season so far was 2023 to 2024, which reached the letter R. If this year's list runs out entirely, new names will simply need to be added.

For now, meteorologists say this run of storms is rare, perhaps a once in 30 year episode. What science does suggest, however, is that extreme weather events in Spain are likely to become more frequent and more intense in the years ahead.

Swift nesting boxes installed

Torre Vieja City Council has installed 20 nest boxes for common Swifts at Torre Vieja University Hospital as part of a biodiversity and urban pest prevention initiative, according to Councillor for Pest Control Diana Box Alonso.

The nest boxes were fitted during February under a collaboration agreement between the hospital and the council. The

measure forms part of Torre Vieja's Biodiversity Promotion Plan, which is being carried out by the company CTL within the municipality's Urban Pest Control Service contract.

The boxes have been placed on the exterior façade of the hospital building facing the Torre Vieja Lagoon, an area where colonies of the protected migratory species were detected last year.

The aim is to strengthen these colonies by encouraging the birds' settlement and reproduction in what officials describe as an ideal environment.

The common swift is considered a species of high ecological value due to its role in controlling insect populations, particularly mosquitoes. The council highlighted that this benefit is especially relevant in sensitive

environments such as hospitals, where mosquitoes can act as vectors for disease.

Municipal officials noted that the installation of artificial nests supports conservation efforts while also promoting biodiversity in urban settings. The species migrates around 10,000 kilometres each year and typically returns to its breeding areas between March and September, a period

that coincides with the highest mosquito activity.

The Department of Pest Control said the initiative reflects Torre Vieja's commitment to sustainable and environmentally friendly solutions, using biodiversity protection as a complementary tool in the management and prevention of urban pests.

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LaLiga is offering €50 to anyone who dobbs in a bar

LaLiga is now paying people €50 to report bars, restaurants and casinos that are showing football without a proper broadcast licence, and it's fair to say the scheme has raised a few eyebrows.

The league, headed by President Javier Tebas, claims the move is about recognising the role ordinary people can play in protecting audiovisual rights, and that all tip-offs will be handled confidentially and assessed against technical criteria before any reward is paid out.

In other words, you can't just point the finger at your local and pocket the cash, there needs to be proof the broadcast was actually illegal.

Knowing whether a bar is showing football legally is apparently pretty

straightforward. During a licensed broadcast for commercial premises, a "B" should appear on screen while casinos should show an "A".

No letter, no licence. That's the signal to reach for your phone and file a report, which LaLiga says can be done at any time from a mobile device.

Pirated football has become a real headache for LaLiga and it's costing the league a small fortune, particularly when it comes to bars skipping the subscription. Commercial venues can expect to fork out somewhere between €280 and €350 a month for a legitimate package, compared to as little as €10 to €30 for a home subscription depending on what's included.

This also comes amid a climate of tension surrounding the league's efforts to curb domestic piracy. Every weekend, LaLiga instructs phone operators to block hundreds of websites and digital services it suspects of streaming matches illegally, with court authorisation to intercept large volumes of internet traffic if a pirate site is detected within it.

LaLiga, meanwhile, is pressing ahead, and with €50 on the table, it clearly believes there are plenty of people willing to help. Whether football fans are quite so keen to turn in the pub showing the game is another question entirely.



Spain's crumbling roads are in the worst state since the 1980s



Anyone who has spent time behind the wheel in Spain will already know that the roads can be a bit of an adventure, but the latest figures confirm it's even worse than most people realised.

More than half of Spain's entire road network is now in need of serious attention and the Spanish Road Association (AEC) says conditions are the worst they've recorded since the late 1980s and early 1990s.

The AEC has been keeping tabs on the state of Spain's roads for 40 years, and its most recent audit makes for uncomfortable reading. Of the country's 101,700 kilometres of road, a staggering 54,373km need some form of intervention. Around 34,000km of that requires urgent reconstruction right now due to what the report describes as "very serious" deterioration, covering everything from potholes and deep cracking to surface peeling and structural damage.

A further 20,400km needs work within the next four years. The bill for sorting all of this out has been estimated at €13.49 billion, and that figure was calculated before the recent wave of storms that swept across the country and caused yet more damage.

To put the scale of the decline into context, back in 2022 there were around 13,000 kilometres of road classed as very severely deteriorated. By 2025 that number had more than tripled to 34,000 kilometres. Three years,

three times worse.

When you break it down by region, Aragon comes out bottom of the pile and is the only area the audit classifies as being at a "critical level," with 68% of its roads showing serious or very serious damage. Galicia and Castilla-La Mancha are next, both at 59%, followed by Murcia and Asturias at 58%, La Rioja and Castilla y León at 57%, and Catalonia at 52%.

Eight regions in total, then, where more than half of all roads are in a bad way.

At the other end of the scale, only three regions can claim their roads are in "acceptable" condition, meaning less than 40% of their network is deteriorating. Those are Extremadura at 40%, Madrid at 38% and the Valencian Community, which comes out best of all at 32%.

Looks like drivers can expect plenty of chipped alloys and those bone-shaking secondary roads wherever they travel.

Spain's rail network is 'not perfect but safe', says Sanchez

Two people suffered minor injuries after a crash on the N-332 near one of Benidorm's main access points left one vehicle completely destroyed by fire and caused major traffic delays.

The accident occurred at the entrance to the city via Avenida Beniardá, in the direction of La Vila Joiosa. Police sources said the incident began with a collision between two vehicles. Shortly after the impact, one of the cars caught fire and was quickly engulfed in flames.

Despite the intensity of the blaze, the occupants of the burning vehicle managed to escape in time and were not seriously hurt. Both injuries reported were described as minor.

The incident triggered traffic jams lasting more than an hour, with long queues forming along the N-332 as emergency

services responded.

A thick column of smoke from the burning car could be seen across Benidorm and from several other areas of the Marina Baixa region.



Unions call for teacher strikes

Four major education unions have announced a new wave of mobilisations in the Valencian Community, including demonstrations on 28 February and a region-wide strike on 31 March, citing what they describe as a lack of progress in negotiations with the Ministry of Education.

STEPV, CSIF, CCOO and UGT said the move comes after months of talks that, in their view, have failed to produce a clear timetable or concrete commitments. The unions pointed to the Spokespersons' Meeting held on 10 February, where they were told negotiations would begin in March – but without any confirmed schedule, dates, sessions or topics.

Union representatives argue that without a structured calendar, the negotiation process cannot be effective.

The organisations have called demonstrations for 28 February at 12 noon in

the three provincial capitals, including Alicante. These protests will be followed by a strike affecting schools across the Valencian Community on 31 March.

They also warned that if no timetable is agreed, they will maintain their proposal for an indefinite strike starting in May.

The unions say their demands centre on improving working conditions and implementing concrete measures, including salary increases, smaller class sizes, reduced bureaucracy, improved infrastructure, the reversal of cuts, and issues linked to teaching in Valencian.

STEPV, CSIF, CCOO and UGT have urged teachers and education staff to take part in the protests and strike action, saying the goal is to force the Ministry to negotiate with a clear calendar and firm commitments.

Pilar de la Horadada calls for solutions to the AP-7 toll

While the AP-7 motorway has become toll-free on key stretches in the province of Alicante, Pilar de la Horadada remains one of the municipalities still paying to use the route – a situation the town's mayor says is becoming increasingly unfair.

In December 2025, Spain's Council of Ministers approved the definitive removal of the toll on the AP-7 section that serves as the Alicante ring road, between Monforte del Cid and El Campello. However, the toll remains in place further south, continuing to affect residents and drivers travelling through Pilar de la Horadada.

Mayor José María Pérez has criticised the latest increase in toll rates introduced this year. For light vehicles – including motorcycles, cars, minibuses and vans – the high-season cost has risen from under €5 to €5.10. In low season, the same journey currently costs €2.85.

High season applies during June, July, August and September, as well as a 17-day period from the

Friday before Easter through to the following Sunday, inclusive.

Pérez said Pilar de la Horadada is "one of the most affected localities," arguing that the toll represents a major burden for residents. He highlighted that a

round trip to Alicante can cost €20.40, calling it "a fortune for just 17 kilometres."

The mayor also warned that the toll creates practical problems for healthcare access, particularly for emergencies requiring travel to

Torreveja Hospital. He said many residents avoid the AP-7 and instead use the N-332 to escape the charge, which contributes to congestion and impacts nearby municipalities such as Torreveja and San Miguel de Salinas.

"It would be a solution if they removed this toll, because then we could also ease traffic on the N-332, especially in high season, when there are always jams," Pérez said.

The Pilar de la Horadada City Council is now working alongside Torreveja and San Miguel de Salinas to demand the toll be removed. The municipality has also contacted the Ministry of Roads seeking a response that would prevent "residents, tourists and workers from other towns" from being affected by the increased charges.

Pérez noted that the AP-7 is not managed under a single concession, and that different sections operate under separate contracts – which explains why some stretches are now toll-free while others continue to charge.

"This toll is a real shame for our municipality," he said, adding that the current concession runs until 2045, when the toll is scheduled to be removed – a timeline he described as "unfair."



Laser Hair Removal at Indiana's Hair & Lash Boutique

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Laser hair removal

Laser hair removal is one of the most effective ways to remove unwanted body hair. If you're tired of shaving and waxing but aren't quite sure if you're ready for laser treatment, keep reading.

What Is Laser Hair Removal?

Laser hair removal is a simple process, as long as it's performed by a trained laser technician.

Here's how it works:

A trained technician applies a laser light to the area of unwanted hair. The pulses of light emitted by the laser attack the hair and the follicle, destroying the hair at the root and preventing it from growing back.

Hair grows in three different

phases, and for the laser to effectively destroy the root, the hair needs to be in the growth phase.

It is for this reason that multiple treatments are required. In order to capture each hair in that growth phase, you will need to have several sessions spaced out roughly four weeks apart.

Laser hair removal is the best method for permanent hair removal.

Do's and don'ts before, and after laser hair removal

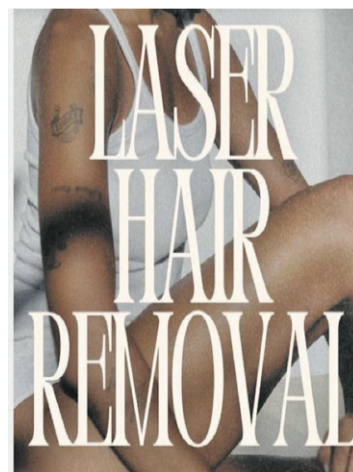
Before laser hair removal

Firstly, before you undergo laser treatment, you must not expose the treated area to the sun or a sun bed. A sunscreen of SPF 30, or preferably a total sun block of SPF 50, should be applied whenever exposure to the sun is unavoidable.

You must avoid plucking, waxing or bleaching the hair for six weeks prior to treatment. Preserving the root and the pigment of the hair is imperative for the success of the laser treatment.

It is important to shave the area to be treated the day or night before your appointment. Doing this will prevent thermal injury to the

surface of the skin as there won't be hair on the surface to absorb the laser's energy. It will allow the laser to go directly to the hair follicle. It will also let the skin heal in case the surface is cut whilst shaving.



After laser hair removal

Immediately following treatment the area may show erythema (redness and some swelling) around the follicles which looks similar to large goose bumps.

Around 2 or 3 weeks after a laser hair removal treatment 10 to 20% of the treated hairs will fall out. During the healing phase, the area must be treated delicately. Do not rub or scratch.

Avoid sports and strenuous exercise for two days following the treatment for laser hair removal. Walking is encouraged though.

Avoid very hot baths, showers, steam baths or saunas, and don't swim in strong chlorinated water for two or three days. Don't use bleaching creams or perfume products for 24 to 48 hours. Avoid exfoliating or peels for one week. Try to avoid wearing tight clothing for two or three days.

Most Commonly Asked Questions About Laser Treatments For Hair Removal & Tattoo Removal

Can you shave after laser hair removal?

We recommend you wait about 1 to 2 weeks before shaving after hair removal to avoid any skin irritation or skin damage. For instance, the lower leg area might be less sensitive than the bikini area, so shave according to your skin sensitivity.

Can you go in the sun after laser hair removal?

You can, but you had better cover the laser treated areas of skin with protective clothing or a SPF 50+ sunscreen for at least 2 weeks or longer. We encourage you to stay out of the sun

post-laser treatment and between laser treatments for the duration of your treatment timeline. In general, protect your skin from sun damage at all times.

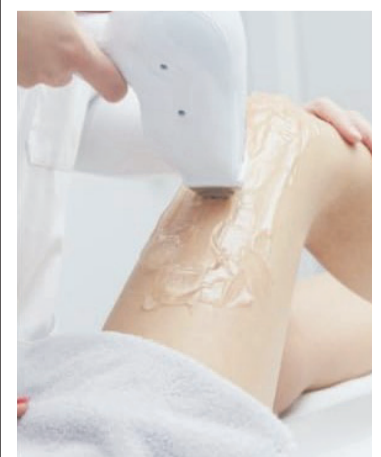
Is itching after laser hair removal normal?

Little skin bumps that itch, or small patches of skin that itch post-laser treatment are considered a normal skin response to a laser treatment. Most skin itching fades after a day or two

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Supreme Court sets strict limits on wolf hunting in Spain

The long-running debate over wolf protection in Spain has taken another turn, after years of political and legal wrangling at both European and national level. In 2024, the European Parliament voted to lower the wolf's protection status despite opposition from Spain, reopening arguments about how the species should be managed.

Now, Spain's Supreme Court has drawn a clear line.

In a ruling issued on February 12 and made public on Monday February 16, the Administrative Litigation Chamber of the Supreme Court stated that wolf hunting can only be authorised "when it constitutes the only solution to avoid damage to livestock."

The judges stressed that any decision to kill wolves must be taken only after examining "alternative measures" that livestock farmers can "reasonably" adopt to prevent attacks. In other words, culling is a last resort, not a routine management tool.

The ruling confirms a previous decision by the High Court of Cantabria, which had annulled permits granted by the regional government for the "extraction" of several wolves suspected of causing damage to livestock.

Importantly, the Supreme Court underlined that all wolf populations in Spain were included in the List of Wild Species under Special Protection, known as LESRPE. This gave the species "the highest

level of protection provided by our legislation", particularly under the Law on Natural Heritage and Biodiversity.

Although autonomous communities do have the power to adopt management measures, including the killing of animals, the court made clear these actions "must be subject to rigorous conditions" and aligned with the criteria established by the Court of Justice of the European Union under the Habitats Directive.

The judges also warned that authorising the hunting of a specific number of wolves requires proper verification of the species' conservation status. "It is not enough to observe that its population has increased in one or more specific

municipalities," the ruling states. Given the wolf's wide-ranging territory, a "more extensive study" is required.

Above all, the court was unequivocal. The killing of wolves "must be selective" and "it is not possible to allow it to be applied indiscriminately." The decision comes less than a

year after wolves were once again authorised to be hunted north of the Duero River, which runs across Castilla y León before flowing into Portugal, effectively dividing wolf management rules between northern and southern Spain, underlining that the issue of how to balance rural livelihoods with species conservation remains far from settled.



Nine-metre Fin Whale found dead at Valencia

A nine-metre Fin Whale weighing around 6.5 tonnes has been found dead on the breakwater at the entrance to the Royal Yacht Club of Valencia, in a discovery that has stunned those working in the area.

The animal was spotted by a vessel from the Blue Marine Foundation who immediately alerted the Stranding Network of the Valencian Community. The crew also helped ensure the whale could be moved to a position where specialist teams were able to reach it safely.

Veterinarians who carried out an initial inspection confirmed the whale was a female fin whale. At an estimated 6.5 tonnes, she belonged to the second largest species on the planet, surpassed only by the blue whale. Fin whales are a familiar presence in Mediterranean waters during parts of their life cycle, particularly in migration and feeding areas, but it is far from common to see one washed up inside a port.

The cause of death is not yet known.

Teams from the Oceanogràfic Foundation and technicians from the University of Valencia travelled to the scene, working in coordination with environmental

agents from the Ministry for Ecological Transition, the Nautical Club and Valencia Charter, which provided logistical support. A full necropsy (the animal equivalent



of an autopsy) will now be carried out following established scientific protocols for large cetaceans. Those involved describe the examination as "crucial" in helping determine, as far as possible, what happened and in adding to ongoing research into marine wildlife in the Mediterranean.

The Oceanogràfic Foundation said its role forms part of its regular work responding to stranded or injured marine animals. The intervention has partial backing from the Pairi Daiza Foundation through its programme supporting marine mammal strandings in the Valencian Community.

The find comes just days after four whales were discovered stranded along the coasts of Murcia and Almería in a single day, prompting an investigation. That unusual cluster of incidents had already raised questions among experts.

For now, attention is firmly on the results of the necropsy in Valencia, which may help shed light on this latest loss and whether it forms part of a wider pattern affecting large whales in Spanish waters.

Sharp rise in 'lost' passports

Spain's National Police have issued a nationwide alert after detecting a sharp increase in reports of lost or stolen passports that investigators believe may be linked to the government's newly announced extraordinary regularisation programme.

The warning was circulated internally by the General Commissariat for Foreigners and Border Control (CGEF), which says the spike began immediately after the government confirmed on 27 January that undocumented migrants who can prove they were living in Spain before 31 December 2025 will be eligible to apply for legal residency.

Police suspect some individuals may be filing the reports

deliberately in order to generate an official record showing their presence in the country before the deadline.

According to the police analysis, the rise was identified by comparing the period from 15 January to 6 February 2025 with the same dates in 2026.

The result, police said, was an overall increase of around 60% in reports of lost or stolen passports. Investigators also broke down the rise by nationality, with several groups showing particularly steep jumps.

The largest increase was recorded among Pakistani nationals, where reports surged by 866.67%. Algerians followed

at 356.35%, Moroccans at 114%, and Colombians at 35%.

The figures prompted a full investigation, which police experts have now completed.

In the report, the CGEF said the information gathered "suggests that, within the bounds of this exceptional regularisation process, this practice could be used as a means of accrediting presence on Spanish territory during the period covered by this process."

Investigators added that full identity checks carried out on foreign nationals reporting losses or thefts revealed multiple irregularities in many cases.

These included individuals

with criminal or police records in Spain or abroad, the use of identities different from those declared as lost or stolen, and outstanding administrative decisions linked to immigration status.

As a result, police have recommended that undocumented migrants filing such reports should undergo full identification procedures, with their legal status in Spain verified in detail.

Concerns have also been raised by police unions, which argue the situation is placing additional pressure on already stretched immigration units.

Jupol, one of the country's main police unions, said the trend

"demonstrates the cause and effect that we have been warning about since the announcement of the extraordinary regularisation of foreigners."

"It is unacceptable that the National Police is being used as a tool to facilitate regularisation processes through alleged and fraudulent reports," the union said, warning that it undermines police work and further overloads staffing levels.

Jupol added that officers were being drawn into situations that could conceal "administrative fraud" and demanded "clear and forceful measures" to protect both legality and the professionalism of the National Police.

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Sanchez calls on EU to strengthen its defence

Spanish Prime Minister Pedro Sánchez used his first appearance at the recent Munich Security Conference to issue a stark warning against nuclear rearmament, arguing that expanding atomic arsenals would not make Europe safer from Russia's President Vladimir Putin and would instead increase global risk.

Speaking as transatlantic relations face their deepest strain in decades, Sánchez said the world is now spending more than \$11 billion every hour on nuclear weapons. He highlighted the scale of the United States' own plans, noting that Washington is expected to devote \$946 billion to its nuclear forces over the next decade.

"This is enough to eradicate extreme poverty in the world," Sánchez said, adding that the growing role of artificial intelligence in nuclear systems makes the danger even greater.

Invoking former US President Ronald Reagan, Sánchez stressed that "a nuclear war cannot be won," presenting the debate as a practical question of

what truly strengthens security rather than an ideological dispute.

Sánchez insisted that rejecting nuclear expansion does not mean neglecting defence. He said Spain has tripled its military spending and doubled the number of troops it has deployed, while supporting the creation of a genuine European army and pledging that Spain "will collaborate with whatever is necessary."

"Europe must strengthen its defence capabilities to protect our freedom and our way of life, and to ensure the security of our partners," Sánchez said. "But let us be clear: nuclear rearmament is not the way."

He also criticised voices in the United States who see the European Union as a rival rather than a partner. "Some would like to see a more fragmented EU," Sánchez said, while expressing confidence that Europe was moving in the opposite direction.

A long-time critic of Donald Trump since his return to the White House, Sánchez said Europe must reinforce the transatlantic

bond without what he has previously described as "vassalage." He called for EU enlargement to include Ukraine, internal reforms, and greater economic competitiveness.

Sánchez's remarks came as nuclear deterrence has returned to the centre of European political debate, driven by concern over Russia's nuclear arsenal and growing doubts about the long-term reliability of US security guarantees.

German Chancellor Friedrich Merz told delegates he had held "confidential talks" with French President Emmanuel Macron about European nuclear deterrence. British Prime Minister Keir Starmer said the UK was "enhancing our nuclear cooperation with France," arguing that adversaries must know they could face "our combined strength."

Britain's nuclear deterrent already extends protection to NATO allies. However, the combined British and French arsenals amount to only hundreds of warheads—far fewer than the thousands held by the United States and Russia.

Report warns Europe faces "new nuclear reality"

A report prepared for the conference on "Europe's nuclear options" warned that British and French forces alone might not be enough to deter Moscow without US backing.

"Europeans can no longer outsource their thinking about nuclear deterrence to the United States," the report's authors wrote, urging policymakers to "urgently confront a new nuclear reality" created by what they described as "Russia's nuclear-backed revisionism."

The report outlined five possible strategic paths: continuing to rely on US deterrence; strengthening the European role of British and French forces; jointly developing European nuclear weapons; increasing the number of European states with their own arsenals; or expanding conventional military power to provide a stronger non-nuclear deterrent.

None of the options, the authors warned, offered a cheap

or risk-free solution. The report said relying on the United States remains "the most credible and feasible option" in the short term, noting the wide gap between American capabilities and those of Britain and France.

Macron, who has previously floated the idea of extending France's nuclear umbrella across Europe, is expected to deliver a major speech on French nuclear doctrine at the end of February. In Munich, he said he was considering a framework that could include "special cooperation, joint exercises, and shared security interests with certain key countries."

Against this backdrop, Sánchez's firm rejection of nuclear rearmament stood out at the conference, highlighting a widening debate inside Europe over how far the continent should go in response to what many leaders describe as a far more dangerous and uncertain security environment.

More convictions for illegal wastewater dumping in Mar Menor

The conviction of three more agricultural business leaders over illegal wastewater dumping has once again drawn attention to the long-running environmental crisis affecting the Mar Menor. This fragile coastal lagoon has spent years battling pollution, algae blooms and mass fish die-offs because of this issue. These latest rulings bring the

total number of convictions in the case to five. The companies operating in the Campo de Cartagena have now admitted environmental offences linked to the Topillo investigation.

Prosecutors confirmed the cases involved the discharge of nitrate-contaminated wastewater produced by unauthorised desalination systems used to



treat groundwater without approval from the Confederación Hidrográfica del Segura (CHS).

These discharges are a serious problem because nitrates act as fertiliser once they reach the lagoon. This triggers excessive algae growth, which blocks sunlight, reduces oxygen in the water and can suffocate marine life. Scientists have repeatedly

warned that this nitrate overload is one of the main causes of the Mar Menor's ecological collapse in recent years.

If nitrate levels become high enough, they can even contaminate drinking water and cause health issues for people who swim or bathe in the lagoon for long periods.

Sanchez calls on EU to strengthen its defence

US Secretary of State Marco Rubio sought to reassure European allies, telling the Munich Security Conference that Washington wants to "revitalise" the transatlantic partnership and work with a stronger Europe in what he described as a wider project of global "renewal".

In a speech designed to ease months of strain in US-European relations, Rubio struck a markedly conciliatory tone, emphasising that the United States sees Europe as an essential partner rather than a rival.

"We do not seek to separate, but to revitalise an old friendship and renew the greatest civilisation in human history," Rubio said. "What we want is a reinvigorated alliance."

He added that Washington wanted Europe to be "strong" and "capable," arguing that the two sides of the Atlantic "belong together".

"And while we are prepared, if necessary, to do this alone, it is our preference and it is our hope to do this together with you, our friends here in Europe," Rubio said.

Rubio's appearance contrasted sharply with last year's conference, when US Vice President JD Vance unsettled many European governments by using the forum to criticise Europe's positions on immigration and free speech.

While Rubio repeated the Trump administration's view that immigration is "destabilising societies," he largely avoided the culture-war

themes that have become closely associated with the MAGA movement. German Chancellor Friedrich Merz said on Friday that such issues had helped deepen a growing "rift" between Europe and the United States.

Defence burden

European leaders at the conference, still shaken by President Donald Trump's repeated threats to annex Greenland and his sharp rhetoric about NATO partners, have pledged to take on a greater share of the alliance's defence burden.

Several leaders said the shift was essential for confronting an increasingly hostile Russia, as Moscow's full-scale invasion of Ukraine approaches its fifth year.

NATO Secretary General Mark

Rutte argued that Europe's military strengthening would ultimately reinforce the alliance. "A strong Europe in a strong NATO means that the transatlantic bond will be stronger than ever," he said.

French President Emmanuel Macron also used the conference to call for a more assertive Europe, saying "this is the right time for a strong Europe"—one that remains firm in support of Ukraine while also "building its own architecture of security".

"This Europe will be a good ally and partner for the United States of America," Macron said.

Rubio's outreach comes as the Trump administration's newly released National Security Strategy has adopted unusually blunt language about Europe, claiming

the continent faces "civilisational decline".

Relations were further strained last month when Trump renewed and intensified threats to annex Greenland, an autonomous territory belonging to NATO member Denmark, prompting strong pushback from European governments.

Merz, addressing the conference on Friday, urged Washington to reset ties. "Let's repair and revive transatlantic trust together," he said.

The Munich Security Conference brings together heads of government, senior diplomats, defence officials and intelligence chiefs, and is being held as the war in Ukraine enters its fifth year.

Benidorm wants to be quieter



Benidorm City Council is set to approve a new Municipal Acoustic Plan at its next meeting, launching a framework aimed at preventing, controlling and reducing noise pollution across the municipality.

The plan is required under regional regulations for towns and cities with more than 20,000 inhabitants, meaning the approval will also bring Benidorm into full compliance with its legal obligations on environmental

noise control.

The document, drafted by a specialised consultancy, brings together three key tools: an updated Acoustic Map, an Acoustic Zoning scheme and a Municipal Action Programme.

Once it receives initial approval in plenary, the file will be opened to public consultation for one month following its publication in the Valencian official gazette (DOGV). Residents will be able to submit comments, sugges-

tions or objections during that period. The plan will also be made available through the Municipal Electronic Office notice board and will be widely promoted during the public information phase.

After the consultation stage, the council will forward the final version to the regional Ministry of the Environment, Infrastructure and Territory, which must issue a mandatory report before the plan can be definitively approved.

Acoustics

According to the councillor for Public Space, Francis Muñoz, the study concludes that Benidorm has "an overall favourable acoustic situation compared to other municipalities with similar characteristics."

However, the report identifies certain areas where acoustic quality objectives are exceeded on residential façades, mainly during daytime hours. Muñoz said these cases do not represent a wide-spread or severe exposure problem, but they do allow the council to map specific conflict points and prioritise future interventions.

The Acoustic Map points to road traffic as the main contributor to noise, with the highest emissions recorded during the day. The areas most affected are around the AP-7 and N-332 roads, as well as several of the city's busiest urban arteries.

The report highlights a clear acoustic footprint along avenues such as Beniardá, Jaime I, Alfonso Puchades and Europa, with the impact especially noticeable in central areas.

Rail noise was found to be broadly similar during day and night peri-

ods, but with a much smaller area of influence. A slight impact was detected near Beniardá Avenue, particularly around educational facilities including CEIP Vasco Núñez de Balboa and CP Els Tolls.

The study also notes that the TRAM d'Alacant line acts as a physical boundary for northern neighbourhoods such as Xixo, Ciudad Médico Residencial, Foietes-Colonia Madrid-Beniardá and Imalsa-Els Tolls. Even so, Muñoz said it does not generate a significant noise impact on nearby residential areas.

Local alignment

The Municipal Acoustic Plan includes proposals designed to align with other local strategies, including the Sustainable Urban Mobility Plan (SUMP), allowing the city to take a more coordinated approach to transport planning and noise reduction.

Under the regulations, the plan must be reviewed and updated within five years. The council said this future revision will allow for new data to be incorporated, progress to be assessed and more targeted action plans to be introduced if needed in priority areas.

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Spain unveils €23 billion fund to tackle the housing crisis



President of the Government Pedro Sánchez has announced a major new fund designed to pump billions into Spain's struggling housing market and help bring down soaring prices.

The España Crece (Spain Grows) scheme will mobilise €23 billion annually through a mix of public and private investment, with the aim of delivering an extra 15,000 homes every year. The President said the initiative would "boost housing supply" and make real progress towards solving the country's chronic shortage.

President Sánchez insisted the fund would encourage private investors to build homes for ordinary people rather than simply profiting from what he called a "constitutional right". The scheme will be managed by the Official Credit Institute (ICO) and should be up and running by the second quarter of this year.

The government is putting €13.3 billion of EU Recovery Plan loans into the pot as seed capital. Unlike the Next Generation EU funds, which run out this year, España Crece will operate permanently

without any fixed deadline for spending the money.

Around €2 billion of the initial injection will go towards housing, allowing the ICO to leverage €14 billion for the sector. The remaining €9 billion is expected to come from private investors attracted by the public bank's involvement, according to Ministry of Economy sources.

Economy Minister Carlos Cuerpo described it as a "powerful tool" that would support companies with innovative projects and help them grow throughout their lifecycle. The broader fund aims to mobilise up to €120 billion in total across nine key areas including housing, energy, digitalisation, AI and infrastructure.

Minister for Housing Isabel Rodríguez said the initiative would help Spain catch up with its European neighbours on public housing stock, an area where the country has historically lagged behind. She added that the fund represents a chance to turn Spain's current economic growth into tangible improvements for so many people struggling to afford homes.

Terra Natura Benidorm tickets in interest-free instalments

Terra Natura Benidorm has introduced a flexible payment option for tickets after signing an agreement with Scalapay, a company specialising in Buy Now, Pay Later (BNPL) services.

Under the new system, visitors can split the cost of their purchase into three or four interest-free instalments, allowing families to better organise their spending from the moment of booking. The solution is integrated directly into the park's checkout process and is designed to be simple and transparent.

According to the park, the measure aims to remove potential financial barriers and encourage decision-making around family leisure by making access to the attraction more manageable.

Terra Natura Benidorm's commercial management said the partnership forms part of its broader growth strategy while maintaining its focus on accessibility. "This agreement allows us to continue growing without losing our focus: to offer quality, accessible experiences aligned with the real needs of today's families,"

said Javier Zapata García, Commercial Director of Terra Natura Benidorm.

The initiative also aligns with the park's wider commitment to an accessible, educational and sustainable leisure model, at a time when financial flexibility is playing a growing role in consumer choices.

Scalapay, meanwhile, said the collaboration strengthens its presence in the entertainment and leisure sector. "This collaboration reflects our commitment to strategic alliances with companies that place the consumer at the centre of their proposal. We provide a solution that helps Terra Natura Benidorm to optimise sales and conversion, while providing families with access to quality leisure experiences," said Borja Pólit Macaya, Enterprise Sales Manager at Scalapay.

With the move, Terra Natura Benidorm joins a wider trend in the leisure industry, where attractions are increasingly adopting flexible payment methods to broaden access and reduce the need for visitors to pay the full cost upfront.



Spain to send food and health products to Cuba

Spain has announced it will send humanitarian aid to Cuba through the Spanish Agency for International Development Cooperation (AECID), working in coordination with the United Nations, the Foreign Ministry has confirmed.

The decision follows a visit to Madrid by Cuba's Foreign Minister Bruno Rodríguez, who met with his Spanish counterpart José Manuel Albares at Rodríguez's request. During the meeting, both sides also addressed the situation facing Spanish companies operating on the island and discussed preparations for the next Ibero-American Summit, scheduled to take place in Madrid on November 4 and 5.

Rodríguez said the talks were held in the context of Cuba's worsening crisis, which Havana blames largely on US policy. In a message posted on X, he said both governments had expressed a desire to strengthen political, economic and cooperation ties "in the current complicated international context" and denounced what he described as the "growing aggression of the United States against Cuba," including restrictions affecting fuel supplies.

Spain's move comes as several Latin American governments have stepped up assistance to Havana amid an escalating fuel shortage that is threatening basic services across the island.

Mexico's President Claudia Sheinbaum sent two military ships to Cuba last week carrying more than 800 tonnes of humanitarian aid. She also said her government was pursuing diplomatic efforts to restore oil shipments, warning that "you cannot hang a people like this," and raised the possibility of establishing an air bridge between the two countries.

Chile also announced last week that it would channel humanitarian aid to Cuba through relevant United Nations agencies, citing the impact of tightened US sanctions on countries supplying oil to the island. Chile's acting Foreign Minister Alberto van Klaveren described the situation as a "humanitarian drama," although the decision has drawn criticism from the country's president-elect, far-right leader José Antonio Kast.

Cuba's leader Miguel Díaz-Canel has warned in recent days that the country is facing an acute fuel shortage, saying there is not enough fuel even to charter planes. The situation has heightened concern over the stability of essential services, including hospital generators and other critical infrastructure.

Spain has not yet detailed the volume or timing of its assistance, but officials said the aid would be delivered through AECID in coordination with the UN.

Sneezes start early



If you're one of those people who generally sneezes and snuffles through spring, this latest snippet of news is definitely going to have you reaching for the tissues. Even with Spain still battling unrelenting storms that have meteorologists scrambling for names, pollen season has already kicked in thanks to unusually warm temperatures.

A recent study from the University of Córdoba, published in *Agricultural and Forest Meteorology*, confirms that Spain's allergy season has stretched by around 25 days over the past four decades.

Using data collected from across Europe since the 1990s, scientists looked at pollen concentrations over time and discovered that the season is not only starting sooner but also ending later. For anyone with allergic rhinitis or asthma, that means more days of sniffles, itchy eyes and fatigue.

Trees like birch and many common

grasses are causing many of the problems, flowering earlier than ever due to rising average temperatures. This means the air is loaded with pollen sooner in the year, prompting more antihistamine use and extra trips to the doctor.

Wind patterns also play a big role. Moderate, steady winds can keep pollen swirling in the air for days while calm, stable conditions can let pollen accumulate heavily in one spot. The study shows that these atmospheric factors can significantly amplify exposure, even in areas that might not usually see such intense pollen concentrations.

For many, this could translate into an unusually long season of sneezes and watery eyes. Meteorologists warn that the combination of warmer winters and shifting wind patterns means allergy sufferers may have to prepare for an extended spring battle, well before the sun-soaked days arrive.

NEWS IN BRIEF

Torrevieja launches family talks to prevent addictive behaviours

Torrevieja Town Hall has launched a new programme of educational talks for families. The initiative, titled "Conversations in the Family I", has been organised by the Community Prevention Unit for Addictive Behaviours and will take place between March and June at the Palacio de la Música.

The free sessions are aimed at parents, families and educators, offering practical tools to address some of today's key challenges in education and family life. Topics will include setting limits and rules at home, cyber security and parental controls, communication around friendships and peer pressure, and the prevention of vaping, tobacco and snuff use.

The programme begins on 11th March at 19:30 with a session on family boundaries and rules. Further talks will be held on 20th April, 11th May and 22nd June, each starting at 6:30pm. All sessions will be led by specialists in prevention and education.

Councillor for Public Health Rosa Cañón has said the initiative reflects the council's commitment to preventive and educational action. She added that the aim is to strengthen parenting skills, promote healthy lifestyles and encourage positive family environments that reduce the risk of harmful behaviours.

Eighteen arrested in Alicante nightlife checks

Eighteen people have been arrested after inspections at nightlife venues in Almoradí and Callosa de Segura, according to the Guardia Civil.

Seventeen of those detained were arrested for breaches of immigration law. Another man was held under a European Arrest Warrant issued by Italy in connection with an alleged drug trafficking offence.



In Almoradí, officers inspected five establishments. One venue was sanctioned for two serious offences, eight people aged between 21 and 33 were arrested for immigration breaches, 37 individuals were identified and three sanction proposals were issued under the Organic Law for the Protection of Citizen Security.

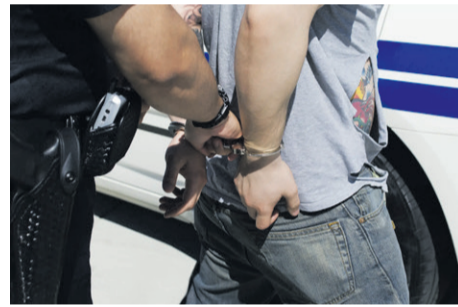
In Callosa de Segura, four establishments were inspected, with two sanctioned for serious offences. Nine people aged between 20 and 30 were arrested for immigration breaches and 59 individuals were identified. The operations were carried out over two days by the Guardia Civil and National Police, with support from the Valencian regional police unit and local officers.

Two brothers arrested for selling drugs at local greengrocer's

Two brothers are facing eight years in prison accused of preparing illegal drugs at a house in Torrevieja and selling them through a local greengrocer's shop.

The trial is scheduled to start at the Eleventh Section of Alicante Provincial Court, based in Elche. Prosecutors are also seeking a five-year sentence for a third man who allegedly acted as a lookout and contacted potential buyers.

A Guardia Civil investigation found the three men were part of an organised group specialising in drug trafficking. The drugs were allegedly prepared at the home of one of the brothers in Torrevieja and then sold at a greengrocer's where he worked.



While the two brothers are accused of preparing and selling the substances, the third defendant is said to have carried out surveillance duties and arranged meetings with buyers at a nearby café. The prosecution is seeking eight years for each brother for membership of a criminal group and offences against public health, and five years for the third man on similar charges.

Refurbished SUMA office reopens in central Torrevieja

The Alicante Provincial Council has reopened the refurbished SUMA tax office in central Torrevieja. The 300,000-euro project has transformed the Patricio Perez premises into a 266 square metre, fully accessible space with 24 staff workstations and 9 public counters. Barriers have been removed, new technical systems installed and a ramp added. Services continued from a temporary site during the works, which began in October 2025.

Guardia Civil seize €116,000 counterfeit goods

The Guardia Civil have seized nearly 300 suspected counterfeit designer goods from a stall at the weekly market in Puerto de Mazarrón.

Officers from the Fiscal and Border Protection Unit carried out a routine preventive inspection when one stall attracted their attention due to unusually low prices. On closer examination, they found jewellery, watches and handbags allegedly imitating well-known brands, with irregular finishes and labelling that did not match genuine products.

In total, officers confiscated almost 300 pieces of jewellery, more than 50 watches and 20 luxury handbags. The items have an estimated market value of €116,000.

Las Velas centre gets new lease of life

After years of neglect, the former Las Velas shopping centre in Los Narejos is being transformed and will reopen this summer as the Mar Menor Leisure Centre.

Murcian businessman Enrique Roca, main sponsor of Real Murcia CF, bought the property two years ago with the aim of bringing it back to life. The project faced delays due to legal disputes with the previous owner, but work is now well underway. Centre manager Miguel Ángel Canales said the first priority was to overhaul safety and protection systems, repair leaks and modernise the building.

The 14,000 square metre complex includes around 25 retail units, a former nightclub and six cinema screens with 100 seats each. The cinema is expected to be among the first areas to reopen, with negotiations already taking place with operators. Plans also include new entrances from Avenida de Los Narejos and proposals to pedestrianise the side lane to create space for outdoor terraces and bicycle parking.

Decorative lighting, outdoor seating and large screens for themed events are also part of the redesign. A handful of long-standing businesses have continued trading, but the new owner hopes to attract more tenants with affordable rents and modern facilities.

Burst pipe floods Orihuela Costa street

A burst pipe has caused flooding on Paraná Street in Orihuela Costa during works to improve the stormwater drainage network. The incident happened on Monday outside Playas de Orihuela school, where a large column of water was seen rising from the street.

According to municipal sources, an excavator working to install new gullies dug deeper than intended, damaging a pipe. The council has said mains water supplies in this part of the coast will be cut for around four hours while the fault is repaired.

The aim is to prevent flooding caused by run-off from Avenida California during moderate or heavy rainfall. The scheme, promoted by the Department of Tourism as part of the Tourism Sustainability Plan, includes the creation of a rain garden to collect and store surface water while adding a new green space.



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Eastenders star marries in Vegas



EastEnders star Melissa Suffield has married partner Robert Brendan in a surprise Las Vegas ceremony, six years after their original wedding plans were derailed by Covid.

The actress, who is best known for playing Lucy Beale in the BBC soap, revealed the couple tied the knot at the Little White Wedding Chapel with only their son, River, in attendance. Suffield shared the

news on Instagram, explaining that after getting engaged in 2019 and postponing their first planned wedding during the pandemic, they decided to make it official in an impromptu, low-key ceremony while in the US.

In photos and video clips posted online, Suffield wore a chic white mini dress, while Brendan opted for an all-black outfit. Their son River was dressed in a tuxedo as

he watched his parents exchange vows.

Captioning the post, Suffield wrote: "When in Vegas... 6 years after our cancelled Covid wedding we thought we should probably get round to making it official..."

She added that they had done it in the most "silly and easy going" way possible, before revealing the family was heading straight to California after the wedding.

The couple's wedding announcement also included a playful video collage featuring Barbie and Ken-style dolls made to resemble Suffield, Brendan and River. The dolls mirrored footage of the family posing in the chapel's iconic pink convertible.

The Little White Wedding Chapel is known for quick celebrity

weddings and famously offers a "Drive-Thru Tunnel of Vows" for couples looking for a rapid, often spontaneous ceremony. Stars including Frank Sinatra, Judy Garland, Britney Spears, Bruce Willis and Demi Moore have previously married there. Suffield has spoken in the past about wanting a small and non-traditional wedding after her original plans were cancelled. In 2020, she said she had no desire for a large church ceremony, and that River would be "front and centre" when the couple eventually married.

"I like to think of it as creating a family, rather than the joining of two people," she said at the time.

Away from acting, Suffield has built a large following online as "The Confident Mama," using Instagram to speak openly about body confidence and motherhood. Her social media career came after her time on EastEnders ended, following her dismissal from the show in 2007 for what was

described as "unruly behaviour." She played Lucy Beale from 2004 until 2010.

After her exit, Suffield publicly criticised the decision, insisting she had not behaved violently or recklessly and claiming her actions were no different from many teenagers.

More recently, Suffield has spoken candidly about her health, revealing that a two-year mystery illness caused dramatic weight loss "against her will," alongside feelings of anxiety and loneliness. In December, she marked two years since her symptoms began, telling followers she had spent £20,000 on medical bills before receiving a diagnosis of Small Intestinal Bacterial Overgrowth (SIBO). She has continued to share updates with fans, including photos documenting her three-stone weight loss.

UK's Eurovision entry is quirky electronic act

The BBC has confirmed electronic act LOOK MUM NO COMPUTER will represent the UK at Eurovision 2026, following reports a previous performer was dropped after "unacceptable" past comments were uncovered.

The announcement was made on BBC Radio 2's Breakfast Show, where host Scott Mills revealed the act will take to the Eurovision stage in Vienna in May in a bid to win over Europe's voters.

Speaking after the news broke, LOOK MUM NO COMPUTER said it was "bonkers" to be heading to the contest, admitting he has been a long-time fan of Eurovision and was honoured to fly the flag for the UK.

"I have always been a massive Eurovision fan, and I love the magical joy it brings to millions of people every year," he said. "Getting to join that legacy and fly the flag for the UK is an absolute honour that I am taking very seriously."

He added that he plans to bring "every ounce" of his creativity to the performances, before joking: "I hope

Eurovision is ready to get synthesized!"

Mills told listeners the UK's Eurovision song is not yet finished, but confirmed it will be premiered on his show in the coming weeks.

The BBC's Head of Entertainment, Kalpna Patel-Knight, praised the choice, calling the artist's style "unforgettable" and saying his "bold vision" and "distinctly British wit" made him the perfect fit for the international contest.

"We are absolutely thrilled to have LOOK MUM NO COMPUTER representing the UK at Eurovision in Vienna in 2026," she said. "I am sure he will make us all proud on the international stage in May."

The Eurovision Song Contest will celebrate its 70th anniversary in 2026, though the event has faced growing controversy in recent months amid reports of a widening boycott by several countries.

Vienna will host the contest after JJ won the Grand Final

in Basel, Switzerland in May 2025 with the song *Wasted Love*.

The UK's selection also comes after claims last month that a different, unnamed music act had been lined up for Eurovision 2026 but was later removed from the running. Reports suggested the BBC carried out routine background checks and uncovered past online comments and behaviour deemed unacceptable.

The performer was reportedly called into a meeting and told they would no longer represent the UK in Austria.

LOOK MUM NO COMPUTER launched his career in 2014 as Sam Battle, frontman of indie rock band ZIBRA, who performed at Glastonbury in 2015 for BBC Introducing. He later developed a solo following for his electronic and synth-driven music, as well as documenting his creative process online.

Last year, the UK was represented by Remember Monday, who finished 19th out of 26 countries in the final with their song *What The Hell Just Happened?*

Zara McDermott health scare

Zara McDermott has revealed she is undergoing medical checks after discovering a lump in her armpit, prompting her to book a full-body MRI scan.

The former Love Island star, 29, shared the update with fans in a new YouTube video, explaining she was heading to the appointment in a bid to get a better handle on her overall health.

On her way to the scan, Zara told viewers there was one particular

issue she wanted doctors to look into, after noticing what she described as a small lump under her arm in recent weeks.

"I also have had this tiny little thing, it's not a lump, under like my armpit. I don't know if it's like a gland or something," she said.

Zara added that she planned to ask the medic to scan the area and check it, admitting she had slept poorly the night before and was feeling tired ahead of the

appointment.

Later in the video, she shared an update after completing the MRI, describing the experience as "nice" and "simple" as she said she was now waiting for results.

Her latest health scare comes just over two years after she previously opened up about being hospitalised following surgery to repair bone damage linked to osteoporosis.

In December 2023, Zara revealed doctors had warned she could need further procedures, including the use of metal plates and screws, after suffering a tibia fracture.

Osteoporosis affects around 3.5 million people in the UK and causes bones to become fragile and more likely to break. The condition often develops gradually over several years and is frequently only diagnosed after a fracture.

The update comes as Zara continues to share glimpses of her personal life on social media, recently posting a photo collection that included a shot of boyfriend Louis Tomlinson performing on stage, alongside selfies, time with friends and a family meal.

Zara and the former One Direction singer, 34, began dating in March 2025 and later travelled to the Caribbean after spending their first Christmas together.



THIS WEEK'S FILM PICKS

One More Shot

Wednesday 25th February, Sky Premiere, 5.50pm



One More Shot is a 2025 Australian time-loop comedy directed by Nicholas Clifford. The film stars Emily Browning, Aisha Dee and Sean Keenan.

On New Year's Eve of 1999, Minnie Vernon discovers a bottle of time travelling tequila, each shot takes her back to the start of the night – giving her a bottle's worth of shots to win back her old flame Joe and change the course of her millennium life.

Independence Day: Resurgence

Thursday 26th February, Film 4, 7.35pm



The film takes place twenty years after the events of the first film, during which the United Nations has collaborated to form the Earth Space Defense, an international military defence and research organization. Through reverse engineering, the world has fused the power of alien technology with humanity's and laid the groundwork to resist a second invasion.

As the Fourth of July nears, satellite engineer David Levinson (Jeff Goldblum) investigates a 3,000-mile-wide mother ship that's approaching Earth. Fortunately, 20 years earlier, nations across the world started to use recovered extraterrestrial technology to develop an immense defence program. When the alien invaders attack with unprecedented force, the U.S. president, teams of scientists and brave fighter pilots spring into action to save the planet from a seemingly invincible enemy.

TV Guide

Tuesday 24th February 2026

BBC		ITV		Channel 4	Channel 5
BBC ONE	BBC TWO	ITV1 HD	ITV2	Channel 4	5
10:30 Morning Live	10:00 BBC News	10:30 Lorraine	10:25 The Only Way is Essex	10:10 Frasier	10:00 Milkshake! Story Den
11:45 Dr Xand's Con or Cure	Twenty-four hours a day, the latest national and international stories as they	11:00 This Morning	11:25 The Real Housewives of Miami	12:10 American Pickers	10:15 Jeremy Vine
12:15 Homes Under the Hammer	13:15 Politics Live	Martin Lewis is answering your money matters, design	12:20 The Real Housewives of Beverly Hills	Thunderdome: It's make or break for the Virginia business strategy. A motorbike legend is ready	12:30 Storm & Alexis
13:15 Bargain Hunt	14:00 Impossible	13:30 Loose Women	13:15 Dinner Date	13:05 Channel 4 News Summary	13:45 5 News at Lunchtime
14:00 BBC News at One	14:45 Unbeatable	14:30 ITV Lunchtime News	15:15 The Only Way is Essex	13:10 Car S.O.S	13:50 Matt Allwright
15:00 Bear Grylls - Wild Reckoning	15:15 The Boss	14:55 ITV News London	16:15 The Real Housewives of Orange County	14:10 Find It, Fix It, Flog It	15:00 Vanessa
15:30 Marcus Wareing Simply Provence	16:00 The Vintage French Farmhouse	15:00 Dickinson's Real Deal	17:10 The Real Housewives of Miami	15:10 Countdown	16:00 The Good Ship Murder
16:00 Escape to the Country	16:45 Villages by the Sea	16:00 Riddiculous	18:00 The Real Housewives of Beverly Hills	16:00 A Place in the Sun	17:00 Bargain-Loving Brits in the Sun
16:45 Clean It, Fix It	17:15 Oceans	Ranvir Singh hosts the quiz where contestants take on Riddlemaster Henry Lewis in an attempt to solve a	19:00 Celebrity Catchphrase	17:00 A New Life in the Sun	Mum-of-two Kayleigh teams up with two friends to start their own girl group - and in just a few days they have
17:30 Antiques Road Trip	18:15 Flog It!	17:00 Tipping Point	20:00 Deal or No Deal	There are build problems at	18:00 5 News at 5
18:15 Pointless	19:00 Richard Osman's House of Games	18:00 The Chase	21:00 The 1% Club	18:00 Four in a Bed	19:00 Love Nature
19:00 BBC News at Six	19:30 Do You Know Your Place?	19:00 ITV News London	22:00 The Heat	18:30 Come Dine with Me	19:05 The Motorway
19:30 BBC London	20:00 Great British Menu	19:30 ITV Evening News	Olivia Attwood hosts the first episode of a show that follows a group of ten	19:00 A Place in the Sun	Bad British weather makes for a bad day on the
20:00 The One Show	21:00 Digging for Britain	20:15 New: The Martin Lewis Money Show Live	23:00 Family Guy	20:00 Channel 4 News	Channel 4's flagship news programme. Including the weather. [S]
20:30 EastEnders	22:00 The Zero Line: Inside Russia's War	21:00 Emmerdale	00:55 American Dad!	21:00 Bargain Holiday Secrets	20:00 Celebrity Puzzling
21:00 MasterChef: The Professionals	23:00 QI	21:30 Coronation Street		City Breaks: That exploring-a-new-city excitement! But how can we enjoy a beautiful city	21:00 The Yorkshire Vet
22:00 Silent Witness	Sandi Toksvig hosts as Qi goes voyaging with Nabil Abdulrashid, Joe Lycett, Lou Sanders and Alan	22:00 The Summit		22:00 New: Dirty Business	22:00 Ben Fogle: New Lives in the Wild
23:00 BBC News at Ten		23:00 ITV News at Ten		23:05 Gogglebox	23:00 The Curfew
23:30 BBC London		23:30 ITV News London			00:05 The Bailiffs
23:40 Trying	23:30 Newsnight	23:45 The Heat			Enforcement Agent Alex aims to collect a huge 35k debt, while Mark and Sam trail a woman who owes
00:35 Dinosaur	00:00 Malcolm X	00:45 The Summit			

Entertainment

Movies

how SkyShowcase	Sky Family	U&Dave	DMAX	RTÉ One	Sky Premiere
11:00 New Programmes Coming Soon	10:00 Bookworm (2024)	10:00 Border Force America's Gatekeepers	10:00 Jeremy Wade's Dark Waters	10:35 The Drew Barrymore Show	10:20 How To Train Your Dragon (2025)
Sky Max HD	11:55 It Takes Two	11:00 Speed with Guy Martin	11:00 Deadliest Catch	11:25 The Kelly Clarkson Show	12:30 I Know What You Did Last...
10:00 Shark: British Isles Special...	13:45 Lemony Snicket's A Series Of...	The inside story of the motoring fan's attempt to	13:00 Cooper's Treasure	12:20 Father Brown	14:30 Neighborhood Watch (2025)
	15:40 My Penguin Friend	12:00 Rick Stein's Long Weekends	Darrell and the team head to a mysterious island where they discover	13:15 10 Things to Know About...	16:10 Reckless (2025)
11:00 New Programmes Coming Soon	17:25 The Borrowers	13:00 Border Force America's Gatekeepers	14:00 Expedition Unknown	13:45 Telly Bingo	17:50 The Naked Gun (2025)
New programmes coming	19:00 Hook	Officers find a suspicious compartment within the trailer of a truck returning to Texas, and a man hides	16:00 Alaska: Homestead Rescue	14:00 RTÉ News: One O'Clock	19:20 One More Shot (2025)
13:00 Attenborough's Journey	21:30 The Spongebob Movie: Sponge Out	15:00 World's Most Dangerous Roads	The Raney's help the Johnson family who have no drinking water or food sources. Their dogs have	14:30 Home and Away	21:00 I Know What You Did Last...
	23:15 Bookworm (2024)	16:00 Top Gear	18:00 Outback Opal Hunters	15:00 Shortland Street	23:00 The Gentleman
14:00 Hawaii Five-0	natSky Nature HD	18:00 The Hairy Bikers' Asian Adventure	A second major storm hits the fleet. While rookie skipper Jake Anderson reaches out to Sig Hansen	15:30 Super Garden	00:50 M3GAN 2.0
	10:00 Hope For Wildlife	19:00 Rick Stein's Long Weekends	20:00 Deadliest Catch	16:00 EastEnders	Two years after M3GAN's
15:00 NCIS: Los Angeles	11:00 Great Blue Wild	20:00 Would I Lie To You?	22:00 Hoffman Family Gold	16:30 Today	Film4
16:00 S.W.A.T.	12:00 Ningaloo: Australia's Ocean Wonder	20:40 Richard Osman's House of Games	23:00 Deadliest Catch	18:40 Nuacht RTÉ	12:00 Crash Dive
17:00 Police 24/7	13:00 Brazil Untamed	22:00 QI XL	00:00 Aussie Gold Hunters	18:55 RTÉ News with Signing	14:10 Twelve O'Clock High
18:00 The Simpsons	14:00 Monkey Life	23:00 Have I Got A Bit More News For You?		19:01 RTÉ News: Six One	16:50 Django Unchained Interview Special
	15:00 Africa's Claws And Jaws	Team captains Paul Merton and Ian Hislop are joined by guest host Jo Brand and panellists Reginald D	HGTV	20:00 High Road, Low Road	17:00 First Knight
19:30 Man Of Steel	16:00 Hope For Wildlife	00:00 Taskmaster	10:00 Young Sheldon	20:30 EastEnders	19:40 Men in Black: International...
	17:00 Great Blue Wild		11:00 The Big Bang Theory	21:00 Fair City	19:50 Men in Black: International
22:00 New: The Dyers' Caravan Park	18:00 Wildlife Icons		15:00 Mike & Molly	21:30 Great Irish Interiors	22:00 Blackberry
	19:00 Brazil Untamed		16:30 Young Sheldon	22:00 RTÉ News: Nine O'Clock	00:20 John Wick: Chapter 3 - Parabellum
00:00 John Bishop 25 Tour: Live From Dublin	20:00 Monkey Life		18:00 The Big Bang Theory	22:35 Prime Time	
	21:00 David Attenborough's Wild City		22:00 Mock The Week	23:15 Unforgotten	
	22:00 My Best Friend's An Animal		23:00 Zoolander	00:10 Annika	
	23:00 Brazil Untamed				
	00:00 Wildlife Icons				

TV Guide

Wednesday 25th February 2026

BBC		ITV		Channel 4	Channel 5
BBC ONE	BBC TWO	ITV1 HD	ITV2	Channel 4	5
10:30 Morning Live	10:00 BBC News	10:30 Lorraine	10:25 The Only Way is Essex	10:10 Frasier	10:00 Come & Play with Pip and Posy
11:45 Dr Xand's Con or Cure	12:15 Politics Live	11:00 This Morning	11:25 The Real Housewives of Miami	12:10 American Pickers <i>Auburned Out: Mike gambles on a 1935 Auburn car that's been in a barn for two decades. The guys are</i>	10:05 Milkshake! Story Den
12:15 Homes Under the Hammer	14:00 Impossible <i>Jason Manford hosts the</i>	13:30 Loose Women	12:20 The Real Housewives of Beverly Hills	13:05 Channel 4 News Summary	10:15 Jeremy Vine
13:15 Bargain Hunt	14:45 Unbeatable	14:30 ITV Lunchtime News	13:15 Dinner Date	13:10 Car S.O.S	12:30 Storm & Alexis <i>Two of 5's much-loved faces team up to focus on the issues that matter most to viewers - with your</i>
14:00 BBC News at One	15:15 The Boss	14:55 ITV News London	15:15 The Only Way is Essex	14:10 Find It, Fix It, Flog It <i>In Gloucestershire, Henry Cole and Simon O'Brien meet motocross fan Tom. Henry upcycles Porsche</i>	13:45 5 News at Lunchtime
15:00 Bear Grylls - Wild Reckoning	16:00 The Vintage French Farmhouse	15:00 Dickinson's Real Deal <i>Sellers in Solihull are hoping that David Dickinson and his team can help them get the real deal for their</i>	16:15 The Real Housewives of Orange County <i>Reality show following the lavish lifestyles of five 'housewives' and their</i>	15:10 Countdown	13:50 Matt Allwright
15:30 Marcus Wareing Simply Provence	16:45 Villages by the Sea	16:00 Riddiculous	17:10 The Real Housewives of Miami	16:00 A Place in the Sun	15:00 Vanessa
16:00 Escape to the Country	17:15 Oceans	17:00 Tipping Point	18:00 The Real Housewives of Beverly Hills <i>Reality show following the lavish lifestyles of five 'housewives' and their</i>	17:00 A New Life in the Sun <i>Rachel and her brother open their ranch for guests.</i>	16:00 The Good Ship Murder
16:45 Clean It, Fix It	18:15 Flog It!	17:00 The Chase	19:00 Celebrity Catchphrase	18:00 Four in a Bed	17:00 Bargain-Loving Brits in the Sun <i>It's a big day for dog</i>
17:30 Antiques Road Trip	19:00 Richard Osman's House of Games	18:00 The Chase	20:00 Wheel of Fortune	18:30 Come Dine with Me	18:00 5 News at 5
18:15 Pointless	19:30 Do You Know Your Place?	19:00 ITV News London	21:00 The 1% Club	19:00 A Place in the Sun	19:00 Love Nature
19:00 BBC News at Six	20:00 Great British Menu	19:30 ITV Evening News	22:00 The Heat	20:00 Channel 4 News	19:05 The Motorway
19:30 BBC London	21:00 Your Home Made Perfect	20:30 New: Celebrity Lingo <i>Adil Ray hosts the game of words as Countdown's Rachel Riley and radio host Richie Anderson take on</i>	23:00 Family Guy	21:00 Kirstie and Phil's Love It or...	20:00 Celebrity Puzzling
20:00 The One Show	22:00 LS Lowry: The Unheard Tapes	21:00 Emmerdale	23:05 First Dates	22:00 New: Dirty Business	21:00 Alice Roberts: Our Hospital Through Time
20:30 EastEnders	23:00 We Might Regret This	21:30 Coronation Street	00:10 8 Out of 10 Cats Does Countdown	23:00 The Curfew	22:00 The Surgeon
21:00 The Repair Shop	23:30 Newsnight	22:00 New: The Stolen Girl		00:05 Ambulance: Code Red	23:00 The Curfew
22:00 MasterChef: The Professionals	00:00 Unspun World with John Simpson	23:00 ITV News at Ten			
23:00 BBC News at Ten	00:30 The Zero Line: Inside Russia's War	23:30 ITV News London			
23:30 BBC London		23:45 New: Peston			
23:40 UEFA Champions League		00:40 Cold Case Forensics			

Entertainment

Movies

how Sky Showcase	Sky Family	D&U&Dave	DMAX	RTÉ One	Sky Premiere
11:00 New Programmes Coming Soon	10:45 Hook	10:00 Border Force <i>America's Gatekeepers</i>	10:00 The Snake Catcher	10:35 The Drew Barrymore Show	11:45 I Know What You Did Last...
Sky Max HD	13:15 Monster Trucks	11:00 Guy Martin: Proper Jobs	11:00 Deadliest Catch	11:25 The Kelly Clarkson Show	13:45 How To Train Your Dragon (2025)
10:00 NCIS: Los Angeles	15:15 Spy Kids 3: Game Over	12:00 Rick Stein's Long Weekends <i>Rick Stein ends his series of long weekends in Palermo on the coast of Sicily, with unforgettable</i>	13:00 Cooper's Treasure	12:15 Keeping Up Appearances	16:00 The Gentleman
11:00 Will & Grace 	16:55 Jack The Giant Slayer	13:00 Border Force <i>America's Gatekeepers</i>	14:00 Expedition Unknown	12:50 Leaders' Questions	17:50 One More Shot (2025)
12:00 The Simpsons 	19:00 Wicked	15:00 World's Most Dangerous Roads	16:00 Alaska: Homestead Rescue	14:00 RTÉ News: One O'Clock	19:30 The Naked Gun (2025)
13:00 Great Barrier Reef With David Attenborough	21:40 Harold and The Purple Crayon	16:00 Top Gear <i>Motoring with the motormouths who ponder how to make the humble police car more</i>	18:00 Outback Opal Hunters <i>Justin gambles thousands of dollars as he is struggling this season. Kelly is in desperate need for a big</i>	14:30 Home and Away	21:00 I Know What You Did Last...
14:00 Hawaii Five-0 	23:15 Cats & Dogs	18:00 The Hairy Bikers' Asian Adventure	20:00 Deadliest Catch	15:00 Shortland Street 	23:00 M3GAN 2.0
15:00 NCIS: Los Angeles	00:45 Spy Kids	19:00 Rick Stein's Long Weekends	22:00 New: Maine Cabin Masters <i>The crew kicks off a new waterside build, but a surprise call from the homeowners could change</i>	15:30 Fair City	
16:00 S.W.A.T. 	natSky Nature HD	20:00 Would I Lie To You?	23:00 New: Barnwood Builders	16:00 EastEnders 	
17:00 Police 24/7 	10:00 Hope For Wildlife	20:40 Richard Osman's House of Games	00:00 Aussie Gold Hunters	16:30 Today	
18:00 The Simpsons	11:00 Great Blue Wild	22:00 QI XL	HGTV	18:40 Nuacht RTÉ	
19:00 The Office (US)	12:00 Moon: Nature's Secret Force	23:00 Have I Got A Bit More News For You?	10:00 Young Sheldon	18:55 RTÉ News with Signing 	
20:00 The Simpsons	13:00 Brazil Untamed	00:00 Taskmaster <i>Joe Thomas struggles with the definition of a mammal, Iain Stirling devises an</i>	11:00 The Big Bang Theory	19:01 RTÉ News: Six One	
21:00 Rob & Romesh Vs Hollywood Stunts	14:00 Monkey Life		15:00 Mike & Molly	20:00 Nationwide	
22:00 The Beekeeper	15:00 Africa's Wild Horizons		16:30 Young Sheldon	20:30 EastEnders	
00:00 Grimm 	16:00 Hope For Wildlife		18:00 The Big Bang Theory <i>When Howard dresses up as Sheldon for Halloween, Sheldon seeks retaliation.</i>	21:00 At Your Service	
	17:00 Great Blue Wild		22:00 New: The Bad Skin... 	22:00 RTÉ News: Nine O'Clock	
	18:00 Secret Life Of The Kangaroo		23:00 The Bad Skin...	22:35 Swindlers	
	19:00 Brazil Untamed			23:35 The Case I Can't Forget	
	20:00 Monkey Life			00:40 Call The Midwife	
	21:00 Islands				
	22:00 Arctic From Above				
	23:00 Brazil Untamed				
	00:00 Secret Life Of The Kangaroo				

Film4

- 12:00 Sea Wife
- 13:40 The Mark of Zorro
- 15:30 The Major and the Minor
- 17:35 Drums Along the Mohawk
- 19:50 Cowboys & Aliens
- 22:00 Ambulance
- 00:45 Boss Level
(2020) Groundhog day

TV Guide

Thursday 26th February 2026

BBC

BBC ONE

10:30 Morning Live
11:45 Dr Xand's Con or Cure
12:15 Homes Under the Hammer
13:15 Bargain Hunt
14:00 BBC News at One
15:00 Bear Grylls - Wild Reckoning
15:30 Marcus Wareing Simply Provence
16:00 Escape to the Country
16:45 Clean It, Fix It
17:30 Antiques Road Trip
18:15 Pointless
19:00 BBC News at Six
19:30 BBC London
20:00 The One Show
20:30 EastEnders
21:00 Dragons' Den
22:00 The Apprentice
23:00 BBC News at Ten
23:30 BBC London
23:40 Question Time
00:40 Newscast

BBC TWO

10:00 BBC News
13:15 Politics Live
14:00 Impossible
14:45 Unbeatable
15:15 The Boss
16:00 The Vintage French Farmhouse
16:45 Villages by the Sea
17:15 Oceans
18:15 Flog It!
19:00 Richard Osman's House of Games
Every day this week,
19:30 Do You Know Your Place?
As the week edges towards its conclusion, Vernon Kay brings the quiz to Jedburgh. As ever, Paul Gorton is on
20:00 Great British Menu
21:00 This Farming Life
22:00 Murder Case
23:00 The Apprentice: Unfinished Business
23:30 Newsnight
00:00 AI Confidential with Hannah Fry

ITV

ITV1 HD

10:30 Lorraine
Lorraine Kelly presents a topical mix of entertainment, discussion
11:00 This Morning
13:30 Loose Women
14:30 ITV Lunchtime News
14:55 ITV News London
15:00 Dickinson's Real Deal
16:00 Riddiculous
17:00 Tipping Point
18:00 The Chase
19:00 ITV News London
19:30 ITV Evening News
20:30 Rising Scams: What You Need to...
21:00 Emmerdale
21:30 Coronation Street
22:00 New: Murder on a Knife's Edge:...
23:00 ITV News at Ten
23:30 ITV News London
23:45 The 1% Club
00:40 Who Wants to Be a Millionaire?

ITV2

10:25 The Only Way is Essex
11:25 The Real Housewives of Miami
12:20 The Real Housewives of Beverly Hills
13:15 Dinner Date
15:15 The Only Way is Essex
16:15 The Real Housewives of Orange County
17:10 The Real Housewives of Miami
18:00 The Real Housewives of Beverly Hills
19:00 Celebrity Catchphrase
20:00 Deal or No Deal
Chris is in the hot seat as he plays the game with just
21:00 The 1% Club
22:00 The Heat
23:00 Family Guy
00:30 American Dad!

Channel 4

Channel 4

10:10 Frasier
Frasier Loves Roz: To save
12:10 American Pickers
13:05 Channel 4 News Summary
Channel 4's midday news summary. [S]
13:10 Car S.O.S
14:10 Find It, Fix It, Flog It
15:10 Countdown
16:00 A Place in the Sun
17:00 A New Life in the Sun
18:00 Four in a Bed
18:30 Come Dine with Me
19:00 A Place in the Sun
Karen and David look for the perfect place in Paphos for £360k. Will a stunning stone villa that has David
20:00 Channel 4 News
Channel 4's flagship news programme. Including the weather. [S]
21:00 George Clarke's Building Home
22:00 New: The Dunblane Tapes
23:30 24 Hours in A&E

Channel 5

5

10:05 Come & Play with Pip and Posy
Everyone has so much fun playing Frankie's game that
10:10 Milkshake! Story Den
10:15 Jeremy Vine
12:30 Storm & Alexis
13:45 5 News at Lunchtime
13:50 Matt Allwright
15:00 Vanessa
16:00 The Good Ship Murder
17:00 Bargain-Loving Brits in the Sun
18:00 5 News at 5
19:00 Love Nature
19:05 The Motorway
20:00 Celebrity Puzzling
Jeremy Vine hosts, alongside captains Sally Lindsay and Carol Vorderman, who are joined
21:00 Spain with Michael Portillo
22:00 The Hotel Inspector
23:00 A Killer Makes a Call
00:05 Killer on the Run







Entertainment

Movies

how SkyShowcase

11:00 New Programmes Coming Soon
Sky Max HD
10:00 NCIS: Los Angeles
11:00 Will & Grace
12:00 The Simpsons
13:00 Great Barrier Reef With David
14:00 Hawaii Five-0
15:00 NCIS: Los Angeles
16:00 S.W.A.T.
17:00 Police 24/7
18:00 The Simpsons
19:00 Live The F1 Show: Lights Out 2026
20:00 Live PL Darts: Belfast
00:00 The Dyers' Caravan Park
Sky Family
10:50 Wicked
13:30 Robin And The Hoods
15:15 Grow (2025)
17:10 The Last Airbender
19:00 Look Who's Talking
20:40 Stardust
22:50 Mousehunt
00:30 Look Who's Talking

nat Sky Nature HD

10:00 Hope For Wildlife
11:00 Coral City

12:00 Moon: Nature's Secret Force
13:00 Brazil Untamed

14:00 Monkey Life
15:00 Africa's Wild Horizons

16:00 Hope For Wildlife
17:00 Coral City
18:00 Secret Life Of The Kangaroo

19:00 Brazil Untamed
20:00 Monkey Life
21:00 My Best Friend's An Animal
22:00 A Wild Year On Earth
23:00 Brazil Untamed

00:00 Secret Life Of The Kangaroo


D&U&Dave

10:00 Border Force America's Gatekeepers
11:00 Guy Martin: Proper Jobs
12:00 Rick Stein's Spain
13:00 Border Force America's Gatekeepers
The Border Force discover cardboard packaging that hides a deadly secret, and heroin disguised as a
15:00 World's Most Dangerous Roads
16:00 Top Gear
Outrageously opinionated motoring news and views.
18:00 The Hairy Bikers' Asian Adventure
19:00 Rick Stein's Spain
20:00 Would I Lie To You?
20:40 Richard Osman's House of Games
22:00 QI XL
23:00 Have I Got A Bit More News For You?
Guest host Romesh Ranganathan and guest panellists Alice Levine and Grayson Perry join team
00:00 Will and Ralf Should Know Better




DMAX

10:00 The Snake Catcher
11:00 Deadliest Catch
13:00 Cooper's Treasure
Leading to one of the richest finds in Darrell's career, the team discovers ornate artefacts that
14:00 Expedition Unknown
Explorer Josh Gates journeys to Jerusalem and
16:00 Alaska: Homestead Rescue
18:00 Outback Opal Hunters
20:00 Deadliest Catch
22:00 Expedition X
Responding to recent UFO sightings, Josh Gates sends his team to New Mexico for a new
23:00 Expedition Bigfoot
00:00 Aussie Gold Hunters
10TV HGTV
10:00 Young Sheldon
11:00 The Big Bang Theory
15:00 Mike & Molly
16:30 Young Sheldon
18:00 The Big Bang Theory
22:00 New: 90 Day: The Single Life
00:00 The Bad Skin...

RTÉ One

10:35 The Drew Barrymore Show
11:20 The Kelly Clarkson Show
12:10 Only Fools and Horses
12:50 Leaders' Questions
13:45 Telly Bingo
14:00 RTÉ News: One O'Clock
14:30 Home and Away
15:00 Shortland Street
15:30 Madraí
16:00 EastEnders
16:30 Today
18:40 Nuacht RTÉ
18:55 RTÉ News with Signing
19:01 RTÉ News: Six One
20:00 Ear to The Ground
20:30 EastEnders
21:00 Fair City
Can anybody stop Gwen
21:30 Scannal!
22:00 RTÉ News: Nine O'Clock
22:35 Prime Time
23:15 SisterS
23:45 We Hunt Together
00:45 Death In Paradise

Sky Premiere

11:25 How To Train Your Dragon (2025)
13:40 I Know What You Did Last...
15:40 One More Shot (2025)
17:20 The Naked Gun (2025)

18:50 M3GAN 2.0

21:00 I Know What You Did Last...
23:00 The Cut (2024)
00:50 Reckless (2025)


Film4

12:00 Arizona Raiders
13:50 Leave Her to Heaven
16:00 The Son of Robin Hood
17:40 The Lost World
19:35 Independence Day: Resurgence
21:50 Django Unchained Interview Special
22:00 Django Unchained

TV Guide

Friday 27th February 2026

BBC		ITV		Channel 4	Channel 5
BBC ONE	BBC TWO	ITV1 HD	ITV2	Channel 4	5
10:30 Morning Live	10:00 BBC News	10:30 Lorraine	10:25 The Only Way is Essex	10:10 Frasier	10:00 Come & Play with Pip and Posy
11:45 Dr Xand's Con or Cure	13:30 Political Thinking with Nick Robinson	11:00 This Morning	Reality series. As the	12:10 American Pickers	10:05 Milkshake! Story Den
12:15 Homes Under the Hammer	14:00 Impossible	13:30 Loose Women	11:25 The Real Housewives of Miami	13:05 Channel 4 News Summary	10:15 Jeremy Vine
13:15 Bargain Hunt	14:45 Unbeatable	14:30 ITV Lunchtime News	12:20 The Real Housewives of Beverly Hills	13:10 Car S.O.S	12:30 Storm & Alexis
14:00 BBC News at One	15:15 The Boss	14:55 ITV News London	13:15 Dinner Date	14:10 Find It, Fix It, Flog It	13:45 5 News at Lunchtime
15:00 Father Brown	16:00 The Vintage French Farmhouse	15:00 Dickinson's Real Deal	15:15 The Only Way is Essex	15:10 Countdown	13:50 Matt Allwright
15:45 Escape to the Country	16:45 Villages by the Sea	16:00 New: Riddiculous	16:10 The Real Housewives of Cheshire	16:00 A Place in the Sun	15:00 Vanessa
16:45 Clean It, Fix It	17:15 Oceans	Ranvir Singh hosts the rapid and ruthless quiz as contestants George and	17:10 The Real Housewives of Miami	17:00 A New Life in the Sun	Raw, unfiltered, authentic and personal, Vanessa
17:30 Antiques Road Trip	18:15 Flog It!	17:00 Tipping Point	18:00 The Real Housewives of Beverly Hills	18:00 Four in a Bed	16:00 The Good Ship Murder
18:15 Pointless	19:00 Richard Osman's House of Games	18:00 The Chase	19:00 Celebrity Catchphrase	18:30 Come Dine with Me	17:00 Bargain-Loving Brits in the Sun
19:00 BBC News at Six	Every day this week, celebrity contestants	19:00 ITV News London	20:00 Deal or No Deal	19:00 A Place in the Sun	18:00 5 News at 5
19:30 BBC London	19:30 Do You Know Your Place?	19:30 ITV Evening News	21:00 The 1% Club	20:00 Channel 4 News	Join Dan Walker and the team for the news that matters to you.
20:00 The One Show	20:00 The Wild Gardener	20:30 It'll Be Alright on the Night	22:00 The Heat	Channel 4's flagship news programme. Including the weather. [S]	19:00 Love Nature
20:30 MasterChef: The Professionals	Wildlife cameraman Colin Stafford-Johnson returns home to Ireland on a personal quest to transform	21:00 Emmerdale	23:00 Olivia Attwood: Getting Filthy Rich	21:00 New: How to Sleep Better	19:05 The Motorway
21:30 Would I Lie to You?	21:00 Gardeners' World	21:30 Coronation Street	00:00 Family Guy	22:00 New: Gogglebox	20:00 Celebrity Puzzling
22:00 Death in Paradise	Wildlife cameraman Colin Stafford-Johnson returns home to Ireland on a personal quest to transform	22:00 Beat the Chasers		The Goggleboxers return for more of the biggest and best TV. What do they think of it this time? (S27 Ep4)	21:00 Hippo Watch with Steve Backshall
23:00 BBC News at Ten	22:00 Big Cats 24/7	23:00 ITV News at Ten		23:00 Live: The Last Leg	22:00 Wonders of the Moon with Dara O Briain
23:30 BBC London	23:00 Live at the Apollo	23:30 ITV News London		00:05 That's the Way, A-Ha, A-Ha...	00:00 Piers Morgan: Uncensored
23:40 The Graham Norton Show	23:30 Newsnight	23:45 Devil In Disguise: John Wayne Gacy			
00:30 RuPaul's Drag Race UK vs the World	00:00 Scrapper	00:40 The Jonathan Ross Show			

Entertainment

Movies

how Sky Showcase	Sky Family	D&U&Dave	DMAX	RTÉ One	Sky Premiere
11:00 New Programmes Coming Soon	12:35 The Hobbit: The Battle Of The Five	10:00 Border Force America's Gatekeepers	10:00 The Snake Catcher	10:35 The Drew Barrymore Show	10:30 Prisoner Of War (2025)
Sky Max HD	15:05 The Hobbit: An Unexpected Journey	11:00 Guy Martin: Proper Jobs	11:00 Deadliest Catch	11:25 The Kelly Clarkson Show	
10:00 NCIS: Los Angeles	17:55 The Hobbit: The Desolation Of...	Guy Martin travels to a remote island in the Hebrides to live and work on a dairy farm during	After battling freezing spray, colossal waves and sub-zero temperatures, it's a race to harbour to offload	12:20 Father Brown	12:25 The Gentleman
11:00 Will & Grace	20:40 The Hobbit: The Battle Of The Five	12:00 Rick Stein's Spain	12:00 Deadliest Catch: Toughest Moments	13:15 10 Things to Know About...	
12:00 The Simpsons	23:10 The Hobbit: An Unexpected Journey	Rick continues his journey in the old camper van	13:00 Expedition Unknown		14:15 M3GAN 2.0
13:00 Great Barrier Reef With David Attenborough	natSky Nature HD	13:00 Border Force America's Gatekeepers	16:00 Alaska: Homestead Rescue	13:45 Telly Bingo	
14:00 Hawaii Five-0	10:00 Hope For Wildlife	15:00 World's Most Dangerous Roads	18:00 Outback Opal Hunters	14:00 RTÉ News: One O'Clock	16:25 King Ivory
15:00 NCIS: Los Angeles	11:00 Coral City	16:00 Top Gear	20:00 Deadliest Catch	14:30 Home and Away	
16:00 S.W.A.T.	12:00 Moon: Nature's Secret Force	18:00 The Hairy Bikers' Asian Adventure	22:00 Cornwall Air 999	15:00 Shortland Street	18:45 How To Train Your Dragon (2025)
17:00 Police 24/7	13:00 Brazil Untamed	19:00 Rick Stein's Spain	00:00 Aussie Gold Hunters	15:30 Fair City	21:00 Jurassic World: Rebirth
18:00 The Simpsons	14:00 Monkey Life	20:00 Would I Lie To You?	The Poseidon Crew recruit a 14-year-old worker to help speed up their operation. Meanwhile, the	16:00 EastEnders	
19:00 The Office (US)	15:00 Africa's Wild Horizons	Rob Brydon hosts the comedy panel show. Joining team captains David Mitchell and Lee	HGTV		23:20 M3GAN 2.0
20:00 The Simpsons	16:00 Hope For Wildlife	20:40 Richard Osman's House of Games	10:00 Young Sheldon	16:30 Today	
20:30 Live EFL: Bristol City v Watford	17:00 Coral City	22:00 QI XL	11:00 The Big Bang Theory	18:40 Nuacht RTÉ	Film4
23:30 Micky Flanagan: If Ever We Needed It	18:00 Secret Life Of The Kangaroo	It's all Greek to Alan Davies as the god-like Stephen Fry hosts the much-loved quiz and is joined by living	Sheldon helps Bernadette and Howard navigate bureaucratic paperwork. Leonard is disappointed	18:55 RTÉ News with Signing	12:00 Patton
00:45 Grimm	19:00 Brazil Untamed	23:00 Have I Got A Bit More News For You?	15:00 Mike & Molly	19:01 RTÉ News: Six One	(1970) Multi-Oscar-winning,
	20:00 Monkey Life	00:00 Taskmaster	16:30 Young Sheldon	20:00 Nationwide	15:20 Ride Lonesome
	21:00 Extraordinary Animals		18:00 The Big Bang Theory	20:30 Fair City	16:50 Bridge of Spies Interview Special
	22:00 Patrick Aryee's Wild World		22:00 New: 90 Day Fiancé: Before The 90 Days	21:00 The Zoo	16:55 Twelve O'Clock High
	23:00 Age Of The Big Cats		00:00 Georgie & Mandy's First Marriage	21:30 Tracks and Trails	19:35 Mrs Doubtfire
	00:00 Secret Life Of The Kangaroo			22:00 RTÉ News: Nine O'Clock	22:00 The Creator
				22:35 The Late Late Show	00:40 The Witch: Part 2 - The Other One
				00:15 All My Life	

TV Guide

Saturday 28th February 2026

BBC

BBC ONE

11:00 Saturday Kitchen
12:30 Nadiya's Simple Spices
13:00 Football Focus
13:45 BBC Weekend News
13:55 BBC Weather
14:00 Bargain Hunt
14:45 Escape to the Country
15:45 Money for Nothing
16:30 Asia
17:30 Final Score
18:25 BBC Weekend News
18:35 BBC London
18:40 BBC Weather
18:45 Gladiators
19:45 Michael McIntyre's Big Show
20:45 The Weakest Link
21:30 Casualty
22:20 The Walsh Sisters
23:10 BBC Weekend News
23:25 BBC Weather
23:30 Match of the Day
00:40 The Football Interview
00:55 Scent of a Woman

BBC TWO

10:05 Gardeners' World
One of the great joys of gardening is to grow and harvest nutritious food fresh from the garden. And in this
11:05 Odette
13:00 Mary Berry - Love to Cook
13:30 Great British Menu
14:30 I Was Monty's Double
16:10 The Colditz Story
Based on the true story from World War II of the notorious German POW establishment and the
17:45 Do You Know Your Place?
18:15 Rugby League: Super League
20:45 Natural World
21:30 Classic Hits in the Piano Room
A selection of classic tracks which have been performed in the Piano Room by some of the world's biggest
23:00 Covers in the Piano Room at the BBC
00:30 This Cultural Life

ITV

ITV1 HD

10:25 ITV News
10:30 New: James Martin's Saturday Morning
13:00 Ainsley's Taste Of The Bahamas
13:30 ITV News
13:45 ITV Racing: Live from Kelso
Ed Chamberlin presents coverage of racing from Kelso, Doncaster and Newbury - the feature
17:00 ITV Evening News
17:15 ITV News London
The latest news and
17:30 Tipping Point: Best Ever Finals
18:00 The Chase Celebrity Special
19:00 Wheel of Fortune
20:00 New: Britain's Got Talent
21:15 New: The BRIT Awards 2026
23:45 ITV News
00:05 It'll Be Alright on the Night
00:30 English Football League Highlights

ITV2

10:00 The Only Way is Essex
12:00 Deal or No Deal
14:05 The Floor
15:05 Britain's Got Talent
The show returns for another search for the most spectacular entertainers to hit these shores as
16:35 Celebrity Catchphrase
17:40 Trolls
18:40 FYI Daily
18:45 Trolls
Smash-hit animated adventure comedy that features an exceptionally strong all-star voice cast.
19:25 Jurassic World
Action-adventure sequel. 22 years after the original Jurassic Park failed, a new
20:25 FYI Daily
20:30 Jurassic World
22:00 Mr. & Mrs. Smith
23:00 FYI Daily
Latest news from the world of entertainment.
23:05 Mr. & Mrs. Smith
00:20 Family Guy

Channel 4

Channel 4

10:05 Frasier
Mixed Doubles: Daphne's inconsolable when her boyfriend breaks up with her, and Niles decides it's
12:00 The Simpsons
13:25 The Simpsons Movie (2007) Animated comedy. When Homer's love for a pig causes world-threatening pollution,
15:10 Four in a Bed
17:40 Sandi's Great British Woodland...
...Restoration: Sandi Toksvig tackles fly-tipping. At the parish council, she recruits a group of
18:45 Channel 4 News
Channel 4's flagship news programme. Including the weather. [S]
19:15 Fukushima: Days That Shocked...
21:15 Roman Empire by Train with Alice Roberts
22:15 New: Bill Bailey's Vietnam
23:15 Mission: Impossible - Ghost...

Channel 5

5

10:00 Entertainment News on 5
10:10 Ben Fogle: New Lives in the Wild
13:05 Dogs Behaving (Very) Badly
15:05 Catching Up with the Royals with Rev Richard Coles & Emily Andrews
16:05 The Yorkshire Vet
Julian operates on a French
17:05 Our Yorkshire Farm
19:50 5 News Weekend
19:55 Beatrice and Eugenie: A Royal Dilemma
Granddaughters of the Queen Elizabeth II, Princesses Beatrice and Eugenie have weathered
21:15 Lip-Reading The Royals: What Are They Really Saying?
22:15 The Middletons: Should They Be Working Royals?
23:15 Those Were the Days

Entertainment

how SkyShowcase

11:00 New Programmes Coming Soon

Sky Max HD

10:00 The Simpsons
13:00 Gillette Soccer Saturday: Build-Up
16:00 Gillette Soccer Sat: Live Scores
18:00 The Simpsons
19:30 Man Of Steel
22:00 The Beekeeper
00:00 The Dyers' Caravan Park

Sky Family

10:15 The Hobbit: The Desolation Of...
13:00 The Hobbit: The Battle Of The Five
15:30 The Hobbit: An Unexpected Journey
18:20 The Hobbit: The Desolation Of...
21:05 The Hobbit: The Battle Of The Five Armies
23:30 The Hobbit: An Unexpected Journey

nat Sky Nature HD

10:00 Great Parks Of Africa
11:00 Impossible Animals
13:00 Extraordinary Animals
14:00 My Best Friend's An Animal
15:00 Hotspots: The Last Hope
17:00 The Secret Life Of The Hermit...
18:00 David Attenborough's Conquest of the
21:00 Battle Of The Alphas
22:00 Super Shark Highway
23:00 13 Hours To Survive

Da U&Dave

10:00 Rick Stein's Spain
11:00 Top Gear
13:00 World's Most Dangerous Roads
15:00 Motorhoming with Merton and Webster
16:00 Would I Lie To You?
20:00 Richard Osman's House of Games
22:00 I'm Alan Partridge
00:00 Not Going Out

DMAX

10:00 Deadliest Catch
11:00 Outback Opal Hunters
14:00 Outback Crystal Hunters
17:00 Aussie Gold Hunters
20:00 Hoarding: Buried Alive
22:00 Paranormal Caught On Camera
23:00 New: Ghost Adventures
The crew investigate an Arizona high school plagued by troubling

HGTV

10:00 Young Sheldon
11:00 Georgie & Mandy's First Marriage
Audrey's past rears its head when Georgie leaves the tire store to work for Fred Fagenbacher, Jim's
12:00 The Big Bang Theory
22:00 Zoolander 2
When a mystery assassin starts killing the world's most beautiful people, former models Derek and
00:00 Mock The Week

RTÉ One

11:45 Ros na Rún
12:50 MasterChef: The Professionals
14:00 RTÉ News: One O'Clock
14:10 High Road, Low Road
14:40 The Shelter: Animal SOS
15:10 Amazing Hotels
16:10 My Uni Life
16:45 Dancing with The Stars
18:45 Nuacht RTÉ
18:55 RTÉ News with Signing
19:01 RTÉ News: Six One
19:35 Despicable Me 2
21:25 Pat Shortt's Entertainment From D'Telly
21:55 RTÉ News: Nine O'Clock
22:25 The Tommy Tiernan Show
23:40 These Sacred Vows
00:45 The Big Chill

Movies

Sky Premiere

10:30 One More Shot (2025)

12:15 Jurassic World: Rebirth

14:35 How To Train Your Dragon (2025)

16:50 I Know What You Did Last...

A group of friends are terrorised by a stalker who
18:50 M3GAN 2.0

Two years after M3GAN's rampage, her creator, Gemma, resorts to resurrecting her infamous
21:00 Jurassic World: Rebirth

23:20 Bring Her Back


Film4

12:00 The Call of the Wild (2020) Touching adventure with Harrison Ford, based on Jack London's classic novel. A big, friendly hound
13:55 Monkey Business (1952) Screwball comedy starring Cary Grant as a scientist who drinks the elixir of youth and starts
15:50 Secret Headquarters (2022) Family comedy with Michael Peña. A young lad discovers that his slacker dad is a superhero. And
17:55 Taxi (2004) All-action thriller. Queen Latifah stars as the driver of the fastest taxi in New York, who teams up
19:55 Dante's Peak (1997) Action thriller starring Pierce Brosnan and Linda Hamilton. The inhabitants of a
22:00 The Equalizer (2014) Thriller. Denzel Washington stars as an ex-soldier who comes out of retirement to help a
00:40 The Frighteners (1996) Peter Jackson's comedy horror stars Michael J Fox as a psychic investigator in a town that

TV Guide

Sunday 1st March 2026

BBC

ITV

Channel 4

Channel 5

BBC ONE

10:00 Sunday with Laura Kuenssberg
 11:00 Politics London
 11:30 Sunday Morning Live
 12:30 Celebration Kitchen
 13:30 Bargain Hunt
 14:00 BBC Weekend News
 14:10 Weather for the Week Ahead
 14:15 Songs of Praise
 14:50 Lifeline
 15:00 Escape to the Country
 15:35 Gladiators
 16:35 Spider-Man 2
 18:35 BBC Weekend News
 18:50 BBC London
 18:55 BBC Weather
 19:00 Countryfile
 20:00 Antiques Roadshow
 21:00 Call the Midwife
 22:00 Lord of the Flies
 23:00 BBC Weekend News
 23:25 BBC London
 23:30 Match of the Day
 00:45 The Graham Norton Show

BBC TWO

10:00 My Kind of Town
 10:30 Great British Menu
 12:30 Natural World
Record books describe the honey badger as the most fearless animal on the planet. Although barely a
 13:10 The Lady Vanishes
Espionage thriller in which a British intelligence officer plans an elaborate hoax in the spring of 1943 to fool
 16:20 Earth
 17:20 Flog It!
 18:05 Emma
 20:00 This Farming Life
 21:00 Big Cats 24/7
The Big Cats 24/7 team returns to the Okavango Delta. The Xudum lion pride is now over 40-strong, and
 22:00 Forensics: The Real CSI
 23:00 Misery
 00:45 Hounded
From a London council estate to a remote country estate, brothers Chaz and Leon agree to one more

ITV1 HD

10:25 ITV News
 10:30 New: Love Your Weekend with...
 12:25 Fletchers' Family Farm
 13:25 ITV News
 13:35 Julia Bradbury's Wonders of the Frozen South
 14:35 Ainsley's Taste Of The Bahamas
 15:10 Britain's Got Talent
 16:30 Raiders of the Lost Ark
 18:40 The Chase Celebrity Special
 19:35 ITV Evening News
 19:45 ITV News London
The latest news and
 20:00 The Floor
 21:00 Who Wants to Be a Millionaire?
 22:00 The Lady
 23:00 ITV News
 23:15 Bad Boys
Fast-paced action crime comedy. Marcus Burnett is a henpecked family man - Mike Lowrey is a footloose

ITV2

10:50 The Only Way is Essex
 11:50 Deal or No Deal
Stephen Mulhern hosts as Becca tries to win 100,000 pounds - she may sell her box for an enticing offer
 13:50 Celebrity Catchphrase
 14:50 Wheel of Fortune
 15:50 Trolls Band Together
 16:50 FYI Daily
Latest news from the world of entertainment.
 16:55 Trolls Band Together
Animated adventure comedy film sequel featuring the voices of Anna
 17:45 Britain's Got Talent
 19:00 New: Britain's Got Talent: Unseen
 19:25 Jurassic World: Fallen Kingdom
 20:25 FYI Daily
 20:30 Jurassic World: Fallen Kingdom
 22:00 The Heat
 23:00 Family Guy
 00:35 American Dad!

Channel 4

10:00 Frasier
 11:00 Live: Sunday Brunch
Tim Lovejoy and Simon Rimmer host the food and chat show, with guests
 14:00 The Simpsons
 15:00 A Place in the Sun
 16:00 Location, Location, Location
 17:05 George Clarke's Amazing Spaces
 18:05 New: Bargain Holiday Secrets
 19:10 Channel 4 News
 19:40 The Dog House
 20:45 The Great Pottery Throw Down
Mosaics and Water Fountains: It's the semi-final and the potters make mosaics and water
 22:00 New: Secret Genius: The Final
 23:00 New: Fires of the Moon
A writer travels through the night, returning home and back to a melancholy past, in this unique
 00:30 The Great Wall

5

10:00 Entertainment News on 5
 10:10 Bargain-Loving Brits in the Sun
Singer Paige prepares for one of her most important gigs yet, hoping to impress with her recently launched
 11:05 Malta: The Jewel of the Med
We venture inside one of
 13:00 Cruising With Jane McDonald
 15:00 Inside The Tower of London
 17:00 The Great Stink of 1858
 19:00 5 News Weekend
 19:05 Celebrity Puzzling
 20:00 Scams: Don't Get Caught Out
 21:00 22 Kids & Counting
 22:00 Rich House, Poor House
 23:30 The World's Most Luxurious Cruise
 00:35 Police Interceptors: Taking Down the Shoplifting Gangs

Entertainment

how SkyShowcase

11:00 New Programmes Coming Soon
Sky Max HD
 10:00 Great Barrier Reef With David Attenborough
 13:00 Police 24/7
 16:00 The Simpsons
 18:00 Rob & Romesh Vs Hollywood Stunts
 19:00 Rob & Romesh Vs...
 20:00 The Hobbit: An Unexpected Journey
 23:00 New: Saturday Night Live
 00:30 John Bishop 25 Tour: Live From Dublin

Sky Family

10:20 The Hobbit: The Desolation Of...
 13:05 The Hobbit: The Battle Of The Five Armies
 15:35 The Hobbit: An Unexpected Journey
 18:25 The Hobbit: The Desolation Of...
 21:10 The Hobbit: The Battle Of The Five Armies
 23:35 The Hobbit: An Unexpected Journey
In Middle-earth, a reluctant

nat Sky Nature HD

10:00 Wild Birds Of Australia
 12:00 Africa's Wild Roommates: How...
 13:00 13 Hours To Survive
 15:00 Extreme Animals: One Wild Day
 16:00 Wild Battlegrounds
 17:00 Untamed Valley
 18:00 New: My Best Friend's An Animal
 19:00 New: Extraordinary Animals
 20:00 Rise Of Animals With David Attenborough
 22:00 Kui Buri: Thailand's Hidden Eden
 23:00 In For The Kill
 00:00 New: My Best Friend's An Animal

D&U Dave

10:00 Mortimer & Whitehouse: Gone...
 11:20 Guy Martin: Proper Jobs
 12:20 Top Gear
 14:25 Richard Osman's House of Games
 15:40 Hairy Bikers' Best of British
 17:40 Greece with Simon Reeve
 18:40 Turkey with Simon Reeve
 19:40 Mortimer & Whitehouse: Gone...
 21:00 Will and Ralf Should Know Better
Will and Ralf take hobby-hunting to extremes with ice-cold swims,
 22:00 Have I Got A Bit More News For You?
 23:00 QI
 23:40 Mock the Week

DMAX

10:00 Baggage Battles
 11:00 Chasing Classic Cars
 15:00 Kindig Customs
 18:00 Bangla Bangers
 20:00 Extinct Or Alive: Land Of The...
 21:00 Alien Sharks: First Contact
 22:00 In Search Of Monsters
A team of researchers
 00:00 Expedition X
HGTV
 10:00 Young Sheldon
 11:00 The Big Bang Theory
 21:00 New: Georgie & Mandy's First...
 22:00 New: Mock The Week
 23:00 Mock The Week
 00:00 Guz Khan's Custom Cars

RTÉ One

10:30 The Frankie Drake Mysteries
 11:30 Fóram
 12:00 Sunday Worship
 13:00 The Week In Politics
 14:00 RTÉ News: One O'Clock
 14:10 Ear to The Ground
 14:40 Beyond Paradise
 15:40 Ice Station Zebra
 18:25 American Icons
 18:40 Nuacht RTÉ
 18:50 RTÉ News with Signing
 19:01 RTÉ News: Six One
 19:30 Dancing with The Stars
 21:30 Fair City
 22:00 RTÉ News: Nine O'Clock
 22:30 These Sacred Vows
 23:30 SisterS
 00:00 The Week In Politics

Movies

Sky Premiere

10:30 Plainclothes
 12:15 Jurassic World: Rebirth
 14:35 King Ivory
 16:45 I Know What You Did Last...
 18:45 How To Train Your Dragon (2025)
 21:00 Jurassic World: Rebirth
 23:20 Bring Her Back

Film4

12:00 The Major and the Minor
 14:05 First Knight
 16:45 Jumanji: The Next Level
(2019) Adventure comedy sequel with Dwayne Johnson, Jack Black, Kevin
 19:05 Bridge of Spies
 22:00 Deja Vu
 00:25 Ambulance

TV Guide

Monday 2nd March 2026

BBC

BBC ONE

10:30 Morning Live
 11:45 Crimewatch Live
 12:30 Homes Under the Hammer
 13:15 Bargain Hunt
 14:00 BBC News at One
 15:00 Bear Grylls - Wild Reckoning
 15:30 Marcus Wareing Simply Provence
 16:00 Escape to the Country
 16:45 Clean It, Fix It
 17:30 Celebrity Antiques Road Trip
 18:15 Pointless
 19:00 BBC News at Six
 19:30 BBC London
 20:00 The One Show
 20:30 EastEnders
 21:00 Panorama
 21:30 Trace, Track, Get My Car Back
 22:00 Silent Witness
 23:00 BBC News at Ten
 23:30 BBC London
 23:40 Industry
 00:45 King of Thieves

BBC TWO

10:00 BBC News
 Twenty-four hours a day, the latest national and international stories as they break.
 13:15 Politics Live
 14:00 Impossible
 14:45 Unbeatable
 15:15 The Boss
 16:00 The Vintage French Farmhouse
 16:45 Villages by the Sea
 17:15 Oceans
 18:15 Flog It!
 19:00 Richard Osman's House of Games
 19:30 Do You Know Your Place?
 20:00 Global Eye
 20:30 Grand Tours of Scotland's Rivers
 21:00 Mastermind
 21:30 University Challenge
 22:00 AI Confidential with Hannah Fry
 23:00 Small Prophets
 23:30 Newsnight
 00:00 LS Lowry: The Unheard Tapes

ITV

ITV1 HD

10:30 Lorraine
 Lorraine Kelly presents a topical mix of entertainment, discussion and showbiz glamour as
 11:00 This Morning
 13:30 Loose Women
 14:30 ITV Lunchtime News
 14:55 ITV News London
 15:00 Lingo
 16:00 New: Riddiculous
 17:00 Tipping Point
 18:00 The Chase
 19:00 ITV News London
 19:30 ITV Evening News
 National and international news with reports and analysis from ITV's Correspondents in the UK
 20:30 New: Fletchers' Family Farm
 21:00 Emmerdale
 21:30 Coronation Street
 22:00 The Lady
 23:00 ITV News at Ten
 23:30 ITV News London
 23:45 Cold Case Forensics
 00:45 Who Wants to Be a Millionaire?

ITV2

10:20 The Only Way is Essex
 Reality series. Love is in the air in Essex as Freddie and his new man Jake go on a double date with Dan
 11:20 The Real Housewives of Miami
 12:15 The Real Housewives of Beverly Hills
 13:10 Dinner Date
 15:10 The Only Way is Essex
 16:10 The Real Housewives of Cheshire
 17:10 The Real Housewives of Miami
 18:00 The Real Housewives of Beverly Hills
 19:00 Celebrity Catchphrase
 20:00 Wheel of Fortune
 21:00 Ant & Dec's Limitless Win
 22:00 The Heat
 23:00 The 1% Club
 00:00 Family Guy

Channel 4

Channel 4

10:10 Frasier
 12:10 American Pickers
 13:05 Channel 4 News Summary
 13:10 Car S.O.S
 Fiat Uno Turbo: In Wellingborough, Tim and Fuzz fix up one of the fastest hatchbacks of the
 14:10 Find It, Fix It, Flog It
 In Windsor, Henry Cole
 15:10 Countdown
 16:00 A Place in the Sun
 17:00 A New Life in the Sun
 18:00 Four in a Bed
 18:30 Come Dine with Me
 19:00 A Place in the Sun
 Channel 4's flagship news programme. Including the weather. [S]
 21:00 New: Batch from Scratch...
 ...Cooking for Less: Can Joe and Suzanne transform chaotic cooking into delightful dinners for the
 22:00 New: Handcuffed: Last Pair...
 23:00 Night Coppers

Channel 5

5

10:00 Come & Play with Pip and Posy
 10:05 Milkshake! Story Den
 10:15 Jeremy Vine
 12:30 Storm & Alexis
 13:45 5 News at Lunchtime
 13:50 Matt Allwright
 15:00 Vanessa
 16:00 The Good Ship Murder
 17:00 Bargain-Loving Brits in the Sun
 18:00 5 News at 5
 Join Dan Walker and the team for the news that matters to you.
 19:00 Love Nature
 A people power project led by Alan Winlow, a lover of nature, now in his eighties who helps nature whenever
 19:05 The Motorway
 20:00 Celebrity Puzzling
 21:00 Motorway Cops: Catching Britain's Speeders
 22:00 Police Interceptors: Taking Down the Shoplifting Gangs
 23:00 The X-Files

Entertainment

Movies







how Sky Showcase

11:00 New Programmes Coming Soon
Sky Max HD
 10:00 NCIS: Los Angeles
 11:00 Will & Grace
 12:00 The Simpsons
 13:00 Secret World of Sound with David
 14:00 Hawaii Five-0
 15:00 NCIS: Los Angeles
 16:00 S.W.A.T.
 17:00 Police 24/7
 18:00 The Simpsons
 19:00 The Office (US)
 20:00 The Simpsons
 21:00 Agatha Raisin
 23:00 New: Last Week Tonight with John
 23:45 Ricky Gervais - Animals

Sky Family

10:25 The Hobbit: The Desolation Of...
 13:10 The Hobbit: The Battle Of The Five
 15:35 Scooby-Doo!
 17:05 Free Willy
 19:00 Stuart Little
 20:35 Stuart Little 2
 22:05 Teenage Mutant Ninja Turtles
 00:00 A Minecraft Movie

nat Sky Nature HD

10:00 Orangutan Jungle School

 11:00 Coral City

 Autumn: Adapt or perish in
 12:00 Malawi Wildlife Rescue

 13:00 Brazil Untamed
 14:00 Monkey Life
 15:00 Africa's Wild Horizons

 16:00 Orangutan Jungle School
 17:00 Coral City
 18:00 Gangs Of Baboon Falls
 19:00 Brazil Untamed
 20:00 Monkey Life
 21:00 Monkeys: An Amazing Animal..
 22:00 Extraordinary Animals

 23:00 Brazil Untamed

 00:00 Gangs Of Baboon Falls

Da U&Dave

10:00 Border Force America's Gatekeepers
 11:00 Guy Martin: Proper Jobs
 12:00 Rick Stein's Spain
 Rick samples the tastes in the area famed for El Cid and its classic landscape of castles and vast plains,
 13:00 Border Force America's Gatekeepers
 15:00 World's Most Dangerous Roads
 16:00 Top Gear
 The lads face a trucking nightmare as they try to become HGV drivers - Jeremy also tries out a
 18:00 Hairy Bikers' Best of British
 19:00 Rick Stein's Spain
 Rick samples the tastes in the area famed for El Cid and its classic landscape of castles and vast plains,
 20:00 Would I Lie To You?
 20:40 Richard Osman's House of Games
 22:00 Will and Ralf Should Know Better
 23:00 QI XL
 Witty quiz. Stephen Fry urges Jeremy Clarkson, Bill Bailey, Danny Baker and Alan Davies to eat their
 00:00 Taskmaster

DMAX

10:00 The Snake Catcher
 11:00 Deadliest Catch
 13:00 Treasure Quest: Snake Island
 14:00 Expedition Unknown
 16:00 Alaska: Homestead Rescue
 There's a nightmare in North Carolina. A couple's ramshackle cabin has exposed wires in the
 18:00 Outback Opal Hunters
 The Rookies battle busted
 20:00 Deadliest Catch
 22:00 Body Bizarre
 00:00 Aussie Gold Hunters
 An angry confrontation could see Marcus, Linden and Dale thrown off their lease. Impurities in their

HGTV

10:00 Young Sheldon
 11:00 The Big Bang Theory
 15:00 Mike & Molly
 Peggy's past proves to be fertile ground for Molly's second book, but the author discovers it's quite a chore
 16:30 Young Sheldon
 18:00 The Big Bang Theory
 Penny hosts a Halloween party, putting Leonard, Sheldon, Wolowitz and Koothrappali through a new
 22:00 New: The Cult Behind The Killer...

RTÉ One

10:50 The Drew Barrymore Show
 11:40 The Kelly Clarkson Show
 12:35 Father Brown
 13:30 10 Things to Know About...
 14:00 RTÉ News: One O'Clock
 14:30 Home and Away
 15:00 Shortland Street
 15:30 Fair City
 16:30 Today
 18:40 Nuacht RTÉ
 18:55 RTÉ News with Signing








 19:01 RTÉ News: Six One
 20:00 Nationwide

 20:30 EastEnders

 21:00 Scealta na Lochanna

 21:30 Saol Na Feirme
 22:00 RTÉ News: Nine O'Clock
 22:35 Goodman : Too Big To Fail
 23:45 Swindlers
 00:50 The Dry

Sky Premiere

11:00 Reckless (2025)

 12:45 The Gentleman

 14:20 Jurassic World: Rebirth

 16:40 How To Train Your Dragon (2025)

 18:55 M3GAN 2.0

 21:00 Jurassic World: Rebirth

 23:20 Plainclothes


Film4

12:00 The Rare Breed
 13:55 The Guns of Fort Petticoat
 15:35 Yellow Sky
 17:40 The Lavender Hill Mob
 19:20 Little Women
 22:00 The Menu
 00:10 Rocketman
 (2019) Taron Egerton is



Ryanair slashes EU destinations in 2026

Ryanair is preparing for a major shake-up to its European network in 2026, announcing widespread route cuts that could remove around three million seats and reduce connections for a number of smaller regional cities.

The decision comes after a year of high-profile moves by the budget airline, including winter schedule expansions in markets such as the UK, Finland and Italy, new routes such as London–Murcia and Rovaniemi–UK, and plans to grow passenger numbers while investing in key bases like Bologna.

But the airline has also faced mounting headwinds, including continued Boeing delivery delays and a controversial push to phase out physical boarding passes, which has drawn significant backlash from passengers.

Spain faces the deepest cuts Spain is expected to be among the hardest-hit countries. Ryanair says it will reduce capacity by around 1.2 million seats from its summer 2026 schedule, following

earlier cuts of about one million seats in winter 2025.

The airline plans to end all flights to Asturias and Vigo and will also close its base at Santiago de Compostela. Further reductions are planned for Santander and Zaragoza, while connections to the Canary Islands are also being cut.

Several routes have already been halted ahead of 2026. Ryanair has stopped all winter flights to Tenerife North, and the Jerez base, closed this season, is set to remain shut next year. Services to Valladolid have also been stopped, with the base there already closed since winter 2024.

Ryanair has blamed the Spanish airport operator Aena, citing what it calls steep airport fee increases. The airline has also pointed to Spain's crackdown on extra cabin bag fees in 2024, describing the penalties as "illegal bag fines."

The carrier argues that the combination of taxes and charges makes regional Spanish airports less competitive than lower-cost

alternatives in countries such as Morocco and Italy. Ryanair says it is shifting aircraft and capacity to places including Croatia, Sweden, Albania, Morocco and Italy, where it claims governments are cutting fees and reducing environmental taxes.

Despite the cuts, Ryanair's withdrawal may not leave passengers without options. Airlines including Vueling, Binter, Iberia and Wizz Air have moved to fill gaps on several routes.

Germany hit Germany is also facing substantial reductions. In October 2025, Ryanair announced it would cut 24 routes for the Winter 2025/2026 season, removing almost 800,000 seats.

The airline blamed high air traffic control and security fees, Germany's aviation taxes, and airport cost increases, arguing that the country is becoming less competitive. Ryanair has warned that further withdrawals could follow if costs do not fall but said it would restore capacity if the government changes course.

France, Portugal and Belgium also affected

In France, Ryanair has linked its cuts to higher airline taxes. The carrier removed 750,000 seats and 25 routes for winter 2025, suspending services to Bergerac, Brive and Strasbourg.

However, after negotiations with French authorities, Ryanair said in December it would restart flights to Bergerac in summer 2026, though Brive and Strasbourg remain suspended.

Further reductions are already taking shape. In January 2026, Ryanair announced it would stop operating at Clermont-Ferrand Auvergne Airport from 27th March, citing environmental taxes. The airline currently flies from Clermont-Ferrand to London, Porto and Fez.

Ryanair has also dropped its Dublin–Rodez route for 2026, though it will continue serving Rodez from London Stansted and Brussels.

In Portugal, the airline says it will end six routes to and from

the Azores from the end of March, affecting roughly 400,000 passengers per year. Ryanair estimates this represents about a 22% reduction in its Portuguese capacity, with knock-on effects for major cities including Porto and Lisbon.

The airline blames increased air traffic control fees imposed by Portugal's operator ANA (Vinci), as well as EU measures such as the Emissions Trading System (ETS), which Ryanair argues disproportionately impacts short-haul flights to the Azores and Madeira. A new €2 travel tax in Portugal has also been criticised by the carrier.

While Ryanair has continued to expand in selected markets, the 2026 cancellations signal a broader strategy shift: pulling capacity away from airports and countries where it says taxes and charges are rising, and reallocating aircraft to lower-cost bases elsewhere in Europe and North Africa.

Airlines predict a record summer at Alicante Airport

Airlines are gearing up for what could be the busiest summer ever at Alicante Elche Miguel Hernández Airport, with early forecasts pointing to a 9% rise in seat capacity compared to last year.

According to preliminary figures gathered by the Costa Blanca Tourist Board, airlines are planning to put around 16 million seats on sale between April and October 2026. That would mean close to 88,000 flight operations across more than 230 routes linking Alicante with 32 countries.

Last summer saw 14.7 million seats offered, which was already up 3.4% on the previous year. If the new projections hold, this summer's growth would be significantly stronger. However, these figures are still based on airline schedules and slot requests, so final numbers could shift slightly. And of course, putting 16 million seats on sale doesn't automatically mean 16 million passengers will pass through the terminal.

For British residents on the Costa Blanca and those expecting visiting friends and family, the UK market remains key. Full schedules from Ryanair and easyJet are still to be confirmed, although easyJet has already indicated it plans to increase capacity to Alicante by around 3%.

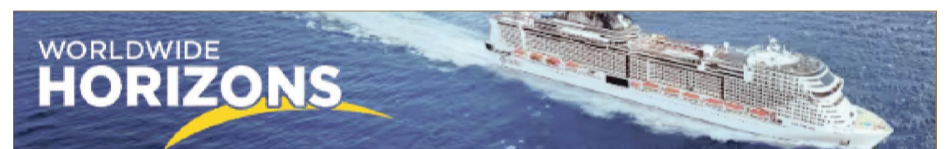
Jet2 has confirmed a notable boost,

adding flights from its new base at London Gatwick and putting 560,000 seats on sale to and from Alicante, which is 53,000 more than last summer.

Vueling is also expanding strongly. The airline plans to increase capacity on its London Gatwick route by around 24%, offering 131,000 seats and up to 13 weekly flights. It will also maintain its Cardiff connection and strengthen services to Amsterdam, Brussels and Paris Orly, alongside domestic routes including Tenerife North, Gran Canaria, Ibiza, Santander, Bilbao, Barcelona and Mallorca.

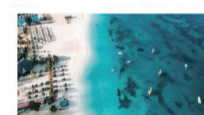
Beyond the UK, Germany is also gaining importance, with Eurowings launching flights to Hanover and Ryanair planning new routes to Friedrichshafen and Saarbrücken. Eastern Europe is also growing, with Wizz Air starting flights to Bratislava and a brand new link to Yerevan in Armenia opening up an entirely new market.

North Africa is back on the map too. Vueling is adding Constantine and restoring Tangier, while Royal Air Maroc plans to operate between Casablanca and Alicante. Austrian Airlines will connect Vienna with the Costa Blanca, Luxair returns with Luxembourg and Air Serbia is set to launch Belgrade services.



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Fascinating facts about wine

Besides beer, wine might be one of your favourite alcoholic drink choices on social occasions. If so, you might think that you already know everything about wine, but it turns out there are some mind-blowing things that you might not know about this popular tittle.

So before meeting up with your friends to sip on a glass of cold white or fruity red, here's a few facts to impress them....

1. Not all wines need to be aged

It all depends on the type of wine since many wines are recommended to be consumed in the first year of production. These wines aren't meant to be kept for years and must be drunk straight away. They will mostly have a three to five years shelf life. Always check the expiration date of the wine to know if you should consume it immediately or if you need to store it for a long time.

2. Nuns and monks make fine wines

Monks in France produce some very fine wines. Many alcoholic

beverages, such as Vosne-Romanee, Chateaufeuf-du-Pape, and a few Bordeaux, are made by those devoted to God. A Benedictine monk named Dom Perignon gave his name to a leading brand of world-famous sparkling wine. Although, contrary to popular belief he did not invent the Champagne wine making method.

Four monasteries in France are still making wines today and not only monks but nuns in Notre-Dame de Fidelite are also still making wine.

3. The oldest wine is from Germany

The oldest bottle of wine in the world is The Speyer wine bottle, or Romerwein, which was approximately made around 325 AD to 350 AD. The wine is still sealed in the bottle, but there is no more alcohol inside the blend. Olive oil is poured inside it to preserve the wine. The wax-sealed bottle is now residing in the German City of Speyer and is one of the Pfaltz Historical Museum collections.

4. France isn't the country that consumes the most wine

The United States is the world's largest consumer of wine by total volume, consuming approximately 3.2 to 3.33 billion litres (or over 33 million hectolitres) annually. However, Portugal holds the highest per capita consumption, with its citizens drinking more wine per person than any other country. However, France, Italy, and Spain are still the countries that produce the most wine.

5. Not all wines aren't vegan friendly

Wine is made from grapes and yeast, so it's vegan, right? That is where you are wrong. Despite being made from vegan-friendly ingredients, some wines use animal products in their filtration process. For examples like casein from milk, albumin from egg white, isinglass from fish bladder, and gelatine from animal protein. If you are a vegan, you should always check on the label to make sure it is 100 percent vegan friendly.

6. The History of Toasting

In this modern era, toasting only involves clinking glass and saying "cheers!", but in the past the Greeks' toasted to test for poison! It was common to use poison to get rid of enemies, so they made a custom to let the host drink first from the decanter to prove its contents was safe to drink.

In Latin, the word "toast" is "toastus", which means parched, due to the Romans' habit of dropping a piece of burnt toast into their alcoholic beverage to lessen the acidity. The Greeks' and Romans' customs shaped the habit of toasting in modern times.

7. You can bathe in wine in Japan

Have you ever dreamt of bathing in wine? If yes, then Japan is the place you need to visit. Here you can submerge yourself in a hot spring full of wine. The unique thermal spring is located in Hakone Kowakien Yunessun, and they mix the wine into the water three times a day. Not only wine, but you can also have green tea,

coffee, and even a sake bath.

8. Portugal produces 50% of corks

The trees the corks are made from are heavily protected. It is illegal to chop down cork trees without official permission and inspection. These cork trees are known as cork oak and can be found across the western Mediterranean.

9. Soda and wine

Some of you might be familiar with mixing white wine with soda to make a spritzer. But red wine can also be mixed with a fizzy drink and is a popular method of enjoying wine in Spain, Greece, and China. Try a Tinto Verano... you'll be hooked.

10. The colour of wine changes as it ages

You might think that the colour of a wine will remain the same despite being stored for a long time. Oddly enough, white wines become darker while red wines become lighter as they age.



Almost a quarter of supermarket soups have too much salt

Nearly a quarter of soups sold in supermarkets contain too much salt, with one product found to have a higher salt content than two McDonald's cheeseburgers, according to new research.

An analysis of 481 tinned and chilled soups by Action on Salt and Sugar (AoSS) found that 23% exceeded the government's voluntary salt target of 0.59g per 100g.

The group said branded soups were far more likely to breach the guideline than supermarket own-label products. Almost half of branded soups tested (48%) were above the target, compared with 6% of own-brand soups.

Health experts warned that high salt intake is strongly linked

to high blood pressure, which increases the risk of heart attacks and strokes. The World Health Organization estimates that just under two million deaths a year are associated with excessive salt consumption.

In the UK, the NHS recommends adults consume no more than 6g of salt a day – roughly one level teaspoon. However, adults in England consume an average of 8.4g daily, around 40% above the recommended maximum.

AoSS highlighted particular concerns with several major brands. It found that just under 70% of Heinz soups tested exceeded the voluntary salt limit, while 27% of Crosse & Blackwell products were also above the target.

By contrast, every soup tested from Tesco, Sainsbury's, Morrisons, Waitrose, Co-op, Lidl and Covent Garden met the government guideline, AoSS said.

Sonia Pombo, head of impact and research at AoSS, said the findings showed the voluntary system was failing and called for stronger government intervention to improve compliance across the category.

A senior dietitian at the British Heart Foundation said reducing salt intake is one of the quickest and most cost-effective ways to lower the risk of high blood pressure but stressed that consumers have limited control because most salt is added to food before it reaches supermarket shelves.



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Red Bull gets ready for spring

Red Bull has unveiled its first-ever Spring Edition, rolling out a new Cherry Sakura flavour as it continues to push seasonal innovation in the fast-growing flavoured energy drinks market.

The limited-edition launch expands the Red Bull Editions range and is aimed at driving trial and incremental sales within the functional energy category, which has been outperforming the wider soft drinks sector.

The Cherry Sakura Edition comes in a white can with soft pink detailing inspired by Japanese cherry blossoms, positioning the drink as a floral, fruity alternative to more traditional energy flavours. Red Bull said the variant is designed to attract shoppers looking for a twist on classic energy drinks, citing internal research that found 78% of consumers consider cherry-flavoured energy drinks appealing.

The move follows a strong run for Red Bull Editions, with the brand pointing to last year's Peach Edition as a top-10 FMCG launch. The company said limited-edition flavours play a key role in capturing seasonal shoppers and encouraging repeat purchases.

To reach both new and existing cus-

tomers, Red Bull is offering the Spring Edition in a range of formats, including 250ml, 355ml and 473ml cans, alongside a four-pack of 250ml cans. For the first time, the brand has also introduced a 473ml pack-marked can (PMC), aimed at encouraging shoppers to trade up while still keeping the core single-can option available for first-time buyers.

The Cherry Sakura Spring Edition is launching as a full-sugar product and targets the flavoured energy segment, which continues to be a major driver of growth across the category.



Carling Black Label makes a come back

Molson Coors is bringing back the Carling Black Label name in a new beer launch set to arrive in shops next month, marking the return of a label that was last used on the brand in Britain more than 25 years ago.

The brewer said the new Carling Black Label will be a 4.7% ABV lager positioned as a "premium British lager for modern day beer drinkers". It is due to launch across grocery, wholesale and convenience from 16 March, and is intended to sit alongside – rather than replace – the core Carling range.

Brewed in Burton-on-Trent using 100% British barley, the lager has been cold-filtered and is expected to feel "instantly familiar" to long-time Carling drinkers. Molson Coors said the Black Label name remains part of Carling's identity in some international markets and was the brand's UK name until the late 1990s.

Carling Black Label was first introduced

in the UK in 1952 and became widely recognised during the 1970s and 1980s, particularly after the brand expanded into cans and ran television advertising featuring the catchline: "I bet he drinks Carling Black Label".

The Black Label wording was dropped from Carling's British branding in 1997, but Molson Coors said the revived name is now being used to create a more premium option within the portfolio. The company said the launch would help retailers broaden their lager offer with a fuller-bodied variant without cannibalising the flagship brand, which has long been associated with British football through major sporting partnerships.

The new Carling Black Label will be sold in four-packs and 10-packs of 568ml cans. Molson Coors said the launch will be backed by a consumer marketing campaign including social media activity and influencer engagement.



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Fall-apart Massaman Lamb

Fall-apart Massaman Lamb Shoulder
This is a recipe for a succulent fall-apart tender lamb shoulder that is slow cooked in a rich massaman curry sauce, presented in a grand roast lamb centrepiece form. And the best bit...it only takes 5 minutes.

Ingredients

- 2 - 2.25 kg lamb shoulder, bone in, excess fat trimmed (but leave thin fat layer on)
 - 114 g Massaman curry paste (1 can)
 - 400 g coconut milk, full fat
 - 750 ml chicken stock/broth, low sodium
 - 1 onion, halved then cut into 1 cm / 1/2 thick wedges
 - 2 cinnamon sticks (or 1/2 tsp powder)
 - 2 star anise
 - 600 g small baby potatoes, whole (don't cut)
- Garnishes / serving:
- 2 large red chillis, finely sliced diagonally (optional)

- 1 cup (lightly packed) coriander leaves & sprigs (cilantro)
- Jasmine rice (or basmati)

Instructions:

Preheat the oven to 220°C/425°F (200°C fan-assisted).

Whisk the curry paste, coconut milk and chicken stock in a pan until lump free. Put lamb shoulder in, turn to coat in the sauce then place it so it's upside down (meaty / fat side down).

Place the onion, cinnamon sticks, star anise and potatoes around the lamb. Cover with foil.

Slow-cook – Roast for 1 hour. Lower the oven to 180°C/350°F (160°C fan) then roast for a further 3 hours.

Check – Remove foil and use forks to check the meat is virtually “fall-apart-tender”, it should be by this time. If not, cover and keep cooking.

Brown – Turn the lamb over, spoon over sauce. Bake uncovered 30 minutes or

until deep golden.

Serve – Rest for 10 – 15 minutes. Spoon off as much or as little excess fat off surface, discard. Mix sauce well (it's quite runny, so it's not too rich). Transfer to a serving dish, if you like, sprinkle with chilli and coriander. Serve.



Toad in the Hole

The dish that needs no introduction, the meal of your childhood and a British classic. This sausage and Yorkshire pudding meal is hearty, filling and tasty. Slather in rich gravy and serve with traditional veg and you know it's going to be a winner.

Ingredients

- 700g/1.4lb pork sausages, or other sausage (8 x 85g/3oz)
 - 10 g beef drippings OR canola/veg oil
- Yorkshire Pudding Batter:
- 250 ml eggs, lightly whisked (4-5 large eggs)
 - 150 g plain flour
 - 180 ml milk, full fat
 - 60 ml water
 - 1 tbsp mayonnaise, full fat (secret ingredient)
 - 0.5 tsp cooking salt
 - Pinch white pepper
 - 50 g beef dripping or vegetable oil
- Onion Gravy:
- 30 g beef drippings OR unsalted butter

- 2 onions, halved
- 1 garlic clove, finely minced
- 30 g plain flour
- 500 ml beef stock (broth)
- 0.5 tsp Worcestershire sauce
- 0.5 tsp black pepper
- 0.25 tsp cooking salt

Instructions

Batter – Whisk eggs in a bowl, then whisk in flour until lump free. Whisk in water, milk, mayonnaise, salt and pepper. Place in the fridge until required. Preheat oven to 220°C/425°F (200°C fan). Put the beef drippings in a 23 x 33cm metal pan (9 x 13”). Place in the oven for 15 minutes to melt and become very hot.

Brown sausages – Heat the 2 tsp (10g) of drippings in a pan over medium high heat. Brown the sausages all over but keep one side just lightly browned (this side will brown more in the oven). Keep them raw inside. Remove onto a plate.

Assemble – Take batter out of fridge and whisk. Working quickly, take the hot pan out of oven. Spread sausages in the pan, lightly browned side up, keeping clear of the pan walls. Pour the batter in around the sausages.

Bake – Bake 25 minutes on the top shelf until the sides puff up and is golden brown. The top of the edges should be nice and crispy!

Serve immediately with onion gravy!

Expect some deflation – though far less than typical recipes thanks to the mayo.

Onion Gravy:

Brown onion – Add beef drippings into the pan used for browning the sausages. Melt over high heat. Add onions and cook, stirring constantly, until nicely browned (5 minutes). Add garlic and stir 30 seconds. Add flour and stir for 1 minute so it's well mixed through the onions (to get lump-free gravy).

Add stock – Slowly pour in beef stock, stirring as you go. Add Worcestershire sauce, salt and pepper.

Thicken – Bring to a simmer, stirring, for 2 minutes until thickens into a gravy. Keep warm until ready to use.

Low Calorie Chinese Vegetable Soup

This Chinese Vegetable Soup is the perfect 'got-no-time' dinner, particularly if you're trying to “be healthy” but still want something downright tasty. Clocking in at an extremely low 108 calories per serving, you'll have this low-carb wonder on the table in under 15 minutes, including the time for measuring out and chopping ingredients.

Ingredients

- Infused Asian Broth
- 750 ml chicken stock/broth
- 2 garlic cloves, peeled and halved
- 1.5 cm / 0.5” ginger piece, cut into 5 thin slices

- 1 star anise
 - 1.5 tbsp light soy sauce
 - 2 tsp sugar (any)
 - 1.5 tbsp Chinese cooking wine
 - 0.5 tsp sesame oil
- Vegetables (be generous)
- 4 - 6 stems Chinese broccoli or bok choy, stems and leaves sliced and separated
 - 1 small carrot, peeled, cut in half lengthways then finely sliced on the diagonal
 - 75g / 2.5 oz enoki mushrooms (“faux” noodles), or other mushrooms sliced or quartered
- Toppings
- 0.5 cup coriander/cilantro sprigs/leaves, lightly packed (or thai basil, mint, chives)

- 1 green onion, green part only finely sliced
- 2 tbsp crispy fried shallots (store bought is fine)
- Chilli crisp, chilli sauce or sriracha
- Other ideas: sesame seeds, sliced chilli, Thai basil

Instructions

Infuse broth – Place Broth ingredients in a large saucepan over high heat. Place lid on, bring to a simmer then reduce to the lowest heat and simmer gently for 10 minutes to allow the flavours to infuse. (Meanwhile, chop the veg)

Cook vegetables – Turn the heat up to

high and bring the liquid back to a rapid simmer. Add the carrots, Chinese broccoli stems and enoki mushrooms. Cook 3 minutes. Add Chinese broccoli leaves, simmer for 2 minutes until wilted.

Serve – Pick the garlic and ginger out of soup. Divide between 2 bowls. Top with a mound of coriander, sprinkle with green onions, shower with crispy shallots, and a good dollop of chilli sauce or chilli crisp.





Painful statins side effect finally explained



About one in 10 people who take statins to lower cholesterol develop unexplained muscle pain – a side effect that frequently drives patients to stop using the medication despite their proven role in preventing heart attacks and strokes.

Now, scientists at Columbia University and the University of Rochester say they have uncov-

ered a key biological reason for these statin-associated muscle symptoms (SAMS). In a new study using mice, the team found that certain statins can disrupt a crucial muscle protein, allowing calcium to leak into muscle cells and trigger damage that may range from soreness and fatigue to rare, life-threatening complications.

Statins reduce cholesterol by blocking an enzyme the liver needs to manufacture it. This lowers levels of LDL, often called “bad cholesterol,” and helps protect against cardiovascular diseases such as atherosclerosis, in which fatty deposits clog blood vessels.

But researchers say the drugs can also affect unintended targets. One of them is ryanodine receptor 1 (RyR1), a mushroom-shaped channel embedded in the sarcoplasmic reticulum – a network of membranes that surrounds muscle fibres.

RyR1 functions as a gatekeeper for calcium ions, controlling the flow that makes muscle contraction possible. Using cryo-electron microscopy, a technique that flash-freezes samples and images them with electron beams to create high-resolution 3D structures, the team observed exactly how statins bind to the receptor.

The researchers report that cholesterol-lowering drugs such as simvastatin may keep the RyR1 gate partially open, causing calcium to seep into muscle cells. That leak can directly

injure muscle tissue or activate enzymes that break it down.

The mechanism may help explain why some statin users experience ongoing pain, cramps, tenderness, and weakness. The effect can be especially severe in people who carry mutations in RyR1, who may be more vulnerable to dangerous reactions such as malignant hyperthermia – a rapid overheating response to certain medications – or diaphragm weakness that reduces lung function.

In rare cases, the study notes, statin side effects can escalate into rhabdomyolysis, a serious condition in which muscle breaks down and releases proteins into the bloodstream, potentially leading to kidney failure. Another uncommon but severe outcome is autoimmune-mediated necrotizing myositis, where the immune system attacks and destroys muscle tissue.

While the researchers caution that calcium leakage may not account for every case of SAMS, they say identifying this pathway could help predict who is most likely to become statin-intolerant.

Roughly 40 million adults in the United States take statins, and an estimated 10 percent experience muscle symptoms.

“I’ve had patients who’ve been prescribed statins, and they refused to take them because of the side effects,” said lead author Andrew Marks, a cardiologist at Columbia University Vagelos College of Physicians and Surgeons. “It’s the most common reason patients quit statins, and it’s a very real problem that needs a solution.”

The team pointed to two potential strategies. One would be to redesign statins so they continue blocking cholesterol production without binding to RyR1. Another may involve pairing statins with a treatment that stabilizes the calcium channel.

In experiments, statin-intolerant mice treated with a Rycal – an experimental drug class being studied for rare muscle disorders – showed closed calcium “gates” and were protected from simvastatin-induced muscle weakness, the researchers reported.

Over-45s face ageism jobs barrier

If you’re over 45 and job hunting in Spain, you might hear comments like “We need more active people” or “You’re not up to date with tech.” A new Red Cross report, “Ageism and Me,” shines a light on this quiet issue, finding that 58% of Spaniards over 45 have faced age discrimination when seeking work. That’s compared to 44% overall, and it hits hard as over half the population is now in that age group, with numbers set to climb by 2050.

The study drew from nearly 900 people in Red Cross employment programmes. It shows how birth dates often block talent more than gender or race biases. Carmen Díaz-Pache, a Red Cross employment technician, put it well.

“The labour market severely penalises experience, consolidating a bias that marginalises senior talent,” she said. Older applicants often need to send twice as many CVs just to get noticed, and many hear they’re “not the right fit” or too set in their ways.

It’s not just frustrating – it also takes a toll. The report notes 22% of those affected start believing the stereotypes, ruling themselves out of jobs and skipping training. “You turn 50 and suddenly you become invisible,” one participant shared.

Even more eye-opening, 65% didn’t know the term “ageism” before joining Red Cross workshops, showing how sneaky it can be.

Díaz-Pache added, “Age discrimination is so ingrained in corporate and social culture that even the victims themselves are unable to identify it.”

Pepa Vivancos, 62, from Cartagena, knows this firsthand. “As soon as they see my age on my CV, they don’t call me,” she said. After years of informal jobs caring for the elderly and cleaning, often without contracts, to support her ill husband, she hit a wall post-55. Red Cross workshops on job skills, interviews and beating ageism helped.

Thankfully, nine months ago, she landed a cleaning role at Murcia Airport through their programme.

“Now I feel valued; the work is hard, but I go with a smile,” Pepa shared.

Myths linger too – older workers seen as less productive or slow to learn, despite evidence showing they’re reliable and loyal. The report calls sidelining them “economic suicide” for Spain, urging awareness campaigns and inclusive policies to tap this valuable experience.



One-and-a-half million to protect hospital from flooding

The Generalitat has approved a new flood-prevention project aimed at ensuring the Vega Baja Hospital will not be inundated again during future episodes of torrential rain.

Through the Ministry of Agriculture, Water, Livestock and Fisheries and its General Directorate of Water and Rural Development, the regional government has authorized an investment of €1,477,995 to protect the Regional Hospital of Orihuela and its surrounding area from flooding.

At the heart of the plan is the construction of a rainwater collection and control pond, described as an ‘anti-damage raft’ next to the hospital. The infrastructure is designed to capture large volumes of runoff water, temporarily store it, and then release it in a controlled manner, reducing the likelihood that water will enter hospital facilities.

The move comes as memories remain fresh of the September 2019 DANA, which struck Vega Baja between the 11th and 14th of the month and caused widespread flooding. During that storm, the hospital became one of the worst-hit locations: the ground floor and several operating rooms were flooded, and access was severely compromised after the hospital was cut off from the CV-91.

Officials say the new system is intended to prevent a repeat of that scenario, whether caused by intense rainfall or possible overflow of the Segura River.

The approved investment covers both the full drafting of the project and the execution of the works, which will be carried out under technical criteria set by the ministry to ensure the hospital remains safe and operational during extreme weather emergencies.



Health services increase mental health staff in Torrevieja

Mental health services in southern Alicante have been significantly expanded over the past year, cutting waiting times and reducing pressure on specialist care, according to figures released by the regional Ministry of Health.

In Torrevieja, overall mental health provision has risen by 64% in the last 12 months, a boost that health officials say is already translating into faster access to psychiatric consultations. Average waiting times for a first appointment have fallen by 40% since June, dropping from 52 days to 31 days by January.

The improvements were outlined during a visit to the Hospital of Torrevieja by Bartholomew Perez Galvez, the regional director for Mental Health and Addictions. He met with clinical teams from the Interdepartmental Health Group (ASI) Alicante South, which brings together services from Torrevieja, Orihuela and Elche, to review performance data since the summer.

According to the Ministry, Torrevieja has seen a 63% increase in psychiatry posts, a 50% rise in psychologists and a three-fold increase in mental health nursing staff. Pérez Gálvez said the scale of the expansion "far exceeds the accumulated growth of the last two decades".

Comparable gains have also been

recorded elsewhere in the ASI. Waiting times for an initial psychiatric appointment have been cut by 67% in Orihuela and by 55% in Elche. Across Alicante South as a whole, the number of patients on mental health waiting lists has fallen by 31.4% since June.

The Ministry said 88% of patients referred for mental health treatment across the three departments are now seen within 30 days, a level Pérez Gálvez described as "a clear improvement in accessibility and responsiveness".

"The enormous effort of professionals is directly linked to the improvement in care we are seeing," he said, adding that the results reflected "planning, investment and responsible management".

He rejected suggestions that the shorter waiting times were coincidental, arguing that a workforce increase of more than 60% was bound to have a measurable impact. He also acknowledged that areas such as the Vega Baja, and Torrevieja in particular, had suffered from years of underinvestment and poor planning.

"That situation is now being corrected with concrete actions, funding and structure," Pérez Gálvez said, stressing that mental health has been set as a strategic priority within the public health system by the current regional government.

African swine fever spreads

Catalan health authorities have confirmed two new cases of African swine fever (ASF) in wild boar outside the original containment zone, prompting the regional government to widen restrictions aimed at preventing further spread.

The Generalitat said the infected animals were found in an urbanisation in Molins de Rei and in an area near El Papiol, both in the metropolitan Barcelona region. The locations fall beyond the initial six-kilometre radius established around the first outbreak area, where ASF was detected in wild boar in November 2025.

Catalonia's Minister of Agriculture, Livestock, Fisheries and Food, Òscar Ordeig, said the two cases form part of 13 recently confirmed infections, taking the total number of positive wild boars to around 155 since the outbreak began.

In response, the Generalitat has added Molins de Rei and El Papiol to its list of high-risk municipalities. In those areas, access to natural spaces, hunting, recreational activities and forestry work have been prohibited in an effort to reduce the risk of transmission. The two towns join 12 municipalities already under restrictions since December, including Sabadell, Terrassa and Cerdanyola del Vallès.

ASF is a highly contagious viral disease affecting domestic pigs and wild boar. While it poses no risk to human health, it can have severe consequences for the pig industry

and international trade, as outbreaks often trigger export bans and movement controls.

Officials said no domestic pig farms have been affected so far. However, the Generalitat and industry reports noted that the outbreak has already had economic consequences, including falling pork prices and the closure of key export markets such as Mexico and Japan to products from the affected area.

Spain's central government established a scientific committee at the end of November 2025 to coordinate the response and assess the outbreak — the first in Spain in more than three decades. A preliminary report has tracked the evolution of the virus and proposed surveillance and containment measures, although it has not yet identified the source of the introduction with certainty.

Containment efforts include perimeter fencing along major routes such as the N-2 and B-23, carcass disposal, drone monitoring, wildlife captures and enhanced coordination with the European Commission and international veterinary bodies as the situation develops.

The Ministry of Agriculture said its priority is to protect Spain's animal health status — with the country a leading pig producer in the EU — while limiting economic damage. Authorities have urged residents to report sightings of dead wild boar and to comply with restrictions to help prevent further infections.



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Turn to page 36 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	F A T H E R	START
2	- - - - -	
3	- - - - -	
4	- - - - -	
5	- - - - -	
6	- - - - -	
7	B O T T L E	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	P L A N T	START
2	- - - - -	
3	- - - - -	
4	- - - - -	
5	- - - - -	
6	- - - - -	
7	B R I D E	END

WORD SEARCH

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

1. WATERPROOF 2. BREAKFAST 3. BACKPACK 4. COMPUTER 5. MORNING
6. LIBRARY 7. PLANET 8. GARDEN 9. PILLOW 10. APPLE 11. CHAIR 12. BAKER

SUDOKU

								1
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		6		5	2			
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6			9			7		5
	7		6					
		9				3		



Can the black cables on Spanish roads be used to issue speeding fines?



If you've driven on Spanish roads recently, chances are you've rolled over one of those mysterious black cables stretched across the tarmac and wondered what on earth they're doing there. The

devices, installed by Spain's traffic authority (DGT), have sparked plenty of speculation among drivers, particularly whether they're being used to catch speeders and dish out fines.

a vehicle passes over, effectively counting every car, van or lorry that crosses them.

The cables can distinguish between different types of vehicles

The short answer is no they're not handing out penalties. But they are collecting quite a bit of information about your journey.

What do the black cables actually do?

These pneumatic tubes have a straightforward job: measuring traffic density on the roads where they're installed. The hollow cables contain a sensor at one end and work through a simple mechanism that distributes air to the sides each time

based on their weight and number of wheels, which means the DGT can work out how many heavy goods vehicles are using a particular stretch of road compared to regular cars.

Can they detect speeding?

When the DGT places two cables consecutively across the road, they can actually calculate the speed vehicles are travelling. So technically, if they were fitted with cameras or other systems to identify which specific vehicle was speeding, they could function like a radar trap.

But the DGT insists they're not currently being used to issue fines, and there's no indication that's about to change.

Why measure traffic density?

The data collected by these black cables helps local authorities work

out whether existing roads can cope with the volume of traffic they're carrying. If a particular stretch is constantly busy, it might need widening or could require a new dual carriageway to be built alongside it.

The information is also invaluable for understanding traffic patterns during specific times of the year, like bank holiday weekends or peak travel periods. By knowing when and where congestion is likely to build up, the authorities can plan ahead, manage traffic flow more effectively and put measures in place to improve safety during the busiest times.

Essentially, those unassuming black cables are helping Spain plan its road network for the future, even if they do look a bit suspicious when you're driving over them.

Ferrari workers pocket huge bonuses thanks to 2025 success

Ferrari may have fallen just short of matching last year's sales total, but the company still managed to post stronger financial results — and its workforce is being rewarded.

The Italian automaker shipped 13,640 vehicles in 2025, missing its 2024 figure by only 112 units. Despite the slight dip in deliveries, Ferrari increased its earnings thanks to the high margins generated by its ultra-premium lineup.

Net revenues climbed seven percent to €7.1 billion, while operating profit rose 12 percent to €2.1

billion, the company said during its fourth-quarter earnings update.

Ferrari CEO Benedetto Vigna told reporters that employees in Italy will receive record annual bonuses through a "competitive award" programme worth up to €14,900 per worker — nearly \$18,000 at current exchange rates. Around 5,000 people are employed by Ferrari in Italy.

Looking ahead, Ferrari said demand remains strong. Vigna noted that the company's 2026 production is already sold out, with order books also close to full for 2027.

Ferrari is preparing a wave of new models, including its first electric car, the Luce, which is set to debut this year alongside four other vehicles. In total, the company plans to launch at least 20 new cars by the end of 2030.

While the Luce marks a major shift for Maranello, Ferrari expects most of its lineup to remain powered by combustion engines for years to come. The company projects that by the end of the decade, 40 percent of its cars will be pure internal combustion models, 40 percent hybrids, and 20 percent fully electric.

Ferrari executives also signalled they remain committed to improving traditional engines, saying the technology has not yet reached its peak. The company plans continued development of its V6, V8, and V12 powertrains to deliver higher performance while meeting tightening emissions rules.

Chief Research and Development Officer Ernesto Lasalandra suggested even the Ferrari F80's output — 296 horsepower per litre from its V6 — could eventually be surpassed.

Ferrari's strategy of expanding into

EVs while maintaining a broad range of combustion and hybrid models is expected to appeal to most of its customers, including buyers still unwilling to make the jump to fully electric performance cars.



New Toyota Yaris in-line for major rethink



Toyota is preparing an all-new generation of the Yaris, with plans to offer the supermini in fully electric,

hybrid and combustion-powered forms when it arrives in late 2027 or 2028.

The move is designed to mirror Toyota's strategy for the next Corolla, giving buyers in different regions a choice of powertrains without splitting the model into separate nameplates.

Toyota's strength in smaller cars means it cannot ignore the shift toward electrification. If electrification is the direction, then the manufacturer cannot avoid having a fully electrified vehicle. However, Toyota has stressed that an EV version would not replace its existing hybrid approach — instead, it plans to offer multiple powertrains on the same model line-up. The ideal path would be to offer a plat-

form where they have multi-energy options.

The flexibility will come from a new platform under development, expected to support internal combustion engines, hybrids and battery-electric drivetrains while keeping the same styling, interior technology and branding across the range.

Toyota is aiming for the electric Yaris to be competitive with the next wave of small EVs, including the Renault 5 and the upcoming Volkswagen ID. Polo and Cupra Raval. A driving range of around 250 miles is expected to be a key

benchmark.

At the same time, Toyota faces pressure to maintain, or improve, the efficiency of its hybrid models. The current Yaris Hybrid is among the most economical new cars on sale, capable of close to 80mpg in official figures.

Toyota's approach contrasts with several rivals in the supermini segment. Brands such as Volkswagen and Renault are moving toward offering separate models for electric and combustion power, rather than a single car available with multiple drivetrain options.

Image: AutoExclusive

Aries (21 Mar – 19 Apr)

Life

This week, Aries, your energy is more contagious than a cat video. Channel it into a new hobby—who knows, you might just knit yourself a sweater! Remember to compliment strangers; your words could make their day brighter.

Mind

This week invites you to slow down and appreciate the little things. Consider setting aside time for a creative project that brings you joy. Simple relaxation, like a walk in nature or listening to your favorite music, can recharge your energy.

Heart

This week offers a chance to deepen connections with someone special. Focus on listening and understanding. Planning a cozy evening can strengthen your relationship, so keep it simple and heartfelt.

Taurus (20 Apr – 20 May)

Life

Taurus, your charm can outshine even the sparkliest disco ball. Use it to smooth over any workplace drama. A little bit of patience can pay off with extra treats (edible or otherwise). Plan a cozy night in with your favorite film.

Mind

A balanced routine will be your best friend this week. Focus on establishing a comfortable pace with your tasks. Enjoy cozy moments at home, allowing you to reset and find peace in familiar activities.

Heart

You may find yourself craving stability in your relationships. Take the time to express your feelings honestly. A small surprise gesture can express your appreciation and bring warmth to loved ones.

Gemini (21 May – 20 Jun)

Life

Gemini, your dual nature is a social superpower this week. Balance your social butterfly side with a little alone time. Organize a digital declutter; those 12,000 emails aren't going to sort themselves. Treat yourself to a dance party in your kitchen!

Mind

This week is perfect for catching up with friends or indulging in light-hearted conversations. Exploring a new hobby could also bring delightful surprises.

Remember to take a few moments each day to breathe and gather your thoughts.

Heart

Communication is key this week. Sharing your thoughts openly will enhance your bond with others. A playful outing could energize your relationships, so consider planning a fun activity together.

Cancer (21 Jun – 22 Jul)

Life

Cancer, imagination is your middle name, so why not dive into a creative project? Rearrange your living space for a fresh vibe. If you're cooking, experiment with one new ingredient—it might just spice up your life! Remember, homemade cookies solve everything.

Mind

You might feel drawn to reorganize your space this week. A little tidying up can bring unexpected clarity and a sense of calm. Try to schedule some time for yourself to enjoy a comforting book or show.

Heart

Nurturing your loved ones comes naturally to you. Spend quality time with family or close friends, focusing on shared memories. A simple home-cooked meal can be a wonderful way to connect.

Leo (23 Jul – 22 Aug)

Life

Dear Leo, your leadership skills are sharper than a lion's roar. Rally your friends for an impromptu adventure. Practicing daily gratitude can enhance your sunny disposition. Never underestimate the power of a good book and a comfy chair.

Mind

This week, let your creative spirit shine! Whether it's through art, dance, or writing, express yourself and enjoy the process. Balance your fiery energy with moments of reflection to keep stress at bay.

Heart

Your charisma is shining, making it a great time to bring a little glamour into your relationships. A heartfelt compliment can go a long way. Enjoy a spontaneous adventure with someone special.

Virgo (23 Aug – 22 Sep)

Life

Virgo, the stars suggest a week of harmonious balance. Create

a list of small goals and delight in ticking them off. Spend some time in nature—it's a therapeutic antidote to any stress. Share a joke with a friend; laughter is indeed the best medicine.

Mind

A week of tranquility is on the horizon, encouraging you to nurture your routines. Focus on what brings you genuine satisfaction and joy. Simple pleasures, like cooking a favorite meal, can uplift your spirits.

Heart

Paying attention to the little details in your relationships will make a big difference. Show appreciation through thoughtful actions. Consider writing a heartfelt note to someone you care about.

Libra (23 Sep – 22 Oct)

Life

Libra, this week you're as charming as a rom-com lead. Embrace your inner diplomat and bring harmony wherever you go. Plan a small gathering with those you love. Your artistic side is calling, so maybe it's time to dust off those paintbrushes.

Mind

Connection is key this week. Surround yourself with people who uplift and motivate you. A balanced approach to your responsibilities will ensure you have enough time for both work and play.

Heart

Balance is your theme this week. Spend time with loved ones while also prioritizing self-care. Suggest a relaxing activity you can enjoy together, like a walk in the park or a cozy movie night.

Scorpio (23 Oct – 21 Nov)

Life

Scorpio, your intensity could light up a neon sign. Channel it into a puzzle or mystery novel to satisfy your curiosity. Connect with an old friend online; nostalgia can be fun. Take a walk somewhere new—exploration suits you.

Mind

This week offers a chance to explore deep conversations that inspire and enlighten you. Engage with topics that excite your curiosity. Remember to also carve out time for quiet reflection and personal growth.

Heart

Your intensity can deepen connections, but remember to be gentle with your words. Share your passions and listen to others'. A heartfelt conversation could lead to new depths in a relationship.

Sagittarius (22 Nov – 21 Dec)

Life

Sagittarius, your adventurous spirit is itching for a new experience. Even if it's just trying out a new recipe, dive in with gusto. Share your enthusiasm and it will be contagious. A spontaneous karaoke session might just be the highlight of your week.

Mind

Adventure calls, even in small doses. Plan a short outing or explore a new interest to keep your spirit lively. Balance your enthusiasm with some quiet downtime for a well-rounded week.

Heart

Your adventurous spirit is contagious this week. Plan a fun outing with loved ones that allows you to explore new places or activities. Sharing laughter and joy will strengthen your bonds.

Capricorn (22 Dec – 19 Jan)

Life

Capricorn, your focus is stronger than a double espresso shot. Use it to tackle a lingering project, but remember to enjoy small breaks. Arrange a game night with friends; fun is a worthy endeavor too. Your practical approach will inspire those around you.

Mind

This week encourages you to fine-tune your daily habits. Implement small changes that enhance your productivity and well-being. Enjoy a peaceful evening routine to unwind and prepare for the days ahead.

Heart

Take time to appreciate those who support you. Express grat-

itude and recognize the efforts of your loved ones. A simple gesture of kindness can reinforce your close connections.

Aquarius (20 Jan – 18 Feb)

Life

Aquarius, your originality could rival any inventor. Consider setting aside time for a brainstorming session with a like-minded buddy. Smile at a stranger; kindness is the universal language. A quirky tune might be just the uplift your week needs.

Mind

Innovation is your ally this week as you seek unique ways to enhance your lifestyle. Experiment with new activities, keeping a curious mind. Balance your explorations with comforting routines.

Heart

This week, consider sharing your unique insights with others. Your innovative ideas can inspire those around you. Plan a get-together where everyone can share their interests and deepen friendships.

Pisces (19 Feb – 20 Mar)

Life

Pisces, your dreamy nature is a breath of fresh air. Indulge in daydreaming, but don't forget to act on one of your visions. A compliment can work wonders—you'll feel good spreading positivity. Plan a serene evening with a soothing playlist and a cup of tea.

Mind

Let your intuition be your guide as you navigate this week's energies. Engage in activities that bring you emotional fulfillment and joy. Simple practices like journaling or meditation can help center your thoughts.

Heart

Your empathy is a gift to your relationships. Offer a listening ear to someone in need of support. A creative project done together can bring joy and reinforce your emotional bonds.



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Why Spain and Portugal are growing twice as fast as the eurozone



Spain and Portugal closed out 2025 as two of the eurozone's standout economies, outperforming the currency bloc at a time when growth across much of Europe remains uneven.

Preliminary estimates from Eurostat showed both Iberian countries expanding by 0.8% in the final quarter of the year, more than double the eurozone's average quarterly growth of 0.3%. The figures reinforced the region's position as one of the euro area's brighter spots, even as major economies such as Germany, France and Italy continued to post more modest gains.

Spain delivered its strongest quarterly performance in a year. Gross domestic product rose by 0.8% in the fourth quarter compared with the previous three months, accelerating from the 0.6% expansion recorded in the third quarter. The result also came in above expectations, which had pointed to another quarter of 0.6% growth.

The late-year momentum capped a strong 12 months for Spain. The economy expanded by 2.8% in 2025, far outpacing the eurozone's annual growth rate of 1.5%. Spain also widened its lead over larger peers: Germany grew by only 0.4% over the year, while France recorded annual growth of 1.1%.

The engine of Spain's performance was once again domestic demand. Household consumption rose by 1.0% in the fourth quarter, making a significant contribution to overall output. Investment also increased sharply, climbing 1.7%, while public spending was broadly stable, rising by just 0.1%.

Several sectors provided support. Services activity grew by 0.8% during the quarter, underpinned by the continued strength of tourism. Construction output also rose strongly, increasing by 2.1% and adding another boost to growth.

Economists have pointed to easing inflation and lower energy prices as key factors helping to sustain consumer confidence in Spain, keeping spending resilient even as other parts of Europe struggle with weaker demand.

Portugal matched Spain's quarterly expansion, with GDP rising by 0.8% in the final three months of 2025. The result equalled Portugal's performance in the third quarter and exceeded market expectations of 0.5%, reinforcing the country's position among the eurozone's faster-growing economies.

On an annual basis, Portugal's economy expanded by 1.9% in 2025. While that was slightly below the 2.1% recorded in 2024, it

still represented growth comfortably above the eurozone average.

However, the composition of Portugal's growth differed significantly from Spain's. Whereas Spain was propelled mainly by household spending and investment, Portugal benefited largely from an improvement in its trade balance. A sharp drop in imports — particularly petroleum products — helped offset weaker domestic demand and provided a positive contribution to overall output.

The contrast highlighted how the two neighbouring economies have relied on different sources of momentum. Spain has been driven by internal activity and a broad-based recovery in services and construction, while Portugal has leaned more heavily on external trade dynamics and a narrowing import bill.

Beyond the Iberian Peninsula, the eurozone's overall performance in the final quarter showed steady but limited progress. Eurostat estimated that the currency bloc expanded by 0.3% quarter-on-quarter, matching the third quarter and slightly beating expectations of 0.2%.

The strongest quarterly expansion among member states with available data came from Lithuania, which grew by 1.7%. Spain and

Portugal followed, while Ireland stood out as the only country to record a contraction, shrinking by 0.6% during the quarter.

For the full year, euro area growth reached 1.5%, an improvement from 0.9% in 2024. Yet the outlook remains cautious. European Commission projections suggest growth momentum will soften to 1.2% in 2026, as the region continues to face headwinds ranging from weak investment to persistent productivity challenges.

Among the eurozone's major economies, Germany posted quarterly growth of 0.3%, its strongest performance in three quarters. The improvement was attributed to firmer consumer spending and a pickup in government expenditure, offering some relief after a period of sluggish activity.

Italy also recorded a slight acceleration, expanding by 0.3% in the fourth quarter. France, meanwhile, grew by a more modest 0.2%, weighed down by weaker investment and inventory dynamics.

Italy's performance placed it below Spain, in line with Germany, and slightly ahead of France. While the quarter-on-quarter improvement signalled some stabilisation, the result did little to change the broader view of an Italian economy growing close to its limited

potential rate.

Quarterly performance

The wider European Union mirrored the eurozone's quarterly performance, with GDP expanding by 0.3% compared with the previous quarter. On an annual basis, the EU economy grew by 1.6%, slightly above the euro area's 1.5% rate.

Despite the mixed growth picture, the labour market continued to show signs of resilience. Eurostat data indicated that unemployment in the eurozone fell to 6.2% in December, its lowest level since early 2008. The rate was down from 6.3% in November and unchanged compared with the same month a year earlier.

In the broader EU, the unemployment rate held steady at 5.9%. Eurostat estimated that 10.8 million people were unemployed in the euro area at the end of the year, a decline of 61,000 compared with November.

Youth unemployment also edged lower. The jobless rate for people under 25 in the eurozone slipped to 14.3% in December, down from 14.4% a month earlier, suggesting that employment conditions continued to improve even as economic growth remained uneven across the bloc.

PUZZLE SOLUTIONS

Word Ladder — Medium Solution

- 1 **PLANT** START
- 2 **PLANK**
- 3 **BLANK**
- 4 **BLINK**
- 5 **BRINK**

Word Ladder — Hard Solution

- 1 **FATHER** START
- 2 **FATTER**
- 3 **PATTER**
- 4 **PATTEE**
- 5 **PATTLE**
- 6 **POTTLE**
- 7 **BOTTLE** END

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

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



World cup safety questions raised

A coalition of civil rights and immigrant advocacy groups has issued a travel alert urging international soccer fans to reconsider visiting Florida for the 2026 FIFA World Cup, warning that the state's immigration policies could pose risks to tourists' safety and freedom.

The advisory is aimed at foreign visitors expected to attend World Cup matches in the Miami area, where Florida is scheduled to host seven games, including at Hard Rock Stadium in Miami Gardens. Organisers say the alert was prompted by what they describe as an escalating pattern of arbitrary detentions, interrogations, and immigration-related holds tied to federal and local enforcement activity.

Speaking at a press conference outside FIFA's offices in Miami, Tessa Petit, executive director of the Florida Immigrant Coalition, said the climate has shifted sharply for travellers. "Florida is no longer a safe destination for international tourists," Petit said. "When federal and local agents can detain anyone at any time without cause and without identifying themselves, everyone is at risk."

The coalition behind the alert includes the ACLU of Florida, the Florida Immigrant Coalition, the American Friends Service Committee, Family Action Network Movement, Florida Rising, and Semillas Colombia. While the groups stopped short of formally calling for a boycott of the tournament, they said the

option remains on the table if policies are not changed before the matches begin.

The warning places particular emphasis on foreign fans who are people of colour, visitors from Latin America, Africa, and Asia, and dual nationals. The groups argue these travellers may face heightened scrutiny under current enforcement practices.

In addition to urging travellers to weigh alternative destinations, the advisory offers practical guidance for those who still plan to attend. It recommends that visitors carry identification at all times and register travel plans with their home-country consulates before arriving in the United States.

The coalition also cited increased cooperation between local law enforcement and federal immigration agencies under agreements promoted by Gov. Ron DeSantis, along with the expansion of detention facilities in the state, including the controversial site known as "Alligator Alcatraz."

Thousands of international fans, sports delegations, and foreign media are expected to travel to Florida during the tournament. The groups say the state must address what they call dangerous enforcement practices before welcoming the world's largest sporting event.

San Miguel GS at Font del Llop



A beautiful February day heading north to the Wolf's Wateringhole set in the hills, west of Alicante. So nice to get some well-needed sunshine after some wet and windy weather. A much smaller field for some strange reason - who knows why, eh? The course was in better condition than we had anticipated from members' comments who had played there recently, the greens had been spiked but didn't impede too much on some great scores. Due to the smaller field, we were quickly back (not a term used very often in Society golf!) to the clubhouse for the presentation which again was super speedy with the results as follows.

One "Two" from a chip-in for Sean Nevin on the 8th taking the whole pot. Nearest the Pins went to Barry "BTB" Roehrig (7th), Peter Harding (8th), Denis Ryan (12th), Martin Readman (16th) and nobody on the 17th! Whilst having the best score of the day the last time he played, he ended up with the not-so-best score of the day today taking the McBride Bottle was the only Font del Llop member, Charles Jones - but at a very healthy 90 years of age - I can only congrat-

ulate him either way. Meanwhile, Norman Padmore (being a regular football card winner) took the pot this week with Huddersfield. On to this week's winners: Gold: Dave Rowe (39 points and best score of the day)

Silver: Dave Friedman (38 points)
Bronze: Terry Sharley (37 points)
Next week we head inland to Altorreal. Keep up to date with SMGS at www.smgs.org. Sponsorship opportunities are available for upcoming games. If interested, contact smgs91info@gmail.com. We are also proud to be supported by Michaela Schmidt at www.golf-hotspots.com for all your golf travel needs.

This week we donated €176 to our member, Norman Padmore, for his grandson, Luke Rossiter, who is raising money to undertake a huge challenge once he finishes his chemotherapy <https://tinyurl.com/4dxx4htu> - we wish him all the best.

Winners pictured (L-R): Dave Friedman (Silver), Dave Rowe (Gold), Terry Sharley (Bronze), Charles Jones ("McBride Bottle"), Mick Pryke (Captain) and Sean Nevin ("Twos" pot). Well done all!

Racism rears its ugly head again in topflight football



Benfica forward Gianluca Prestianni has denied racially insulting Real Madrid star Vinicius Júnior during a Champions League playoff match that was halted for nearly 10 minutes after the referee activated UEFA's anti-racism protocol.

Prestianni, 20, said on X that he had "never been racist with

anyone" and claimed Vinicius misunderstood what was said during a confrontation late in the second half at Benfica's Stadium of Light.

"I want to clarify that at no time did I direct racist insults at the player Vinicius Júnior, who unfortunately misinterpreted what he thought he had heard," Prestianni wrote. He added that he regretted "the

threats" he said he received from Madrid players.

UEFA said it has appointed a special investigator to gather evidence following the incident. Under the governing body's disciplinary code, Prestianni could face a ban of up to 10 matches if found guilty of racial abuse.

The flashpoint came after Vinicius scored the match's only goal in the 50th minute and

celebrated by dancing near the corner flag in front of Benfica supporters. Fans responded angrily, throwing bottles and other objects toward Madrid players, according to match reports.

Shortly after, cameras showed Prestianni confronting Vinicius while covering his mouth with his

jersey. Vinicius later alleged the Argentine used a racist insult, and broadcast footage captured him telling French referee François Letexier that Prestianni called him a "monkey."

The referee appeared to indicate he had not heard the alleged remark and gestured toward Prestianni's shirt covering his mouth. Vinicius, who is Black and has been repeatedly subjected to racist abuse in Spain, went to the sideline and sat in the dugout while play was stopped.

Prestianni was not booked and remained on the field until he was substituted in the 81st minute, receiving applause from Benfica supporters.

Real Madrid players said they considered walking off the pitch but ultimately chose to continue. After the match, several defended Vinicius publicly, including Kylian Mbappé, who posted on X: "Dance, Vini, and please never stop. They will never tell us what we have to do or not." Mbappé also said Prestianni should never play in the

Champions League again. Benfica backed its player the following day, posting Prestianni's statement along with the message: "Together, by your side." The club also shared a video on X arguing that Madrid players who claimed they heard the insult were too far away to have done so.

Benfica coach José Mourinho criticized Vinicius for celebrating in front of home fans but said he did not want to say he believed one player over the other. Mourinho said he told Vinicius that Benfica legend Eusébio was also Black, while also questioning why the Madrid forward is so frequently targeted.

The first leg ended in a 1-0 win for Real Madrid. The second leg is scheduled for Feb. 25 in Madrid, with the aggregate winner advancing to the Champions League round of 16.

Meanwhile, some online videos circulating after the match appeared to show a small number of Benfica fans making monkey gestures from the stands.

Alicante records hottest winter day since records began as temperatures hit 27°C

With all the storm doom and gloom, it may have passed you by that the province of Alicante has just experienced its warmest winter day on record, with temperatures reaching levels you'd normally expect in late spring or early summer rather than the middle of February.

Aemet, the State Meteorological Agency, has confirmed that last Wednesday (11th February) was the winter day with the highest average temperature in the Valencian Community since records began in 1950, clocking in at an average of 17.34°C.

That smashes the previous record of 16.82°C, which was set on February 28, 1990.

The night before was particularly balmy, with minimum temperatures hitting 22°C in some areas like Cox, which qualifies as a tropical night. During the day itself, temperatures soared to 27°C in Orihuela. In Alicante city, the minimum temperature reached 18.5°C, beating the previous February record of 18°C set on February 25, 1995.

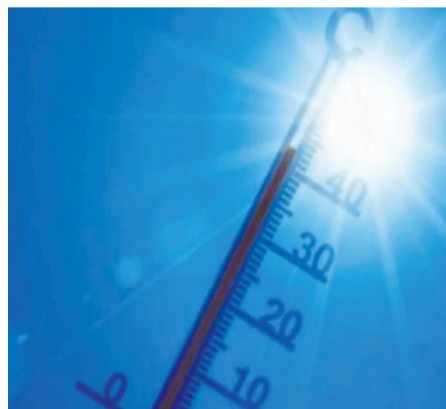
Seven towns across the province of Alicante experienced tropical nights, where temperatures don't drop below 20°C: Cox, El Campello, Redován, Benidorm, Pego, Altea and Albatera. Tuesday night into Wednesday morning was confirmed as the warmest February night on record in Castelló de la Plana, Valencia and

Alicante.

What's particularly striking is that four of the five warmest winter days ever recorded in the Valencian Community have all occurred between 2021 and 2026. The other three days in this top five are December 12, 2023 (16.67°C), January 28, 2021 (16.50°C) and January 29, 2021 (16.44°C).

It's pretty clear evidence of climate change in action.

Aemet explained that the record-breaking warmth was down to westerly winds and exceptionally high minimum temperatures. The agency said "it was the warmest winter day on record, primarily due to the exceptionally warm night, which averaged 10.3°C above the normal average, while daytime highs were 6.8°C above the average for February 11."



Spain's spam call ban



Spain's government is preparing to clamp down on aggressive energy telemarketing, with the cabinet expected to approve a royal decree that would ban electricity and gas companies from making promotional "spam" calls unless the customer has explicitly consented in advance.

The measure, spearheaded by the Ministry for Ecological Transition, is designed to stop unsolicited sales calls that pressure consumers into switching suppliers—often through misleading tactics such as "spoofing," where callers disguise their identity or appear to be contacting customers on behalf of a trusted company.

Under the new rules, energy firms that break the ban could face major penalties, with fines ranging from €600,000 to €6 million, marking one of the toughest enforcement frameworks yet for the sector.

The decree builds on existing regulations requiring commercial calls to carry a specific telephone prefix, enabling operators to automatically identify and block marketing calls made without consent.

One of the most significant changes is that any contract signed through an unauthorised promotional call will be automatically declared null and void.

The government says the aim is to protect consumers, particularly elderly or vulnerable households, from being pushed into signing new contracts under confusion, misinformation, or high-pressure sales tactics.

To tighten transparency and prevent fraud, the decree will also prohibit energy marketers from registering new customers unless they can clearly verify the customer's identity, using a DNI (national ID card) or an equivalent official document. Companies will also be required to keep formal evidence of consent, such as an electronic signature or an audio recording confirming the customer's agreement.

Overseeing and enforcement will fall to the National Commission for Markets and Competition (CNMC), which will be tasked with monitoring compliance and launching sanction proceedings against companies that breach the regulation.

The decree also introduces stricter customer service requirements, particularly for large energy providers. These firms will be required to answer 95% of calls in under three minutes, limit reliance on automated systems such as answering machines and resolve complaints within 15 days.

Russian opposition leader poisoned by deadly 'dart frog' toxin

European governments and the UK have accused Russia of killing opposition leader Alexei Navalny by poisoning him in prison with a rare toxin found in South American poison dart frogs.

In a joint statement, the British foreign ministry said the UK, Sweden, France, Germany and the Netherlands were "confident" Navalny was poisoned with epibatidine, a lethal substance associated with Ecuadorian dart frogs. The statement said the conclusion was based on "analyses of samples from Alexei Navalny," adding that the toxin "is not naturally found in Russia."

European officials said they saw no plausible explanation for Navalny's death other than deliberate poisoning, noting the frogs that produce the toxin do not exist in Russia. It remains unclear how the substance was administered.

Navalny, 47, died in February 2024 while being held in a high-security penal colony in a remote town above the Arctic Circle. Russia's prison service said at the time he

had felt unwell after a walk around the facility and died shortly afterward. He was serving a combined 30-year prison sentence.

The findings were announced at a press conference on the sidelines of the Munich Security Conference, where Navalny's widow, Yulia Navalnaya, appeared alongside several European foreign ministers.

Recalling the moment she learned of her husband's death, Navalnaya said she "was sure that it was a murder." She added: "Today, these words have become scientifically proven facts."

British Foreign Secretary Yvette Cooper said Western governments believed responsibility lay with Moscow.

"Only the Russian government had the means, the motive and the opportunity to use that toxin against Alexei Navalny in prison," Cooper said, calling it a "barbaric attempt to silence Alexei Navalny's voice."

Britain has informed the Organisa-

tion for the Prohibition of Chemical Weapons, alleging a breach of the Chemical Weapons Convention, according to a press release.

French Foreign Minister Jean-Noël Barrot said in a post on X: "We now know that Vladimir Putin is prepared to use biological weapons against his own people in order to remain in power."

The Kremlin has previously rejected Western accusations over Navalny's death. When the opposition leader died, the news drew outrage across Europe and the United States, where many leaders blamed President Vladimir Putin. Then-President Joe Biden said he was "both not surprised and outraged," while Russian officials dismissed what they described as "absolutely rabid statements."

Navalny's allies said in the days after his death that his mother and lawyers were denied access to his body and were told the investigation into the cause had been extended. Navalnaya accused the Kremlin of withholding the body to cover up what she said was a

murder.

In September, Navalnaya said she had arranged for lab testing to confirm suspicions surrounding his death.

"We managed to transfer Alexei's biological materials abroad," she wrote, without specifying where the tests were conducted or which countries were involved.

Since Navalny's death, Navalnaya has taken up his political fight against corruption and Putin's

government.

Navalny's body was returned to his family a week after his death. Thousands attended his funeral in Moscow, while hundreds of people were detained in the days afterward for laying flowers at memorials around Russia.

Navalny had previously survived a poisoning in 2020, when he was exposed to a military-grade nerve agent during a trip inside Russia—an attack he blamed directly on Putin.



Style and beauty of things that age well

The hand knows the difference before the eye does. Cool stone in the early morning. Timber still warm from yesterday's sun. Leather yielding into a familiar curve. Some materials feel alive not because they are perfect, but because they remember you. They carry temperature, pressure, light and time in ways synthetic surfaces never quite manage. Long before a room looks beautiful, it feels settled.

Modern interiors often chase instant perfection. Surfaces arrive immaculate, uniform and eager to impress, engineered to photograph cleanly and age quickly. Laminates chip, veneers lift, coatings dull, colours flatten. The real cost is not simply replacement, but behaviour. When a home depends on flawless surfaces, every mark becomes a small anxiety. People tread carefully. Cups hover above tables. Chairs are sat on gingerly. Beauty becomes something to protect rather than something to live inside.

Materials that age well offer a different relationship with time. Marble and limestone accept hairline scratches as part of their veining. Oak and walnut deepen where sunlight returns each af-

ternoon. Leather relaxes into the shape of the body that claims the chair most evenings, settling with a quiet sound as weight returns. Brass and bronze darken beneath repeated touch, warming slowly like skin. Lime plaster softens in tone as shadows travel across it. Terrazzo reveals new fragments as it polishes under years of movement. These changes are not deterioration. They are continuity.

There is a sensory honesty in this kind of living. The faint mineral scent of fired clay tiles after a warm shower. Linen growing softer with every wash, creasing more willingly rather than resisting. Timber holding warmth long after daylight has faded. The grounded weight of a cast-iron door closing without echo. Even glass, when mouth-blown or lightly imperfect, bends light gently rather than throwing it back harshly. These small physical cues steady the body and slow the nervous system. They signal, quietly, that this is a place made to endure.

Maturity

Even wall finishes so often treated as temporary can mature beautifully when chosen and applied with care. High-quality wall-

papers made from natural fibres, mineral coatings, woven grass cloths or traditional block prints soften rather than fade. Pigments mellow under natural light. Fibres relax. Seams disappear into the surface. The distinction lies as much in craftsmanship as material. Walls must be prepared properly, humidity controlled, patterns aligned with architectural logic. Skilled professionals understand tension, expansion and longevity. When installed well, wallpaper becomes an architectural skin rather than decoration absorbing light, softening acoustics and ageing quietly alongside timber and stone. Cheap papers and rushed fitting reveal themselves quickly. Good wallpaper, applied properly, simply settles in.

Perfect surfaces, by contrast, remain emotionally brittle. They tolerate no interruption. A single spill or knock punctures the illusion of newness. Maintenance becomes a constant background task. By contrast, forgiving materials absorb life rather than resist it. Scratches blend into stone. Patina deepens on metal. Handmade ceramics soften gently at their edges. The home stops performing and starts supporting.

Inspired living

Living among enduring materials subtly reshapes behaviour. Timber is oiled rather than replaced. Leather is conditioned. Brass is polished lightly and allowed to darken again. Plaster is repaired rather than stripped. Rattan is re-tied instead of discarded. Care becomes habitual, not exceptional. Objects develop histories rather than expiry dates. In a culture skilled at buying beauty but less skilled at living with it, this slower relationship feels quietly radical.

Over time, these materials begin to store memory. The softened edge of a kitchen counter remembers countless mornings leaned into coffee and thought. The polished arm of a chair carries the weight of conversations and silence alike. A door handle dulls where hands return daily. A stair tread holds the rhythm of years. Even wallpaper, gently faded by sunlight, records passing seasons. A home becomes less a showroom and more a biography.

There is environmental intelligence in this approach without the need for slogans. Materials that endure reduce waste, reward maintenance and resist trend

cycles. They favour long horizons rather than seasonal updates. Sustainability becomes a by-product of discernment rather than performance fewer things chosen well, allowed to mature slowly.

As taste matures, many people find themselves drawn away from surfaces that demand attention and towards those that offer depth, texture and calm. The appetite for gloss softens into an appreciation of grain, mineral variation and honest imperfection. Luxury reveals itself not in spectacle, but in ease: how a chair receives the body, how light settles across plaster at dusk, how materials behave differently in winter and summer. The home becomes less a statement and more a companion.

To live with materials that age well is, ultimately, to make peace with time itself. It is to allow a space to breathe, soften and gather memory alongside its inhabitants. Not frozen in permanent newness, but enriched by use, care and quiet presence. The most beautiful rooms are rarely the newest. They are the ones that have been allowed to grow gently into who they are.



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