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December 2023

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*Streetwise would like to thank all
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 Health, Wealth and Happiness for 2024
 a very Merry Christmas!*

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Price: €185.000

Ref: NV.SUS



Terraced apartment with 180° of sea views, sun all day round. Comprises 2 beds, bath, lounge/dining room with cable TV, equipped kitchen with washing machine and ample terrace. A/C and wifi. Communal pools, gardens. Restaurant, bar, mini-market close. Steps to access apartment, not suitable for people with reduced mobility.

Reduced to: €210.000

Ref: Casa Capuchinos



Spacious ground floor apartment, comprises large living-dining room with sat. TV, private garden, interior terrace, equipped kitchen, bath, toilet and 2 beds. A/C, communal swimming pools, bars, restaurants, etc. bus service to Nerja and the beaches.

Price: €245.000

Ref: Casa Swallow



Attractive apartment, in the lovely urbanization EL Capistrano Village, comprises of pretty patio-garden, facing the south, with sun all day round and partial sea views, lounge-dining room, fitted kitchen, bathroom, bedroom. It has a big rental potential and enjoys facilities such as several swimming pools (within 1 minute walk), ample garden areas, bar, restaurant, security guard, bus service into Nerja and the beach.

Reduced to : €165.000

Ref: NV.P080B



**Nerja Villas wish everyone
a Merry Christmas
and a very
healthy, peaceful and
happy 2024.**



Nice townhouse, approx. 90m2, comprises 2 floors. Ground floor: terrace, double bed, bath with a shower, washing machine and a 2nd bed. Upper floor: spacious living-dining room with TV, equipped kitchen, terrace with sea views. A/C and wifi access. Furnished. Communal swimming pool.

Price: €272.000

Ref: Villa Robles



Great duplex in Capistrano Village. Comprising 1st floor: living room, kitchen, bathroom, bedroom and a large terrace with beautiful views of the sea. A spiral staircase connects both floors. 2nd floor: bathroom with a bathtub, bedroom and a terrace with views. The house enjoys beautiful views of the sea and the Capistrano area.

Price: €259.000

Ref: NV.B8



Townhouse in Capistrano Village. Divided into 2 floors: - Ground floor: Living room, fully equipped kitchen and access to large garden. 1st floor: 2 beds, bath. Master bed, access to a large balcony with beautiful views. South facing. Community swimming pools, garden areas and security services.

Price: €330.000

Ref: NV.002



Beautiful villa divided into 3 areas: Separate living room with entrance from the garden Ground floor: large garden, terrace area, living room/kitchen. 2nd floor: bedrooms, bathroom. Beautiful views from both floors, great location, parking and swimming pools very close. Easy to make a third bedroom in the living room.

Price: €399.000

Ref: NV.62



Impressive villa with private pool and sea views, in Capistrano Village. Built on 2 floors. Comprises 6 beds, 3 baths, kitchen, living room and garage (3 cars). Huge garden with a private pool. Build 200m2, plot 600m2. Renovated and ready to move in. Great opportunity, to find such a magnificent villa in Capistrano Village.

Price reduced: €790.000

Ref: NV.EXO



Impressive villa with private pool and sea views, in the prestigious urbanization of Capistrano Village. Built on 2 floors, 6 beds, 3 baths, kitchen, living room, garage (3 cars) and a large garden. Build 200m2, plot 600m2. Renovated and ready to move into. Great opportunity, to find such a magnificent villa in Capistrano Village.

Price reduced: €790.000

Ref: NV.JAZ



Semi detached villa in Capistrano Village. 1st floor:- independent kitchen, wc, large living room, with access to a sunny terrace. Staircase to the garden and ground floor. -2nd floor:- beds with balcony, 2 baths. Ground floor:- currently it is used as a warehouse, but it has the possibility of making a third bedroom. Communal pools.

Price: €360.000

Ref: NV.CR

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Country Property of the month

Torrox:

Price: €585.000

TCP228



Magnificent luxury villa with a totally separate guest house. Built on 2 levels, 70m2 open plan lounge dining room & kitchen, 3 bedrooms, 3 bathrooms, several terraces, a wonderful porch terrace, bbq patio, large swimming pool, garage, 2 parking areas, fruit trees & marvellous sea, mountain & country views. Guest house has 2 bedrooms, bathroom, lounge dining room kitchen, terrace & a private swimming pool, with mountain & country views. 5,000m2 plot just minutes from the beach & Torrox. Main villa is at



**Competa Properties
 wish everyone a
 Merry Christmas and a
 happy 2024.**

the top of the plot, near to the road, you can either enter at the South, to take your car into the driveway or the garage, or at the North of the plot there is another driveway for several cars. Leaving the car at the North driveway, the first thing we find is the barbeque patio area with sun from early morning. To enter the house we can go straight from this patio into the kitchen (or from the porch terrace too).



Archez:

Price: 345.000€



- Living space: 120m²
- Bedrooms : 4
- Pool: Yes
- Garage : Yes
- Terrace: Yes
- Bathrooms: 2
- Views: Village
- Area: Countryside

Ref.CP608

Cómputa:

Price: 550.000€



- Living space: 165m²
- Bedrooms : 3
- Pool: Yes
- Garage: Yes
- Terrace: Yes
- Bathrooms: 2
- Views: Sea views
- Area: Countryside

Ref. CP629

Cómputa:

Price: 475.000€



- Living space: 78m²
- Bedrooms : 3
- Pool: Yes
- Garage: No
- Terrace: Yes
- Bathrooms: 2
- Views: Sea views
- Area: Countryside

Ref. CP630

Cómputa:

Price: 240.000€



- Living space: 196m²
- Bedrooms : 3
- Pool: No
- Garage: Yes
- Terrace: Yes
- Bathrooms: 3
- Views: Mountain
- Area: Town

Ref. TH1071

Sayalonga:

Price: 249.000€



- Living space: 225m²
- Bedrooms : 4
- Pool: No
- Garage: No
- Terrace: Yes
- Bathrooms: 2
- Views: Mountain
- Area: Town

Ref. TH825

Torrox:

Price: 280.000€



- Living space: 125m²
- Bedrooms : 5
- Pool: No
- Garage: Yes
- Terrace: Yes
- Bathrooms: 2
- Views: Sea views
- Area: Town

Ref. TTH605

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Welcome to Streetwise magazine -

Welcome to the last Streetwise of 2023. I certainly enjoyed this year! I love my work and even after 26 years, it still gives me such a buzz seeing people reading Streetwise.

Looking forward to 2024! This Christmas issue is packed with plenty to read and of course the Streetwise clients offering their goods and services. Enjoy!



Have a fabulous Christmas time with family and friends.
Eat, drink and be merry!

Dawn x



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Horoscopes, puzzles, Nerja map, directory,
Spanish news, what's on and much more...

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'Jeeves and the Midnight Mess'

A pudding predicament strikes on Christmas Eve

by Ben Schott

'Christmas Eve in Mayfair, Jeeves! There's nothing in heaven to top it. Even with the terror of eleventh-hour shopping for gang Travers.'

'Indeed, sir.'

'But we can't pitch up at Brinkley Court tomorrow bereft of g., f., and the other one.'

'Myrrh, sir? No, sir'

'I fear I'm both a little later and much tighter than expected. I bumped into Bingo, you see, and had a snifter at the Feverish Cheese. Then we met Tuppy for a quick 'un at the Startled Shrimp, and finally we were accosted by Barmy who marched us for a gaggle or two at the Mottled Oyster.'

'Very good, sir.'

'But I did not forget the Christmas presents! I have polka-dotted socks for Uncle Tom, shaving caboodle for Cousin Bonzo, something hideously perfumed for Cousin Angela, something hideously floral for Aunt Dahlia... and a little surprise for you.'

'You are too kind, sir.'

'Of course, I couldn't resist these for me.'

I located a leather case in one of the many packages and showed Jeeves my acquisition. He peered at it with the jaundiced eye of a Borgia family food taster.

'Are they... marbles, sir?

'No! They are harlequin shirt- studs fabricated from solid silver and coloured gems.'

'They are uncommonly carbuncular, sir.'

'Aren't they just! I bought a dozen so I could mix 'em up: red, green, violet, yellow, azure blue, rose. What d'you think?'

'I think they will draw attention, sir, and attract comment.'

'Splendid! Sole purpose of visit!'

'You are surely not proposing to exhibit them in public, sir?'

'Put money on it! Lunch tomorrow is to be their debut I shall compete for honours with Aunt Dahlia's Christmas tree.'

'I imagine it will be a closely contested fight, sir.'

Jeeves took stock of then parcels at my feet, and glanced up with concern.

'Were there no Christmas puddings to be found at Fortnum and Mason, sir?'

An icy electric jolt stabbed my solar plexus. 'Oh, Dickens! The pudding!' Some weeks prior I had been given strict instructions that under no circumstances whatsoever, including but not limited to War, Civil Commotion or Acts of God, was I to neglect to purchase a plum pudding for the Brinkley yuletide feast. Aunt Dahlia had dispatched a series of increasingly bellicose telegrams to remind me of my duty, her final missive comprised the word 'PUD' repeated, at eye-watering expense, three dozen times. This was to be my sole contribution to the festive sideboard, and now I had slipped 'twixt cup and lip.

'D'you suppose there's anyone in this vast metrop. Who will flog us a

friggly pudding?'

'At eleven o'clock, sir? I think it highly unlikely.'

'So what do we do?'

Jeeves pondered momentarily. 'We could make a pudding, sir.'

'With what?'

'Ingredients, sir.'

'Have you ever made a Christmas pudding, Jeeves? Is such a thing even possible in a bachelor flat?' 'Not personally, sir. But many years I observed my mother and grandmother undertake the enterprise, and I feel sure that with a suitable recipe we might attempt to emulate their success. Our pudding will not have time properly to age, of course: many months in a dark cupboard is considered a prerequisite for adequate maturation. But I expect a dissimulation might be effected visually by adding a healthy dash of black coffee, and gustatorially by providing an abundant supply of intoxicating brandy sauce.'

'Right... so, all of that was a "yes", was it?'

'It was, sir.'

We sailed forth through the green baize door into the kitchen where Jeeves plucked from his culinary bookshelf a spine-broken copy of Mrs Beeton's Household Management. He consulted the index, flicked to the puddings, and read with an eyebrow askew.

'It seems relatively straight- forward sir, given the correct ingredients and sufficient time.'

'When you say sufficient time...'

'An hour to cook, sir an hour to rest, and eight hours to steam.'

I consulted my watch and counted off on my fingers. 'So all being well, it should just be ready for when we biff off tomorrow ack emma in the direction of Aunt Dehlia?'

'Yes, sir. Assuming we commence preparations without delay.' He took Mrs Beeton into the pantry and made an inventory of supplies. 'We appear to have all that the recipe requires, sir, save for three ounces of almonds, one lemon, two fresh carrots, and a generous teaspoon of baking powder.' 'Will it work without them?'

'I'd be disinclined to try, sir, assuming we aspire for the pudding to be eatable.'

'So, what now?'

'Well, sir, the hour is late, but I wonder if we might impinge upon the festive generosity of our neighbours.'

'You mean go door to door in Berkley Mansions?'

'Precisely, sir.'

'And when you say we you mean me?'

'Indeed, sir.'

I can't pretend the scheme appealed. I mean to say, it's one thing to tip the titfer to friendly faces in the lobby, quite another to knock 'em up on Christmas Eve demanding provisions with menaces. 'You see no other solution, Jeeves?'

'Sadly, sir, no.'

And so, after a quick belt of cooking sherry to splice the mainbrace, I struck out into the hallway to see what might be foraged.

My first call was to the Rees-Mogg family I 5D. They were all still out, but their nanny kindly supplied me with a cupful of nuts, of which they apparently had an abundance. Tousled-haired Mr Johnson ion 2B blithely assured me he had everything else I needed., before discovering his larder to be utterly bare. Mr and Mrs May in 4A couldn't agree which tin was baking powder and which was talcum powder, so they gave me both. Mr Farage in 4C supplied the lemon I required, but only after hacking off a largish slice for his 'bedtime gin and tonic'. And down in the garden flat, Mr Corbyn pulled two firm young carrots fresh from the soil, but suggested I repay the barter with a bag of winter greens. ('Leeks according to his ability,' he said with a bearded grin.) After this mortifying cap-in-hand tour of the building. I returned to 3A to find my man calmly sifting the flour.

'Success, Jeeves! We have all we require.'

'Very good, sir. I will prepare the admixture.'

'Is there not some special incantation we should be ululating? I seem

Continued on page 14



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Ref: 6582TH3



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On the glorious Tuesday morning of 3rd October 34 friends of Lux Mundi, Torre del Mar, set out for a 4 nights/5 days excursion to the province of Cadiz. After a coffee stop on the way their first point of call was Vejer de la Frontera, reputed to be one of the most beautiful towns in Spain. They were met by an English-speaking guide and taken around to see the Iglesia Parroquial del Divino Salvador, an old church built over an old mosque, the gateways in the old walls, the remains of the castle, finishing in the stunning Plaza de España with its colourful fountain. Afterwards there was time to have some lunch before travelling on to Puerto de Santa Maria where they checked in at the huge 4 star hotel Monasterio de San Miguel, an old 18th century monastery, for a 4 nights stay.

On the Wednesday they walked the short distance to the Castillo de San Marcos where they had an interesting guided tour of the building that used to be a mosque and a church, but never a castle, followed by wine tasting in the bodega below. Free time in the town followed.

On the Thursday there was a trip to Jerez for the day with time to visit the Alcazar, the Cathedral, the various palaces and the many tabancos, including El Pasaje visited by the chef James Martin and also Gino, Fred and Gordon on their television Spanish Adventure programmes.

Friday, a cruise ship free day, was the day to visit Cadiz. The group travelled across the bay in a catamaran, enjoying the glorious view as they approached the city. The tourist bus was at their disposal for the day, a great way to travel around to see the old town and the Cathedral, the beautiful botanical gardens and the superb beaches with lovely golden sand. The journey back to Puerto de Santa Maria was by coach, crossing the bay on the impressive Constitution bridge, El Puente de Pepa.

On Saturday the group checked out of the hotel for the journey home after breakfast and travelled to the historical town of Medina Sidonia, the oldest Spanish pueblo blanco, where they were again met by an English speaking guide and shown around this hill top town with its beautiful 360 degree views of the surrounding countryside. They walked through many old archways and visited the Roman Archeology Museum and here they saw the remains of a Roman house, a piece of the original road and most interesting of all, part of the sewage system formed by 30 meters of underground galleries, dating back to the first century. They also visited the Ethnographic Museum with historical exhibits of life in the past, including an old school room, a cobbler's shop and the rooms of the upper class. Afterwards there was time to have some lunch in the Plaza de España, before joining the coach for the return journey back to Torre del Mar. Everyone agreed that it had been a most enjoyable time and Lux Mundi would like to thank all who supported this excursion, which enables them to continue with their charitable work and we hope to see you all again at future events in the Centre and excursions.

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Nerja Ref: 301/P Price: €149.000
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Torrox Ref: 118/P Price: €685.000
 Luxury detached villa in Torrox Costa. Comprising of 3 beds, 3 baths, garage and a gym. Lovely garden with BBQ. Stunning sea views.



Torrox Costa Ref: 202/P Price: €330.000
 Semi-detached house. Comprising of 3 beds, 2 baths, private garage, 2 terraces and a garden. South facing with sea views.



Torrox Pueblo Ref: 205/P Price: €110.000
 Village house for sale. Comprising of 2 beds, large roof terrace and storage room. Very close to the centre.

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to recall something of the sort from my time in the scripture knowledge class.'

'Yes, sir. Stir up, beseech thee, O Lord, the wills of thy faithful people; that they, plenteously bringing forth the fruit of good works, may of thee be plenteously rewarded.'

'That's the bobby! What does it signify?'

'It's from the Book of Common Prayer, sir. The collect for the last Sunday before Advent.'

'So we're a little tardy?'

'Potius sero quam numquam,' he replied, before clocking the bafflement on my dial. 'Better late than never, sir.'

In no time at all Jeeves had combined the ingredients and was carefully adding the milk, brandy, and beaten eggs to give the pudding what he called 'moistness and festive heft'. But still something nagged at the back of my noggin. And then it clicked.

'Wait a sec Jeeves, aren't we forgetting a rather vital addition?'

'Holly, sir? I assumed we might find a floral garnish tomorrow at Brinley Court.'

'Much more important than holly, silver sixpence charms! One can't be expected to eat Christmas pud without the prospect of financial reward.'

'I see, sir. How many silver sixpences do we need?'

'Oh, I don't know, about a dozen. I don't suppose you have a dozen silver sixpences about your person?'

'No, sir. Perhaps foolishly, I had not anticipated tonight would require capital investment.'

'Fair enough. But uncle Tom will rebuff any Christmas pudding not accompanied by a bribe of silver, so we have to puzzle up something.' Jeeves closed an eye in thought, and then the corner of his mouth twitched with the subtlest of smiles.

'There is one solution, sir. Although it may not gladden.'

'Anything, Jeeves. It's very nearly tomorrow!'

'And it does involve an element of sacrifice, sir...'

He gave me a look, and the penny clanged.

'Oh no, Jeeves! Not that. Not tonight, surely?'

'I fear we have scant choice, sir. Given the pressing need for a dozen silver charms.'

And so, as the kitchen clock struck midnight, I helped Jeeves stir into the pudding twelve sparkling and never before work harlequin shirt studs fabricated from solid silver and coloured gems.

'Merry Christmas, Jeeves.'

'Merry Christmas, sir.'



Merry Christmas
and a happy New Year to all!



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Edf. Almijara, Nerja

This new top-floor apartment with southeast-facing sea views is part of Edf. Almijara, a sought-after complex near the town center. It features an open-plan living area, terrace, fitted kitchen, two bedrooms, and a shower room. The complex offers a communal pool, gardens, a tennis court, and gated parking, presenting excellent rental potential in the highly desirable Nerja village.

Price: 245,000 euros Ref. JG139TPM

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La Alcazaba, Tamango Hill

This apartment has a spacious east facing terrace with fantastic views of the Almijara mountain range and some sea views. There is a bright lounge and dining area with sliding patio doors leading out on to the terrace. The kitchen is fully furnished and has a serving hatch overlooking the living area. There are two bedrooms, both with fitted wardrobes, and two bathrooms, of which one is en-suite. The property has central air conditioning and heating throughout. In addition, the apartment has a garage included in the price.

Price: 215,000 euros Ref. JG971



Urb. San Juan de Capistrano

Apartment nestled in the very sought-after Urb. San Juan de Capistrano with two communal pools, on-site dining, and a mini-market, complemented by a reliable 'Bus Urbano' service. The Nerja center and Playa Burriana are a quick 5-minute drive away. The property has easy access, a bright living area, open-plan kitchen, two bedrooms, and two terraces with panoramic sea and mountain views. Ideal for permanent residence or a lucrative rental investment.

Price: 189,000 euros Ref. JG143TPM

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Urb. Los Pinos, Nerja

Newly available terraced house in sought-after Los Pinos. Quick access to Burriana/Carabeo beaches and town center. Open plan living & dining with fireplace, fitted kitchen, guest toilet on ground floor. South-facing terrace for alfresco dining. Upstairs: 2 double bedrooms, storage, family bathroom. Great rental potential and investment opportunity.

Price: 340,000 euros Ref. JG121

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Managing your investments when living in Spain

Moving to Spain is the perfect opportunity to have a fresh look at your savings and investments. You need to adjust your tax planning and estate planning to take account of the Spanish tax and succession regimes, and it makes perfect sense to review your investment capital at the same time.

Besides the convenience of getting everything done at once, it is all interrelated. The way you hold your assets may affect your tax liabilities. It may also impact whom you can leave the assets to on death and whether they will need to go through probate.

If you made a good profit on selling your UK home or a business when moving to Spain and these funds are sitting in the bank, you may be wondering how to invest the money to improve your income and growth prospects. Or you may receive an inheritance you want to invest for the future.

You probably have various investments too, made over the years, whether it is ISAs, company shares, or equity and bond funds. They would have been based on your objectives back then, but are they suitable for your life today in Spain and do they work well together as an overall portfolio?

Start your review by asking yourself a few questions –

1) What are you looking to achieve? Do you need income to help finance your retirement, or are you looking for growth, to protect the value of your savings for the long-term? Or both?

2) What is your time horizon? Do you need your savings to last your lifetime, or do you hope to pass on wealth to your children? Or are you looking to cash in investments within a few years? Short-term

By Kelman Chambers, Partner, Blevins Franks

investors should usually consider different options to longer-term ones.

3) What are your circumstances? What are your monthly expenses? What pensions do you have? Do you have family to consider? Are you in good health? Do you expect to live here long-term? Are you expecting to buy or sell property?

4) What currency? Converting Sterling funds into Euros for your expenses in Spain puts your income at the mercy of exchange rate movements. British expatriates may wish to hold a mix of currencies, and/or use investment structures that provide currency flexibility.

5) How much investment risk are you really comfortable with? And what level of risk does your current portfolio have?

6) How much Spanish tax are you paying on your investments? What was tax efficient in the UK is unlikely to be tax efficient here; could you save by re-structuring your capital save you tax?

Your overall strategy should be specifically designed around these and your portfolio created and managed to meet your circumstances and goals.

Strategic financial planning for your life in Spain.

Is your wealth management on track to meet your objectives and provide long-term financial security? Regular reviews are always important, even more so after the changes and uncertainty of the last few years.

Blevins Franks has 45 years of experience managing our clients' capital. We provide a range of integrated financial services to give you peace of mind about your future. Our investment recommendations are personalised for you and designed to be tax-efficient and meet your estate planning wishes. And with our regular reviews, you will know your savings are well looked after.

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An ill-fitting portfolio may not work as hard as you need it to, or be eroded by inflation, or too risky or difficult to access.

Your appetite for risk

Establishing your objectives and determining your risk tolerance are the starting points for successful investment.

You need to pinpoint the right risk/return balance for your peace of mind, but it is extremely difficult to effectively assess your own risk profile. You will benefit from third party professional objective guidance – there are some sophisticated ways of evaluating your risk appetite, with some advisers using psychometric assessments. This gives them greater understanding of your risk attitude and helps position your investments accordingly.

Asset allocation and diversification

Diversification is key to managing risk within a portfolio. Different investments carry different levels of risk, so determine which balance works for your risk profile and objectives.

Your investments need to be suitably diversified to ensure you are not over-exposed to any given country, asset type, sector or stock. By spreading across different asset and geographical markets you give your portfolio the chance to produce positive returns over time without being vulnerable to any single area or asset class under-performing.

This can be extended one further step by utilising the 'multi-manager' approach.

Tax-efficient investment arrangements

A tax-efficient structure can keep most of your investments in one

place, making them easier to manage, and provide protection to help you legitimately avoid paying too much tax. The less tax you pay, the more of your returns you get to enjoy.

Take specialist wealth management advice to establish if you can improve your tax liabilities on your investment assets and income.

Regular reviews

Even if you have re-structured your capital investments since moving to Spain, it is still important to review your portfolio annually to confirm if it remains on track. Your personal circumstances may have changed, or your risk weighting may have shifted and you may need to re-balance it.

To ensure your portfolio is tax efficient and remains suitable for you, spend time with a professional financial adviser so they get to know you and your objectives, and recommend highly personalised wealth management that covers investing, tax and estate planning.

This article should not be construed as providing any personalised taxation or investment advice. Summarised tax information is based upon our understanding of current laws and practices which may change. Individuals should seek personalised advice.

Keep up to date on the financial issues that may affect you on the Blevins Franks news page at

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12 Christmas Festive Plants

Christmas trees, Holly and Ivy wreaths and Poinsettias might be the first plants we think of at Christmas, but they're not the only way to add colour and life to your home on chilly December days.

Here are some of the best plants and flowers for decorating homes throughout the festive season, from traditional winter Poinsettia, to big, blooming Azaleas and even the Christmas cactus.

Think of Christmas, and you'll likely think of the traditional tree in all its glory, some tinsel, baubles and ornaments, and maybe a garland or two. But behind all the artificial glitz and sparkles are some fantastic plants and flowers which are not only easy to care for throughout the chillier months, but they really add to the spirit of Christmas and festivities. 'With growing concerns about plastic use, they're much more eco-friendly options too. Many of them also make fantastic presents, so are worth bearing in mind when buying for green fingered friends or family.

1. Rosemary

Rosemary has been associated with the Christmas period long before Poinsettia became the poster child, as the herb is believed to have been one of the plants in baby Jesus' manger. In the Middle Ages, people believed that if they smelled rosemary on Christmas Eve, they would be healthy and happy throughout the new year.

So they walked on rosemary spread across the floor, starting a tradition of Rosemary in Christmas decorations that we continue today, with the table top Rosemary Christmas trees, wreaths, festive swags, and evergreen bouquets.



2. Holly

Holly as long been a symbol of eternal life and fertility. People believed that hanging the plant in their homes would bring good luck and protection all year round.

Christmas continued the Holly tradition from Druid, Celtic and Roman traditions, changing its symbolism to reflect Christian beliefs.

Today Holly is a symbolic of Jesus Christ in

two ways; its red berries represent the blood that Jesus shed on the cross, and the pointed leaves refer to the crown of thorns Jesus was



wearing when he died.

3. Ivy

Although it has a bit of a reputation for covering the floors and walls of gardens with its creeping vines, Ivy is actually a very popular plant during the Christmas period. Its distinctively shaped, rich green leaves are often a key component of floral wreaths and other festive decorations. They're also said to represent the shape of Christ's crown of thorns.



4. Christmas Cactus

Despite its name and the fact it flowers over the Christmas period, the Christmas Cactus actually has nothing to do with either the Christmas tradition or the story of Christ's birth! But, these succulents do make for a great Christmas gift. They're affordable, long lived, easy to maintain in the cooler months, and look great.



5. Mistletoe

Having long been a symbol of love, peace, and goodwill, the custom of using Mistletoe to decorate houses at Christmas is a Druid tradition. Yet, despite its pretty appearance and associated affectionate gesture, Mistletoe berries are actually toxic to humans!



4. Poinsettia

Instantly recognisable due to its pointed red bracts and rich red and green leaves, Poinsettia has become a symbol of the festive season due to a Mexican legend. The story goes, a 'poor girl's present to Jesus (a bouquet of weeds) was made into red flowers we now call Poinsettia.



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7. White Chrysanthemans

As the Chrysanthemans symbolises optimism and joy, its come as no surprise that it's now synonymous with 'the most wonderful time of the year.' However, White Chrysanthemans also have another sweet link to the festive season.

German homes are filled with flowers on Christmas Eve because of an old legend in which a peasant family urges a beggar man in from the cold. Claiming to be the Christ Child, he then fled, leaving two of the flowers behind.



8. Cyclamen

Cyclamen thrives in cooler temperatures, so its bright blooms and beautiful heart shaped leaves are a great choice if you want to add some colour to your home over the winter.



9. Azaleas

Often overlooked in favour of other festive plants and flowers, Azaleas' bright colours and big, open blooms make them the perfect addition to indoor planting displays at Christmas.



10. Christmas Rose

The Christmas Rose is revered during the festive season for the deep green foliage and delicate white flowers it brings to cold, dark winters. But, despite the resemblance it bears to wild roses and the fact that it's known as the Christmas Rose, this delicate evergreen perennial is actually quite deceptive as it is, in fact a member of the buttercup family. Ranunculaceae.



11. Amaryllis

The massive, six pointed Amaryllis bloom makes an impressive festive decoration on grey days. If you want to have a blooming amaryllis for Christmas, you should plant the bulbs no later than the beginning of November, although it's always safer to just buy one already in bloom.



12. Christmas Tree

Although the evergreen fir tree has traditionally been used to celebrate winter festivals for thousands of years, the pivotal Christmas tree is a relatively modern addition to British Christmas traditions.

Bringing a tree inside and decorating it in the way we know today first happened in 16th Century Germany, and became popular elsewhere in the 19th Century.

The first Christmas trees came to Britain sometime in 1830s and became an annual fixture almost a decade later, when Queen Victoria and her German husband Albert had a Christmas tree set up in Windsor Castle.



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Online Video

Cómpeta New this month!
 Unique opportunity 5 bed, 3 bath villa (194m²) with exceptional attention to detail and quality and finished in a modern style. Stylish outdoor living spaces, exceptional coastal views from the elevated gardens. Fantastic home or rental property.

Price: 695.000 euros

ref: v 1512

EPC: E/D



Online video

Cómpeta New this month!
 Beautiful authentic B & B business (287m²) fully licenced, with 4 suites. Separate owners accommodation, located in the heart of the village with car access, restored and ready to start making an income!

Price: 419,000 euros

ref: b 1517

EPC: E



Canillas de Albaida New this month!
 Traditional bright and airy townhouse (197m²) with 4 beds and 2 baths, located in the lovely village of Canillas de Albaida. A large roof terrace with sea views. Car access and parking close by. Sold furnished.

Price: 167,500 euros

ref: t1521

EPC: in progress



Salares Beautiful property!
 Great lock up and leave 2 bed, 1 bath townhouse (103m²) with kitchen/dining, separate lounge, 2 roof terraces, on road parking nearby, a great base to explore the surrounding countryside and neighbouring villages.

Price: 79,950 euros

ref: t1505

EPC: E



Canillas de Aceituno Price reduced!
 Renovation project with 9 bedrooms and 3 baths villa (190m²) at a great price and only 15 minutes from the coast. Open countryside views, closed in patio, 2 terraces and land around the property. Option to have a 2 beds guest apartment (55m²).

Price: 101,000 euros

ref: v1488

EPC: in progress



Salares Price reduced!
 Beautifully renovated 2 bed, 1 bath townhouse (157m²), and an independent 1 bed, 1 bath guest house (129m²). With a stylish rustic feel, both houses benefit from the courtyard with above ground pool and wonderful views.

Price: 265,000 euros

ref: t1484

EPC: E

The advertised prices include all of the seller costs including commissions. They do not include the buyers costs which can be between 10-13% of the advertised price, this includes notary and registration fees, purchase tax 7% and any mortgage set up costs.

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PROPERTIES OF THE MONTH

Merry
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VSR4027 TORROX COSTA

Penthouse apartment. Comprising two bedrooms and two bathrooms. South facing with a private terrace of 70m2. Communal pool. The penthouse is close to the beach with private parking. Great rental potential.

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Cuki

Duke was brought to CAS by a Spanish gentleman who found him wandering near the caves area of Maro last year. He was quite skinny and undernourished so he was placed in kennels to fatten him up. He's now a lovely, healthy, lively three year old neutered male with all vaccinations and paperwork up to date. He has a gregarious but loving personality who loves the company of people and other dogs as long as they are not aggressive themselves, but has not lived with cats. Duke is a large Podenco or Pharaoh Hound type dog who now weighs about 35 kilos. He is castrated, vaccinated and in good health. Duke is a long legged athletic boy so will need a home where he has room to run or will be taken out on several walks a day. He also loves his cosy cuddle time.

Let's find him a home where he can run to his heart's content and then snuggle up by his family's side. If you would like to meet Cuki or Duke please contact, Seacrest Kennels at 711 028 847 or 646 613 885, or email us on costaanimalsociety@gmail.com. You can find us on Facebook - Costa Animal Society CAS - where there is more information. Or pop into our shop in Castilla Perez 2, Nerja, Monday to Saturday between 10:00 and 14:00 where our staff will be able to help.

The Costa Animal Society...

Cuki was adopted by a young Irish gentleman when he was a young dog and lived a great life with his owner for about 8 years.

Unfortunately, due to a family crisis the owner had to return to Ireland earlier this year and had to move into a situation where he could not have a dog.

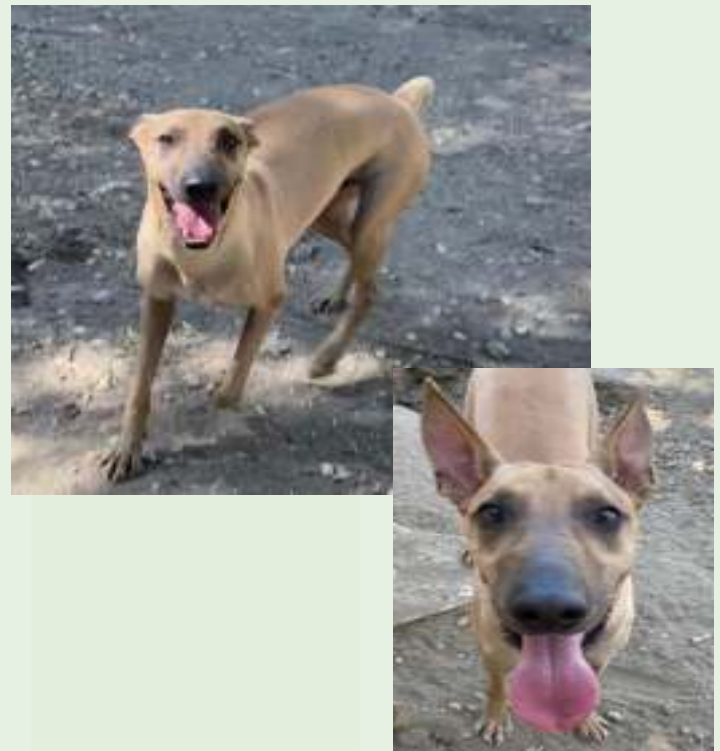
Cuki lived all of his life in flats so he is house trained and loves to go on long walks.

He is about 9 years old now and is a very affectionate dog, perhaps too much, as he is protective of his owner around other dogs.

He is a Jack Russell type dog who could possibly live with a female dog but does not get along with other males and is not good with cats. He is in good health, castrated and fully vaccinated.

As time has gone on, he has become fond of Duke and they play together daily. He would be suited to a one pet home and make a great companion to a single person or a couple.

But if he and Duke could be housed together, that would be great, due to the relationship they have.



Duke

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AAR2703 – Treacle

Treacle is 6 Years old. Small to Medium in size. Unfortunately Treacle's owner has recently died, leaving Treacle and his other dog Maisie Rose in need of new homes. Treacle is a happy dog, and just loves mooching around, she is very close to Maisie, **and it would be ideal if we could rehome them both together**, she has been neutered and is fully vaccinated. If you could offer Treacle a home, or both together, please contact axarquia-rescue@hotmail.com for more information.



AAR 2398 - Maisie Rose

Maisie is a 2 year old Bodeguera who was rehomed by us 2 years ago after she was abandoned at birth. Unfortunately, her owner has recently died, and a new home is needed. Maisie is a happy girl, but a bit confused with her situation at the moment. Ideally, we would like to rehome her with the owners other pet, a female dog called Treacle - see other post - but we know this is a big ask. Both dogs are loyal, affectionate and playful. They are very close and are good with other dogs and cats. If you are able to offer either or ideally, both of these lovely girls a loving home. Please contact axarquia-rescue@hotmail.com

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Axarquia Animal Rescue



Gracie

AAR2710 - Gracie

This little love is Gracie. Born around 23rd August, she was discarded with her siblings and left in the bins. She shares her foster home with 2 of her sisters, she has settled well, loves life, exploring and playing. Expected to be medium in size, but with a whole lot of love to give. She has started her vaccines and can be adopted now within Spain. In a few weeks she will be able to travel to the UK or other European countries but can be reserved now. Please email axarquia-rescue@hotmail.com for more information.



Ollie Bear

AAR2708 - Ollie Bear

One of 5 pups born to a small Podenco. Born 3rd September. Father unknown, but it is estimated that the pups will remain small

to medium in size. Ollie Bear is the only male pup, and one of the smallest of the litter, but brimming with character and confidence. He is a good eater and sleeper, loves playing with toys, and not phased by cats, noise or anything else, he is just a lovely playful pup. Currently in foster with his mum and his sisters. He has started his vaccinations and is ready to be adopted here in Spain. For more information please email axarquia-rescue@hotmail.com



Luci

AAR2706 - Luci

Born 3rd September. Her mum is a small Podenco, father unknown, it is estimated that she will be small to medium in size when fully grown. Luci is one of 5 siblings, 1 male and 3 other females. The litter of pups all look very similar, and photos can be seen on our website at www.axarquiaanimalrescue.com. Luci is a very happy puppy, who loves a bit of rough and tumble with her siblings, but also enjoys her quite time and cuddles. A curious pup, and not phased by anything. She has started her vaccinations and is currently in foster with her mum and siblings. For more information email axarquia-rescue@hotmail.com

AAR2694 - Decker

Born 23rd April. Medium in size. Decker has been in our care since May 23rd, he was found abandoned with his siblings in the countryside at approx 4/5 weeks old. This hasn't bothered him and he is a happy, lively, sociable young dog, he just wants to be loved by everyone that he meets. Decker is currently in kennels, and would really benefit from a foster home, or better still a home of his own. If you would like more



Decker

information on fostering, or Decker, please email axarquia-rescue@hotmail.com

Merry Christmas

We would like to wish everyone a very Merry Christmas and a Happy New Year, big thanks to Streetwise for all their help and promotion of our animals looking for homes, and also to everyone for their continued support to us, and all Rescue charities.

SHORT AND LONG TERM FOSTER HOMES URGENTLY NEEDED!!

It has been a very tough year for us, and most Rescue Charities. What with the aftermath of covid where people took in dogs, and then decided they didn't want them anymore, and now the new laws and all the uncertainty is putting people off from adopting, plus the normal abandonments that we still sadly see on a regular basis.

We rely on volunteer foster homes and reduced rate kennels to house the dogs that we take under our care. Foster homes are desperately needed to help us continue with what we do, we supply all items necessary, food, and of course cover vet costs. If you could open your home to an animal in need, please contact us - we are desperate for long term and short term fosters. Please email axarquia-rescue@hotmail.com for further information.



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KEEP YOUR DOG SAFE THIS CHRISTMAS

By Karen Wallace



Which parts of a Christmas dinner can I give to my dog?

Providing your dog is healthy and is not allergic to the following foods, it's safe to feed your dog a little bit of these foods at Christmas:

- Turkey meat (no skin and never give cooked bones)
- Salmon (fillets or cooked in spring water are preferable to smoked salmon)
- Lamb meat (no bones)
- Green beans
- Brussels sprouts
- Parsnips
- Carrot
- Peas
- Swede
- Mash potato (best without added butter)
- New potatoes
- Sweet potatoes

Toxic Christmas food for dogs

Christmas is the time for eating, drinking and being merry, but lots of our favourite festive foods are toxic to our dogs and should be kept well out of paws reach:

- Chocolate – Chocolate contains a chemical called theobromine and when small amounts are consumed it can cause serious reactions such as agitation, tremors, convulsions, hyperexcitability and even heart problems. Interestingly, the darker the chocolate, the higher the levels of theobromine.
- Christmas pudding and mince pies – grapes and dried vine fruits, including currants, sultanas and raisins, can cause severe kidney failure
- Onions (and garlic, leeks, shallots and chives) – these all belong to the allium species of plant and are poisonous to dogs whether cooked or uncooked. Avoid feeding foods that include these ingredients, such as gravy.
- Alcohol – alcohol has a similar effect in dogs as it does in their owners. Make sure your dog can't help themselves to any unattended alcohol left lying around.
- Macadamia nuts – macadamia nuts can cause lethargy (tiredness), weakness in the back legs, increased body temperature, tremors and stiffness
- Leftovers – don't be tempted to give your dog leftover Christmas food – they can include hidden ingredients toxic to dogs and mould in leftovers can make them ill
- Sweets – many of the sweets we eat over Christmas contain a sugar-free sweetener called xylitol, which is poisonous to dogs

Dog proof your Christmas tree

Christmas trees can have hidden dangers for your four-legged friend – here's our top tips to keep your dog safe around the tree.

Keep decorations out of paws reach. Decorations such as baubles and tinsel can cause a dangerous stomach blockage if swallowed. Lots of them look just like a ball and can be very tempting to play with especially when you're not around!



Don't leave presents under the tree

Christmas presents lying under the tree can be too tempting for our dogs – especially if the gift is edible! It's best to keep wrapped gifts out of paws reach, as wrapping paper can cause a blockage in your dog's stomach if too much is eaten.

Keep fairy light cables tidy

The wires on fairy lights can be tempting for your dog to chew. Keep any cables out of your dog's reach and remember to switch them off at the mains when they're not in use.

Christmas poisonous plants

Christmas plants make the season all the more festive, but these traditional Christmas plants are toxic to dogs:

- Poinsettia
- Holly
- Mistletoe
- Ivy
- Potpourri

I'd like to wish you all a very happy festive season and hope you and your pets have a wonderful time! See you in 2024!

Keep up to date with Dog School news by joining our new Members Club at www.dogschoolnerja.com

If you have questions or need any help please drop me a message on social media or send me an email: info@dogschoolnerja.com, or you can take a look on the website www.dogschoolnerja.com



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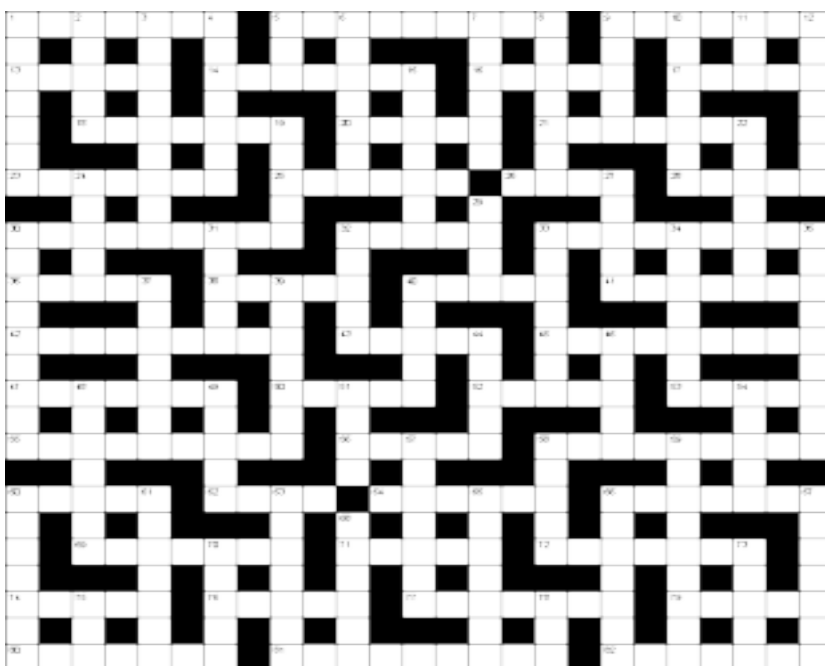
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Across

1. Japanese art of paper folding (7)
5. Highly involved (9)
9. Numbers (7)
13. Move from one position to another (5)
14. Cure-all (7)
16. Despised (5)
17. African equine (5)
18. Skilled artist (7)
20. Symptom of infection (5)
21. Conundrums (7)
23. Compares (7)
25. Nest of ants (6)
26. Surface boundary (4)
28. Elicit (5)
30. Pointer (9)
32. Prevent from happening (5)
33. Edible plant shoots (9)
36. Big (5)
38. Claw (5)
40. Found in a book (5)
41. Reading desk (7)
42. Step by step (9)
43. Tales (5)
45. Administrator (9)
47. Navigational heading (7)
50. Lawful (5)
52. Beginning (5)
53. Dodge (5)
55. Sincerely (9)
56. Aspect (5)

Down

58. Slopes (9)
60. Path of an object around another (5)
62. Halt (4)
64. Convict (6)
66. Resolved (7)
69. Storm (7)
71. Skilful (5)
72. Enduring strength and energy (7)
74. Main artery (5)
76. Quick (5)
77. Softly glowing (7)
79. Angry (5)
80. Flightless bird (7)
81. Soaked (9)
82. Gave (7)
1. See (7)
2. Dialect (5)
3. Veritable (9)
4. Driving force (7)
5. Lodge (3)
6. Diplomatic (7)
7. Stick (6)
8. Went in (7)
9. Waned (5)
10. Antelope (7)
11. Curved bone (3)
12. Height (7)
15. Go forward (7)
19. Happen (5)
22. Transport illegally (7)
24. Below (5)
27. Throw out (5)
29. Male deer (4)



30. Not readable (9)
31. Tally (5)
32. Irritate (5)
33. Replies (7)
34. Hermit (7)
35. Mindless (9)
37. Learned (7)
39. Allegiance (7)
40. Danger (5)
44. Brief (5)
46. Additional (5)
48. Athletic performer (7)
49. Movable barriers (5)
51. Present (4)
54. Cancel (5)
57. Hide (7)
58. Estimate (5)
59. Hunch (9)
60. Aromatic herb (7)
61. Large percussion instrument (7)
63. Aquatic creature (7)
65. Try (7)
66. Began (7)
67. Decided with authority (7)
68. Armed thief (6)
70. Planet (5)
73. Separate (5)
75. Rodent (3)
78. Conclusion (3)



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7					2			3

WORD SEARCH





ARIES:- (March 21 - April 19)

The people you meet this month, socially, at work and while on the move, will be unusually friendly thanks to the entry of Venus into the partnership area of your chart. Your own loving mood will attract like-minded people as moths to a flame.

Luckiest day:- Tuesday

TAURUS:- (April 21 - May 21)

The people you meet this month, socially, at work and while on the move, will be unusually friendly thanks to the entry of Venus into the partnership area of your chart. Your own loving mood will attract like-minded people as moths to a flame.

Luckiest day:- Friday

GEMINI:- (May 21 - June 20)

Venus, planet of love and harmony, enters the most dynamic area of your chart, but it also links with Saturn, planet of discipline. By all means get together with people who mean a lot to you emotionally but don't waste precious time on those who do not.

Luckiest day:- Wednesday

CANCER:- (June 21 - July 22)

Reach out to someone whose outlook on life is very different to your own. Why? Because you do have some things in common and one of them will be of the utmost importance to both of you this month. Just this once, you'll be on the same wavelength.

Luckiest day:- Sunday

LEO:- (July 23 to August 22)

You may be tempted to take things easy and let life come to you this month but that would be a waste as there are so many opportunities available to you now and even a minimum of effort will bring massive gains. Push yourself a bit – and go far!

Luckiest day:-Monday

VIRGO:- (August 23 - Sept. 22)

Your ability to win friends and influence people is high at the moment and it could lead to a big financial advantage over the next 24 hours. Use your charm to win colleagues and employers round to your way of thinking – and get paid for it too!

Luckiest day:- Saturday

SAGITTARIUS:- (Nov.23 -Dec. 21)

It will annoy you immensely this month that people you are relying on to get things done seem incapable of making a decision and following it through to completion. Could it be they are hoping you will step in and do it all for them? Yes it could, so don't!

Luckiest day:- Sunday

CAPRICORN:- (Dec.22 - Jan.20)

The planets suggest that if you approach someone in a position of power for assistance today you will get it with no questions asked. Venus in the career area of your chart means you know just what to say to get the most promising response.

Luckiest day:- Monday

LIBRA:- (Sept. 24 - October 23)

Venus, your ruling planet, moves into your sign, where it remains until the middle of the month. What that means is that if you strive to look at life from a positive point of view some amazingly uplifting things will occur, for you and for those you love.

Luckiest day:- Thursday

AQUARIUS:- (Jan 21 - Feb. 18)

There may be lots to do on the work front but your sense of adventure will not be denied and if you get the chance to travel this month you must seize it. Take a journey, be it short or long, with someone you have romantic feelings for.

Luckiest day:- Friday

SCORPIO:- (Oct. 23 - Nov. 22)

You have been so full of yourself of late that you have said a few things that did not sit well with people of a more sensitive disposition – so try to be a bit more diplomatic today. Not everyone is as robust as you.

Luckiest day:- Tuesday

PISCES:- (Feb.19 - March 20)

If there have been disagreements of a financial nature in recent weeks now is the time to resolve them once and for all. You will find that loved ones, colleagues and business partners are all receptive to the voice of reason – and that's your voice.

Luckiest day:-Wednesday



Horoscopes.

by Kristian Marconi

Spanish words for Christmas time

**¡Féliz Navidad y Próspero
Año Nuevo 2024**

**Merry Christmas and
A Happy New Year 2024**

Christmas in Spain starts on **December 22nd** when the Christmas lottery takes place. It's known as '**El Gordo**' (the fat one) in reference to the size of the prize. Most people in Spain buy tickets for this and the whole country stops that day, to follow the results.

December 24th, '**Christmas Eve**' in Spain is known as '**Nochebuena**' (good night) it's the most important family gathering of the year.

December 25th, '**Christmas Day**' is called '**Día de Navidad**', children may receive a small gift but it's not the day when children receive their presents.

December 28th, '**El Día de los Santos Inocentes**', it's the equivalent of April Fools Day, when everybody plays jokes on one another.

December 31st, '**New Year's Eve**' is called '**Nochevieja**' (old night) and it's a big celebration all over the country, it's traditional to eat 12 grapes at midnight, one for each stroke of the clock.

January 6th, '**Epiphany**' is called '**Día de los Reyes Magos**' (three kings) and it's undoubtedly the most exciting part of Christmas for children, especially when they wake up and find presents left by the Magi!

Christmas Vocabulary

Christmas Tree: **Árbol de Navidad** / Nativity: **Belén**

Christmas garlands: **Guirnaldas**

Turkey: **Pavo**

Christmas balls: **Boplas de Navidad**

Lamb: **Cordero** / Snow: **Nieve**

Christmas lights: **Luces de Navidad**

Chestnuts: **Castañas**

Strokes of the clockbells: **Campanadas**

Father Christmas: **Papa Noel**

Grapes: **Uvas** / Gifts: **Regalos**

Christmas carols: **Villancicos** / Sleigh: **Trineo**

Advent calendar: **Calendario de Adviento**

Bell: **Campana** / Mistletoe: **Muérdago**

Snowman: **Muñeco de nieve**

Angel: **Angel** / Star: **Estrella**

Snowflake: **Copo de nieve** / Ornaments: **Adornos**

Wrapping paper: **Papel de regalo**

Merry Christmas: **Féliz Navidad**

Happy New Year: **Féliz Año Nuevo**



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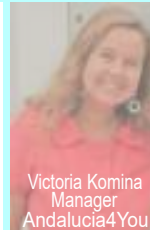


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Welcome to this stunning 3 bedroom detached house nestled in the charming area of Cortijo Romero, just a short 5-minute drive from the serene shores of Lake Viñuela. This meticulously maintained property offers a delightful blend of modern comforts and rustic charm, making it an ideal haven for those seeking a peaceful retreat.

Upon entering the house, you'll be greeted by a bright and spacious open-plan lounge and dining area. This inviting space seamlessly connects to a private terrace, creating a perfect setting for both indoor and outdoor living. The fully equipped country-style kitchen, complete with a convenient breakfast bar, is thoughtfully designed to cater to your culinary needs.

The master bedroom boasts the luxury of an ensuite bathroom, while two additional bedrooms provide ample space for family or guests. The entire property exudes a fresh and welcoming ambiance, thanks to its recent paintwork and the addition of new air-conditioning and heating units in all bedrooms.

Stepping outside, you'll find parking space for up to 3 vehicles, along with a sizable wooden shed currently serving as storage. The property's charm extends to the outdoors, with a beautifully landscaped private garden both at the front and back. A highlight of this residence is the inviting 8m by 6m private swimming pool, offering a refreshing escape during the warm Andalusian summers. Multiple terraced areas provide versatile spaces for relaxation, sunbathing, or al fresco dining.

This exceptional property enjoys a prime location, just 5 minutes away from the picturesque Lake Viñuela, a haven for water sports and leisurely strolls. The bustling town of Vélez-Málaga is a convenient 15-minute drive away, offering all essential amenities and services. For those seeking the sun and sea, the beautiful beaches of Torre Del Mar are a mere 25-minute drive from your doorstep.

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CENTRALLY LOCATED HOUSE IN FRIGILIANA

This historic village house in Frigiliana offers ample space for renovation and personalization. It features a spacious lounge, dining area, 3 bedrooms, and multiple private terraces, including a roof terrace. The property also includes storerooms that can be converted into additional rooms. With access from two streets, it has potential for creating a separate apartment or multi-level development, such as a hostel or apartment hotel.



DETACHED LUXURY VILLA IN FRIGILIANA

This luxury villa, just a 5-minute drive from Frigiliana, offers a grand retreat in the heart of southern Spain. With 7 spacious bedrooms and 5 well-appointed bathrooms across its 520 square meters, it provides ample space for both family and guests. The villa boasts traditional Andalusian charm and luxury, featuring a welcoming lounge, stylish dining area, and a fully equipped kitchen. It connects indoor and outdoor space perfectly.

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1 BEDROOM HOUSE FOR SALE IN ALMACHAR

This 1-bedroom townhouse in Almachar offers great renovation potential and customization opportunities. It features an open-plan lounge and dining area, an equipped kitchen, and 1 bathroom, making it a cozy and manageable living space. The property is not only suitable for personal use but also holds promise as an investment for rentals or long-term holding. It is attractively priced and ready for immediate viewing.



CENTRALLY SITUATED HOUSE IN BENAMOCARRA

Featuring a cozy lounge and dining area that seamlessly connects to the equipped kitchen, offering a functional and inviting space for entertaining and relaxation. Two comfortable bedrooms and a well-appointed bathroom ensure everyday convenience. While the property is livable as is, it presents an exciting opportunity for personalisation and renovation to create your dream home. There are many standout features.



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SCAN ME



Duchess Potatoes

Serves: 8

Ingredients:-

750g potatoes, peeled, coarsely chopped
2 tbsp butter, melted
2 egg yolks
Pinch of white pepper
Melted butter, extra, to grease
2 egg yolks, extra
1 tbsp water
Fresh curly parsley, to serve
Salt, to season

Preparation:-

Place potato in a saucepan. Cover with cold water. Bring to the boil over high heat. Cook for 10 minutes or until very tender. Drain and return to the pan. Cook over high heat, shaking the pan, for 1 minute or until the moisture has evaporated. Use a potato masher to mash the potato until smooth. Use the

back of a spoon to press the potato through a fine sieve into a bowl. (Alternatively, use a mouli.) Stir in the butter and egg yolks. Season with salt and white pepper. Preheat oven to 200°C. Brush a baking tray with extra butter to lightly grease. Line with non-stick baking paper. Place the potato mixture in a piping bag fitted with a 1.5cm fluted nozzle. Pipe 16 rosettes onto the prepared tray. Combine the extra egg yolks and water in a bowl. Brush over the potato rosettes. Bake in oven for 20 minutes or until lightly browned. Place on a serving platter. Top with a sprig of parsley to serve.



Cranberry Turkey Meatloaf

Serves:- 8

Ingredients:-

1 kg turkey mince
1 egg, lightly beaten
1 small brown onion, grated
1 granny smith apple, grated
2 garlic cloves, crushed
1/4 cup shredded fresh sage leaves
2 tbsp chopped fresh flat-leaf parsley leaves
3/4 cup dried breadcrumbs
1/2 cup cranberry jelly, melted

Preparation:-

Preheat oven to 180°C/160°C fan-forced. Grease a 6cm-deep, 14cm x 21cm loaf pan. Line with baking paper, leaving a 5cm overhang at both long sides.

Using hands, combine turkey, egg, onion, apple, garlic, sage, parsley and breadcrumbs in a bowl. Press mixture into prepared pan.

Brush top with 2 tablespoons cranberry jelly. Bake for 1 hour or until cooked through. Stand in pan for 5 minutes. Using paper lining, remove from pan. Transfer to a platter. Brush with remaining jelly. Serve.



Christmas Ploughman's

Serves: 4

Ingredients:-

1 1/4 cups (200g) shredded cold cooked chicken or turkey
1 cup (180g) chopped ham
125g cream cheese
1 tbsp chopped chives
275ml chicken consomme*
2 gelatine leaves*
8 pink peppercorns*

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Wedge of cheddar, to serve
Chutney, to serve
Watercress leaves, to serve
Crusty bread, to serve

Preparation:-

Place chicken or turkey, ham, cream cheese, chives and 100ml consomme in a food processor, and process until smooth. Spoon into small serving dishes or 1 larger dish, then smooth the top. Cover with plastic wrap and refrigerate.
Place the remaining 175ml consomme in a saucepan over medium heat until just below simmering point. Meanwhile, soak the gelatine leaves in cold water for 5 minutes to soften, then squeeze out excess water. Remove consomme pan from the heat, add gelatine and stir to dissolve. Allow to cool slightly. Uncover pate and press peppercorns onto surface, then cover with a thin layer of consomme mixture. Cover again and chill for 1 hour or until jelly is firm.
Serve the pate (it will keep in the fridge for 2-3 days) as part of a ploughman's lunch with cheddar, chutney, watercress and crusty bread.



Meringue Bombe

Serves: 8

Ingredients:-

1 x 350g pkt bought round apple teacake
1 x 1L ctn Vanilla Classic Ice-cream
3 egg whites
155g caster sugar
Cherry sauce:-
680g cherries
70g caster sugar
3 tsp cornflour

Preparation:-

Place the cake on a sheet of non-stick baking paper and use a pencil to trace around the cake to make a circle. Place paper on a baking tray pencil-side down.
Use scissors to cut the cardboard container away from the ice-cream, leaving the ice-cream in one piece. Transfer the ice-cream to a chopping board and cut into thick slices. Place the ice-cream slices on top of each other on the lined tray in the centre of the circle. Use the back of a spoon to mould ice-cream into a dome shape. Place in the freezer for 6 hours or until firm.
To make the cherry sauce, drain the cherries reserving 60ml (1/4 cup) of the juice. Place the cherries and sugar in a medium saucepan over medium heat. Combine the cornflour and reserved juice in a small bowl until smooth. Add to the saucepan and cook, stirring, for 5 minutes or until the mixture boils and thickens. Remove from heat. Set aside to cool slightly.
Meanwhile, preheat oven to 250°C. Carefully cut a 1cm-thick slice from the base of the cake to make a disc. Place the remaining cake on an ovenproof plate or baking tray. Top with ice-cream dome. Gently mould the 1cm-thick cake disc over the top of the ice-cream to cover. Place in the freezer for 30 minutes or until firm.
Use electric beaters to beat the egg whites in a clean, dry bowl until soft peaks form. Gradually add the sugar a little at a time, beating well after each addition until the sugar dissolves. Roughly spread the meringue all over the cake to cover completely.
Bake for 2 minutes or until it just golden. Serve immediately with warm cherry sauce.

Watermelon Salad



Coffee Truffles

Makes: 20-25

Ingredients:-

200g good-quality dark chocolate, chopped
1/3 cup thickened cream
2 tsp instant coffee powder
1/4 cup chocolate sprinkles

Preparation:-

Combine chocolate and cream in a heatproof, microwave-safe bowl. Microwave, uncovered, on medium (50%) for 2 to 3 minutes, stirring every minute with a metal spoon, or until melted and smooth. Refrigerate for 3 to 4 hours or until firm.
baking paper. Using 2 teaspoons of chocolate mixture at a time, roll into balls. Roll balls in sprinkles to coat.
Place on prepared tray. Refrigerate until firm.



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healthwise

WHICH MATTRESSES ARE GOOD FOR YOUR BACK



Rest is something fundamental in people's daily lives, especially after a long day of work or the demands of everyday life, which is why choosing a good mattress to rest on will be important to improve sleep and in consequently improve physical, mental and emotional health.

What should the ideal mattress be like?

The answer to this question is quite difficult, since it is really you as a buyer who imposes these parameters adapted to your tastes and needs. however, based on different data we have been able to identify that some of the main characteristics for a perfect mattress can reach be:

- Have an ideal surface, that is, one that is not completely hard, but not extremely soft either, something more in between.
- Have an uniform and homogeneous surface, in such a sense that the body of the person who uses it is completely level according to their build.
- Be ergonomic for the spine, having a surface with certain undulations and not completely flat

Taking this into consideration will be very helpful when choosing a mattress.

Benefits of sleeping well

Rest is a fundamental part of people's daily lives and, as mentioned above, it has a direct relationship with the state of physical health, since, while we sleep, our immune and nervous systems work to recover bodily functions correctly. To do this, during the night, body temperature, blood flow, body pumping by the heart are reduced and, in turns, brain activities enter a state of "hibernation". Because of these processes, when we look at someone who is well-rested, that person is operating at a different level than those who try to continue their day with one or two hours of sleep a night. Statistically, in Spain people usually change their mattress every 12 years on average, which is a fairly high value compared to the 8 years recommended by the European Association of Bed Manufacturers, therefore, it could be deduced that these years of difference can reach to influence people's physical health, altering not only the quality of sleep but also

LUNES/MONDAY	MARTES/TUESDAY		MIÉRCOLES/WEDNESDAY	JUEVES/THURSDAY		VIERNES/FRIDAY
PILATES 9.15H	TORROX PILATES 9.15H	NERJA PILATES 9.15H	PILATES 9.15H	TORROX PILATES 9.15H	NERJA PILATES 9.15H	CLASES INDIVIDUALES
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FITNESS PARA MAYORES 12.00H	YOGA 11.30H		FITNESS PARA MAYORES 12.00H	YOGA 11.30H		CLASES INDIVIDUALES
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PILATES 17.00H	YOGA 17.00H		PILATES 17.00H	YOGA 17.00H		TALLER TEATRO INFANTIL 16.00H RESERVE SU PLAZA
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ENTRENAMIENTO FUNCIONAL GRUPO 2 18.45H	PILATES 20.00H		ENTRENAMIENTO FUNCIONAL GRUPO 2 18.45H	PILATES 20.00H		DANZA DEL VIENTRE FUSION 19.00H - 21.00H RESERVE SU PLAZA
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posture and promoting the appearance of long-term musculoskeletal problems. Achieving a restful sleep can be a difficult task for many people, therefore, investing in your quality of sleep will directly improve your daily performance, making you feel younger and more energetic to meet your daily goals.

What are the types of mattresses that exist?

In the current market we can find a variety of mattresses, with different characteristics that can help you depending on your needs. get to know some of these mattresses below:

- **Foam material:** these are usually the lowest budget mattresses, being made based on multiple elements and their size can adapt to the person's body perfectly, however, they are not capable of regulating the temperature, which is an inconvenience in many cases.
- **Mattresses made with springs:** these are ideal for people who perspire or sweat a lot during the night, and can be made with different springs such as independent, continuous or pocketed, which fulfill the same function.
- **Latex mattresses:** they are the most ideal for high temperatures, as they are capable of insulating heat, in addition, they adapt better to the shape of the body.
- **Orthopedic mattresses:** created and adapted for those people who may have some type of alteration or injury to the spinal column or who chronically must spend a long time lying down, being not recommended for healthy people.

What mattress should I buy?

When choosing a mattress, many doubts may arise regarding which one to choose, since in the face of a wide variety it is sometimes difficult to know which one will best suit you. however, in order to solve this problem, the quickest way will be to try each one of them so, based on your tastes and comforts, you can identify the one that best suits your body and you. Based on this, you must consider certain details that will help you identify which mattress best suits what you need, being able to identify the following:

- There are different sizes for mattresses (single, king, queen, etc.), which is why whether you usually sleep alone or with someone can influence this decision, also depending on how much space you like to have when sleeping.
- Your measurements must be taken into account, height, weight, etc. well, it is important that your entire body is inside the bed and you have enough space to sleep well.
- The position in which you sleep in bed can also influence your decision, because if you usually lie down with your arms and legs extended, a slightly more rigid mattress is recommended; on the other hand, if you usually sleep in the fetal position, quite the opposite.
- Where the mattress is directed should also be an important decision, because if you are going to place it in a secondary or guest room it does not need to have excellent quality as it will not be used regularly, however, if it is for your main room, You should consider looking for stricter standards and think about investing in your health.

Continued ob page 36



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- Taking into consideration the climate of the city where you live can be important, as there are mattresses that can dissipate heat in areas with high temperatures or help you with perspiration due to the material. You may also find it useful to research the mattresses that specialists recommend to find models that fit your budget and sleeping preferences.

Which mattresses are best for your back?

If you have a problem or injury at the back level, such as herniated discs, low back pain, neck pain or some other problem, you will be thinking about looking for a mattress that will help you have a better sleep and not wake up trampled in the morning. In order to choose a mattress that can help you in case of back problems, many factors can influence, however, according to different research, it has been determined that choosing a latex mattress can help you mainly if you are suffering from any of these back problems thanks to the fact that it is an elastic material that can elongate and adapt to your body correctly, offering homogeneity when lying on it. There has always been the mistaken belief that if one suffers from some type of back pain or discomfort, the mattress where the person sleeps must be firm and rigid, even suggesting that the floor can help with these problems, however, it has been shown that this is not the case, in fact, the body needs cushioning when we go to sleep so that there is no damage due to compression on the vertebrae, which is why the mattress we choose should be relatively soft and molded to our body, therefore, we must take keep in mind that each individual is different and everyone has different ways of sleeping at night, therefore, looking for a mattress of an ideal size and a material such as latex can help considerably in this situation.

What are the differences between an orthopedic mattress and a normal one?

Orthopedic mattresses have certain characteristics that distinguish them from conventional mattresses, starting with the fact that they are recommended for those people who must spend a lot of time bedridden as a result of some type of injury, in addition, the orthopedic mattresses also have the following features:

- During their production they are vacuum packed, therefore, they prevent the appearance of fungi, bacteria and viruses that can cause skin allergies.
- Thanks to their structure, they are usually very quiet mattresses.

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The Vital Role of Iron for Women's Health: Beyond Anemia

Iron, often associated with its role in preventing anemia, plays a far more crucial role in women's health than one might imagine.

Beyond its contribution to red blood cell production, iron has been linked to various aspects of wellness, from combating fatigue and hair thinning to alleviating symptoms of restless leg syndrome (RLS). Recent studies have shed light on the importance of maintaining adequate iron levels, especially for nonanemic women with specific ferritin level thresholds.

Iron Deficiency: A Global and Local Challenge:

Iron deficiency isn't just a minor concern; it's the most common mineral deficiency worldwide, impacting approximately 20% of the global population. Iron deficiency anemia alone affects this large portion of the world. However, iron deficiency without anemia is even more widespread, indicating an urgent health issue. This challenge is certainly relevant to Australia.

The World Health Organization (WHO) estimates that in the land Down Under, 8% of preschool children, 12% of pregnant women, and 15% of non-pregnant women of reproductive age grapple with anemia, with iron deficiency serving as the major culprit.

Taking a Closer Look at Fatigue:

We've all experienced tiredness at some point, but persistent fatigue can have a substantial impact on a woman's daily life. A recent case study highlights the story of a 45-year-old woman who struggled with fatigue for six months. Despite normal

hemoglobin levels, her ferritin level was found to be as low as 35 mcg/mL, suggesting a possible iron deficiency. Studies like those by Verdon and colleagues emphasize the potential benefits of iron treatment for nonanemic women with ferritin levels below 50 mcg/L. Their research found that those who received iron experienced a significant reduction in fatigue scores, emphasizing the importance of maintaining optimal iron levels.

Unlocking the Connection with Hair Thinning:

Hair thinning can be distressing for many women. Surprisingly, iron deficiency may contribute to this concern. While research linking low ferritin levels to hair loss is established, the effectiveness of iron treatment has been debated.

A study by Hard et al. uncovered that among women with diffuse hair loss, 19% had iron deficiency without anemia.

Strikingly, all patients who received iron treatment experienced hair regrowth. A ferritin goal exceeding 40 mcg/L is recommended to address hair thinning effectively.

This underscores the need for women with ferritin levels below 50 mcg/L to consider iron therapy as a possible solution.

Easing Restless Leg Syndrome (RLS):

Restless leg syndrome, characterized by

an irresistible urge to move the legs, can be disruptive to sleep and overall well-being.

Surprisingly, iron deficiency has been identified as a trigger for RLS.

Allen and colleagues have proposed clinical practice guidelines suggesting ferric carboxymaltose as an effective treatment for moderate to severe RLS in individuals with serum ferritin levels below 300 mcg/L.

Additionally, oral iron supplementation might be beneficial for those with ferritin levels less than 75 mcg/L.

The significance of iron in managing RLS cannot be underestimated, emphasizing the holistic impact of maintaining proper iron levels.

The significance of iron for women's health goes beyond its role in preventing anemia. Research has shown that iron deficiency, even in the absence of anemia, can contribute to fatigue, hair thinning, and restless leg syndrome.

Addressing these issues requires understanding the specific ferritin level thresholds: a ferritin level below 50 mcg/L for fatigue and hair thinning, and a ferritin level below 75 mcg/L for restless leg syndrome.

By recognizing and acting upon the importance of maintaining optimal iron levels, women can enhance their overall well-being and quality of life.

Iron is truly a crucial element that should not be overlooked.

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Relaxing your mind - Eight relaxation techniques for a calmer mind

Part 2

5. Breath management

Also known as breathwork or controlled breathing, deliberate regulation of one's breath is a deliberate way of bringing heart rate down and achieve specific physical, mental, and emotional outcomes. There are a wide range of breathing techniques that vary in complexity and technique. These include diaphragmatic breathing, alternate nostril breathing, pursed lip breathing, lions breath and resonant breathing. The best way to start is to simply focus on taking deep, deliberate breaths. To start, close your eyes and exhale deeply, counting to five. Hold the breath for five more seconds at the top of the inhale, then exhale deliberately for five seconds, making sure to mentally focus on your count as you release.

6. Yoga

Yoga is a great way to promote relaxation at home or in a class at your local health and wellbeing centre. It's an ancient practice that integrates physical postures, breath control, meditation, and ethical principles to promote holistic well-being. With origins in India, yoga has evolved into various styles and forms, including Hatha, Vinyasa, Ashtanga, and Kundalini. Beyond its physical benefits of increased flexibility, strength, and balance, yoga fosters mental clarity, emotional harmony, and spiritual growth. Practitioners often find that regular yoga practice enhances their mind-body connection and overall sense of relaxation and tranquillity.

7. Massage and self-massage

It's not often we dedicate time to looking after our muscles. We spend all day either sat down or on the go and take little notice of what that's doing to our bodies. Massage is a therapeutic practice that offers a myriad of relaxation benefits for both the body and mind. A trained massage therapist can target the tension and stress stored in muscles, tendons, and soft tissue. Gentle or applied pressure helps blood flow to increase, promoting the release of toxins that induces a feeling of relaxation. This indulgent therapy isn't just about alleviating physical discomfort. Massage also helps us feel emotionally balanced. Whether you're looking for relief from everyday stress or you're yearning for some self-care and pampering, massage is a great way to give your mind and muscles the relaxation they are craving.

8. Progressive muscle relaxation

By systematically tensing and relaxing different muscle groups, practitioners of progressive muscle relaxation become more aware of bodily sensations and areas of stress. As the body releases accumulated tension, stress and anxiety start to diminish. This practice can be easily incorporated into your daily routine. It's convenient and effective and can be done almost anywhere. Start by simply tensing your legs or arms and releasing them for a few seconds at a time. With regular practice, you'll soon find that you're able to achieve a deeper state of relaxation that helps you relax and refocus.

What are the benefits of these relaxation techniques?

Relaxation isn't just for your mind. Research suggests that



relaxing and calming ourselves down can have a positive effect on our physical health too.

Relaxation can also:-

- Improve circulation
- Lower blood pressure
- Manage anxiety and rapid thoughts
- Increase blood flow to muscles
- Lower production of stress hormones
- Fatigue management
- Improve sleep quality
- Reduce anger, irritation and frustration
- Better digestion

Living a low-stress life

Being busy doesn't have to mean being stressed. The idea behind learning and practising relaxation techniques is that we understand how to manage and process the things going on in our day-to-day lives. It's important to remember that practising relaxation won't eliminate stress from your life. What it can do, is help fortify your response mechanism to stressful input. This means that you become more resilient in the face of situations which used to induce an intense mental and emotional response.

Managing fight-or-flight situations

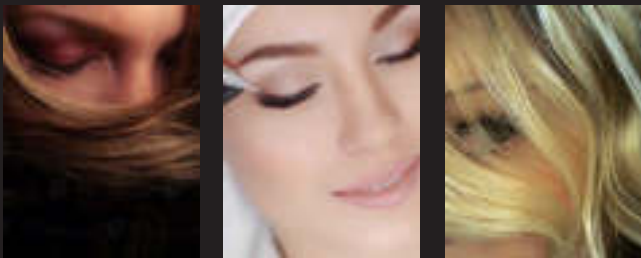
Stressful situations induce our fight or flight response. This is our mind's way of saying act now or run away from the situation. In this situation, we likely feel anxiety, which can manifest via irregular and shallow breathing, sweaty palms and feelings of fear and worry amongst other symptoms. Whilst stress and anxiety are two very different things, one technique that's effective for managing both is to concentrate and focus on our breathing. One of the physical responses we have to a perceived threat is shallow and irregular breathing. When a panic inducing situation presents itself, stop what you're doing and take five deep, slow breaths. Breathe in for five beats, and out for five. Allow your chest to expand and your belly to rise as your lungs fill with air. At the end of the exhale, try making a 'shh' sound as you squeeze the last of the air out. If you can, try to remove yourself from the stressful situation while you do this.

When to seek professional help

Whilst we all experience anxiety, worry and stress, these emotional responses can be debilitating for some. If your day-to-day life is being impacted by any of the above, speaking with a professional is a great first step to make.



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Can ingredient really reduce wrinkles? Dermatologists weigh in



Even if you have a dedicated anti-aging routine, you still may notice fine lines and wrinkles popping up around your eyes or on your forehead. It's a natural part of getting older and nothing to be ashamed of, but still, when they start to appear, some of us might reach for serums and moisturizers promising to "smooth" or "reverse." They might even make some consider more invasive procedures like fillers or Botox.

But before you take that step, there's one ingredient making the rounds on TikTok that people say could be a needle- and pain-free way to stop wrinkles in their tracks. Argireline has been dubbed "Botox in a bottle" by some users. Products with argireline has been tested some of the users saying that it has helped improve the appearance of fine lines and wrinkles.

It sounds too good to be true, right? That's why we asked two top dermatologists whether the anti-aging ingredient lives up to the hype.

What is Argireline?

Argireline is a brand name for the peptide acetyl hexapeptide-3 or acetyl hexapeptide-8. Peptides are amino acids that help you make proteins, like collagen and elastin, so they're a common ingredient in beauty products, said Dr. Dendy Engelman, a board-certified dermatologist in New York City.

Similar to Botox, Argireline works by inhibiting your nerves' ability to release a signal to your muscles, therefore limiting the movements that lead to wrinkles, said Dr. Joshua Zeichner, director of cosmetic & clinical research in dermatology at Mount Sinai Hospital in New York City.

For those who are needle-phobic or know that they're never going to go the Botox route, it's something that may be worth trying, especially considering that some of the options cost less than your go-to takeout order.

"Is it the Holy Grail of anti-aging? No," Engelman said. "But is it worth a shot if you've got that in your budget,

and you're curious ... by all means, I think that's certainly feasible, and I wouldn't advise against it if they were my patient. But I also would want to temper the expectation that they're going to look 20 years younger."

If you want to give it a try, there are a number of formulas on the market that contain Argireline, and Engelman said that many of them have other beneficial additions, like other peptides and hydrating ingredients. It's one of the first topical ingredients that has been shown to have some effect on muscular contraction, Engelman added.

Does it work?

"Argireline is the closest ingredient that we have to Botox in cream," Zeichner said. "That being said, Argireline-containing creams do not come close to the effects that botulinum toxins actually provide themselves."

Wrinkles, like the crow's feet around your eyes or the vertical "11" lines on your forehead are caused by contractions from the muscles deep under the skin, he said. The injectable treatments that you'd receive at your dermatologist's office can be targeted specifically to the location and the depth needed to limit these contractions. With Argireline solutions that are applied on the skin, Zeichner said that it's questionable just how deeply the creams can penetrate, and that the efficacy can vary from person to person as well.

That being said, anecdotally and in select studies, there has been some evidence that it may work to improve the appearance of wrinkles.

There some results where people say that it diminishes wrinkles by ten to 30 percent, depending on the study you read.

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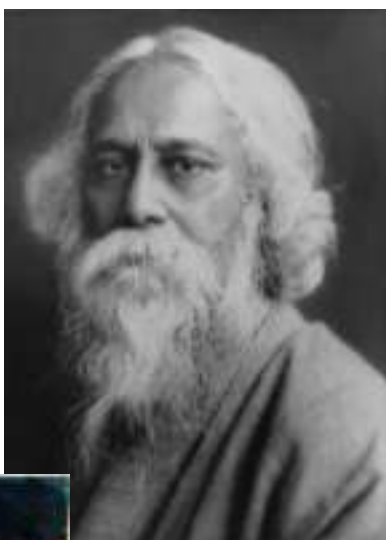
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The Art of Rabindranath Tagore

John Stevens PhD

Rabindranath Tagore (1861-1941) is arguably the most important Indian artistic figure of the modern era. The first Prime Minister of India, Jawaharlal Nehru, claimed that he had two gurus: Gandhi and Tagore. A renowned poet, novelist, composer and painter, Tagore is also the only person in history to have written the national anthems for two countries (India and Bangladesh). He became a global sensation when he won the Nobel Prize for Literature in 1913, the first non-European to do so. This lecture provides an introduction to Tagore's remarkable life and work, including his novels, poetry, songs and paintings. It also explores the role Tagore's art played in the story of India's fight for independence.



About John Stevens

Dr John Stevens is a Research Associate at SOAS, University of London, and a member of academic staff at the SOAS South Asia Institute. His PhD in History is from University College London. He teaches British Imperial history, Indian history and Bengali language, and is a regular visitor to India and Bangladesh. He publishes widely in the fields of British and Indian history. His biography of the Indian guru Keshab Chandra Sen – *Keshab: Bengal's Forgotten Prophet* - was published by Hurst, OUP New York and OUP India in 2018. He appears regularly in the Indian media, and was recently a guest on BBC Radio Four's *In Our Time*, discussing the poet and artist Rabindranath Tagore.



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C/. Infantes 23, Torre del Mar Tel:- 95 296 7968

Rebeccah Curtis Wellness Centre – 95 253 0122

Urb. Laguna Beach, Centro
Comercial B no.16, Torrox Costa

CAR RENTALS

Lessaggo – 95 252 4699

C/. Los Huertos, Nerja

CHARITY SHOPS + CLUBS

Axarquia Animal Rescue
email:- axarquia-rescue@hotmail.com

Choir group
657 951 755 Vélez Málaga
689 111 352 Almuñecar/Salobreña
Club 41 Nerja – 678 059 288

Cudeca – 95 256 4910

Give me 5 animal charity – 603 416 632

Lux Mundi – 95 254 3334

Avda. Moscatel 1 (Jardines Viña),
Torre del Mar

Pocapucunia Charity Shop

Avda. Rodriguez Acosta, Edif.

Tucaman, Nerja

Royal British Legion -
+44 759 071 7384

CLOTHING ALTERATIONS

Carmen – 95 190 3595

C/. Bronce 2, Nerja

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DENTAL TECHNICIANS

English Dental – 633 157 891

DENTISTS

Clinica Dental Innodenta – 95 252 4003
Plaza de la Ermita 9, Nerja
Dentadanés – 95252 9666
C/. San Miguel s/n, Maro Club, 125, Maro

ESTATE AGENTS

Andalucia4you – 95 272 0832
Avda. Andalucía 125, Caleta de Vélez
Casa Nerja – 95 154 3517
Edif. Rocamar Baja, Prolongacion
Hernando de Carabeo, Nerja

Cómpeta Properties – 95 251 6107 / 95 253 8337

Avda. Sayalonga 24B Còmpeta
Avda. Constitución Edif. Costezuela
Local 1, Còmpeta

Country Properties – 95 251 6178 / 95 253 9125 / 95 254 1886

Plaza Almijara 21, Còmpeta
C/. Elisa Ortigosa 7, Torrox
Avda. Andalucía 32B, Torre del Mar
Juan Garrido – 95 252 3699

Plaza Cantarero, Edif. Cantarero
bajo 1, Nerja

Nerja Property Services – 95 252 0343

Rosarico la Joaquin 18, Frigiliana
Nerja Villas – 95 252 3853

El Capistrano Village, Nerja

Pérez Oglietti – 653 782 878

Torrox Costa

Property Select – 95 108 4054

Urb. Costa del Oro, Centro Comercial
B, Torrox Costa

Spanish Management – 618 940 829

Office in Viñuela (next to farmacia)

Sunny Palm – 95 296 7595

Avda. Peñoncillo 16, Edif. Oasis Club,
Torrox Costa

Sunset Properties Spain – 601 626 525

Avda. Andalucía 65c, Torre del Mar
Villasol – 95 252 7201

C/. Antonio Millon 10, Nerja

Villa Solutions – 696 522 171

El Cruce de Puente don Manuel,
local D, Alcaucin

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FINANCIAL ADVISORS

Blevins Franks – 900 670 047

Email:-

southernspain@blevinsfranks.com

FURNITURE STORES

Brea – 95 252 1408

C/. Carabeo 39, Nerja

De Tropen – 680 480 276

Autovía del Mediterráneo A7, exit
953, Vélez Málaga

Muebles Piramedes – 95 255 0669
Avda. de Andalucía 187, Caleta de
Vélez

GARDEN CENTRES

Garden La Palma – 95 123 7013

Camino de Remanentes s/n, Vélez
Málaga

GYMNASIUMS

Manantia – 95 177 4819

Avda. Garcia Peñalver, Blq. 76, Bajo
6, Torrox Costa

HAIRDRESSERS

Nora Gerritzen – 95 252 2762

C/. Chaparril, Nerja

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Pasaje Fuente de Cantarero, Blq. 1,
bajo D, Nerja

Mapfre – 95 252 7185

Avda. de Pescia 13, Nerja

KITCHEN STORES

Idecocina – 95 254 1895

C/. Los Prados 4, Torre del Mar

MEDICAL CENTRES

Clinica Cecilia – 95 252 0124

C/. Los Huertos no.46, Nerja

Clinica Europa – 95 253 0908

Centro Internacional, Blq. 86, Torrox
Costa

MOBILITY EQUIPMENT

Blue Badge – 95 296 7015

Costa del Oro, Blq. 3 nos. 3 + 10,
Torrox Costa

OPTICIANS

Chaves – 95 252 1994

Avda. Castilla Pérez 24, Nerja

Heiko by Heiko 95 296 7923
Avda. Andalucia 119, Torre del Mar
Nerja Vision – 95 252 3911
Avda. Castilla Pérez 3, Nerja
Nueva Optica – 95 2525 5876
Avda. Pescia 18, Nerja
ORTHOPAEDICS
Chatelin – 658 773 857 / 695 481 082
C/. de la Cruz no.60, Nerja
PET SCHOOLS/TRAINING
Dog School Nerja – 711 020 098
www.dogschoolnerja.com
PHYSIOTHERAPY CENTRES
Fisio Nerja – 95 252 8144
Avda. Pescia no.1 bajo, Nerja

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RESTAURANTS

Restaurant Jing – 95 253 4637
Blq. 9, local 8 (on sea front) Torrox
Costa
RnR Bar & Dining - 95 215 5620
C/. Los Huertos 40, Nerja



SOLICITORS

Del Prado – 95 252 7274/1747
Plaza Cavana no.5 bajo, Nerja

STAIRLIFTS

618 490 186 / 95 296 7015

VETERINARIANS/PET STORE

Fiercillas Pet Shop – 95 252 7295
Avda. Castilla Pérez 14, Nerja
Laguna Veterinary Clinic – 95 253 0463
Urb. Laguna Beach, Torrox Costa
San Fernando – 95 252 1838
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NEWS & What's ON

Emergency numbers

Emergency services 112
Guardia Civil 062
Ambulance 061
Fire Brigade 080
National Police 091
Sea Rescue 900 202 202
Emergency / Helpline in
English 902 102 112

Guardia Civil

Frigiliana-952 533 003
La Herradura-958 640 015
Nerja-952 520 091
Torrox-952 538 008

Local Police

Frigiliana-952 533 126
Nerja-952 521 545
Torrox-952 539 828
Torre del Mar-952 549 238

Bus Stations

Almuñecar-958 630 140
Málaga-952 350 061
Nerja-952 521 504
Torre del Mar-952 540 936
Vélez Málaga-
952 501 731

Taxis

Frigiliana-952 533 231

Nerja-952 524 519
La Herradura-958 630 017
/ 670 995 257
Torrox-952 531 030

Airports

Granada-958 245 200
Málaga-952 048 804

Train Stations

Granada-958 271 272
Málaga-952 239 261

Consulates

Belgium-952 599 159
Denmark-952 211 797
France-952 226 590
Germany-952 363 591
Ireland-952 475 108
Sweden-952 604 383
UK-902 109 356 /
913 342 194

Tourist Offices

Frigiliana-952 534 261
La Herradura-958 610 314
Nerja-952 521 531
Torrox Costa-952 532 155

Street Markets

Monday - Torrox Costa
Tuesday - Nerja,

Salobreña
Wednesday -
Algarrobo Costa,
Rincon de la Victoria
Thursday - Frigiliana,
Torre del Mar -
Friday Almuñecar,
La Herradura -
(summer only)
Saturday - Cómpeta
Sunday - Nerja (car boot),
Vélez Málaga

Town Halls

Frigiliana-952 533 002
La Herradura-958 827 794
La Herradura Foreign
Residents-958 838 618
Nerja-952 548 400
Nerja Foreign
Residents-952 548 401
Torrox Pueblo-
952 538 200
Torrox Costa-952 538 010

Hospitals

Motril-958 603 506
Nerja Ambulatorio-
951 289 662
Vélez Málaga-
951 067 000
Carlos Haya-951 290 000

Church Services

Anglican Church of Nerja & Almuñecar Iglesia de SanMiguel (St.MichaelsChurch), Nerja. Tel:- 952 52 1339.
www.nerjaalmuñecaranglican-church.co.uk
Sundays at 12 noon and Capilla de Nuestra Señoradel Carmen (FishersmanChapel), Chinasol, Almuñecar, Sundays at 9.30am.
Chaplain:- Fr.Nigel Thomas.

Community Bible Fellowship

Calle Pintada 35, 2nd floor, Nerja. Tel: 952 521 776. English/Spanish service Sundays at 10am. El Salvador, Balcon de Europa, Nerja.
Tel: 952 52 0291. Mass times, English and Spanish Sundays 10.30am, 12 noon and 8pm.
Parish priest: Father José Maria.

Presbyterian Church, Torre del Mar

We now meet at Legends Bar, Calle Pintor Cipriano Maldonado 9, Torre del Mar. The contact is Bill Bedford, tel no 694 471 005. On the first Sunday of the month we meet at 10.30am for Communion/ Breakfast, on the other Sundays we meet at 11.00 am.

New Life Church

Whether you live in Nerja or are visiting our area, you are very welcome to come and join us at our Sunday gathering. Join us for a time of Holy Spirit led worship and experience the presence of our God. Our teaching is Bible based as we honour God and obey His Word. During this time of uncertainty, God's Word reminds us that the Gospel shines brightest in times of darkness. Our service lasts for about an hour and half. With tea and coffee afterwards.

Jesus said, "I am the Way and the Truth and the Life. No one comes to the Father except through me".
John 14:6
Sunday Service 11.00 a.m.
Prayer Meetings Wednesdays 11.00 a.m.
Pasaje San Miguel, Nerja, 29780.
Email: info@nlcnerja.com
Website: www.nlcnerja.com
Facebook: www.facebook.com/nlcnerja

Lux Mundi centre, Torre del Mar -

St. Barnabas IERE (Anglican), Torre del Mar Every Saturday at 17.00. Tel: 952 543 334. - Morning prayer 1st Sunday, Holy Communion 2nd, 3rd and 4th at 11 a.m. Tel: 657286284
Tel: 952 030 461. www.stbarnabas-spain.com.

The Anglican Church of St. George, Málaga

Holy Communion or Morning Prayer. Sunday Mornings at 11am in the English Cemetery, Avenida de Pries 1, Málaga.
Vélez Málaga, Holy Communion or Morning Prayer. Sunday mornings at 10.30 a.m. in the Antigua Capella de San José, Calle Linares 7, Vélez Málaga.
Chaplain: Fr.Louis Durrant, Tel: 630 909 131
Email: info@stgeorgemalaga.org or contact one of the chaplaincy wardens. More information can be found at: www.stgeorgemalaga.org

Evangelical Church, Torre del Mar

Sundays at 11.30am, worship in English, Calle Solera 2, Local 2, 29740 Torre del Mar (across the street from the Bus Station) in the Violin Shop.
Tel: 634 540 519.
Minister Rev. Colin Dickson. Tel: 654 884 658



NEWS & What's ON

Lux Mundi Ecumenical Centre, Torre del Mar, Avda. Moscatel 1ªI, (Jardines Viña Málaga/Antigua Casa de la Viña), Torre del Mar, 29740. Opening hours mornings only Wednesday and Friday 10.00 till 13.00 For further information please contact the Centre, Torre del Mar Tel. 952 543 334 E-mail: luxmundi@lux-mundi.org

LUX MUNDI, TORRE DEL MAR DECEMBER COMING EVENTS & EXCURSIONS

Lux Mundi Ecumenical Centre, Torre del Mar, Avda. Moscatel 1ªI, (Jardines Viña Málaga/Antigua Casa de la Viña), Torre del Mar, 29740. Opening hours mornings only Wednesday and Friday 10.00 till 13.00 For further information please contact the Centre, Torre del Mar Tel. 952 543 334 E-mail: luxmundi@lux-mundi.org

We continue our regular activities: Spanish practice groups (limited numbers per group) Wednesday and Friday. Time 10.00 to 13.00.

Every Friday - Coffee morning. Come and meet friends and relax in our beautiful garden. Time 11.00 to 13.00.

December 6th and 25th - The Centre will be closed for Public Holidays

Friday 8th December - The Centre will be open as usual even though it is a Public Holiday.

Thursday 7th December - Gibraltar Christmas Shopping. Please join us for a fun day out on the famous Rock. Maybe besides shopping you would like to ride the cable car, visit the Military Tunnels or Gorham's Cave. Returning from Gibraltar at 16.00. Tickets available from the Centre, Price 23 Euros with a Friends card or 25 Euros for visitors. Departure times: Algarrobo (Lidl) 07:45, Caleta (Vets) 07:50, Torre del Mar (Bus station) 08:00.

Saturdays 16h December - Ecumenical Christmas Carol Service. Dear friends, please come and enjoy the Service. You will be welcome to join in the carols sung by the Spanish Choir "Amigos de Lux Mundi", Stella Maris youth choir and the Cantores. At the Parish Church of San Andrés, Torre del Mar. Time: 18.00

Wednesday 20th December - Coach Excursion to Malaga Christmas Lights. Please come and join friends and enjoy an evening free to appreciate the usual beautiful Christmas Lights of the city and maybe have dinner or tapas. The coach will leave at 22.30 for the homeward journey. Tickets available at the Centre price 14 Euros with Friends card and 16 Euros for visitors. Proceeds for fundraising. Departure times: Algarrobo (Lidl) 16:45, Caleta (Vets) 16:50, Torre del Mar (Bus station) 17:00.

Friday 29th December - Old & New Year Celebration. Please come to the Lux Mundi tradition, held at 12.00 noon prompt during in the usual coffee morning, when the

Gong will be sounded to say farewell to 2023 and give an early welcome to the year 2024. On each stroke a lucky grape will be eaten and a wish made, also included will be a Lucky Bag and a glass of cava.

Tickets available at the Centre, price 4 Euros; please purchase early so that we know how many grapes to cater for.

JOIN US AT PHOENIX CLUB OPEN DAY
- Tuesday 7th November from 12 noon to 2pm at Bar La Vega, between Mercadona and Repsol Garage. Av. Andalucía, Torre del Mar.

We welcome you with tapas and a non-alcoholic drink and your choice of 4 dvd's and books or a jigsaw. As members we meet old friends and make new ones. Every week we have free tapas, enjoy quizzes and many other games. We also run lots of excellent value trips throughout the year to places of interest, some for the day and others with overnight stays. All nationalities welcome; singles or couples.

We wait to welcome you!

Trips

December 2023

Friday 1st - Trip to Gib €20pp includes €1 for the driver. Do remember that we have just 3 pick ups usually and we return from Gib at 4.30 p.m.

Friday 8th - Malaga Christmas Lights €10pp

Sunday 10th - Casariche Sunday Market. A huge market with everything you could wish to buy from dried fruits, cheeses, olive oil, wine to furniture and all types of material and haberdashery. €18pp

Friday 23rd to Wednesday 27th - Christmas Break at the Hotel Blue Sea Al Andalus in Torremolinos. Price includes full board at the 4* Hotel and includes a gala meal on Christmas Day, wine, etc with meals, coach fare and tips. Price €320 pp based on 2 sharing a double room and €415 for single occupancy. Deposit €100 pp paid on booking and is non refundable.

If we cancel, you will get your deposit back. It is always advisable to take out travel insurance

For further information, please contact Gail on 95 106 7723 / 626 370 695 or email phoenixsocialclub@yahoo.co.uk or check out our FB page.

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NEWS & What's ON

YOGA FUSION DANCE

Yoga Fusion Dance online every Wednesday from 7p.m. to 8p.m. on the ZOOM platform.

Sissi, a former dancer at the Alcazar cabaret in Paris, has devoted herself to yoga for 30 years. Throughout her atypical career, she meets real yogis who teach her and pass on their knowledge.

Yoga dance was born from this fusion between dance and inner quest. Uniting these two disciplines, the science of Yoga and the creativity of dance, is the originality of her trajectory.

From this deep knowledge, she knows that healing does not come from postures or asanas but from the combination of the 5 vital breaths, the Pranas: apana, udana, prana, vyana, samana which allow the free circulation and fluidity of vital energy.

In a game of figures, Sissi makes the bridge by substituting certain Yoga postures with dance movements. An innovative, creative and fun way to approach the path to more consciousness.

For more information contact Sissi on (0034) 699 037 998 or email:- isabelgilton@gmail.com



If you have any information regarding charitable work, events or news, please don't hesitate to contact Streetwise magazine.

We will publish your events or news for free.

Please send all information to info@streetwise.es

or call Dawn on 638 474 718.

All information is required by the 15th monthly.

A.P.A Animal Charity Shop C/. Chaparil, Nerja
Tel:- 634 406 659



41 CLUB NERJA PRESS RELEASE -

"WE MEET AGAIN, AT LAST!"

"Absolutely thrilled and delighted", exclaimed Brian Karet, Chairman of 41 CLUBNERJA, at the news that after 20 long months our members are at last coming together for a proper social gathering.

"Our 40 plus members come from nine different Countries and this Pandemic has therefore had a really hard impact on us" explained Peter. "But we've kept our strong friendships going through technology, swapping snippets of fun on our Whatsapp group and by embracing remote meetings through the wonders of Zoom".

"Now, as members are starting to travel again", Peter went on to say "We are able to meet up properly and we are so looking forward to meeting face to face and swapping all those Stories about how the Lockdown has affected us". Peter is also pleased to report that "The Club has been busy behind the scenes, improving our website and developing a new Face- book page, all aimed at increasing the Club's profile in the Community and recruiting some new members, while getting prepared for maybe just a little bit of normality". Peter finished off by inviting any Past Members of Round Table, from anywhere in the World, whomaylive or spend sometime in Nerja, or the wider area "East of Malaga", to get in touch and come along to see how we continue the Fun and Fellowship associated with the Round Table Family.

41 Club Nerja Chairman Brian Karet can be contacted via email at briankaret@sky.com

41 Club Nerja Press and Recruitment Officer Steve Ryan can be contacted via email at steve.ryan.sr56@gmail.com or by phone on 0044 7546 402 770.

41 Club Nerja Website is at www.41clubnerja.org

You can also find 41 Club Nerja on Facebook.



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www.malagaclima.es



Cudeca Nerja Support Group to help people who are living with the difficult situation of cancer or other life limiting illnesses, or those who care for them.

We meet on the 2nd Thursday of each month at 11.30 a.m. in Hermes Cafe, Plaza Espana (top of underground car park).

We can also assist by telephone 952 564 910 or e-mail cudeca@cudeca.org.

ROYAL BRITISH LEGION, NERJA BRANCH

Meets twice a month for lunch - on the 3rd Thursday at the Al Andalus Hotel, Maro and on the 1st Friday at the Nuevo Arenas Restaurant, La Herradura.

Everyone is welcome to join us. Booking is essential. Please contact Kimon tel: +44 798 802 9001 or email: kim_bowe1@hotmail.com.

For any other information about the Branch contact Eddie, our Chairman, on tel: (+44 759 071 7384) or email: eddiebowe1@hotmail.com.



Could you foster for us?
We are desperately in need of foster homes, to help us help more abandoned animals!!!

Want to join a choir?

Velez-Málaga's Coraxalia International Choir's. Combined choirs, soloists, children's choir and symphony orchestra. We welcome new singers to come and take part. We rehearse, Thursdays, 17:30hrs - 20:00hrs in the Casa Hermandad de la Cofradía de los Estudiantes, Plaza de los Sastres, 1, 29700 Vélez-Málaga, near San Juan Church and the Language School. Parking nearby at the San Francisco market (1 euro). For more information please contact 657 951 755 (English) or 689 111 352 (Spanish). Also our sister choirs of Almuñecar (Coro Ciudad de Almuñecar) and Salobreña (Coro Villa de Salobreña) Tel: 689 111 352. Please note that you may join Coraxalia at any point in the Term time. Don't hesitate to give us a call!

The Phoenix Club

has been in existence for the last 13 years and has a diverse membership and meets every Tuesday between 1200hrs & 1400hrs.

POCAPECUNIA CHARITY SHOP

Avda. Rodriguez Acosta, Edificio Tucuman (opposite Café Trebol), Nerja.

Your unwanted things always needed! - kitchenalia, crockery, vases, pictures, books, clothing, plastic bags, etc.. Anything you think will still be of use to other people.

Opening hours:-
Monday to Saturday
10a.m. till 2.30p.m.

If you have any information regarding charitable work, events or news, please don't hesitate to contact Streetwise magazine. We will publish your events or news.

Please send all information to info@streetwise.es or call Dawn on 638 474 718. All information is required by the 15th monthly.





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Penthouse, Torrox Costa
Ref: PS-2022-037

Charming Studio-Penthouse (no separate bedroom) completely renovated. West-facing terrace with sea views, fully equipped American kitchen, large roof terrace (approx. 45 m2). Communal pool. Only 50 meters to the beach and a few minutes to the El Morche promenade.

€139,000



Apartment, Torrox Costa
Ref: PS-2023-121

All day sunbathing! Open sea and mountain views from large south-west facing terrace, 2 bedrooms, living-dining room with open kitchen and direct access to the terrace. Beautiful, well-kept complex with communal pool in Torrox Park. Only a few minutes to the beach promenade and amenities.

€139,000



Apartment, Torrox Costa
Ref: PS-2023-104

Just 50 meters to El Morche Beach! Two bedroom apartment with 1 bathroom, 1 toilet, living-dining room with fully equipped American kitchen, terrace with south facing partial sea and mountain views. Located in a gated community with communal pool close to all amenities.

€149,500



Apartment, Torrox Costa
Ref: PS-2023-147

Urbanization Laguna Beach ground floor apartment with 2 bedrooms, separate kitchen (possibility of access to a private patio), renovated bathroom, living room with access to a large terrace with beautiful communal garden and pool views. Just 50 meters from the beach.

€195,000



Apartment, Torrox Costa
Ref: PS-2023-125

Something special! Quality, stylishly furnished apartment in the "Residencial Paraiso Sol" just 250m to the beach. Spacious with 2 bedrooms, living-dining room with direct access to the 40m² terrace (approx), completely new fitted kitchen and bathroom. Storage rooms on the terrace.

€210,000



Apartment, Torrox Costa
Ref: PS-2023-103

Beautiful apartment for sale in Punta del Faro, a luxury urbanization, comprising 2 bedrooms, 2 bathrooms, spacious living room with access to a 30 m terrace (approximately) morning sun and beautiful views of the urbanization and sea. Parking included. Fantastic home or rental investment.

€359,000

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Built: 142 m²

EPC: in progress



Completely renovated traditional town house in Almáchar, walking distance to amenities and beautiful mountain views, 30 minutes from the coast with 4 beds, 2 baths, lounge with fireplace, summer kitchen, wooden beamed ceilings, private patio, 2 terraces.

Built: 157 m²

EPC: in progress

"The year is coming to its end. With this Christmas greeting we would like to thank our customers and partners for the trust they have placed in us. The entire Country Properties team wishes you Health, Happiness and Success in the New Year 2024!"

MERRY CHRISTMAS

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