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Ref: REST



Apartment in excellent condition in Capistrano Village. Consists: Spacious Living room - kitchen, fully renovated bathroom and a large bedroom. There is a terrace with access to the communal swimming pool. A/C, wifi and parking close by. There is also a possibility to make a second bedroom.

Price: €198.000

Ref: Casa Argentina



Nice apartment in Capistrano Village. The apartment consists of 2 bedrooms, 2 bathrooms, living room-kitchen and a nice terrace with sea views. Good location, very close parking space and also very close to the community pool, supermarket and the bus stop.. It has great rental potential.

Price: €332.000

Ref: NV1B



Attractive top floor apartment in Capistrano village. Comprising of 2 bedrooms, bathroom and a kitchen-living room. There is also a large terrace.

Price: €265.000

Ref: NV.101

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Price: €329.000

Ref: Maravillas



Beautiful townhouse in Capistrano Village. Divided into 2 floors. Ground floor:- living room-kitchen with access to the large garden. Upper floor:- 2 bedrooms and a bathroom. The master bedroom has a large balcony with beautiful views. South facing and communal swimming pool.

Price: €320.000

Ref: NV.002



It's ideally located, very close to the beach, with beautiful sea views. It also has parking and a communal pool.

Price: €219.000

Ref: Carabeo



Villa in Urb. Alhambra. Comprising 3 bedrooms, 2 bathrooms, fully equipped kitchen and various terraces with views. Communal pool and parking. Totally reformed with high quality materials.

Price: €519.000

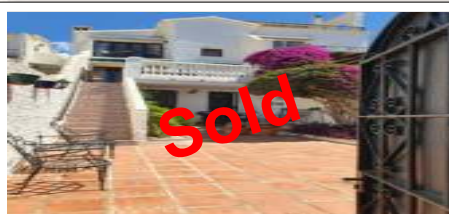
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Impressive villa with private pool and sea views, in Capistrano Village. Built on 2 floors. Comprises 6 beds, 3 baths, kitchen, living room and garage (3 cars). Huge garden with a private pool. Build 200m2, plot 600m2. Renovated and ready to move in.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

Price reduced: €790.000

Ref: NV.EXO



Beautiful 3 bed villa in Capistrano Village. 1st and 2nd floor: 2 beds, bath, kitchen and terrace with sea views. Ground floor: Independent studio. Great location, very close to main pool, supermarket and parking.

Price: €370.000

Ref: NVL03



House in Maro, 146 m2 built and distributed over two floors. It consists of four bedrooms, living-dining room, kitchen, bathroom, patio, terrace and a solarium with sea views.

Price: €475.000

Ref: NVMAR4

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All Nerja beaches equipped with PA systems

Nerja City Council is installing a new public address system on eight beaches in the municipality: Maro, Burriana, Carabeo, Calahonda, El Sal6n, Torrecilla, El Chucho, and El Playazo. The project, with an investment of €18,000 (VAT included), includes the installation of 13 units distributed across the various beaches and a control centre managed by the Lifeguard Service. The old equipment has been replaced on the beaches of Burriana and Torrecilla, while the system is being implemented for the first time on the rest of the beaches. Councilor for Beaches, Mari Carmen L6pez, emphasized that "this improvement will strengthen communication and safety on the beaches, offering better service to residents and visitors."



Change of venue for Jennifer Lopez's concert

Jennifer Lopez's concert in Malaga on 11th July has been changed from Malaga to Fuengirola's Marenostrom. Those who have purchased tickets will receive new ones via email or by post, the change of venue also implies a price change due to the different configuration of the two

stages and the difference in seating capacity. The organisers have promised that those affected "will be relocated to an area of equal or higher category". Marenostrom holds 18,500 people.

Network of sports facilities on public roads to be expanded

Nerja City Council will expand its sports facilities in public spaces used by tourists with the installation of new outdoor facilities. The project is funded by the European Union through the "Next Generation" funds, within the framework of Spain's Recovery, Transformation, and Resilience Plan, as part of the "Sustainable Nerja" municipal project. The new sports facilities will be located next to the Enrique L6pez Cuenca Stadium, as well as on the beaches of Burriana, El Chucho, and El Playazo, and on the La Torrecilla promenade.



Summer hours at the Municipal Citizen Service Offices

The Councillor for Citizen Services, Antonio L6pez, reports that the municipal Citizen Services offices in Nerja and Maro will adopt new hours for the months of July and August.

The Nerja office, located on the ground floor of the Town Hall, will open Tuesday, July 1st, Monday through Friday, from 8:00 a.m. to 2:00 p.m.

The Maro office will be open every Monday from 9:00 a.m. to 12:00 p.m. starting Monday, June 30th.



Charity run raises cash

A €4,800 donation to AFADINE, a local association supporting families in need was raised by a charity run. The funds were raised during the 12th La Mayora Charity Run, an event which brought together dozens of participants for a day filled with sport and solidarity. They ran an eight kilometres over mixed asphalt and dirt terrain.

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Country Property of the month

Torrox:

Price: €559.000

CP726



Stunning south facing country property with private pool and apartment, less than a fifteen minutes drive from the coast. Concrete driveway leading to a parking area. Covered terrace at the main entrance that continues around the house, with a pergola and retractable awning at the front of the house and overlooking the pool. Consists of a spacious living room, spacious master bedroom with ensuite facilities, fully equipped kitchen and a short hallway leading to two bedrooms, both with built-in wardrobes and a newly renovated en-suite bathroom with a bathtub. Outdoor sun terrace with a fabulous summer kitchen and barbecue area with double-glazed

doors overlooking the pool. The property also benefits from a spacious, recently renovated separate apartment, which features a large bedroom and a large ensuite bathroom with a shower. Air conditioning is available throughout the house and apartment and there's also gas central heating. Established gardens, lovely terraces, and a pool with heating pump, an outdoor shower and plenty of surrounding space for sunbathing. A perfect property for permanent living, vacation use, and seasonal rentals. Don't miss this opportunity! Contact us for a viewing.



Torrox:

Price: 77.500€



- Living space: 56m²
- Bedrooms: 2
- Pool: No
- Garage: No

- Terrace: No
 - Bathrooms: 1
 - Views: Village
 - Area: Townhouse
- Ref. TTH671**

Alhaurín el grande Price: 559.999€



- Living space: 260m²
- Bedrooms: 4
- Pool: Yes
- Garage: Yes

- Terrace: Yes
 - Bathrooms: 4
 - Views: Village
 - Area: Townhouse
- Ref. NTH043**

Arenas:

Price: 157.500€



- Living space: 170m²
- Bedrooms: 6
- Pool: No
- Garage: No

- Terrace: Yes
 - Bathrooms: 2
 - Views: Village
 - Area: Townhouse
- Ref. TH578**

Torrox:

Price: 289.000€



- Living space: 85m²
- Bedrooms: 2
- Pool: Yes
- Garage: No

- Terrace: Yes
 - Bathrooms: 2
 - Views: Sea views
 - Area: Countryhouse
- Ref. CP621**

Torrox:

Price: 225.000€



- Living space: 96m²
- Bedrooms: 4
- Pool: No
- Garage: No

- Terrace: No
 - Bathrooms: 2
 - Views: Village
 - Area: Townhouse
- Ref. TAP379**

Sayalonga:

Price: 148.000€



- Living space: 186m²
- Bedrooms: 5
- Pool: No
- Garage: No

- Terrace: Yes
 - Bathrooms: 1
 - Views: Village
 - Area: Townhouse
- Ref. TH902**

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Welcome to Streetwise magazine -

Well hello summer!

The temperature heated up very quickly this year and with it came the much welcomed tourists. During June the beaches and restaurants started filling which was great to see. This year we're going to see a lot more people enjoying the coast due to the increased temperatures inland.

The beach activities are in full swing and I'll be joining the pilates when possible. Doing these classes on the beach is extremely relaxing and enjoyable, I would advise locals and tourists alike to join in.

Please as always support your local businesses and enjoy the summer!



Dawn x

streetwise
MÁLAGA

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New unemployment office to open in Nerja

The new Oficina de Empleo will be located on the ground floor of the municipal Fernandez Olmo building, covering 387m².

This renovation will cost €48,380.64. Mayor José Alberto Armijo promised the space will be “comfortable, modern, central and accessible,” providing essential services to jobseekers in both Nerja and the nearby village of Maro.

**Velez Malaga night bus service**

The night bus service will be extended throughout the summer to help with the growing number of tourists through summer.

It will operate from 10.30 p.m. until 2.30 a.m. every night from July 1st to August 31st.

The service will be provided by Travelesa, part of the ALSA group, the company responsible for Velez-Malaga's municipal transport system.

Health centres summer opening hours

The Junta de Andalucía has announced changes to the opening hours of health centres and clinics across Malaga province during summer. From July 1st to September 30th, health centres in Vélez Sur, Torre del Mar, Nerja, and Torrox will remain open in the afternoons, while Vélez North, Casabermeja, Colmenar, Riogordo, and Benajarafe will operate only in the mornings. The Málaga Health District, from June 30th to September 12th, including Rincón de la Victoria, will open from 8am to 8pm, handling all non-deferrable or urgent consultations. Emergency services will be available from 8pm to 8am.

Spanish national jailed for arson attack

Spanish national Juan Francisco Sánchez Valenzuela aged 19, was given a six year sentence for starting a fire at a flat in the Mid Harbour Estate in Gibraltar which hospitalised five family members and killed their dog.

Suspected paedophile arrested

A 36 year old man faces 34 years in prison for reportedly sexually assaulting two minors and producing child pornography.

He absconding during his trial in Malaga five years ago but has since been arrested once again 5 years later. He fled after the first hearing, which had granted him provisional release.

Continued on page 10



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€80,000 to finance the third phase of the Taller de la Amistad Child and Youth Care Centre

The mayor of Nerja, José Alberto Armijo, has reaffirmed the City Council's commitment to the Friendship Workshop by approving a decree that includes a municipal contribution of €80,000. This amount will be used to co-finance the construction of the third phase of the "Comprehensive Child and Youth Care Centre (TALLERTA)" project, and the necessary funds will be included in the next fiscal year's budget.

Cruise route

Cruise ship Aurora, brought nearly 2,000 passengers to the port of Motril, helping the tourism industry economy. Approximately 1,600 passengers disembarked to explore Motril and its surroundings.

Relaunch of Maro beach shuttle service

The shuttle service from Nerja to Maro beach, which will be running throughout the summer until September 15th. Available every day from 10am to 8.30pm, priced at €3, including return.

Torrox beach safety

Saturday June 14th saw the start of the Torrox beach safety summer season program, this will continue until September 14th and start at 11.30am to 8.30pm daily. There are over 40 professionals who are supported by vehicles, boats, and drones. There are also specially trained water rescue dogs in this year's safety season campaign. The operation includes a coordinator, 18 certified aquatic lifeguards with qualifications, three additional lifeguards trained as emergency medical technicians, two jet ski operators, and five healthcare professionals, including nurses and clinical assistants. The campaign also has two drones on weekends, when beaches see the highest capacity of people.

Hiring the unemployed incentives

Businesses and self employed professionals are being enticed into hiring the unemployed with cash incentives from the government.

Tivoli amusement park fire

A plot of land close to Tivoli amusement park in Benalmádena caught fire, fortunately the quick response of the emergency services prevented it from spreading. The fire was located close to the roller coaster at Tivoli amusement park.

Aldi opens new supermarket in Vélez Málaga

The German chain supermarket opened its doors in Vélez-Málaga on Wednesday 25th June. This is the third Aldi supermarket in Vélez Málaga, it is located on Avenida Rey Juan Carlos I, on the Pañoleta industrial estate and opposite the existing Lidl store. Aldi has more than 30 supermarkets in Malaga province. Most of the products sold in Aldi supermarkets are own-brand products, which enables the company to maintain low prices with high quality standards.

Two hundred new parking spaces created for summer

Rincón de la Victoria town hall on the eastern Costa del Sol has created a new public parking area with capacity for 200 vehicles in the centre of Torre de Benagalbón to help with the influx of people during the summer.

Costa del Sol beach

A beach on the Costa del Sol has been voted one of the best in Europe, this beach is located in Nerja. It is located near the Balcón de Europa with stunning views of the Mediterranean Sea. It is a 120-metre-long U-shaped cove, which is very well equipped with restaurants and has an original stone promenade.

Measels cases confirmed on the eastern Costa del Sol

There are a 50 cases in the Málaga province this includes two children in Torrox. Andalusian regional government's health and consumer affairs department confirmed 88 cases during this year so far.

Fuengirolas Pride manifesto

Fuengirola held an event on Friday 27th June that included the reading of a manifesto and a roundtable discussion under the theme 'equal in diversity'. This service offers psychological support, legal information, health advice and support for parents during the acceptance processes, among other things.

Continued on page 12

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Trump threatens Spain: 'We're going to make them pay twice as much'

Spain is the only country rejecting the demand to increase defense spending to 5%. The U.S. president announced that, as retaliation for Spain's position at the NATO summit, he will double the planned tariffs on the country:

"They're going to pay, they'll pay more money this way." They're the only country that won't pay the full, they want to stay at 2%."

He added that Spain's economy is "doing very well, and that economy could be blown right out of the water with something bad happening."



Two murders and a hit ordered for \$3,400 in Madrid.

The police arrested a suspect in the killing of a young man in Getafe, who allegedly belonged to this criminal group; the accused killer is a minor from the Trinitarios gang

Asian seaweed invasion ravaging the Spanish coast

An army of *Rugulopteryx okamurae*, an invasive Asian algae detected in 2015 in the Spanish exclave city of Ceuta, is advancing relentlessly along the coast, producing clones by the thousands and devastating biodiversity.

Ibiza's iconic wall lizards are being wiped out by an invasive snake that's already on 90% of the island

The rapidly advancing predator is a good swimmer and has also colonized Formentera and satellite islets in the Mediterranean. Scientists warn other micromammals that control the insect population are also disappearing.

Montgat, the Spanish town stripped of beaches and income

Climate change has swallowed beaches in the Barcelona municipality, which has lost €1 million a year since the pandemic due to the lack of tourists. Montgat, a town of 12,600 inhabitants located less than nine miles (14 km) from Barcelona, has become a prime example of the impact of climate change on the Catalan coast.

Inside Spain's slaughterhouse of horrors

Five people have been arrested in an operation targeting livestock farms, industrial warehouses, and illegal facilities in Ávila, Toledo, and Madrid that were sending untraceable meat to restaurants. In the slaughterhouse, the place was piled high with more than 200 sick, dying, and dead goats and sheep, surrounded by filth, severed animal heads, and rats..

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Almijara, Nerja Townhouse (430) Price: €350.000
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Commercial premises, Nerja (445) Price: €215.000
 Large commercial premises, 190m2 approximately with terrace and garden. Very bright with windows and good ventilation. Independent access from the street. Ideal for opening a gym with an outdoor exercise area, meeting room, religious centre, creative painting workshop, restaurant or any type of business.



El Peñoncillo Torrox Costa (432) Price: €265.000
 First floor corner apartment facing the sea.
 Enjoy spectacular sunsets. Small, quiet block with elevator very close to the Mediterranean.
 Consists:- living room facing south with access to a terrace, kitchenette, bathroom with bathtub and 2 bedrooms, both also facing south. Excellent sea views.



Torrox Pueblo (442) Price: €180.000
 Townhouse over 3 floors. Ground floor:- spacious living room and a fully furnished independent kitchen. First floor:- 2 bedrooms and a large family bath with bathtub. Second floor:- 2 bedrooms and a small terrace where you can access the sunny roof terrace with south orientation and great views of the village and the sea. A few minutes walk from the town centre, in a quiet, pedestrian street with good neighbours.

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**ARIES:-****(March 21st - April 19th)**

It's good of you to want to help a friend who is down on their luck but don't do it all for them. It is possible to be too generous, both with your time and your money, so make sure you know where to draw the line.

Luckiest day:- Friday**TAURUS:-****(April 21st - May 21st)**

This month the bad feelings you had about someone will quickly disappear. Then you will be able to see they are not the monster you thought they were. Hopefully they will see you in the same light.

Luckiest day:- Monday**GEMINI:-****(May 21st- June 20th)**

There is a danger you could get carried away with your own sense of genius and do things that have little if any chance of succeeding. It's good that you have high expectations of yourself but you must stay in touch with reality as well.

Luckiest day:- Wednesday**CANCER:-****(June 21st - July 22nd)**

All things are possible if you want them enough and if you are prepared to join forces with people who share your ambitions. You are smart enough to know you cannot reach the heights on your own, which gives you an advantage over your rivals.

Luckiest day:- Sunday**LEO:-****(July 23rd to August 22nd)**

If you take a risk of some kind this month it could pay off, but don't go mad and start making choices that are as likely to fail as succeed. Listen to what your inner voice tells you and let it guide you in the direction of your dreams.

Luckiest day:- Saturday**VIRGO:-****(August 23rd - Sept. 22nd)**

It will pay you to go off on your own for a while so you can get your head together and get your heart rate down to a more comfortable level. You can't think straight while your senses are being bombarded by other people's problems.

Luckiest day:- Thursday**LIBRA:-****(Sept. 24th - October 23rd)**

This month the wealth area of your chart is heightened, which is sure to bring opportunities to enrich yourself but could also encourage you to splash out on luxury buys. Where money is concerned you will need to show some constraint.

Luckiest day:- Saturday**SCORPIO:-****(Oct. 23rd - Nov. 22nd)**

Opportunities to improve your lot in life will come thick and fast during this month but to make the most of them you need to get past any bad feelings you may have about other people. A positive outlook will smooth your path to success.

Luckiest day:- Tuesday**SAGITTARIUS:-****(Nov. 23rd -Dec. 21st)**

Does the project you are working on still fill you with joy? If not, it may be time to start thinking about swapping over to something that does. Even a Sag can get stuck in a rut occasionally, so do something drastic to get out of it.

Luckiest day:- Wednesday**CAPRICORN:-****(Dec. 22nd - Jan. 20th)**

Put principles before profit this month and make sure everyone you have dealings with, both personally and professionally, does the same. If your conscience tells you that what others are doing is morally wrong you must have nothing to do with them.

Luckiest day:- Monday**AQUARIUS:-****(Jan. 21st - Feb. 18th)**

This is the ideal time to turn your attention to family matters and to make sure the people you love most are aware of your feelings. Sometimes you can be a bit aloof but you can also, when the mood takes you, be incredibly romantic.

Luckiest day:- Sunday**PISCES:-****(Feb. 19th - March 20th)**

Social activities and travel plans are under excellent stars, so don't sit at home waiting for others to call, get out there and show the world what a wonderful human being you are. Your positive aura will draw people to you like moths to a flame.

Luckiest day:- Morning

Horoscopes



Edf. Florida, Nerja

New to the market, this fully refurbished 2 bedroom apartment offers stunning panoramic sea views from its south-facing terrace. Located within walking distance of Nerja's town center, it's part of the desirable Edf. Florida complex, with a large communal pool, gardens, and secure parking. Ideal as a full-time residence or holiday rental investment.

Price: 350,000 euros Ref. JG1053

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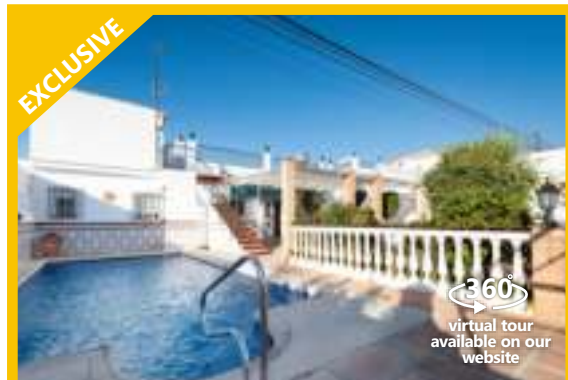
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Urb. Fuentes de Nerja

Exclusive 2-bedroom apartment in Las Fuentes de Nerja, steps from Torrecilla Beach and the Balcon de Europa. Features a bright open-plan living area, glazed terrace with sea and pool views, separate kitchen, and 2 bathrooms (one en suite). Ideal as a home, holiday retreat, or rental investment in a prime coastal location.

Price: 399,000 euros Ref. JG908TPM



Castillo Alto, Nerja

Villa with private pool situated in Castillo Alto, on the road from Nerja to Frigiliana. The property comprises three bedrooms and two bathrooms. It has a roof terrace with very nice sea and mountain views. Outside the house there is a large sunny terrace, a patio with mature trees, a BBQ area and a small workshop room. There is also a garage space with automatic door.

Price: 289,000 euros Ref. JG135

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Urb. Capistrano Village, Nerja

Charming 2-bedroom terraced house in El Capistrano Village with sea-view terrace, spacious living area, guest toilet, and split-level patio. The master bedroom opens to two terraces offering nice sea views. Enjoy access to lush gardens and two communal pools. Easy street parking included.

Price: 380,000 euros Ref. JG384TPM

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Plaza Cantarero, Edf. Cantarero Bajo 1, Nerja, Málaga



Lovely Villa For Sale

in Frigiliana

€595.000



Ref.: NPSV2416

Villa

Bed : 2

Bath : 1

Car : YES

Gate : Private

Pool : Private

About the Property

Nestled just 1 km from Frigiliana, this charming southwest-facing villa is set within 3,100m² of private grounds. Stunning panoramic views of the Sea and the Sierra de Almijara mountains. Opportunity to own a beautiful retreat in one of Andalucía's most sought-after locations!



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Cortijo de San Rafael - NPSV2420 **590.000€**

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2 2 277 / 2046 m2



EXCLUSIVE



Frigiliana - NPSV2400 **240.000€**

Fantastic 2-bedroom apartment located in the highly sought-after Residencial La Fuente in Frigiliana. Gated community with swimming pools, gardens, and a tennis court.

2 1 56 m2





Geraniums - Cordoba Patios



Geraniums are a popular and an iconic sight on patios and balconies in Spain, particularly in Andalucia. They are known for their vibrant colours and ability to thrive in sunny, warm climates, making them well

suited for the Spanish landscape. Their presence is so characteristic that they are often featured in photographs and descriptions of Spanish patios and balconies.

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Why Geraniums are a Spanish Patio Favourite:

Sun loving:-

Geraniums flourish in full sun, which is abundant in many parts of Spain.

Heat Tolerant:-

They can withstand the heat of the Spanish summer, making them ideal for outdoor spaces.

Low Maintenance:-

Geraniums are relatively easy to care for, requiring minimal watering and attention, which is convenient for busy lifestyles.

Colourful Display:-

They come in a variety of colours, including red, pink, and white, adding a vibrant touch to patios and balconies.

Popular in Cordoba:-

Geraniums are a prominent feature in the patios of Cordoba, which are famous for their floral displays.

Specific Examples:-

In Granada's Albayzin district, balconies are often adorned with red geraniums, creating a picturesque scene. The Patios Festival of Cordoba showcases the beauty of patios decorated with geraniums and other flowers. Many patios in Andalucia feature a combination of geraniums, jasmine, orange trees, and other plants.

In summary, geraniums are a quintessential element of Spanish patios and balconies, appreciated for their vibrant colours, resilience, and ease of care, especially in regions like Andalucia.





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Avenida Andalucia 65c, Torre del Mar, 29740, Málaga



Arenas Fantastic property!
 Fantastic country villa 2 bed, 2 bath (193m²) with 2 independent guest apartments. A short drive from the village and the coast.
 The property benefits from private pool and magnificent sea and surrounding views.
Price: 398.000 euros
 ref: v 1526 EPC: In progress



Online video

Sayalonga Open views!
 Renovated 2 bed, 1 bath townhouse (99m²) with living/dining, separate kitchen, easy access to local amenities, roof terrace, ideal lock up and leave holiday home or rental property.
Price: 79.000 euros
 ref: t1435 EPC: E



Online video

Cómpeta Fantastic B & B!
 Stylish boutique guesthouse (156m²) run as a successful business. Fully reformed to a very high standard. With 4 double en-suite guest rooms & single guest room with sep. shower room. Located in a prime situation – sensible offers considered!
Price: 375.950 euros
 ref: b 1428 EPC: E



Torrox Costa New this month!
 Infinity Views is a modern development of 2 bed townhouses, with sea views, spacious terraces, pool, private garages and basements. Near the beach, golf courses, charming coastal towns, offering a Mediterranean lifestyle.
Prices from: 299.000 euros
 ref: t1566 EPC: In progress



Sedella Rustic property!
 Spacious bright countryside villa (165m²) 3 beds, 2 baths, separate living, kitchen/dining, private pool terrace with sea, mountain and village views, 2 stables, 2 additional plots of land, potential for horse-riding business.
Price: 433,000 euros
 ref: v1515 EPC: In progress



Salares Price reduced!
 Large beautifully renovated 3 bed, 4 bath village house (200m²) with on street parking right outside, huge living/dining room, 3 double en-suite beds, terrace, walled courtyard and roof terrace.
Price: 211,000 euros
 ref: t1132 EPC: D

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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PLOT FOR SALE IN FRIGILIANA - VSR2198 - Price: €82.000

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VSR2206 ALMIJARA III, NERJA - Townhouse, SEA VIEWS, spacious lounge/dining area, two large bedrooms, (originally three). front patio, large south facing terrace, panoramic sea views. Communal pool, walking distance to Burriana beach and in to Town. Book a viewing now. **Price:- €379,000**



VSR2075 NERJA - Town house, two bedrooms, two bathrooms in the main living area. Studio apartment with independent access, good rental potential, Private pool, sun terraces, SEA VIEWS. Garage available for additional €20,000. Lots of outside space. Walking distance to Town. Great price, book your viewing now. **Price:- €399,000**

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VSR2202 EDIF. TOBOSO

Apartment two bedrooms, bathroom, large patio, sea views, close to Playazo Beach. Great rental potential.

Price:- €320,000



VSR4116 WEST NERJA

Duplex apartment, close to the beach, three bedrooms, bright open plan lounge, leading to a private terrace, SEA VIEWS, communal pool, roof terrace, lots of outside space, great rental potential. Must be viewed.

Price:- €425,000 Book a viewing now!



VSR2194 EL PENOÑCILLO

NEW Townhouse, 156m2, 2 beds, 3 baths, large private terrace, stunning SEA VIEWS, communal pool, private garage, store room, unfurnished. Kitchen installation available from €6,000

Price:- €318,000 Book a viewing!



VSR4129 BAVIERA GOLF

Apartment, large private terrace, two bedrooms, two bathrooms, air con, communal pool, private parking, walking distance to the beach.

Price:- €280,000

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The Costa Animal Society...

Join Us to Help Animals in Need

Together, we can make a difference

Costa Animal Society Needs You!

During the months of July and August, some of our shop volunteers travel back to the UK to be with their families. That means for the ones left behind, sometimes it's a bit of a juggle to sort out the weekly rota.

This year, unfortunately, has been more difficult than usual to make it all work. Please, if there is anybody out there that would like to help our charity during those two months, it would be really appreciated.

You would be working with one of our regular volunteers in the shop, so no experience is necessary.....

.just a willingness to help our customers and a smile!

You can contact us via Facebook, search for Costa Animal Society - CAS or email us at

costaanimalsociety@gmail.com

You can also visit our shop Monday to Saturday between 10:00 - 14:00 where any of our staff will be willing to give to more information.



TARA & NINA

Tara and Nina are 2 lovely Podenco old ladies. Their owner sadly passed away recently and now they are with us at Seacrest. Both are small (approx 12-15kg) and around 10 years old. They've lived in a house before, so they are already housetrained. They love to be with people and are both great with other dogs. They can be adopted separately, although we'd love to see them find their forever home together. Nina is on medication for epilepsy but is fit and healthy, as is Tara. Neutered, Passport and Vaccinated. To arrange a visit or learn more about Tara or Nina, contact Seacrest at: 711 028 847 / 646 613 885 or drop us a message on Facebook, or email CAS at:

costaanimalsociety@gmail.com

Even if you can't adopt, a share could help our dogs find the homes they deserve. Thank you! You can find us on Facebook - Costa Animal Society CAS, where there is more information. Or, pop into our shop in Calle Antonio Millon 13 (Next to Café Aloha), Nerja, Monday to Saturday between 10:00 and 14:00 where our staff will be able to help. To help CAS in their work and donate, please go to our website, where you will find our bank details.

Web - costa-animal-society.square.site



If you would like to meet Tara or Nina, 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 Calle Antonio Millon 13 (Next to Café Aloha), Nerja,

Monday to Saturday between 10:00 and 14:00 where our staff will be able to help.

If you would like to help CAS in their work and donate, please go to our website where you will find our bank details, costa-animal-society.square.site

AXARQUIA ANIMAL RESCUE

Spare change, coin collecting

Do you have some spare change cluttering up your sideboard or thrown in to a drawer?

Then why not give it to AAR.

As a not-for-profit charity every penny counts, and your spare change can soon add up to make a huge difference.

Before you know it your jar is full and it will be enough for AAR to buy some well needed medicine or food for the animals in our care.

Every little helps.

Full jars can be dropped off at either Trapiche Market or our charity shop in

Torre del Mar, or just contact us and if one of our volunteers lives nearby we would be only too happy to collect it.

For more information and other ways to raise much needed funds please visit our website at www.axarquiaanimalrescue.com/donate

Fostering

Here at AAR we are crying out for fosterers. Could that be you?

Fostering is vital to the welfare of the animal. It gives them a better chance of finding their forever family and teaches them what it's like to live in a home and be cared for. Maybe you've had a dog or cat in the past, but you're worried having a pet would tie you down; or maybe you're concerned about the rising cost of owning an animal, after all veterinary care isn't cheap. Well, here at AAR we work with you.

All our dogs are fully funded so you are never expected to pay for anything. Plus, if time is a concern, then we offer a buddy service to help you on the days having an animal to care for isn't convenient. Fostering brings so many rewards, and not just for the animal. You know you're making a real difference as you watch them thrive and find their forever home. Yes, there will be tears, but they will be happy tears as you say goodbye knowing it was a job well done. If you're interested in fostering or becoming a buddy, then please get in touch as we would love to hear from you.

Email: axarquia-rescue@hotmail.com or call Diane on 0034 692 962 429.

Don't forget to join AAR on Teaming and donate 1 euro per month so AAR can keep helping dogs like Benny - click on the link and follow the instructions.

<https://>

www.teaming.netaxarquiaanimalrescue

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Axarquia Animal Rescue



AAR - 2787 Janey

Hello, I'm Janey. I'm a really happy and friendly pup who was born to Willow in February. Since then, I have been in kennels with my sisters and my mum. My sisters have now found their forever homes, so now I have no one to play with 🐾🐾 I love to play! I'm good with other dogs and cats too! I also love to meet new friends 🐾🐾 I've started my vaccinations.

I'll be medium sized when I grow up, so won't take up too much space.

I just want cuddles, play time and my own home 🐾🐾

Would you like to meet me?

Head to : www.axarquiaanimalrescue.com/meetme.php?id=2787 to find out more and to see some more pictures of me 🐾🐾

For more info, please contact: axarquia-rescue@hotmail.com

Looking forward to meeting you 🐾🐾

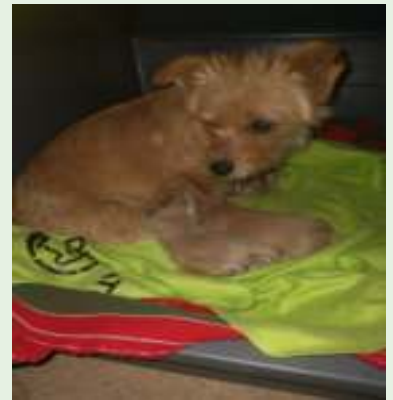
Meet Chiqui and her pups.

Chiqui gave birth to her puppies in a storm drain 12th May. Luckily villagers had been keeping an eye on her, and alerted one of our volunteer fosters.

The little family were rescued from the storm drain and taken into care where they are all thriving. Chiqui is not for adoption, her

foster has fallen in love with her, but the 4 pups, one girl and 3 boys will be available for adoption soon. Mum as you can see is a small terrier type, father unknown, at the moment it is too early to know how big they will be - but expected on the small side of medium.

If you would like more information please email us at axarquia-rescue@hotmail.com or take a look at our website www.axarquiaanimalrescue.com where you will find more photos and information on the individual pups.



URGENT HELP NEEDED FOR WILLOW. Our beautiful Willow is fighting for her life right now. She is very ill and currently in hospital, awaiting a vital operation that could save her — but the costs are running into the thousands of euros, and we desperately need your help. We have no guarantee the operation will be successful, but we have to try. Willow deserves that chance. We are urgently asking for donations to help cover her surgery and the post-operative care she will need. Every euro truly makes a difference. Donate here. Please mark your donations "A gift for Willow 2780" : <https://www.axarquiaanimalrescue.com/donate.php> Read Willow's story: <https://www.axarquiaanimalrescue.com/meetme.php?id=2780> After surgery, Willow cannot return to kennels. She will need a calm, loving foster home - a guardian angel who can provide a clean space, give her medication, care for her wounds, and take her to the vets.

Join Us at AAR Charity Shop

Want to make new friends? Practise a spattering of Spanish with the locals? Our charity shop at 147 Avenida de Andalucía, Torre del Mar (the main road through town and close to the Thursday market) is looking for dedicated volunteers to help us with a variety of tasks, from sorting donations to assisting customers. Come and be part of something special - help us make a positive impact in the lives of those who need it most and help us raise money for AAR. Our Shop is open Monday to Saturday 10am until 1.30pm. If you think you can spare us a few hours, then Liz Pusey, our shop manager would love to hear from you. You can contact Liz via our email address: axarquia-rescue@hotmail.com or come visit us at the shop. We'd love to meet you.

AAR 2746 - Luna

Luna is almost 16 months, has her pet passport and has been neutered. Luna ADORES other dogs! Luna is currently living with foster parents and their three dogs. Luna is a very sweet, quiet dog.

Luna loves to greet everyone with a goofy smile when she wakes up in the morning! Luna is a bit shy when she first meets a stranger, but once she gets to know you, she will love you for ever.

Please email: axarquia-rescue@hotmail.com for more information.



Axarquia Animal Rescue

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Keep Cool: How to Manage Your Dog in the Heat of Summer

From the Team at Dog School Nerja

As the sun intensifies over the Costa del Sol, summer in southern Spain can be glorious—but also potentially dangerous, especially for our four-legged companions. At Dog School Nerja, we've seen how the heat can impact dogs' health and behaviour, and we want to make sure pet parents are equipped with the knowledge to keep their dogs safe, happy, and cool throughout the hottest months of the year.

Why Summer Heat Poses a Risk to Dogs

Dogs are far more sensitive to heat than we are. Unlike humans, they don't sweat through their skin. Instead, they regulate temperature primarily through panting and a small amount of sweat through their paw pads. In high temperatures, this natural cooling system can become overwhelmed, leading to dehydration, overheating, and even heatstroke—a serious and sometimes fatal condition. Some dogs are particularly vulnerable, including flat-faced breeds like Bulldogs and Pugs, elderly dogs, puppies, and those with thick or dark coats. Rescue dogs who may not yet be fully acclimatised to the Andalusian climate can also struggle.

Top Tips for Keeping Your Dog Safe in the Heat

1. Rethink Walk Times

Avoid walking your dog during the hottest parts of the day. Early morning and late evening are the safest times for exercise. Before stepping out, test the pavement with your hand—if it's too hot for you, it's too hot for your dog's paws.

2. Offer Plenty of Shade and Water

Make sure your dog has constant access to fresh, cool water and shaded areas. This applies both at home and when you're out and about. Adding ice cubes to their water bowl can be a fun and effective way to help them stay cool.

3. Cut Back on Intense Exercise

Summer is not the time for high-energy ball games or long runs. Instead, try low-intensity enrichment activities like scent games, puzzle toys, or frozen treat-dispensing toys to keep their minds active without risking overheating.

4. Never Leave Dogs in Cars

Even with the windows cracked, a parked car can become a furnace

within minutes. Temperatures can rise to dangerous levels extremely quickly, putting your dog at serious risk. It's simply not worth the gamble.

5. Keep Them Groomed (But Not Shaved!)

Regular grooming helps remove excess fur and reduces overheating, but don't shave double-coated breeds—these coats are designed to protect against both heat and sunburn.

What's Happening at Dog School Nerja This Summer?

Here at Dog School Nerja, we take the wellbeing of our dogs seriously. That's why we've paused all group training classes for the summer. Outdoor training under the scorching sun just isn't safe for dogs or their humans.

But don't worry - I'm still available for private training sessions throughout the summer months. These one-on-one sessions are tailored to you and your dog's needs and can be arranged in shaded outdoor spaces, at your home, or during the cooler hours of the day. Whether you're working on basic obedience, recall, reactivity, or confidence-building, we can continue making gentle, positive progress - even in the heat. Private sessions also provide a more focused environment, allowing for deeper connection and quicker breakthroughs, especially for dogs who may find group settings



overwhelming.

Stay Informed, Stay Prepared.

A little planning can go a long way when it comes to summer safety. Understanding your dog's limits and adjusting routines accordingly helps prevent unnecessary stress and ensures your dog enjoys summer just as much as you do.

For more training advice, tips on seasonal dog care, or to book a private session, visit:

👉 www.dogschoolnerja.com

Stay safe, stay cool,
and keep enjoying life with
your dog by your side.

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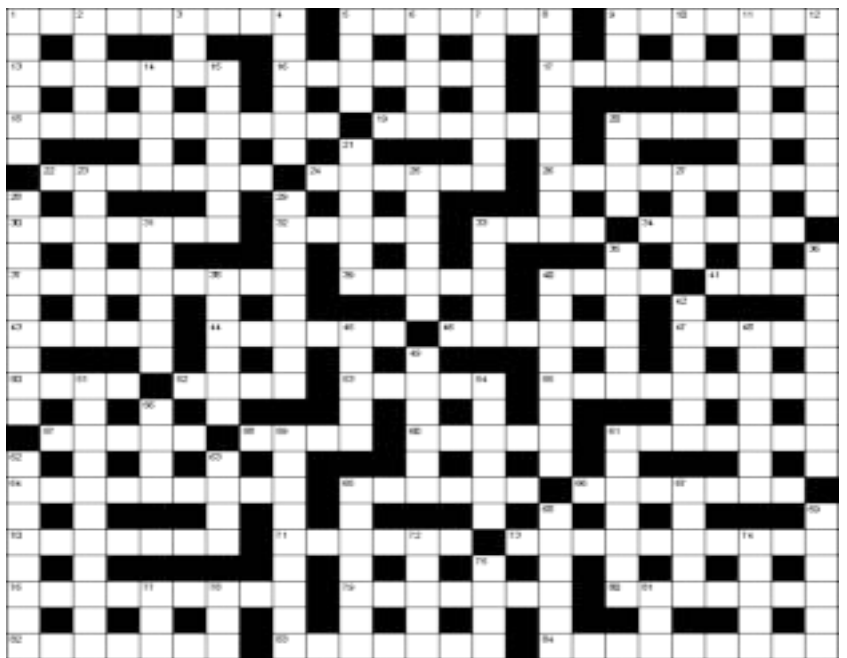
Across

1. Musician (9)
5. Clear of blame (7)
9. Edges (7)
13. Polo sticks (7)
16. Perils (7)
17. Deliberated (9)
18. Alimentary (10)
19. Eerie (6)
20. Type of bird (7)
22. Demolish (7)
24. Talented (6)
26. Custom (9)
30. Responses (7)
32. Part of a jacket (5)
33. Tallies (4)
34. Banquet (5)
37. Whirlpool (9)
39. Boredom (5)
40. Notice (4)
41. Continent (4)
43. Dapper (5)
44. Disregard (6)
46. Previously (6)
47. Greek epic poem (5)
50. Woodwind instrument (4)
52. Urban area (4)
53. Overwhelming fear (5)
55. Owned (9)
57. Legal excuse (5)
58. Corrosive substance (4)
60. Large oval fruit (5)
61. Green (7)
64. Consumption (9)
65. Pale (6)

66. Cane syrup (7) 70. Time interval (7) 71. Birds of prey (6) 73. Recalled the past (10)
76. Does away with (9)
79. Methods (7)
80. Aromatic herb (7)
82. Give evidence in court (7)
83. Show (7)
84. Spotted dog (9)

Down

1. Third sign of the zodiac (6)
2. Cove (5)
3. Rodent (3)
4. Dullness (6)
5. Female relative (4)
6. Slumber (5)
7. Roped (7)
8. Coded (9)
9. Implore (3)
10. Decompose (3)
11. Fans (11)
12. Askance (8)
14. Decree (5)
15. Mariners (7)
20. Male deer (4)
21. Uncomplicated (6)
23. Requiring the least effort (7)
25. Claws (6)
27. Notion (4)
28. Court game (9) 29. Mercy (8)
31. Compositions (6)
33. Nimble (5)



35. Concurs (6)
36. Nominee (9)
38. Dried grape (6)
40. Arachnid with a sting (8)
42. Directly proportional (6)
45. Quick (5)
48. Set up (7)
49. Tooth coating (6) 51. Duties (11)

54. Frank (6)
56. Wading bird (4)
59. Talked (9)
61. Dizziness (7)
62. Watchful (8)
63. Business concern (4)
65. Mythical winged horse (7)
67. Stage whisper (5)
68. Stopped (6)
69. Abut (6)

72. Display tripod (5) 74. Omnivorous mammal (5)
75. Refuse to accept or believe (4)
77. Roman 3 (3)
78. Grass used as fodder (3)
81. Distilled from fermented molasses (3)



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Not just holiday habits: When drinking on the Costa becomes something more

Many people move to the Costa del Sol seeking sunshine, freedom and a slower pace of life. It can feel like an endless holiday, meals out, late nights, beers by the beach, wine at lunch, and drinks well into the evening. With the sun shining and social life in full swing, it's easy to slip into a pattern of drinking daily.

But for some, what starts as a holiday lifestyle quickly becomes something more; a growing dependence on alcohol that's hard to recognise, let alone break free from.

Perhaps you've started drinking earlier in the day or need more than just one to feel relaxed. Maybe you're telling yourself you'll cut back tomorrow, only to find you can't. If that sounds familiar, you are not alone and there is a way out.

Alcoholics Anonymous (AA) offers a safe, confidential space where people struggling with alcohol can share honestly and begin to recover. Here are two real stories of people who found help through AA:

I no longer feel alone; and I'm finally learning to love myself.

At 55, Daniel was drinking daily; starting in the morning and continuing until he blacked out.

"I felt suicidal all the time. I was still working, but I was barely holding it together. Then one night, after a conversation about past drug use, things took a turn. I had a complete emotional breakdown and knew I couldn't go on."

He'd been in and out of AA since he was 25. "I never really got it until I hit rock bottom. This time

I got a sponsor, started working the Steps, went to meetings, and did service. I've now been sober for over a year."

"I'm not religious at all, but I've found a higher power that makes sense to me. Some days I still struggle, but now I've got the tools to deal with it. I'm not alone anymore."

This programme works if you work it.

Sophie, also 55, had used alcohol, drugs, and relationships to escape since her teens.

"I had many rock bottoms, especially with bipolar. I even tried to end my life before I was 21. But when I got pregnant with my first child, I knew I had to stop."

She'd gone to her first AA meeting in her twenties but wasn't ready. After many relapses, she returned and embraced the programme.

"I've done the Steps over 13 times now. They've changed my life. I believe every child should be taught them at school, it's a way of life. I don't care what you call your higher power, but you need one. This programme saved me."

There are meetings of Alcoholics Anonymous, with friendly people who will understand, held daily throughout the Costa del Sol. Meetings are free to attend, and anyone who thinks they may have a problem with alcohol is welcome.

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SCAN ME



Char Grilled Peppers

Char-grilled peppers

Serves:- 4

Ingredients:-

6 small mixed peppers (120gm each), pierced
80 ml extra-virgin olive oil
Parsley leaves, to serve

Preparation:-

Preheat a lightly greased barbecue to high.
To cook peppers, grill, turning frequently until charred, softened and cooked through (12-15 minutes).
Transfer to a heatproof bowl, cover with foil and stand at room temperature for 1 hour for skins to loosen.
Remove skins, taking care not to break peppers; and discard.
Make a small incision in side of each pepper and carefully scrape out seeds; discard seeds.
To serve, transfer to a serving plate, scatter with parsley leaves and drizzle with extra olive oil.



Fast Chicken Satay

Fast Chicken Satay

Serves:- 4

Ingredients:-

800 gm skinless chicken breast, cut into thin slices, or chicken thigh cut into 2cm pieces
3 tsp finely grated ginger
2 tsp finely grated turmeric
2 garlic cloves, finely grated
2 tbsp light soy sauce
1 tbsp peanut oil, for drizzling
Coconut milk, for brushing
Lime wedges or charred lime wedges, for squeezing
Mint leaves, to serve

Quick satay sauce

120 gm crunchy peanut butter
2 tbsp tamarind extract
1 tbsp light soy sauce
2 tbsp honey
1 small red chilli, finely chopped
Coarsely crushed roasted unsalted peanuts, to serve

Preparation:-

Preheat a barbecue to medium-high. Combine chicken, ginger, turmeric, garlic and soy sauce in a bowl, season with sea salt and toss to coat. Thread chicken onto 12 skewers, folding pieces back on themselves if necessary. Drizzle with oil and grill, brushing with coconut milk and turning occasionally, until charred and cooked through (5-6 minutes).

Meanwhile, for satay sauce, combine ingredients in a bowl (add chilli to taste) and season to taste. Transfer to a small serving bowl and top with roasted peanuts. Squeeze lime over chicken skewers, top with mint and serve with satay sauce.



Indian Spiced Lamb Skewers with Mint Yogurt

Indian-spiced lamb skewers with mint yogurt

Makes:- 14

Ingredients:-

1 kg boneless lamb leg, cut into 2cm pieces
100 gm natural yoghurt
2 tbsp tomato paste
1 tsp chilli powder
1 tsp ground coriander seeds



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½ tsp ground turmeric
 ½ tsp ground cumin
 1 garlic clove, crushed
 Melted ghee, for brushing
 Small green chillies, to serve
 Diced red onion tossed in lime juice, to serve
 Lime wedges, to serve
 Mint yogurt
 250 gm natural yogurt
 ½ cup (loosely packed) mint, plus extra coarsely chopped to serve

Preparation:-

Preheat a barbecue to high. Combine lamb, yogurt, tomato paste, spices and garlic in a bowl and season well to taste. Thread lamb onto 14 skewers, and grill, turning and brushing with ghee occasionally, until charred and cooked through (6-8 minutes).

For mint yogurt, blend ingredients in a food processor until smooth.

Season lamb skewers with salt to taste and serve with chillies, red onion, lime wedges and mint yogurt topped with chopped mint.



Grilled Octopus with Tomatoes and Dill

Grilled octopus with tomatoes and dill

Serves:- 4

Ingredients:-

4 large baby octopus, cleaned, tentacles separated
 1½ tsp paprika
 1 garlic clove
 ½ tsp finely crushed fennel seeds
 Lemon juice, to serve
 ½ cup chopped dill, to serve

Tomato salad

6 tomatoes, cut into wedges
 12 kalamata olives, pitted and halved
 ¾ small white onion, diced
 1 cucumber, peeled and diced
 ½ cup basil leaves
 2 tbsp white wine vinegar (or to taste)
 60 ml (¼ cup) extra-virgin olive oil, plus extra to serve
 Crumbled feta, to serve

Preparation:-

Preheat a barbecue to high. Combine octopus with paprika, garlic and fennel seeds in a bowl and season with salt flakes to taste.

For tomato salad, combine ingredients in a bowl. Season to taste, transfer to a platter and top with feta.

Add octopus to barbecue and char-grill, turning once, until just cooked and charred (1-2 minutes) Transfer octopus to a plate, drizzle over oil and squeeze over lemon to taste, then scatter with dill. Serve with tomato salad on the side.

Charred prawns on skewers with lime

Serves:- 20

Ingredients:-

1 tsp pepper berries



Charred Prawns on Skewers with Lime

60 gm light palm sugar
 60 ml (¼ cup) fish sauce
 20 medium uncooked prawns, heads and tails removed, cleaned
 Macadamia oil, for brushing
 1 finger lime, halved
 Juice of 2 limes, plus wedges to serve
 Coriander sprigs, to serve

Preparation:-

Crush pepper berries with a mortar and pestle, then stir in palm sugar and fish sauce until sugar dissolves.

Thread prawns onto skewers through the centre length ways, then brush lightly with the pepper berry mixture and a little macadamia oil.

Refrigerate until required.

Heat a barbecue and grill prawns, turning occasionally, until opaque and just cooked (2-3 minutes).

Squeeze finger lime and lime juice over prawns.

Season to taste with sea salt flakes, scatter with coriander and serve with lime wedges.



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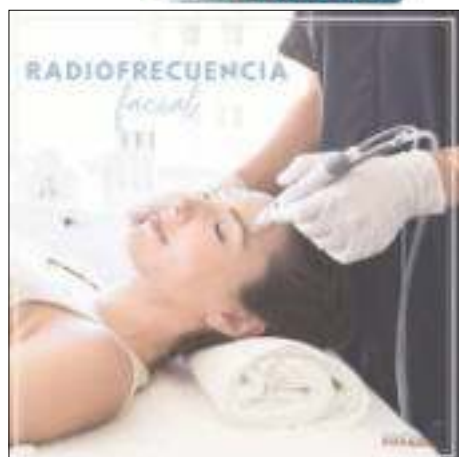
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healthwise

CAN I TREAT MY INSOMNIA WITH ACUPUNCTURE?



How can Insomnia affect us?

When we suffer from this alteration and it also lasts a long time, this has a series of consequences that will affect our quality of life and of course when it comes to carrying out all our daily or daily activities. Some of the effects it produces are:

- Fatigue.
- Mood alterations.
- Altered mood.
- Irritability.
- Depression may appear.
- We can even find ourselves with anxiety attacks.
- Decreased concentration.
- Reduces reaction time to any unforeseen event.
- You have even had problems keeping your balance, increasing the risk of falling.
- Decreases the quality of work.
- And of course, our quality of life decreases.

What are the benefits of Acupuncture for Insomnia?

Acupuncture is an ancient technique and is considered one of the most effective alternative therapies. Acupuncture treatments are totally painless, because the needle is very fine and elastic and it will only be applied under the skin. The only thing that the patient will notice at the time of inserting the needle is a sensation of a small pinch, which will disappear as soon as the needle is in place. The needles used to perform this or any other Acupuncture treatment are totally sterile and disposable needles. It is important to point out or indicate that acupuncture treatment does not have any side effects on health, unlike drug treatments that most do have side effects. The efficiency of Acupuncture on a large number of diseases is more than verified, since its objective is to restore or restore the flow of energy and this for example can help



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9:15H	TORRÓN: PLATES	TORRÓN: PLATES	TORRÓN: PLATES	TORRÓN: PLATES	
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17:00H	TORRÓN: PLATES	TORRÓN: PLATES	TORRÓN: PLATES	TORRÓN: PLATES	CLASES PRINCIPALES - CON RESERVA
18:00H	TORRÓN: PLATES*** próximamente	TORRÓN: YOGA*** próximamente	TORRÓN: PLATES*** próximamente	TORRÓN: YOGA*** próximamente	CLASES PRINCIPALES - CON RESERVA
19:00H	TORRÓN: PLATES FUNCIONAL	TORRÓN: PLATES	TORRÓN: PLATES FUNCIONAL	TORRÓN: PLATES	CLASES PRINCIPALES - CON RESERVA
20:00H	TORRÓN: CLAYNA	TORRÓN: YOGA AEROBIC 20:30-21:00H	TORRÓN: YOGA AEROBIC 19:30-20:00H*** próximamente	TORRÓN: YOGA AEROBIC 20:30-21:00H	CLASES PRINCIPALES - CON RESERVA

us in this case, to achieve a great improvement for the treatment of insomnia.

This is because with the acupuncture treatment we will achieve:

- 1.- Increase blood flow.
- 2.- Regulate or balance the Nervous System.
- 3.- We are going to help the production of a very important hormone to promote sleep, this hormone is Melatonin.

What is the mechanism of action of Acupuncture on Insomnia?

Previously we have listed only three points of how acupuncture works, but below we will develop more deeply how acupuncture intervenes in the treatment of insomnia.

- The effect that the needles will have will be to act on the nerve fibers that will block the sympathetic system at the spinal level.
- Acupuncture is known to positively influence the chemical activity of the brain and this is achieved through the release of:

- Some substances that will stimulate or inhibit nerve impulses. These substances are known by the name of Neurotransmitters.
- Some substances that will act on the activity of an organ in our body. These substances are known by the name of Neuro-hormones.

➤ At the base of our skull we have a gland that is the Pituitary and there is also the Hypothalamus. With Acupuncture what we are going to achieve is to stimulate both the Pituitary Gland and the Hypothalamus. It is known that the Hypothalamus is in charge of activating and controlling a part of our Nervous System and also has the function of controlling the Endocrine System and certain bodily functions. Among these functions are the regulation of temperature, appetite and of course sleep.

➤ Acupuncture will regulate or balance the release of hormones that will act on sleep. These hormones are:

- Endorphins
- Serotonin
- Norepinephrine
- Cortisol
- Acetylcholine
- Melatonin
- Nitric oxide
- Substance P

➤ Another mechanism of action of Acupuncture on insomnia is the stimulation of molecules that will regulate stress among many other things. These molecules are known by the name of Endogenous Opiates.

What points does Acupuncture use to treat Insomnia?

As we have commented previously, the objective of Acupuncture is to regulate the flow of energy, using fine, sterile, disposable and painless needles as a working tool. For the Acupuncture

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treatment to be totally effective we have to take into account several factors:

- 1.- We must do a good, in-depth study of all the symptoms that the patient presents.
- 2.- Once all the symptoms have been correctly identified, with this what we are going to do is make a good diagnosis.
- 3.- If these two previous points have been carried out very exhaustively, it will lead us to a correct and successful treatment. In this case of insomnia, a part of the treatment will be focused on mitigating or softening stress, as well as balancing or restoring energy.
- 4.- A factor that is also important and that should not be left to free will, is choosing a good professional to perform the treatment for us. This will greatly influence the skill or expertise of the acupuncturist in inserting the needle, the in-depth knowledge of human anatomy and the exact points where the treatment should be applied.

Energy points

It is important to indicate that all treatments must be totally personalized, since each patient may have the same symptoms, which in this case is insomnia, but may present different alterations in the background. We have previously commented that, due to insomnia, energy imbalances were presented in different organs of our body. These organs that were decompensated were Heart (C), Kidney (R), Liver (H), Stomach (E), Spleen (B) and Lung (P). Well, the treatment that we must carry out must be directed towards these six organs. We know that Traditional Chinese Medicine (TCM) says that the human being is all energy and that this energy circulates throughout our body, through channels called Meridians. We can say that Meridians are like the blood vessels through which blood circulates.

Sessions:

Finally, it only remains to highlight that with Acupuncture excellent results are obtained for insomnia problems. But for this, at least five sessions are needed, to be able to observe the first symptoms of improvement. With a total of ten sessions to achieve all the energy rebalancing. But as we have commented previously, all treatments must be personalized and this number of sessions are only indicative.

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The Healing Power of Music

As a doctor practicing in Spain, I am continuously exploring holistic approaches to promote health and well-being among my patients. Recent research has shed light on the profound impact of music on cognitive function and brain health, leading me to advocate for its incorporation into our daily lives as a powerful tool for enhancing overall health.

A groundbreaking study conducted as part of the PROTECT-UK cohort has revealed compelling evidence of the cognitive benefits associated with musical engagement. The study, led by Dr. Gaia Vetere of the University of Exeter, examined the relationship between musical activities and cognitive function among a group of 1107 participants, with a focus on working memory and executive function.

The findings were striking: participants who reported playing a musical instrument demonstrated significantly better performance on working memory and executive function tasks compared to those who did not engage in musical activities.

Moreover, the type of musical activity appeared to influence cognitive outcomes, with individuals who played keyboard instruments exhibiting the most pronounced improvements in working memory.

What is particularly noteworthy is the broader implications of these

findings for public health interventions, especially in the context of dementia risk reduction.

By integrating music-based activities into programming aimed at promoting brain health, we have an opportunity to empower individuals to proactively mitigate their risk of cognitive decline as they age. This proactive approach aligns with the growing recognition of the importance of lifestyle factors in maintaining cognitive vitality in later life.

In my practice, I frequently recommend music as a therapeutic modality to my patients, emphasizing its potential to enhance cognitive function, reduce stress, and improve overall quality of life. Whether it's learning to play a musical instrument,



singing in a choir, or simply listening to favorite tunes, the benefits of musical engagement are manifold.

Furthermore, the study underscores the significance of lifelong musical experiences, with nearly 90% of participants reporting some form of musical engagement, past or present. This highlights the widespread appeal and accessibility of music as a means of promoting cognitive health across the lifespan.

As we strive to optimize health outcomes for our patients, it is essential to recognize the multifaceted nature of well-being and explore innovative approaches to holistic care. By embracing the therapeutic potential of music, we can tap into a

Continued on page 38

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Cherry Smoothie

Serves:- 3

Calories:- 138



Ingredients:-

- 1½ cups cherries frozen
- 1 cup milk dairy or non-dairy
- ½ cup yogurt plain, vanilla or cherry flavoured
- 1 tablespoon maple syrup or honey
- ½ teaspoon almond extract or vanilla extract
- 1 cup ice cubes

Preparation:-

Place the ice, cherries, milk, yogurt, maple syrup and almond extract in a blender jar. Blend until smooth. Serve immediately.

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surymamarixa@hotmail.com

Mark Shurey D.O.

Osteopath



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Contact: 618 994 590

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Supporting Couples -

Growing older is frightening... Growing older in Spain if you don't speak the language can be very frightening .. When driving becomes a problem and the network of friends have "gone back" or worse... often couples become isolated. Well meaning neighbours tend to think "they've got each other " ...

At Jubilee House we do have space to accommodate a couple even if their Care Needs are different. We focus on a holistic approach and encourage shared support. We promote independence and dignity (the price is less than a UK residential home).

Also consider our Day Care facility if one has to go for treatment and is the principal carer... if we can't get to your home ... you can come to us secure in the knowledge that your loved one is safe and comfortable.

Couples who can stay together in their twilight years have better physical and Mental Health. We are uniquely placed to offer support at all stages of life ... From "peace of mind" to private trips out... and the Principal language is English.

HERE TO HELP !

Bladder and Bowel Management in Later Life

It so often happens when a guest comes to Jubilee House we are told that they are incontinent and often they are sore. I am told "He/she doesn't go to the toilet because he/she doesn't eat much ... Grr.

Sadly the system does not investigate incontinence and people spend the rest of their lives in "pull ups".

There are a lot of reasons for incontinence which should be explored:-

1. Mobility - is it possible to get to the toilet in time.
2. Privacy/environment.
3. Medication - is it causing constipation or diarrhoea... would a different format help? (Please don't just stop medication before you talk to the GP). Is the medication being given at the wrong time of the day?
4. Is the person suffering from constipation with over flow?. This situation needs "nurse input".
5. Fluid intake. (It is amazing how people believe that cutting fluid will reduce incontinence whereby it does exactly the opposite).
6. Use of pelvic floor exercises.
7. Use of well timed laxatives.
8. Diet review.
9. Effective use of "natural" aids eg. prebiotics and cranberry juice.
10. Consider the latest research and eliminate caffeine.
11. Also consider underlying medical conditions.



Palliative care - Companionship
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Sarah Lazenby is a UK trained Senior Physiotherapist who works at Jubilee House, using her expertise in elderly rehabilitation and falls prevention to increase the independence of the clients. She provides holistic and individualised treatment using her broad knowledge of musculoskeletal and neurologic conditions.

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University of the Third Age (U3A)

Events: July 2025

COFFEE MORNING - This is a new group designed to get members together informally over a drink, to meet each other for a chat. It will be held on the last Thursday of the month, at Mena Golf, Laguna Beach at 11am. At least one member of the committee will attend, to meet and greet old and new members. July's will be on the 31st. This is ideal for people who would like more information about our club.

TABLE GAMES - is held EVERY Monday of the month at Mena Golf, Laguna beach - 1pm for a 1-30pm start - just turn up or contact:- judyannspain@yahoo.com This is a very popular group.

HISTORY GROUP - held the 4th Monday of the month @ El Pozuelo, Laguna beach @11am. All welcome. Contact Sue:- suelharrison@hotmail.com

MONTHLY MEAL DEAL (MMD) - held on the 2nd Wednesday of the month. Various venues. The idea is to stick to the Menu del Dia of the chosen restaurants. The July MMD meeting will be at Horto Málaga restaurant opposite Laguna Beach, on Wednesday the 9th July All welcome but must contact judyannspain@yahoo.com to reserve a place.

LECTURE GROUP - held on the 3rd Wednesday of the month, at Media Caña, Penoncillo at 11am Contact norma2kk@aol.com

BOOK CLUB/READING GROUP - held on the last Wednesday of the month at La Cabaña cafe in Algarrobo Costa. Please contact Robert Skippon (Skip): skippon@gmail.com

MUNCH BUNCH - held on the 3rd Thursday of the month. Must contact Norma to go on her members list for this months' details. norma2kk@aol.com

MEDITATION GROUP - held on the 3rd Saturday pm, held online or at Sue or Norma's house. Contact Ewa Celinska: celinska21@gmail.com for more information.

DISCUSSION GROUP - held on the 2nd Friday of the month at Media Caña, Penoncillo at 11am. Contact Gerry:- gersil197@yahoo.com. This group covers all sorts of topics, usually concerning worldwide news, but lighter topics too.

WRITERS WORKSHOP - held on the 2nd and 4th Tuesdays of the month. Contact:- norma2kk@aol to go onto her waiting list. There may be a space coming up shortly for this.





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(See replicas of Salvador Dalí's statues)

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Departure from La Cañada at 17:00.
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Avda. Victoria Kent 3A, Torre del Mar

ART GALLERIES

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

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perms and much more...

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

Rebecca 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

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C/. Bronce 2, Nerja

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Clinica Dental Innodenta –

95 252 4003

Plaza de la Ermita 9, Nerja

Dentadanes – 95252 9666

C/. San Miguel s/n, Maro Club, 125,
Maro

ESTATE AGENTS

Andalucia4you – 95 272 0832

Avda. Andalucia 125, Caleta de Vélez

Casa Nerja – 95 154 3517

Edif. Rocamar Baja, Prolongacion

Hernando de Carabeo, Nejra

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. Andalucia 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. Andalucia 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

For advertising offers call
Dawn on 638 47 47 18

FINANCIAL ADVISORS

Blevins Franks – 900 670 047

Email:-

southernspain@blevinsfranks.com

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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 Andalucia 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

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Nora Gerritzen – 95 252 2762

C/. Chapàril, Nerja

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Mapfre – 95 252 7185

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C/. Los Prados 4, Torre del Mar

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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

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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

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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

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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@stgeorgemálaga.org or contact one of the chaplaincy wardens. More information can be found at: www.stgeorgemálaga.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 JULY COMING EVENTS & EXCURSIONS

The Food Drive is still taking place every month. We appreciate your contributions with a packet of imperishable food or monetary donations given to our reception for that purpose.

Every Tuesday - Axarquia Business Networking group. Time 07.00 to 09.00.

Wednesday and Friday - Spanish practice group (limited numbers per group). Time 10.00 to 13.00.

Every Wednesday - The art group, along with the crochet and craft group meet at the Centre to share knowledge and develop new techniques. It is a very active group and all are welcome. Time 10.00 to 13.00.

Our shop will be open Wednesdays and Fridays. Offers a good selection of Household goods, spring and summer clothes, shoes, handbags and fashion accessories at very good prices. Donations in good conditions are always welcome. Time 10 to 13.00.

Every Thursday - NA (Narcotics Anonymous) English group. Time 19.00 to 20.30.

Every Friday - Conversation group. Time 10.00 to 11.00. A donation of 3 Euros per session to support the Centre.

Every Friday - Coffee morning. Come and meet friends and relax in our beautiful garden. Time 10.00 to 13.00.

Every Saturday - Catholic Mass in English in the Lux Mundi Centre. Time Change 17.00.

Monday 14th July - Monday Club. This is a New Venture and all are welcome to come to the Centre, make new friends, have a chat and maybe play a few board or card games and

suggest new ideas for small excursions etc... Time 11.00.

Thursday 17th July - Excursion to Marbella and La Cañada Shopping Centre. Please come and join friends on a fun day out. First of all you will visit Marbella, plenty of time to walk around the interesting old town after which you can walk through the park towards the promenade and look at the replica statues of Salvador Dali. Here you can take refreshments or have lunch with a beautiful view of the sea. You will then rejoin the coach for the short drive to the La Cañada Shopping Centre, where for 2 hours you may purchase a bargain in the sales and something in the Marks and Spencer store. You will then join the coach for the homeward journey.

Tickets available at the Centre, price: 20 euros for Friends and 23 euros for visitors.

Travel insurance included. Departure times: Algarrobo (Lidl) 08.30, Caleta (Vets) 08.35, Torre del Mar (Bus station) 08.45.

COMING EXCURSION

Tuesday 30th September to Saturday 4th October -

Coach excursion to Benidorm, Valencia, Denia and Calpe.

Phoenix Club

The Phoenix Social Club is open to all nationalities but the lingua franca is English. We offer an opportunity to make friends, help each other & share information but primarily to have fun in a friendly and inclusive association.

You do not have to be a member to join us on our trips.

Our handmade greetings cards are for sale weekly with all proceeds to the Red Cross.

We meet every Thursday between 12 and 2 pm at Chine in Caleta, just off the coast road to/from Algarrobo.

For further information on any of our trips, please contact Gail on 951 067 723 or 626 370 695 (Whatsapp) or email phoenixsocialclub@yahoo.co.uk or check out our FB page.



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CORAL CORAXALIA
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TEMPORADA 2024-2025
(septiembre - junio)

BUSCAMOS NUEVAS VOCES, MASCULINAS Y FEMENINAS
Buen ambiente, distintas nacionalidades, excelente repertorio
Conciertos, comidas, posibilidad de viajar, etc.)

Jueves de 17:30 a 20:00 - Vélez-Málaga
Casa Hermandad de la Cofradía de Los Estudiantes
Plaza de los Sastres, 1 CP 29700 Vélez-Málaga

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LIKE SINGING? JOIN OUR HARMONIOUS COMMUNITY
We welcome new members, all voice parts
- male and female, all nationalities.
Great multi-cultural atmosphere, wide repertoire,
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Thursdays, 17:30 - 20:00 - Vélez-Málaga
Casa Hermandad de la Cofradía de Los Estudiantes
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COME AND JOIN US !
653.150.058 (ES) / 657.951.755 (UK)
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FUNDACIÓN cudeca
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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 Hemmes Cafe, Plaza España, Nerja
(Top of the underground car park)

We can also assist by telephone
on 95 256 4910 or
email: cudeca@cudeca.org

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.

YOGA FUSION DANCE
Yoga Fusion Dance online every Wednesday from 7 p.m. to 8 p.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 career, she meets real yogis who teach her and pass on their knowledge.

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

41 Club Nerja

41 Club Nerja Chairman Brian Karet can be contacted via email: briankaret@sky.com
41 Club Nerja Press and Recruitment Officer Steve Ryan can be contacted via email: steve.ryansr56@gmail.com or tel: +44 754 640 2770 41 Club
Website: www.41clubnerja.org
You can also find 41 Club Nerja on facebook.

Want to join a choir?
Coraxalia multi-national Choir (Director: Celia Varo Aragon) welcomes new singers.
Coraxalia, based in Vélez-Málaga rehearse on Thursdays, 17:30 - 20:00 in the Casa Hermandad de la Cofradía de los Estudiantes, Plaza de los Sastres, 1, CP 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 653 150 058 (Spanish) or email: coraxaliacoral@gmail.com

ROYAL BRITISH LEGION, NERJA BRANCH
Meets twice monthly 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 on tel: +44 798 802 9001 or email: kim_bowe1@hotmail.com
For any information about the Branch contact Eddie, our Chairman on tel: +44 759 071 7384 or email: eddiebowe1@hotmail.com

POPAPECUNIA CHARITY SHOP
Avda. Rodríguez Acosta, Edif. Tucuman (opposite Cafe 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 10 a.m. till 2.30 p.m.



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Properties urgently required for International Buyers!

Country house in Torrox Ref:- Casa Cortijo Mena



Villa in Torrox countryside approx. 15 minutes drive from the coast, living area 120m² on a plot of 4.931m². Comprising 2 bedrooms with fitted wardrobes, 2 bathrooms, independent kitchen, living room with fireplace, a/c, swimming pool with an outdoor shower and surrounded by several terraces, garage and gardens with various fruit trees. The property has a 200m² terrace and is south west facing with panoramic views. The property includes a horse stable that can be converted into a guest apartment (subject to municipal planning permission). Completely fenced. Great access, no dirt track, Tarmacked road from the coast. Very friendly neighbourhood with good neighbours. The property offers peaceful privacy and is ideal as a vacation spot or permanent home with good rental potential. Water share included.



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 1 Bedroom, 1 bathroom, a lounge, separate kitchen, roof terrace, storage, centrally located, Sea views.... Built: 52 m²
PRICE:- €89.000



REF:- 7916 TOWN HOUSE - CANILLAS DE ALBAIDA
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