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Number 330

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**Price reduced: €750.000**

**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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Beautiful penthouse in Maro. Comprises: spacious open kitchen-living room, 2 full baths, 2 beds and a big terrace with stunning sea, mountain and village views.

**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: €350.000**

**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**

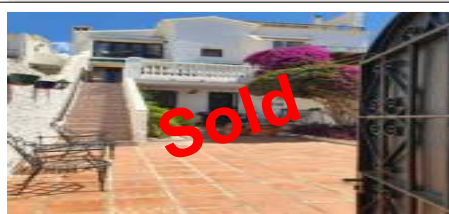
**Ref: NV.FER**



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. 1<sup>st</sup> and 2<sup>nd</sup> 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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AAR's Annual Dog Show will take place this year on Sunday 19th October at the picturesque Restaurante Puerto Niza in Benajárf. Once again it is set to be a brilliant day out for both you and your furry friends. Along with the dog show where all dogs are catered for from the best pup to the waggiest tail, there will be stalls and raffles, plus you will get the chance to meet our dogs and also those of other animal charities, who like us will also be there to raise some much needed funds. Great venue, delicious food, and a lot of happy dogs. What's not to love? So, stick the date in your diary. Detailed itinerary coming shortly so keep an eye on our Facebook page: AAR - ANIMAL RESCUE, [www.axarquiananimalrescue.com](http://www.axarquiananimalrescue.com), email: [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com)



## 9<sup>th</sup> Ruta de Frigiliana

In the 9th edition of the Frigiliana Art Route, once again our village becomes both stage and host to a unique gathering in celebration of art. For three days, you'll have the chance to wander through the charming streets of Frigiliana, discovering 24 locations with 34 artists from 12 different nationalities. You'll be able to experience their works first hand, learn about their creative processes, and exchange ideas directly with them, all in a warm and inspiring atmosphere. Painting, sculpture, encaustic, ceramics, textile art, photography, and other forms of expression will come together in three vibrant days where art and Frigiliana take centre stage, ready to inspire you!

**THE 2025 FRIGILIANA ART ROUTE will thrill you! COME AND ENJOY IT!**

From October 3rd to 5th from 11 a.m. to 2 p.m. and from 4 p.m. to 8 p.m.

Organized by Frigiliana Town Hall. Artistic direction: Maribel Martín and Brendon Taylor (AMARTE Gallery).

**MORE**

**INFORMATION:** [rutadelartefrigiliana@gmail.com](mailto:rutadelartefrigiliana@gmail.com)

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## Country Property of the month

**Cómputa:**

**Price: €395.000**

**CP738**



Country house located between the villages of Cómputa and Torrox, with beautiful views of the countryside and Mount Maroma. Swimming pool 8x4m with several terraces where you can enjoy both sun and shade., built approximately 150m<sup>2</sup>, four double bedrooms, living room with a wood-burning stove, large fully equipped kitchen, family bathroom with a shower and a dining room overlooking the pool. The property also includes an independent guest apartment of approximately 65m<sup>2</sup> with one double bedroom

and a bathroom. In the same building, there is a storage room that could also be converted into another bedroom or a kitchen. Behind the apartment, there is a garage that houses the house's oil-fired central heating system. Ideal property for anyone thinking of starting a Bed & Breakfast or looking for a pleasant and peaceful life in Andalusia. Good access, and the beach is 15 minutes away by car, privacy, space, and it is in good condition.



**Sayalonga:**

**Price: 115.000€**



- Living space: 75m<sup>2</sup>
- Bedrooms: 2
- Pool: No
- Garage: No

- Terrace: Yes
- Bathrooms: 1
- Views: Village
- Area: Townhouse

**Ref. TH1183**

**Torre del Mar:**

**Price: 580.000€**



- Living space: 220m<sup>2</sup>
- Bedrooms: 5
- Pool: Yes
- Garage: No

- Terrace: Yes
- Bathrooms: 2
- Views: Village
- Area: Townhouse

**Ref. TH1230**

**Torrox:**

**Price: 260.000€**



- Living space: 150m<sup>2</sup>
- Bedrooms: 2
- Pool: Yes
- Garage: No

- Terrace: Yes
- Bathrooms: 2
- Views: Mountain
- Area: Countryhouse

**Ref. CP743**

**Nerja:**

**Price: 475.000€**



- Living space: 184m<sup>2</sup>
- Bedrooms: 6
- Pool: No
- Garage: No

- Terrace: Yes
- Bathrooms: 2
- Views: Village
- Area: Townhouse

**Ref. NTH050**

**Salares:**

**Price: 66.000€**



- Living space: 101m<sup>2</sup>
- Bedrooms: 3
- Pool: No
- Garage: No

- Terrace: Yes
- Bathrooms: 1
- Views: Village
- Area: Townhouse

**Ref. TH1232**

**Cómputa:**

**Price: 449.500€**



- Living space: 131m<sup>2</sup>
- Bedrooms: 2
- Pool: Yes
- Garage: Yes

- Terrace: Yes
- Bathrooms: 1
- Views: Sea views
- Area: Countryhouse

**Ref. CP745**

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## Welcome to Streetwise magazine -

Hi all, I hope everyone enjoyed the summer months. I visited several towns in Andalucia during August and was pleased to see many tourists enjoying their holidays. The bars, shops and parking places were over flowing. Now the weather is a little cooler we'll start seeing the return of the foreigners who escape the hot summer months but love the Spanish autumn/winter months. As always we have many local activities starting again now it's a cooler, with lots happening during September. For more information you can see all in this months magazine. This months magazine is filled with clients offering their varied services, as always support your local businesses and enjoy this months magazine!



**Dawn x**

**streetwise**  
MAGAZINE

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**Issue Nº 330**

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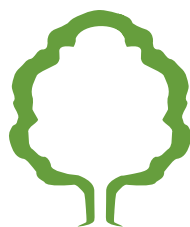
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# Jardín de Inspiración on the Costa del Sol



## Open-Air Art Exhibition.

### Exhibition Opening Hours:-

**Friday, September 26<sup>th</sup>, 5:00 p.m. to 8:00 p.m.**

**Saturday, September 27<sup>th</sup>, 11:00 a.m. to 2:00 p.m. & 4:00 p.m. to 9:00 p.m. (From 7:00 p.m. onwards, admission only for concert guests). 7:30 p.m. to 8:30 p.m. - Blues Concert with RICHARD RAY FARRELL (registration required).**

**Sunday, September 28<sup>th</sup>, 11:00 a.m. to 6:00 p.m.**

## A Weekend of Art, Nature, and Inspiration

Following last year's overwhelming success, this extraordinary art event returns this autumn - a celebration of beauty, creativity, and positive energy. From September 26<sup>th</sup> to 28<sup>th</sup>, the enchanting sculpture garden Casa el Ventorrillo will once more open its gates to art lovers.

Swiss artist Anne-Barbara Lenzin, who has made Andalusia her second home, invites you to a unique art experience together with fellow artists Lieuwke Loth, Christa Hillekamp, and Juan Moreno Martinez. Lenzin, a ceramic artist, is known for her sculptures featured in the C mpeta and Frigiliana Art Walks and at various coastal art events. Her works are regularly exhibited at the Galeria Luz de la Vida in C mpeta and The Soul's Art - a way of living in Nerja.

Set on a hillside near Cajiz, Anne-Barbara Lenzin's terraced garden offers breathtaking views of the Mediterranean Sea. Spanning over 4,000 square meters, the grounds invite visitors on a magical walk through a striking open-air exhibition surrounded by the raw beauty of Andalusian nature.

This unique location radiates a special tranquillity and creative energy - a place to pause, breathe, and simply enjoy the moment. Art, nature, tapas, drinks, and music come together to create a multi-sensory experience that touches body, mind, and soul.

Let yourself be enchanted - by art, music, and the magic of a truly special place.

Join us for an unforgettable art experience in the heart of nature.

Continued on page 12



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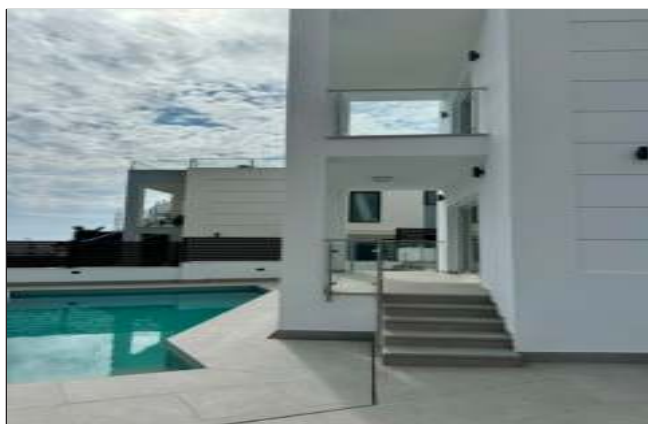


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**Price: €865,000**

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#### EL ZOCO

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Ref: CNP48100



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Now living in Cajiz, he is internationally known as a recording artist. An evening of soul-stirring music, fine tapas, and good company awaits you. Tapas and drinks are included. The concert is based on voluntary donations. Seats are limited - advance reservation required: [casaelventorrillo@gmail.com](mailto:casaelventorrillo@gmail.com)

### Park & Ride for Saturday Concert

For the Saturday evening concert, a Park & Ride service will be available from 6:00 p.m. Please follow the signs from the Cajiz highway exit.

### Featured Artists:-

#### Lieuwke Loth

Owner of Galeria Luz de la Vida in Cómputa, Lieuwke will adorn the garden with her stunning sculptures made from bronze, resin, stainless steel, and laser-cut steel. Her deeply soulful and aesthetic pieces are perfect for both home and garden.

#### Christa Hillekamp

Living and working in Andalusia for over 25 years, Christa draws inspiration from her surroundings and travels. Her art reflects inner images shaped by personal memories and emotions, offering an expression of her inner world rather than reality.

#### Juan Moreno

Since childhood, Juan has been captivated by nature, especially animals. Though trained as an architect with nearly 30 years of experience, he has always pursued his passion for detailed scientific illustrations of animals, which continue to be a key focus in his artistic work.

#### Re-circle Art Deco

This creative collective produces unique decorative pieces using recycled and natural materials, often combined with original or reproduced artwork by Lieuwke Loth. Artistic and affordable home décor with character and soul.

#### Anne-Barbara Lenzin

With her ceramics, Anne-Barbara creates a whimsical, magical world. Vibrant totem poles, African masks, feminine figures with long lashes, and dragonflies are among her signature works. Each piece is one-of-a-kind, radiating joy, mysticism, and emotional depth.

#### Google Maps: Casa el Ventorrillo.

This exhibition is organised by Asociacion música y arte, Cajiz

#### Art websites:-

[www.galerialuzdelavida.com](http://www.galerialuzdelavida.com)

[www.lieuwkeloth.com](http://www.lieuwkeloth.com)

[www.christahillekamp.com/de](http://www.christahillekamp.com/de)

[www.richardrayfarrell.com/](http://www.richardrayfarrell.com/)

[www.anne-barbara-lenzin.com](http://www.anne-barbara-lenzin.com)

#### Photographs of the garden:

[www.anne-barbara-lenzin.com/sculpturegarden](http://www.anne-barbara-lenzin.com/sculpturegarden)

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**Almijara, Nerja Townhouse (430) Price: €350.000**  
 Townhouse on 2 floors. Ground floor:- terrace with jacuzzi and chillout area at the entrance, living room, separate kitchen, bathroom and backyard converted into a cosy relaxation area. Top floor:-3 bedrooms and bathroom. Facing East/West with panoramic views towards the mountains. Very bright and sunny. Quiet urbanization, approx. 5 minutes from the centre and the beach. Communal pool and residents parking. In good condition, ready to live in.



**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.

**www.andalucianhomes.com**

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

You may be in a great mood at the moment but a loved one seems to be struggling with everyday life. Make it your business to remind them that if they change their attitude for the better then their world will change for the better as well.

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

During this month the Sun is in your favour, so forget about what went wrong in the past and focus only on the future. If you don't know precisely what it is you want from life then do some deep thinking about it today.

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

The next month will be crucial for your ambitions, especially those that revolve around your creative desires. Decide what your number one priority is going to be and prepare to give it your best shot 100% of the time.

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

Life may be full of ups and downs at the moment but a more stable phase is on the horizon. Where both financial and family matters are concerned you need to push past what you consider to be failures and reset your mind to think only of success.

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

With Mars moving through the travel area of your chart you will go where you want to go and do what you want to do and you won't care in the slightest if other people do not approve. Go out of your way to be different this month.

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

A more positive phase is coming and during this month you will look back and wonder why you got so worked up about issues that were of only minor importance. Start making plans for the rest of the year, and make them big!

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

Obstacles exist to be overcome, so look at the barrier that is blocking your path as a challenge rather than a catastrophe. Keep pushing and don't lose heart if nothing much seems to be happening. You will smash through that obstacle during September.

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

There will be times this month when you think it might be best to isolate yourself from the wider world but that attitude is self-defeating. Instead, make friends with people who can help you reach your long-term goals. Not even a Scorpio can succeed on their own.

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

If you allow yourself to get emotional about a situation you cannot change then you will be no good either to yourself or to other people. Instead, stay calm and start making the kind of small changes that will one day add up to something big.

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

You may feel a bit frustrated this month because you are stuck in one place when there are so many interesting things going on in the world at large, but be patient. The planets indicate you will be on the move again very soon.

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

If there is someone you want to impress then Mercury in your opposite sign will help you find the right words to excite them. But make sure what you tell them is true or they might lose confidence in you later on if you fail to deliver.

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

One way or another you will find a way to get what you desire this month, but make sure it does not come at a cost to people you care about. If you neglect to take their feelings into account now they may neglect to assist you later on.

**Luckiest day:- Friday**

# Horoscopes



**Urb. Paco Romo, Nerja**

New to the market, this fully refurbished two bedroom and two bathroom apartment offers nice sea views from its large south-facing terrace. Located within walking distance of Nerja's town center, it's part of the desirable Paco Romo urbanisation. Ideal as a full-time residence or holiday rental investment.

**Price: 295,000 euros Ref. JG1076**

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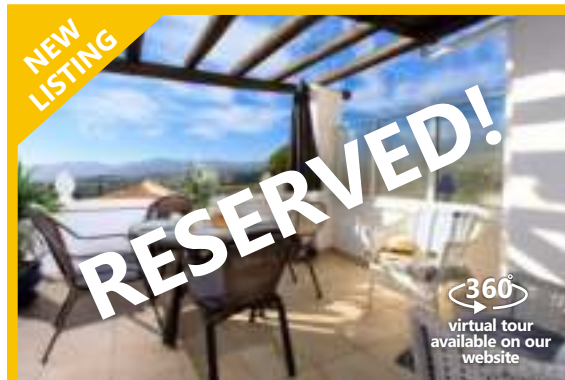
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**Edf. Toboso, Nerja**

Exceptional top-floor corner apartment in Edf. Toboso, just steps from Torrecilla Beach. This bright home features a west-facing balcony with stunning sea and mountain views, an open-plan living/dining area, two double bedrooms, and two bathrooms. Ideally located near shops and restaurants, it's perfect as a holiday home or rental investment in central Nerja.

**Price: 315,000 euros Ref. JG149TPM**



**Urb. San Juan Capistrano, Nerja**

Charming apartment with sea and mountain views, featuring two double bedrooms, modern bathroom, fitted kitchen, and bright open-plan living area. Spacious west-facing terrace ideal for outdoor dining. Set in a sought-after community with pools, restaurants, mini market, and easy transport links to central Nerja.

**Price: 329,000 euros Ref. JG1065TPM**

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**Urb. Los Olivos, Nerja**

Set in a peaceful community with gardens and pool, this two-bedroom home offers comfort and outdoor space. Features include a bright living area, fitted kitchen, terraces with sea views, roof terrace, family bathroom, guest toilet, and gated parking space. Conveniently located near local amenities.

**Price: 319,000 euros Ref. JG1072TPM**

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See its future—yours to create! Although this lovely property is ready to move in, we give you some ideas and you can add your personal touch and own a Dream Villa in the sought after area La Exótica in Nerja.



*AI-generated images for illustrative purposes: only to inspire potential and are not a contractual representation of the property.*

*Contact us to view this fantastic property!*



### Estepona Orchid House

Estepona Orchid House – (Orchidarium Estepona)

The Estepona Orchid House opened in March 2015, the Orchidarium, or Estepona Orchid House has Europe's most extensive orchid collection, and one of the largest in the world. Visitors can have a closer look at this family of flower thanks to the more than 5,000 species of orchids from all over the world.



The building is on two levels and has an orchid house, garden path and a landscape of 140 square metres. It has more than 200 square metres of vertical gardens on top of a 12-metre tall wall distributed across five different heights. Visitors can also enjoy the visual attractions of the lagoon, waterfalls and glass domes.

The Estepona Orchid House has turned into a famous tourism site and it aspires to become a global hotspot for plant lovers



**Address:- C. Terraza, 86, 29680 Estepona, Málaga, Estepona, 29680**

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**Website:- <http://www.orchidariumestepona.com/>**



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## Jardín El Ángel, Marbella

### Jardín El Ángel, Marbella

El Ángel botanical gardens are located in the old El Ángel Colonia district of Marbella where the original iron foundries were located. (near today's Aloha College). It has a 15.000 m<sup>2</sup> garden that dates back to the 1850's. The main feature is the maturity and antiquity of the different trees located there. These include 300 year old fig trees and a large collection of 80 different species of palm trees.

The garden has three styles: the Romantic style, the crossed garden style and the landscaped garden style. The Romantic garden is in the style of the original garden. It still features the clay tiles, edging in straight and sharp curved lines.

The Crossed garden was added in the late 1990s, above the El Ángel church, and has many orange trees and it is surrounded by cypress hedges, with symmetrical shapes that converge in the centre to a square.

The Tropical garden is a landscape style with winding paths of coloured concrete, with three artificial lakes with waterfalls and around 80 different species of palm trees. You can admire large specimens of Ficus microcarpa and Phoenix Canariensis, among other species.

The gardens are open and free to enter. they are lit at night in many parts.



### Marbella



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**Avenida Andalucía 65c, Torre del Mar, 29740, Málaga**



**Online video**

**Cómpeta** New this month!  
 Beautiful 5 bed, 5 bath villa (343m<sup>2</sup>), including separate guest apartment, private pool, mature gardens, fabulous terraces, breath-taking mountain and sea views, a must to see!

**Price: 575.000 euros**

ref: v 1572

EPC: E



**Canillas de Aceituno** New this month!  
 Two beautifully crafted, fully furnished artist homes, 1-2 beds (50m<sup>2</sup> & 65m<sup>2</sup>) open plan living, bespoke features, large roof terrace with stunning views – a rare and unique opportunity not to be missed.

**Price from: 295.000 euros**

ref: t1573

EPC: E



**Online video**

**Salares** Beautiful townhouse!  
 Gorgeous traditional Moorish style 3/4 bed, 2 bath townhouse (131m<sup>2</sup>), sympathetically restored, reception room, living/dining with separate kitchen, upper & lower terraces with views over the roof tops and countryside.

**Price from: 195.000 euros**

ref: t1564

EPC: In progress



**Online video**

**Cómpeta** New this month!  
 Delightful 3 bed, 2 bath (109m<sup>2</sup>) villa, lounge/dining with separate kitchen, great terrace areas, private swimming pool, easy access and parking.

**Price: 285.000 euros**

ref: v1570

EPC: In progress



**Arenas** Fantastic property!  
 Fantastic country villa 2 bed, 2 bath (193m<sup>2</sup>) 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: v1526

EPC: In progress



**Cómpeta** New this month!  
 Modern new-build villa (203m<sup>2</sup>) with 3 beds, 4 baths, and bright open-plan living. Located in the upper part of Cómpeta, high quality finishes, pool, large terraces and panoramic mountain views.

**Price: 543.000 euros**

ref: v1576

EPC: In progress

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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**VSR2192 TORROX** - Detached villa, 3 bedrooms, 2 bathrooms, air con, private pool, terraces, views to the countryside, easy access, on a private plot of 3,667m2 with fruit trees. Double garage. 15 mins drive to the beach. Immaculate condition. **Price reduced €399,000 Book a viewing now!**



**VSR4095 EAST NERJA** - Townhouse across 3 levels, 3 bedrooms, 2 bathrooms, private garden, roof terrace, SEA VIEWS, lovely communal pool and gardens, great for a holiday investment, or all year round living, quiet location, communal parking. **Offers towards €390,000 Book a viewing now!**

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**VSR2202 EDIF. TOBOSO**

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**Price:- €320,000 Book a viewing now!**



**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!**



**Exclusive**

**VSR2216 TORRECILLA, NERJA**

Apartment, two bedrooms, shower room, bathroom and air con. West facing terrace. Roof top pool and communal terrace. Walking distance to the beach.

**Price:- €269,000 Book a viewing now!**



**Exclusive**

**VSR2206 ALMIJARA III, NERJA**

Townhouse with stunning sea views, spacious lounge/diner, 2 large beds, (originally 3), front patio, large south facing terrace, panoramic views. Communal pool, walking distance to Burriana beach and in to Town.

**Price:- €379,000 Book a viewing now!**

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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!



### Dogs Paws in the Hot Weather!!!

It is said that "A dog is a man's best friend". But what some owners fail to remember is that during the summer here in Spain, the pavements and roads get very hot. Scorching in fact. Yet they will continue to take their dogs out for walks while the sun is still up and there is no shade on the pavement.

Please think and be considerate to your furry friends. They don't very often complain and before you know it, they will have burnt and blistered paw pads. You know what it can be like on the beach with no shoes on. You have to run to the shoreline to cool your feet off!

Just think twice before taking "Fido" out when the sun is at its highest and turn that saying around to "A man (or woman) is a dog's best friend"..... Look after your pooches paws.



Holly was rescued as young pup along with her sister Star on Christmas Day a couple of years ago, when they were found by a Swedish holidaymaker who was taking a walk along the Rio Chillar in Nerja. The Costa Animal Society (CAS) was contacted for help by the Swedish lady on Boxing Day stating she would only be in town for a week and she did not know what to do with the pups.

A foster home is difficult to find at normal times and with it being the holidays the local kennels were full with private customers but after a reshuffle of the schedule emergency accommodations were secured on a temporary basis.

However, after the Christmas season passed and things quieted down it was decided that Holly and Star would be able to stay at the kennels on a permanent basis until new homes could be found.

At the time, Holly was about 3-4 months old and she has an outgoing yet sweet personality so everyone thought she would be rehomed fairly quickly but perhaps because of her rugged good looks, or with her being mislabelled as a Mastiff cross, she has been passed over for smaller and cuter dogs.

Now that Holly is fully grown her breed has been re-evaluated and CAS now thinks she is a large version of a Teckle/Dachshund as she has relatively short legs.

Holly is slightly more muscular than her sister and is a bit darker in colour.

She has been spayed, is in very good health and is fully vaccinated.



**If you would like to meet Holly, please contact Seacrest Kennels at 711 028 847 or 646 613 885, or email us on [costaanimalsociety@gmail.com](mailto: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](http://costa-animal-society.square.site)**

## AXARQUIA ANIMAL RESCUE

As ever, AAR is indebted to our incredible volunteers, supporters, adopters and fosterers and sponsors. We could not function without you - THANK YOU. AAR relies completely on public donations, fundraising and our charity shop in Torre del Mar. In the first half of 2025 we have had some extremely complex and difficult cases, some of which are still ongoing. But we will always do the very best we can for the animals in our care.

We rehomed 19 animals, supported several external cases and are supporting an additional 14 animals in their permanent foster homes.

### KEY COSTS JAN - JUNE 2025:

Kennels - €8,536.07. This is why we need more fosterers - please help us save a soul in need.

Vets - €9015.96

Meds, Food, Running costs - €6861.99 This includes animal equipment, seresto collars, animal travel costs, meds as well as the costs we are required to operate as a fully legal charity and look after our animals and volunteers which includes: rent, utilities, tax, accountants, various insurances, utilities etc.

We currently have 39 animals in our care looking for their forever homes - 32 are in foster homes, 7 are in kennels, plus our 14 cases in permanent foster. We continue to help external cases when we have the resources.

EVERY LIFE SAVED IS A TESTAMENT TO THE HARD WORK AND DEDICATION OF EVERYONE WHO VOLUNTEERS AND SUPPORTS AAR.

WE PROMISE TO KEEP DOING OUR VERY BEST.

We were 14 in August, and what a 14 years it has been, we never imagined we would have grown as much as we have, nor saved over 5000 lives. Plus the amount of stray cats that have been avoided with the help of our Neutering Team. If you would like more information, or would like to become a volunteer, please contact us.

Email: [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com)

## 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](mailto:axarquia-rescue@hotmail.com) or call Diane on 0034 692 962 429.

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# Axarquía Animal Rescue



**AAR 2812 - Harvey** Harvey is medium to large in size, fully vaccinated and neutered, estimated date of birth 1/03/23. He was found as a pup and taken in by his lovely owner. Sadly, due to ill health, she needs to find a new home for Harvey. His owner is utterly devastated at having to give him up and says. "Harvey looks at you and your heart just melts." He gets on with adults but has never been with children as yet, and he seems ok with cats. Harvey's very intelligent, and is desperate to please. Currently still with his owner and living with Wolfie. He loves a good walk and loves just to run and play, Harvey loves the beach. If you think Harvey is the dog for you then please email us at [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com)

**AAR2801 - Coco** DOB 24/04/2015. Coco is a very sweet natured Spanish Water Dog, 10 years old, fully vaccinated and neutered. Sadly, Coco has come into our care due to the ill health of his owner. He is a very happy dog, loves people and all the attention that you can give him. Although he lived happily with another dog, and alongside his neighbours dog, he is not so happy with new dogs that he meets at the moment. Coco is currently in kennels, and due to his upheaval and the home difficulties he has had the last year or so, he will need time to adjust. He is perfectly happy with everyone that he meets, loves going out for a walk, good on the lead, and only wants to please. At the moment we feel he is best suited as an only dog, in a home with a garden he can roam around in, and be someone's best friend. If you would like more information about Coco, please email [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com)



**AAR 2805 - Lucy** DOB 21/06/25. Lucy is one of a litter of 10 pups in our care. She is a stunning Merle colour. A happy pup, currently in foster with one of her siblings, other dogs and a human family. She has adjusted to life and loves to play with the children, and the other dogs. Mum is medium in size, father unknown. For more information, please email [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com)

Sadly, Wolfie is available for adoption for adoption due to ill health of his owner who loves him dearly. She is devastated and says "Wolfie is the best. He has the cutest bent ear." Wolfie is a German Shepard and as you can see from photos on our website, his back is straight. He is great with humans and has met children on his walks and he's been ok; but has never spent any quality time with small children. Wolfie has always been with other dogs since his owner has had him. He is very intelligent and loves a cuddle and just to be close. Wolfie loves a walk and when he's hot he'll stand in the water bucket and splash his belly. Fully vaccinated and neutered, born 01/09/21. If you think you could give this gorgeous boy a home, then please email us at [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com) or go to our website [www.axarquiaanimalrescue.com](http://www.axarquiaanimalrescue.com)



**Nancy Needs You** - Without a family since May 2023 - Sweet, smiley Nancy has had a rough couple of years. After losing her home due to a family breakdown and ill-health, she's been in kennels, longing for the comfort of a warm home, a soft bed, and loving arms. At 7 years old, Nancy knows what it means to be loved, she once had a family. She's affectionate, loyal, and adores her humans (expect kisses, lots of them!) But the sudden upheaval and time in kennels have been hard on her sweet soul. She's been with her brother Oscar since birth, we're open to placing them separately if it means finding her a forever (or foster) home soon, but only supported by a trial period. Gentle, loving, and non-aggressive, 45cm tall | 20kg | 90cm nose to tail. Because she'd been classed as a PPP, adopters must hold a license, but we'll cover the cost if you don't have one and help you through the process. 💎💎 Message us today to meet this gorgeous girl. [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com)



## Axarquía Animal Rescue

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## Making a Splash: The Benefits of Teaching Your Dog to Swim

From the Team at Dog School Nerja

Living in Nerja, we're surrounded by beautiful beaches, sparkling pools, and warm weather for much of the year. While most people see swimming as a way to cool off, exercise, or simply have fun, it's easy to forget that our four-legged friends can enjoy the same benefits.

Teaching your dog to swim isn't just about splashing around — it can improve their health, confidence, and safety.

### 1. Low-Impact Exercise

Swimming is one of the best forms of exercise for dogs, especially for those with joint issues or breeds prone to hip and elbow problems. The buoyancy of the water supports their body weight, meaning they can move freely without the stress that running or jumping places on their joints. Just ten minutes of swimming can be the equivalent of a 30-minute walk on land, making it a highly efficient and gentle workout.

### 2. Builds Confidence

Not every dog takes to water naturally, and that's okay. With the right introduction, swimming can help nervous or cautious dogs build confidence. Starting slowly, using positive reinforcement, and allowing them to progress at their own pace can transform a hesitant pup into a happy swimmer. That boost in confidence often transfers to other areas of life, making them more resilient in new or challenging situations.

### 3. Keeps Them Cool

Here in Andalucía, summers can be scorching. A safe dip in the water is one of the best ways for your dog to regulate their temperature. Unlike humans, dogs don't sweat to cool down; they rely mainly on panting. Overheating is a real risk, but swimming provides an enjoyable and effective way to prevent it.

### 4. Safety First

Teaching your dog to swim isn't just fun, it's potentially life-saving. Whether you have a pool at home, enjoy days at the beach, or go hiking near rivers, accidents can happen. A dog that knows how to keep themselves afloat and find their way back to safety is far less vulnerable. Investing a little time in teaching swimming skills can give you peace of mind when you're near water.

### 5. Strengthens the Bond

Swimming together creates shared experiences that deepen the bond between you and your dog. Whether

you're tossing toys into the shallows, guiding them gently into the water, or celebrating their first successful paddle, these moments build trust and joy. And let's face it — few things are more fun than watching your dog leap into the water with pure enthusiasm!

### Tips for Getting Started

Always introduce swimming gradually, and never force a dog into water. Use a well-fitted canine life jacket to provide extra safety and confidence, especially in the beginning. Choose calm, shallow water and stay close until your dog is comfortable. And of course, always supervise — even strong swimmers can get into trouble if they become tired.

At Dog School Nerja, we believe swimming can be an incredible tool for fitness, fun, and confidence-building. Our classes focus on creating positive, safe experiences for dogs and their guardians, whether on land or in the water. If you'd like to learn more or join one of our training groups this season, get in touch — we'd love to help your dog make a splash!

### 5 Quick Tips for Teaching Your Dog to Swim

1. Start Shallow — Let your dog paddle in calm, shallow water first.
2. Use a Life Jacket — It adds safety and boosts confidence, especially for beginners.



3. Go Slow — Never force them in; let your dog build trust at their own pace.
4. Stay Positive — Use treats, toys, and encouragement to make it fun.
5. Always Supervise — Even strong swimmers should never be left alone near water.

Patience and positivity are the keys to a confident, happy swimmer!

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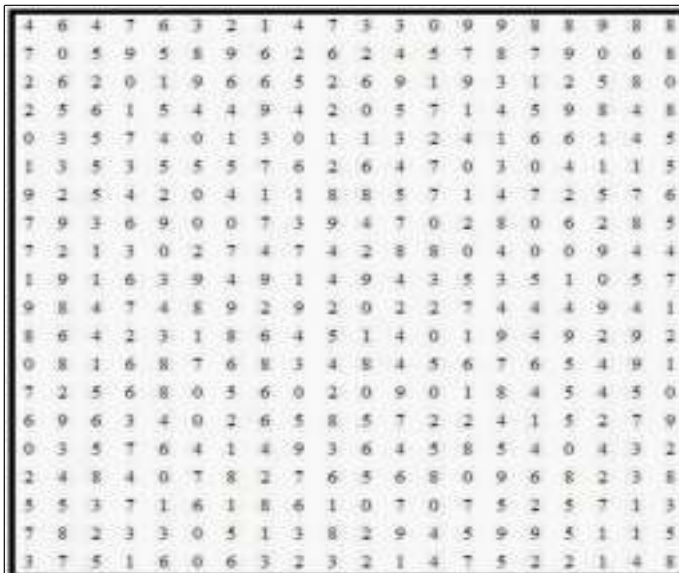
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## Festivals in September

### Fiesta del Ajoblanco in Almáchar

**September 6<sup>th</sup>** - Ajoblanco Festival in Almáchar is a unique event, declared of Provincial Tourist Interest, held every September to honor this traditional cold drink made from almonds and garlic, accompanied by muscat grapes, wine, and raisins. The town is adorned with whitewashed façades and typical decorations, while verdiales music groups and bands animate the celebration. The day culminates with the "Night of the Candles", a free gathering with grilled food and sangria, inviting everyone to share the joy under the stars.

### Fiesta del Boquerón Victoriano in Rincón de la Victoria

**September 9<sup>th</sup> to 14<sup>th</sup>** - Fiesta del Boquerón Victoriano in Rincón de la Victoria celebrates five days of live gastronomy, good live music, children's performances and a thousand kilos of anchovies distributed among the attendees, for free. We leave you some images of this festival of local gastronomy from La Axarquía, Málaga.



### Día de la Pasa in El Borge

**September 21<sup>st</sup>** - El Borge Raisin Day in 2025 will be celebrated during September. This festival, which celebrates the area's traditions, roots, and cuisine, commemorates the raisin harvest and will take place on the third Sunday in September, as usual.



### Santa María de la Victoria Festival in Málaga

**September 8<sup>th</sup>** - The Santa María de la Victoria festival in Málaga is a religious celebration on September 8th honouring the city's patron saint, the Virgen de la Victoria. The day includes a Mass in Málaga Cathedral, a floral



offering, and a procession that carries the statue of the Virgin from the Cathedral through the city streets back to her sanctuary in the La Victoria neighbourhood. This tradition holds deep historical significance, dating back to the 16th century during the Reconquista.



### Fiesta de la Luna Mora in Guaro

**September 12<sup>th</sup> to 13<sup>th</sup>** - Guaro is transformed into a magical spectacle of light and Andalusian culture. The Luna Mora Festival in Guaro is a cultural event held annually in early September, transforming the town of Guaro (Málaga) into a magical setting lit by thousands of candles to commemorate the region's Andalusian, Jewish, and Christian heritage. The festival offers concerts, craft markets (zocos), workshops, storytelling, parades, and Andalusian cuisine. Ticket prices vary depending on whether you attend the concerts or the free activities.



### Feria de San Miguel in Torremolinos

**September 24<sup>th</sup> to 28<sup>th</sup>** - The Torremolinos Fair, or Feria de San Miguel, is the town's main patron saint festival, held annually in September to honour Saint Michael the Archangel, the patron saint.

The celebration features a traditional pilgrimage (romería) to the Los Pinares de los Manantiales, a daytime fair in the decorated town center with music and food, and a night time fair at the dedicated fairgrounds with concerts, attractions, and dancing.

The event is known for blending Andalusian traditions with a modern, cosmopolitan atmosphere.

Offering a vibrant display of music, food, dancing, and community spirit for locals and tourists.





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Nestled in the serene countryside of Frigiliana, this beautifully presented 2-bedroom villa promises an idyllic lifestyle surrounded by nature. A short drive from the village, it features an open-plan layout including a lounge with a fireplace, a dining area, and a kitchen, along with air-conditioned bedrooms equipped with wardrobes. The property excels outdoors with a stunning terrace, multiple patios, and a private pool offering ocean views.

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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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### Cod with Cauliflower

#### Cod with Cauliflower

**Serves:- 4**

##### Ingredients:-

1 medium head of cauliflower divided into florets  
1 pound of salt cod cut in small fillets with or without bones/skin doesn't matter, soaked 24-36 hours (see note below)\*  
5 cloves of garlic  
Sweet Spanish paprika  
Flour for breading the cod  
Extra virgin olive oil  
Salt

\*To prepare the salt cod you must soak it in cold water for at least a day. Depending on the brand it may require more or less soaking to remove the salt. Cover the cod by at least two inches and keep in the refrigerator changing the water 3-4 times a day.

##### Preparation:-

Steam the cauliflower florets for about 20 minutes until al dente. If you don't own a steamer you can put the

cauliflower into a colander, place it on top of a partway filled pot of water and bring it to a simmer, covering the cauliflower with the pot's lid (make sure the colander doesn't actually touch the water).

As the cauliflower simmers, dredge the cod in flour and brown each piece in about a ½ inch of olive oil, making sure each side is golden brown but not overcooked. Allow the cod to drain off the excess oil on paper towels and reserve. Cool the same oil (and add more if necessary to make sure the pan is filled with about a ½ cup of extra virgin olive oil) and then add the 5 sliced garlic cloves and slowly fry them until just starting to brown.

Remove the garlic oil from the heat and take out the garlic with a slotted spoon. After the oil has cooled for a couple of minutes add a spoon of sweet Spanish paprika and let it infuse.

After about 10 minutes carefully spoon out the infused olive oil, leaving behind the actual paprika, which would give the dish a sandy texture and brown colour.

In an oven safe serving dish layer the cod and cauliflower then top with the flavoured oil and sprinkle with the browned garlic. Eat as is or put in the oven for a few minutes right before serving to make sure everything is piping hot.



### Broken Eggs

#### Broken Eggs (Huevos Rotos)

**Serves:- 1**

##### Ingredients:-

Extra virgin olive oil for frying  
4 potatoes thinly sliced  
1 large onion  
½ cup green pepper sliced  
5 cloves garlic minced  
1 tsp parsley  
4 large eggs  
1 link cured Spanish chorizo sliced or crumbled  
Salt and pepper for seasoning

##### Preparation:-

Coat the bottom of the pan with olive oil and sauté the onions over medium heat. Add the thinly sliced potatoes, then sprinkle the sliced peppers, garlic, and parsley on top and turn the heat down to low. Cook for 30 minutes, stirring every 10 minutes, until the potatoes are tender and starting to brown.

Crack the four eggs over the potatoes and turn the heat down very low. Cover and cook the eggs just until the whites have set. Then, break the yolks and remove from the heat.

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Brown the chorizo over medium heat in a separate pan. Season the huevos rotos with salt and pepper, then scatter the browned chorizo on top. Serve hot and enjoy right away!



## Spanish Albóndigas in Almond Sauce

### Spanish Albóndigas in Almond Sauce

**Serves:- 4**

#### Ingredients:-

For the Meatballs

1 pound ground pork

1 pound ground beef

3 eggs

2 garlic cloves minced

1 handful parsley minced

½ cup milk

¼ cup breadcrumbs

Salt to taste

Pepper to taste

All-purpose flour

Olive oil or sunflower oil for frying

For the Sauce

¾ cup white wine

1 pinch saffron threads

¼ cup olive oil

3 whole garlic cloves

4 slices white bread crusts removed and cut into quarters

¾ cup chicken stock

½ cup raw almonds

#### Preparation:-

Making the Meatballs

Make the meatball mixture by combining the eggs, minced garlic, minced parsley, milk, salt, pepper, and breadcrumbs. Add more breadcrumbs if necessary to be able to form the meatballs.

Cover the meat with plastic wrap, pressing the plastic onto the surface of the meat, then refrigerate for a few hours, or up to overnight. You can skip this step, but may have to add more breadcrumbs and the meatballs may not be as flavourful.

Once the meat mixture is chilled, roll it into medium sized balls, then dredge in flour. Fry in hot olive oil, turning to brown all sides, then drain on paper towels. They should still be pink on the inside, as they'll continue to cook in the almond sauce.

Making the Almond Sauce

Pour the saffron into the white wine and let it infuse while you're preparing the sauce. Pour about ¼ cup olive oil into

a frying pan and sauté the whole garlic cloves over medium heat. Take them out as soon as they're golden, then add them to a food processor or blender. In the same oil, fry the raw almonds until golden. Take them out as soon as they've turned colour--don't let them burn--then add them to the food processor.

In the same oil, fry the slices of white bread over higher heat to make croutons. Remove and add to the food processor. Add the chicken stock and saffron-infused white wine to the food processor, and blend until smooth but not completely puréed, about 1 minute.

Cover the meatballs with the sauce, and cook for about 20 minutes over a very low heat. (If you cook on a high heat, the meatballs could break apart.) If the sauce is too thick, add a bit of water. Taste, adjust the salt and pepper.

#### Aperol Spritz

#### Ingredients:-

2 oz Aperol

2 oz Prosecco

Splash of Soda water

#### Preparation:-

Build into glass over ice, garnish and serve.

Served on the rocks; poured over ice.

Standard garnish is an orange Wedge.

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# healthwise

## THE PYRAMIDAL SYNDROME AND ITS TREATMENT



Piriformis syndrome, although less well known than other musculoskeletal conditions, can be a significant source of low back and sciatic pain. We will take a holistic approach to treating this condition, not only relieving the pain but also addressing the underlying causes to prevent future recurrences.

### What is Piramidalis Syndrome?

Piriformis syndrome occurs when the piriformis muscle, located in the gluteal region, compresses the sciatic nerve. This can cause pain, numbness and tingling along the distribution of the sciatic nerve, affecting the buttock and often extending down the leg. Piriformis muscle syndrome, also known as piriformis syndrome, is a condition that causes irritation of the sciatic

nerve due to compression or irritation by the piriformis muscle in the gluteal region. This condition is common among athletes and in people with work or daily activities that require repetitive efforts or maintenance of prolonged postures. In this article, we will comprehensively review this syndrome, from its diagnosis to innovative approaches for its treatment.

### Anatomy and function of the piriformis muscle

The piriformis muscle is a small muscle located in the gluteal region, deep to the gluteus maximus. It is essential for thigh rotation and stabilizes the pelvis during walking. However, its proximity to the sciatic nerve makes it a common site for neuromuscular disorders.



# HORARIO



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## Causes and risk factors

Predisposing factors for piriformis syndrome include direct trauma, differences in leg length, and activities that involve lifting weights or repetitive movements. In addition, poor posture and a sedentary lifestyle can aggravate or precipitate the appearance of symptoms. Diagnostic methods

Diagnosis is made primarily through clinical evaluation, including physical tests that reproduce pain by stimulating the piriformis muscle. Magnetic resonance imaging (MRI) may be helpful in ruling out other causes of sciatic pain.

## Conventional Treatments

Standard treatment may include anti-inflammatory medications, physical therapy, and, in severe cases, corticosteroid injections. However, these methods often treat only the symptoms without addressing the root causes.

## Our Approach to Treating Piriformis Syndrome

By implementing myofascial release techniques and specific pelvic stabilization exercises, we promote the recovery of muscle balance and reduce pressure on the sciatic nerve.

## Principles of treatment

We focus on an integrative view that considers the interaction between different body systems, offering a holistic approach to the treatment of piriformis syndrome. This approach not only seeks to relieve pain but also correct the underlying causes through manual therapies, postural adjustments, and relaxation techniques.

## Comprehensive treatment

### Personalized Physical Therapy

- Manipulations and massages: Specific techniques to release the piriformis muscle and reduce pressure on the sciatic nerve.
- Heat or cold therapies: Applied to reduce inflammation and relieve pain.

### Postural Reeducation and Exercises

- Specific stretches: To lengthen the piriformis muscle and relieve nerve compression.
- Strengthening the pelvic and lumbar muscles: To improve stability and body alignment.

### Phytotherapy and Supplementation

- Anti-inflammatory medicinal plants: Such as turmeric and devil's claw, which can be used to manage pain and inflammation naturally.

- Nutritional supplements: Such as magnesium and vitamin B, which help with nerve and muscle function.

### Lifestyle Interventions

- Ergonomics at work and at home: Adaptations to avoid postures that overload the piriformis.
- Relaxation techniques: To reduce overall muscle tension, especially in areas affected by overuse.

Exercises and Recommendations for Patients Piriformis syndrome

## Podiatric Clinic

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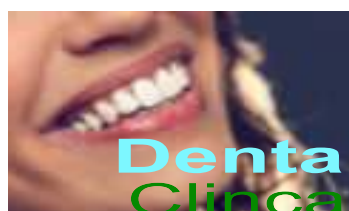
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# healthwise

Requires a comprehensive treatment approach that addresses both the symptoms and underlying causes. We must offer a promising solution by integrating techniques that improve muscle and nerve function. We invite patients to consult with us to explore these treatment options and improve their quality of life.

### Specific exercises Piriformis

Stretching exercises and strengthening of the abdominal and lower back muscles are recommended to improve posture and reduce the load on the piriformis muscle.

### Lifestyle tips

Maintaining proper posture, avoiding prolonged periods of sitting, and taking active breaks during the day are key to preventing the recurrence of symptoms.



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# The New Science of Midlife Weight Loss

***In recent years, more and more women have turned to GLP-1 medications to help manage weight and improve overall health. Originally developed to treat type 2 diabetes, these drugs are now widely used for weight loss—and with impressive results. Many patients are losing between 10% and 15% of their body weight, which can mean a dramatic improvement in their health and wellbeing.***

For women in their 40s, 50s, and beyond, this can be especially significant. Weight gain during midlife is incredibly common and, for many, deeply frustrating. Even with a healthy diet and regular exercise, the scale often refuses to budge. While menopause tends to get the blame, research shows that aging itself is a major factor. Muscle mass declines, metabolism slows, and hormonal shifts contribute to an increase in abdominal fat—often the most stubborn and most dangerous kind.

This central fat, often referred to as visceral fat, is closely linked to a number of serious health issues including cardiovascular disease, type 2 diabetes, and certain cancers. It's more than a cosmetic concern - it increases inflammation throughout the body and puts women at greater risk for future illness.

GLP-1s can be a powerful tool in this context. They help regulate appetite and improve insulin sensitivity, making it easier for women to shed weight that would otherwise be very difficult to lose.

For many of my patients, these medications have

provided the push they needed after years of feeling stuck.

But it's not just about losing weight—it's about losing the right kind of weight. One of the potential downsides of rapid weight loss is that it can include not just fat but also muscle and bone mass.

For women at midlife, this is already a concern, as the risk for osteoporosis and sarcopenia increases with age.

That's why it's so important to pair these medications with a protein-rich diet and some form of resistance training. This combination helps preserve lean muscle, which supports metabolism, mobility, and overall strength as we age.

There are psychological benefits as well. Midlife can be a vulnerable time for mental health, with many women experiencing mood swings, anxiety, or low energy linked to hormonal changes. Carrying extra weight - particularly when it feels beyond one's control—can add to the emotional burden.

Weight loss, whether from medication or lifestyle changes, can lead to better self-esteem, improved mood, and a greater sense of agency over one's body.

It's also worth noting the potential for long-term cancer prevention. After menopause, body fat becomes a primary source of estrogen, and higher estrogen levels have been linked to increased risk of breast, ovarian, and uterine cancers. Reducing body fat - especially visceral fat



- can help lower that risk, offering another layer of protection as women age.

As a doctor working with women along the Costa del Sol, I see firsthand how impactful these medications can be when used thoughtfully and alongside lifestyle support. GLP-1s aren't a magic bullet, but for many women, they represent a turning point—a chance to regain control over their health during a period of life that often feels unpredictable.

The key is using them as part of a bigger picture that includes movement, nourishment, and regular monitoring.



Continued on page 38

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In the end, this isn't just about weight. It's about energy, longevity, and confidence. And that's a transformation worth investing in.

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**Serves:-** 2

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1 sliced banana, frozen  
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pineapple chunks  
1/3 cup (45 g) fresh  
or frozen blueberries  
1/2 cup (120 ml)  
sweetened soy milk, or  
any other milk  
1/2 cup (120 ml) cold  
water



Optional for some zing:  
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## Airport Assistance

**Whenever I'm asked a very specific question I try to research and come back with some useful information.**

The Assistance at the airport is FREE. Book at least 72 hours ahead of your flight. TSA care form or call 855 787 2227. The boarding pass of a disabled person may be marked MAAS ( this means Meet and Assist ). Other " codes" include:-

Blind –ie visually impaired.

Deaf – impaired hearing / deaf or mute.

Dpna – intellectual or developmental impaired.

Wchr – needs wheel chair to cover distances but can move around the plane.

Wchc- totally wheel chair bound and needs to be carried onto the plane and to their seat.

Airlines do have a right to refuse passengers if they do not consider them "Fit to fly"... A doctor's note is advisable,(within 7 days of flying) in the following conditions:-

Recent surgery.

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What to expect from the Assistance Services:- Transport through the airport to the gate with your hand baggage..

What they don't do:-

1. Manage your suitcases.

2. Stop at the duty free.

3. "Sitting/supervision" - if you can't leave your family member you need to take them with you (wherever you go).

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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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## 10 Fun and interesting facts about Spain

**1. Spanish is the second most widely spoken language in the world**

Second only to Mandarin, Spanish is number two when it comes to the highest number of native speakers, with some 485 million people speaking the language. With countries such as Mexico, Colombia, Argentina and Peru primarily speaking Spanish, it's no wonder so many people speak it.

**2. Spain is home to the world's largest tomato fight**

Every year, on the last Wednesday in August, the quiet Spanish town of Buñol hosts La Tomatina - the world's largest tomato fight. Over 150,000 kilos of over-ripe tomatoes are used in the food fight and thousands of locals and tourists take part in the chaos.

**3. The Spanish tooth fairy is a mouse**

The name's Pérez, El Ratoncito Pérez. He's not an undercover agent, but he does often work under covers. Ratoncito Pérez is the Spanish version of the tooth fairy. When a child loses one of their milk teeth, they place it under their pillow and Ratoncito replaces it with a small gift or some money.

**4. Every year hundreds of people run with bulls in Pamplona**  
Running through the streets of Pamplona sounds like quite a nice time, but imagine also being chased down by angry bulls! That's what happens every year as the highlight of the San Fermín festival in Pamplona. From the 7th to 14th July, some 2,000 people take the cobbled streets with the bulls to quite literally run for their lives!

**5. Spain was one half of the world's first Earth sandwich**

The world's first 'Earth sandwich' is credited to the American artist Ze Frank. In 2006 he organised two slices of baguette to be placed in Spain and New Zealand, at exact opposite points of the globe. As there is a 12-hour time difference between Spain and New Zealand, organising this event wasn't easy, they had to use the exact same type of bread, at the same time, in precise locations.

**6. Spain has a monarchy**

Just like the UK, Spain has a royal family too! Their current king is called Felipe VI and has reigned since 2014. Again, much like the UK, the role of Spain's royal family is apolitical and neutral, with limited power. Despite this, the king still carries out some important ceremonial duties.

**7. Madrid is home to the oldest restaurant in the world**  
Sobrino de Botín is a Spanish restaurant in Madrid, and the oldest restaurant in the world in continuous operation. The restaurant was originally founded in 1725 by Frenchman Jean Botin and his wife, it was originally called Casa Botín until one of his nephews took over the restaurant and renamed it Sobrino de Botín, a name that survives to this day. The restaurant has kept the flame burning in its oven continuously, never to be extinguished. One of their famous original recipes is roast suckling pig and their signature dish is sopa de ajo: an egg poached in chicken broth, laced with sherry and garlic. Yum!

**8. The Sagrada Familia in Barcelona is still not finished**  
The Sagrada Familia is a Catholic cathedral in Barcelona that has been in construction since 1882! Designed by famous architect Antoni Gaudí, the site has UNESCO World Heritage status despite still not being finished. Multiple historic events have slowed the construction of the cathedral, including the Spanish Civil War, World War One and World War Two, arson attacks from anarchists, and the COVID-19 pandemic. Currently the cathedral is predicted to be completed in 2026, which would be the centenary of Gaudí's death. Whether it will actually be completed by then is anyone's guess, but currently it is the most visited building site in the world.

**9. Spanish isn't the only official language of Spain**

Although the vast majority of Spain's population primarily speaks Spanish, some areas speak a different language altogether. For example, in Catalonia, the easternmost area of Spain, the people speak Catalan alongside Spanish. The community of Galicia in the north-west speaks the Galician language. Perhaps most interesting is the language spoken in the Basque Country, an area in the north-east of Spain in the Pyrenees mountains that borders France. The people there speak Basque, which is a language isolate, meaning it is unrelated to any other existing languages!

## University of the Third Age (U3A)



Following on from the summer heat, we are looking forward to welcoming more people at the Group meetings, and also have some BRAND NEW GROUPS planned for the autumn, including monthly Petanque games, and a Craft group.

If you would like more information about these new groups, please contact Ian Butcher at: butcher16720@gmail.com (Petanque) and Lorraine Fraser: fraser.lorraine.1955@gmail.com (crafts)

**COFFEE MORNING** - This is a 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. September's will be on the 25th This is ideal for people who would like more information about our club.

**TABLE GAMES** - is held EVERY Monday of every month at Mena Golf, Laguna beach - 1.00pm 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 at El Pozuelo, Laguna beach at 11am. All welcome. Contact Sue @ [sueharrison@hotmail.com](mailto:sueharrison@hotmail.com) (Next meeting October).

**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 September MMD lunch will be on the 10-Sept at Lews Restaurant Torrox Costa. Mid Week UK Roast Dinner, (3 courses). All welcome but must contact judyannspain@yahoo.com to reserve a place.

**10. The Spanish national anthem has no words**  
Spain's Marcha Real is one of the few national anthems with no words! This means it is part of a very exclusive club with just three other countries: Bosnia and Herzegovina, Kosovo and San Marino. That means at large sporting events, the normal practice is for the audience to hum along to the tune while the players stand in silence. There has been a number of attempts to write accompanying words to Marcha Real but none of them have been officially approved by the Spanish government. In many ways, this must be a relief for the people of Spain, you can't forget the words to your national anthem if it doesn't have any!



## Still partying like it's a two-week holiday?

As September arrives, the Costa del Sol quietyens down. The summer visitors have gone home, the beaches are less crowded, and the buzz of the tourist season fades. But what if the party hasn't stopped for you?

Many people move here for a better life but soon find themselves stuck in a cycle of all-day drinking, hangovers, and regret. What started as "living the dream" can start to feel more like a nightmare. The truth is, it's easy to fall into the trap of drinking like you're on a two-week holiday, even when the holiday never ends.

If this sounds familiar, you're not alone. Alcohol can creep into everyday life and take more than just your time and money, it can take your peace of mind, your relationships, and your self-respect.

If you're beginning to question your drinking, Alcoholics Anonymous (AA) offers a way out. AA is a free, confidential fellowship where people share their experiences and support each other in finding freedom from alcohol.

Here are two honest accounts from local AA members:

"I had a busy social life, but I was living in fear and anxiety."

Michael began drinking at 14 and quickly turned to drugs and other ways to change how he felt. "I always drank too much, had car accidents, ruined friendships, but I thought it was normal. I couldn't stop."

When his children were born, he still couldn't change. "I was bringing strangers home and behaving in ways I hated. I'd go out for one pint and be missing all night."

His doctor suggested AA. "I thought he was mad, but I gave it a try. At my second meeting, I heard someone describe my experience exactly. That's when I knew I belonged."

Michael has now been sober for several years. "I worked the 12 Steps with a sponsor. I still go to meetings and stay in touch with others in recovery. I'm not living in fear anymore. Life is full, and I finally like the person I've become."

"I'd cry all night and drink alone, but AA gave me my life back."

Helena, a 42-year-old business owner and full-time parent, started drinking at age 11. "It gave me confidence and masked how much I hated myself."

Her drinking escalated into blackouts, abusive behaviour, and deep shame. "When my 12-year-old daughter came home drunk, I saw myself in her ... and I knew I had to change."

She went to her first AA meeting in February 2019 and hasn't had a drink since. "I didn't understand much at first, but I kept coming back. I worked the 12 Steps and everything changed. I've rebuilt my life and found peace, and I wouldn't trade that for anything."

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.

**Call the English-speaking AA helpline for support: +34 600 379 110 or visit the website for help and information:**  
**[www.aacostadelsol.com](http://www.aacostadelsol.com)**

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## Train Stations

Granada-958 271 272  
Málaga-952 239 261

## Consulates

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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](http://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](mailto:info@nlcnerja.com)  
Website: [www.nlcnerja.com](http://www.nlcnerja.com)  
Facebook: [www.facebook.com/nlcnerja](http://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](http://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](mailto:info@stgeorgemalaga.org) or contact one of the chaplaincy wardens. More information can be found at: [www.stgeorgemalaga.org](http://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 SEPTEMBER 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 Monday** - Monday Club. Friends meet at various restaurants for a chat. Please contact the Centre for more information. Time 11.00.

**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** - Spanglish. Starting date be advised. General conversation between Spanish and English friends. Time 16.30 to 17.30.

**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. Information to be advised.

**Friday 5th September** - Coach excursion to Carratraca to join in the Embrujo Andalusi de Carratraca. Please come and join us for a fun evening at the Night of Enchantment Festival originally founded in 1997. For three nights the narrow streets of the village are transformed. They are decorated, perfumed and illuminated with thousands of small candles and lights, giving them a magical and picturesque atmosphere.

There is a captivating spell in the streets, with music, art, theatre and dance, and the smell of delicious foods and flavours which may be purchased. Tickets available at the Centre: 22 euros with a Friends card, 25 euros for visitors. Includes travel insurance. Proceeds for fundraising. Departure times: Algarrobo (Lidl) 17.15, Caleta (Vets) 17.20, Torre del Mar (Bus station) 17.30. Leaving Carratraca at 23.00.

**Friday 19th September** - Prayer for the Creation. Anglican Anglican Chaplaincy of St Georges in Malaga. Time 19.00.

**Tuesday 30th September - Saturday 4th October.** Coach Excursion to Benidorm, Denia, Valencia and Mojacar.

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

**COME AND JOIN US !**  
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coraxaliacoral@gmail.com

**"NEW MEMBERS WELCOME ALL YEAR ROUND."**  
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**Axarquia Animal Rescue**  
Rescue and care for stray and abandoned animals.  
We are currently looking for foster homes for dogs and cats.  
If you are interested, please contact us.  
Contact: Paula - Axarquia Animal Rescue  
Phone: +34 952 44 44 44  
Email: axarquiaanimalrescue@gmail.com  
Website: www.axarquiaanimalrescue.com

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

**FUNDACIÓN cudeca**  
CIUDADANOS DEL CÁNCER / CANCER CARE HOSPICE

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 2<sup>nd</sup> 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](mailto: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](mailto:info@streetwise.es)  
or call Dawn on 638 474 718.  
All information is required by the 15<sup>th</sup> 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](mailto:isabelgilton@gmail.com)

**41 Club Nerja**

41 Club Nerja Chairman Brian Karet can be contacted via email: [briankaret@sky.com](mailto:briankaret@sky.com)  
41 Club Nerja Press and Recruitment Officer Steve Ryan can be contacted via email: [steve.ryansr56@gmail.com](mailto:steve.ryansr56@gmail.com) or tel: +44 754 640 2770 41 Club  
Website: [www.41clubnerja.org](http://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](mailto:coraxaliacoral@gmail.com)

**ROYAL BRITISH LEGION, NERJA BRANCH**  
Meets twice monthly for lunch - on the 3<sup>rd</sup> Thursday at the Al Andalus Hotel, Maro and on the 1<sup>st</sup> 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](mailto: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](mailto: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.  
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**REF:- 7926 EXCLUSIVE: CHARMING AUTHENTIC CORTIJO FULLY MODERN RENOVATED IN TORROX WITH SPECTACULAR SEA & MOUNTAIN VIEWS** with 2 Beds, 1 bath, 1 toilet, 1 lounge with fireplace and American kitchen, 8 min. from the village and 12 min. from the coast, fully private. Built: 54m<sup>2</sup> Plot: 3.000m<sup>2</sup>  
**PRICE:- €155.000**



**REF:- 7919 COUNTRYHOUSE - CÓMPETA** 5 beds, 2 baths, 1 lounge, private pool, garage, several terraces, guest house annex, large store room, country views. Built: 217m<sup>2</sup> Plot: 10.684m<sup>2</sup> CEE: F  
**PRICE:- €395.000**



**REF:- 7902 APARTMENT - LA HERRADURA** 2 beds, 2 baths, 1 lounge, 1 terrace, walking distance to the beach, perfect condition. Great opportunity as a holiday rental. Built: 87m<sup>2</sup> CEE: E  
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