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Ref: REST



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Price: €425.000

Ref: NV.3



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Ref: Casa Nieve



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Price: €235.000

Ref: Casa Capuchinos

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Price: €225.000

Ref: NV.112



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 reduced: €330.000

Ref: NV.002



Beautiful Apartment in Capistrano Village. Single, step-free level with 2 separate entrances. Comprises bright living room, fully equipped kitchen, 2 bedrooms and 1 bathroom. South-facing with abundant natural light and attractive views.

Price: €275.000

Ref: NV92A



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



Villa on 2 floors near Nerja. Comprising 2 bedrooms, lounge/dining room, fully equipped kitchen, bathroom and a terrace with sea views. Private garden, several communal pool and garden. Close to all amenities.

Price: €365.000

Ref: NV.VILLA NARANJA



A 2 bedroom apartment in Capistrano Village. It comprises of living room, kitchen, 2 bathrooms, 2 bedrooms, terrace and garden.

Price: €329.000

Ref: NV.JAZ



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 reduced: €450.000

Ref: NVMAR4

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**Congratulations to David and Lesley Arrowsmith,
60 years married.**

David and Lesley Arrowsmith will be celebrating 60 years of marriage in June this year. They have lived in Nerja for 25 years after living and working in Dubai and Saudi Arabia.

Lesley was previously President of the Club International Nerja for 8 years and David was bar manager.



**Congratulations to my parents
Tony and Christine Ashurst
who also celebrate their
60th Wedding Anniversary this year!**



TAIL TORROX ANIMAL CHARITY

An opportunity has arisen for a new shop manager for our very successful charity shop on Torrox Costa opposite Mercadona. The post is volunteer and requires managing rotas and staff and ensuring the smooth running of the shop. There is no requirement to be present at the shop every day. The shop is open Monday to Saturday 10.00 till 14.00.

Retail experience would be an advantage and this is a great opportunity to contribute to the work of Tail Torrox helping dogs and cats in the locality.

For more information please message:-

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Country Property of the month

Torrox: Price: **€490.000** TCP228



EXCLUSIVE magnificent luxury villa set in a privileged mountain location with spectacular views of the sea, mountains and surrounding countryside. Plot 5,000 m², built area of 186 m². A few minutes from the beach and Torrox town. The villa is distributed over two levels. Comprises a spacious open-plan living, dining area with kitchen, 3 bedrooms, 3 bathrooms, multiple terraces, covered porch terrace, a patio with barbecue area, a large swimming pool, a private garage, and two additional parking areas. The interior spaces are bright, functional, and designed to maximize comfort and a sense of openness throughout.

In addition there is an independent guest apartment with a second swimming pool to renovate is included in the sale. The grounds are home to many olive trees, adding character, natural beauty, and an authentic Mediterranean atmosphere. This property is an exceptional combination of luxury, comfort, and nature, making it ideal as a permanent residence, holiday retreat, or a high-potential investment. Treat yourself to this opportunity and come and view it with us as soon as possible.



Árchez: Price: **395.000€**



- Living space: 139m²
 - Bedrooms : 3
 - Pool: Yes
 - Garage : No
 - Terrace: Yes
 - Bathrooms: 2
 - View: Mountain
 - Area: Countryside
- Ref. CP778

Cómputa: Price: **435.000€**



- Living space: 115m²
 - Bedrooms : 3
 - Pool: Yes
 - Garage: No
 - Terrace: Yes
 - Bathrooms: 2
 - View: Mountain
 - Area: Countryside
- Ref. CP779

Nerja: Price: **450.000€**



- Living space: 142m²
 - Bedrooms : 3
 - Pool: Yes
 - Garage: No
 - Terrace: Yes
 - Bathrooms: 4
 - View: Sea views
 - Area: Townhouse
- Ref. NTH063

Cómputa: Price: **168.000€**



- Living space: 160m²
 - Bedrooms : 3
 - Pool: No
 - Garage: Yes
 - Terrace: Yes
 - Bathrooms: 2
 - View: Sea views
 - Area: Townhouse
- Ref. TTH1118

Torrox: Price: **55.000€**



- Living space: 46m²
 - Bedrooms : 1
 - Pool: No
 - Garage: No
 - Terrace: No
 - Bathrooms: 1
 - View: Village
 - Area: Townhouse
- Ref. TTH640

Torrox: Price: **169.000€**



- Living space: 57m²
 - Bedrooms : 1
 - Pool: No
 - Garage: No
 - Terrace: Yes
 - Bathrooms: 1
 - View: Sea views
 - Area: Village
- Ref. TTH702

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Welcome to this month's Streetwise magazine. Spring is in the air and it's wonderful to see people around enjoying themselves. The work on the costa has begun and preparations are going well for the start of the busy 2026 season. I hope everyone had a good Easter break and made some time to see the wonderful parades here in Spain. While I'm writing this we are still trying to decide where to go and see the parades, Málaga or an inland village? I'll let you know next month.

During the last few weeks we visited several places and the cover photo was taken in Salobreña castle. The town is beautiful and well worth visiting. It is a wonderful authentic Spanish town.

As always there are several local clubs offering the opportunity to meet like minded people. This month's magazine is packed with plenty to read. Enjoy!

Dawn xx



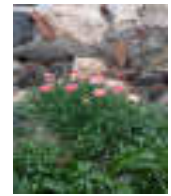
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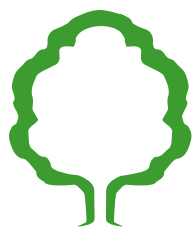
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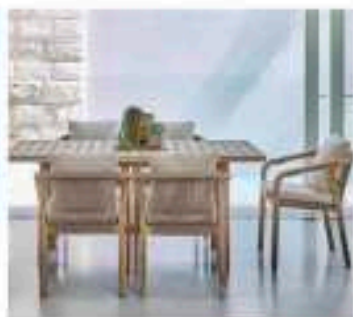


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We speak your language:



Easter on the Costa del Sol: a time of renewal



Easter is often associated with reflection and new beginnings. Across the Costa del Sol, spring brings longer days, warmer weather and a chance for many people to pause and think about their lives.

For some, however, alcohol has gradually become something they feel unable to control. What may have started as social drinking or a way to unwind can slowly become a daily necessity.

Alcoholics Anonymous (AA) has helped millions of people around the world recover from alcoholism. Meetings take place daily throughout the Costa del Sol. Here, two members share their experiences of drinking, how they found AA and what life is like today.

Alison grew up in what she describes as a loving family where alcohol was rarely present. "There wasn't really drinking in our home," she says. "At New Year my parents would have a party. My dad would dilute a small whisky with lemonade, and my mum had a couple of glasses of port. She played the piano and everyone sang. No one was ever drunk." Despite that, Alison's first experience with alcohol came very early.

"At one of those parties I drank the dregs from glasses and got drunk when I was five. I remember it burning inside me. My mum was furious."

At ten years old she sneaked some of her mother's port and was "horribly sick", which put her off alcohol for years.

"I didn't drink again until I was 21," she says. For a long time, her drinking appeared moderate. But gradually it changed.

"In my late thirties I started enjoying the occasional gin and tonic. By my early forties I was rewarding myself with a bottle of red wine every night after work. I worked long hours and told myself I deserved it. But I realised I

was starting to need it."

Her partner noticed too.

"He mentioned it. Of course, I said he drank as much as I did. The difference was he could leave it. I couldn't."

The turning point came in the early hours of one morning.

"I woke up around 4am after another drunken night feeling ashamed and confused. I couldn't live with alcohol, yet I couldn't live without it." She searched online and found a local AA meeting. At first, she was too frightened to go inside.

"I went home and drank again. The next day I returned, shaking and ashamed but desperate."

What happened next surprised her.

"I must have looked like a deer in the headlights. People wrapped me in warmth and said, 'Come in, we've all been there.' People were laughing and looked healthy. I felt safe and understood."

Mason's background was very different, but alcohol eventually led him to the same place.

"I'm 60 years old and a business owner," he says. "Growing up there was prescription drug addiction in my family. There was also rage and criticism, and my brother and I were beaten regularly."

Mason first drank at ten years old at a wedding.

"I got so drunk I fell over and pulled a table down with me."

By his teens drinking had become something he actively pursued.

"As soon as I could get alcohol, around 15, I drank to get drunk. That was always the point."

Drugs followed soon afterwards.

"Yes, a lot. Anything legal or illegal that I could get my hands on."

People around him could see the problem long before he did.

"I was even sent home from work for being drunk. But it took another 12 years before I actually stopped."

Unlike some people, Mason did not experience one dramatic moment.

"It was more an accumulation over years. My last drink wasn't dramatic either. What was different was how I felt the next morning. I woke up completely defeated. I couldn't see any way out."

He had heard of AA before but never really understood what it was.

"My first meeting was in 2006. I was drunk and didn't want to be there."

His sobriety date today is 23 April 2018.

"What made the difference this time was simple. I got a service position early on. It gave me responsibility and a sense of belonging. I got a sponsor and did what was suggested."

Gradually his life began to change.

"When I came in, I had no idea that alongside wanting to stop drinking, I would have to question myself and get honest."

Today the difference is clear.

"I have a life now. Before I got sober, I was existing, not living."

Alison's message to anyone struggling is heartfelt and simple.

"Get off the bus before it reaches the terminal. Without AA I would not be here today."

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.

CALL THE AA HELPLINE FOR SUPPORT:

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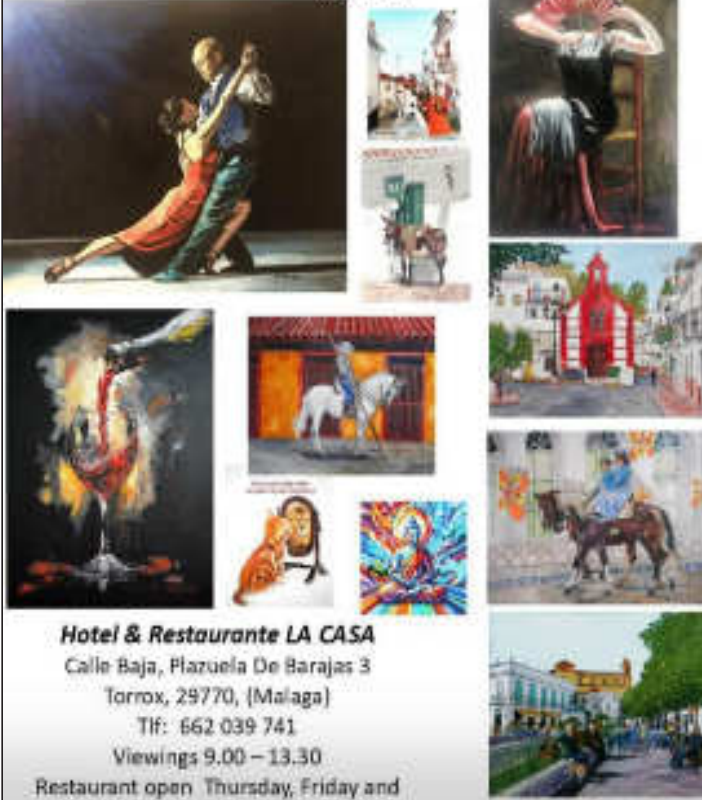




Exposición Torrox pueblo

Para ver más - Margaret Riordan - marioridan@aol.com

2026



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41 Club Nerja

NEW CHAIRMAN FOR 41 CLUB NERJA

At its annual general meeting on Thursday 19th March, Robert Durston was inducted as the new chairman of 41 Club Nerja with Kevin McSorley as vice chairman.

41 Club Nerja is a hub for ex members of Round Table and other like minded men who meet twice a month sometimes with partners to visit local restaurants and do fun stuff.

Each year they also donate to charity and past chairman Peter MacLeod donated £500 to Save the Children UK in memory of a past members partner.

**For more details contact secretary
Brian Karet on 643 510 605**



New Chairman Robert Durston (left)
with past Chairman Peter MacLeod

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Ref: CN48691



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Price: €345,000

Ref: CN48690



ALMIJARA III

Townhouse, 3 bedrooms, 2 bathrooms, and several sunny terraces. Requires modernization. Communal pool and gardens. Walking distance to town.

Price: €250,000

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REF:- TV430 Almjara, Nerja Townhouse

Large bright and sunny semi-detached house close to Nerja centre. Distributed over two floors. Comprising of living room, separate kitchen, 3 bedrooms and 2 bathrooms. Chill out terrace with a Jacuzzi and a backyard converted into a cozy relaxation area. East/West facing with panoramic mountain views. Communal pool, sauna and parking. Quiet residential area, about 5 minutes from the centre and the beach.

PRICE: €350.000



REF:- TV499 TORROX PUEBLO

Town house 75m2 on 2 floors comprising 2 bedrooms (you have to go through 1 to reach the other bedroom), living room, separate kitchen and a bathroom. Situated on a quiet street and facing east. Sunny terrace partly covered, parking close by and closed to all amenities.

PRICE: €157.000



REF:- TV483 TORROX PUEBLO

Large town house spread over 3 floors. Ground floor with an open-plan kitchen, living room, and bathroom with bathtub. 1st floor with 2 bedrooms. 2nd floor has another room that could be used as a 3rd bedroom or an office, opens onto a large east-facing terrace with mountain views. Approx. 300 meters from a public parking.

PRICE: €127.000



REF:- TV498 TORROX PUEBLO

Town house 116m2 on 2 floors comprising 2 bedrooms, living room, fully equipped kitchen, toilet, utility room and 2 bathrooms. Completely reformed, parking close by and a short walk to the town centre. The house is fully furnished, a/c and 2 terraces. Facing east.

PRICE: €259.000

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REF:- TV467 TORROX PUEBLO

Charming townhouse divided on two floors. Ground floor with a kitchen plus dining area. First floor features a living room, 1 bedroom, bathroom and a terrace. It is in good condition and ready to move into. Located on one of the towns most popular streets, it's just a 4 minute walk from the town centre and opposite a public parking lot.

PRICES:- €119.900



REF:- TV287 TORROX COSTA

Fabulous luxury villa 196m2 with fantastic sea views. Comprising large living room with chimney and big windows, fully equipped separate kitchen, 2 bathroom, 3 bedrooms (master bedroom with en-suite and built in wardrobes), porch 23m2 and a large terrace with bbq. Garden with private jacuzzi, heating, garage 85m2 and a gym. Quiet urbanization and close to the sea. Facing south and good for pets.

PRICES:- €675.000



REF:- TV445 NERJA

Large local for sale in El Zoco de Nerja 190m2 with a terrace and garden. The local has lots of light, good ventilation and direct access to the street for parking. The local could be used for various things/ activities. Close to the centre of Nerja.

PRICES:- €215.000



REF:- TV465 TORROX

Spacious townhouse. Ground floor comprises dining room, separate kitchen with access to a small patio, living room and bathroom. First floor has 2 bedrooms, bathroom, and a sunny southwest-facing terrace. The property also includes a cosy studio with a kitchen and bathroom. Located in the upper part of town, on a quiet street with friendly neighbours. The house has 2 entrances and close to a parking area.

PRICES:- €199.000

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

Saturn in your sign will put you to the test this month, so don't be surprised if you have to rewrite your plans as you go along. Anything that has not been properly thought out will have to be reviewed and revised if it is going to work.

Luckiest day:- Monday

TAURUS:- (April 21st - May 21st)

There may be moments when you feel dispirited by how slowly things are coming together, but the situation isn't as bad as it seems. It could be the universe's way of making you pay attention to the little things that help make the big things work.

Luckiest day:- Sunday

GEMINI:- It's not like you to resist change but you could be more conservative in your attitude this month. That may in fact be a good thing as it will act as a counterweight to the overly optimistic outlook that has been your go-to stance in recent months.

(May 21st- June 20th)

Luckiest day:- Friday

CANCER:- (June 21st - July 22nd)

If you find yourself faced by a situation where you will win big if you make the right choice but lose big if you get it wrong maybe you should make no choice at all. The fact is no one has the power to force you to choose.

Luckiest day:- Saturday

LEO:- (July 23rd to August 22nd)

You may be snowed under with work commitments this month but that is not a good enough excuse to cancel upcoming social engagements. Forget about your In tray during this month and have fun with friends and loved ones.

Luckiest day:- Friday

VIRGO:- (August 23rd - Sept. 22nd)

There will be signs today that something you thought was moving ahead nicely is about to hit a wall, and you must not ignore them. There is nothing wrong in admitting that you made a bad call, so long as you follow it up with a good one.

Luckiest day:- Tuesday

LIBRA:- (Sept. 24th - October 23rd)

If you let a rival get inside your head they won't hesitate to play on your doubts and fears. This is one of those occasions when you would be wise to erect a barrier between yourself and the outside world, albeit a temporary one.

Luckiest day:- Sunday

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

There will be a lot of added pressure on the work front this month as your bosses and colleagues expect you to deliver above and beyond the call of duty. Do what you can to meet their expectations but don't overdo it. Know when to say no.

Luckiest day:- Monday

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

If a project of some kind is not going as well as you wanted it to you may be tempted to give up on it altogether. Don't. You are closer to a breakthrough than you realise, so keep at it and don't stop believing in your creative abilities.

Luckiest day:- Wednesday

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

You may not be getting the level of support you think you deserve but don't take it personally. Loved ones have issues of their own to deal with and don't have the time to look out for your interests too. You're big enough to look after yourself.

Luckiest day:- Thursday

AQUARIUS:- (Jan. 21st - Feb. 18th)

Someone whose opinions are the opposite of your own may annoy you intensely but if you are smart you won't let it show. You are going to need their assistance during the month, so pretend you agree with them for the time being.

Luckiest day:- Wednesday

PISCES:- (Feb. 19th - March 20th)

There is no such thing as easy money and if you don't quite believe that now you will believe it by the end of this month. If nothing else, Saturn's influence in the financial area of your chart will force you to mend your spendthrift ways.

Luckiest day:- Saturday

Horoscopes



Edf. Verde Mar, Nerja

Recently renovated to an exceptional standard, this stylish two-bedroom apartment is set in a prime building moments from the beach and near Balcón de Europa. Featuring a master en-suite, family bathroom, open-plan kitchen with breakfast bar, and bright living area, it boasts a south-facing terrace with garden, pool and sea views.

Price: 585,000 euros Ref. JG1111TPM

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Residencial Calaceite, Torrox

Southeast-facing apartment in Calaceite, near beaches and minutes from Nerja and Torrox. Offers stunning sea, mountain, and village views from a 16m² terrace. Includes two double bedrooms, two bathrooms (one en-suite), modern kitchen, bright living-dining area, private garage, and storage. Set in a stylish complex with gardens and two shared pools.

Price: 445,000 euros Ref. JG1083TPM



Urb. Nueva Nerja

Charming townhouse in sought-after Nueva Nerja, set in a quiet residential area just a short walk to Burriana Beach and the town centre. Enjoy two communal pools, sun terraces and gardens. Over two levels, it offers bright open-plan living with fireplace, fitted kitchen, guest shower room, two double bedrooms, balconies and family bathroom.

Price: 329,000 euros Ref. JG1110TPM

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Los Arcos, Nerja

This bright, charming property features two double bedrooms with fitted wardrobes and a modern shower room. One interior bedroom offers versatile use. The open-plan kitchen and living area lead to a large sunny terrace, private garden with jacuzzi, and seating areas. With air conditioning throughout, it's ideally located near amenities and Burriana Beach.

Price: 279,000 euros Ref. JG1119TPM

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Plants and flowers that attract bees, butterflies and birds.



Lavender

Lavender is a magnet for attracting honeybees.



Flame Vine

This plant supplies nectar and dense cover for small birds.



Achillea (Yarrow)

The large colourful flower clusters make this a great plant for butterflies.



Salvia microphylla (Baby Sage)

These beautiful bright flowers attract butterflies.



Monarda (Bee Balm)

A wide variety of butterflies find the Bee Balm an attractive source of nectar. The tubular flowers are in shades of white, pink, red, and purple. There are several new Monarda hybrids available.

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Sunflower

The sunflower seeds provide food for small seed eating birds.



Rosemary

These are a magnet for attracting honeybees.



Sedum

Butterflies love both the tall and short sedums and are great plants to attract butterflies.



Firethorn

The attractive white flowers and berries attract birds.

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Online video **Cómpeta** **New this month!**
 Beautifully villa with 5 beds, 3 baths (242m²) heated pool, stunning views, easy access and walking to the village. This property delivers exceptional value and lifestyle appeal.
Price: 575,000 euros
 ref: v 1588 EPC: In progress

Online video **Canillas de Aceituno** **New this month!**
 Renovated townhouse (157m²) with 3 beds, 2 baths and roof terrace. Ready to move into. Holiday home, rental investment or permanent residence.
Price: 145,000 euros
 ref: t1587 EPC: E

Online video **Cómpeta** **Price reduced!**
 Charming villa with 3 beds, 2 baths. Rental licence with good rental history. Easy access. Close to village for permanent private residence. Stunning mountain and village views.
Price: 335,000 euros
 ref:v1585 EPC: E/D

Online video **Almarchar** **Price reduced!**
 Recently renovated village house (38m²) with 2 beds, 1 bath, spacious open plan living/dining/kitchen. Storeroom and space for table and chairs outside.
Price: 79,950 euros
 ref:t1582 EPC: G

Arenas **Fantastic property!**
 Fantastic villa 2 bed, 2 bath (193m²) with 2 independent guest apartments. Short drive from village and coast. Private pool and magnificent sea and surrounding views.
Price: 398,000 euros
 ref: v1526 EPC: E

Canillas de Aceituno **Rental investment!**
 Two beautifully crafted, fully furnished artist homes (50m² & 65m²) on a quiet village street, each with 1 - 2 beds, open plan living, bespoke features, underfloor heating, private terraces including a large roof terrace with BBQ and stunning views.
Price: 295,000 euros
 ref: t1573 EPC: E

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

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VSR1361 TORROX BEACH CLUB - Spacious apartment on two levels, comprising 3 beds, 3 en-suite baths, large private terraces, south west facing, SEA VIEWS, communal pool and parking, close to the beach.
Price reduced €299,000 Must be viewed!



VSR4158 CALLE CARABEO, NERJA - Apartment 75m2, close to the Balcon de Europa, comprising 2 beds, shower room, large private terrace, stunning sea views. Direct beach access. Private parking.
LOCATION LOCATION. Price:- €570,000 Book a viewing now!

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VSR2204

NERJA

Detached villa, 205m², 3 beds, 3 baths, includes a guest apartment, various terraces, sea/mountain views. Private pool, garage, parking, easy access, quiet location, close to town. lots of potential.

Price:- €695,000



VSR2222

ALMIJARA, NERJA

Town house four bedrooms, bathroom and shower room, air con, roof terrace, furnished, air con, Communal pool and gardens, walking distance to town and the beach.

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VSR2223

SENORIO DE CAPISTRANO

Apartment 2 beds, 2 baths, large private terrace and stunning sea views. Well maintained communal pool, and gardens, private parking, plus a store room, quiet location.

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Benji

Benji and Betty were from a litter of pups that were dumped on the Costa Animal Society (CAS) doorsteps. Betty found a new home fairly quickly but perhaps due to Benji's timid nature or due to a stroke of bad luck he has remained in kennels, making him our longest resident. He was actually chosen for adoption at one time by a lady who lived in Jersey but could not travel to Spain because of the Covid outbreak. Unfortunately, during lockdown the lady changed her plans about moving to Spain and the adoption was never finalised. Benji is a medium size boy who comes below knee height and weighs about 20 kilos. He is a brindle coloured Staffy mix who is in good health and has been vaccinated and castrated. Benji loves to play with other dogs but would not be good with cats and he has a sweet but shy disposition.

Patch

Patch was rescued by the Costa Animal Society (CAS) back in February of 2020 as part of a litter of four pups who were living rough in a field near Hotel Caracoles on the Frigiliana to Torrox Road and they were placed into kennels just before the pandemic hit. These pups were about 6 months old at the time and were quite timid around people but it was clear they had some contact with humans when they were younger so it was thought they could be tamed with some patience.

Over the next several months they began taking treats by hand and a CAS volunteer worked with them several times a week until they could be touched and handled. The patience and hard work paid off because two of Patch's siblings eventually found homes in the Netherlands and one found a home in Sweden but Patch is proving to be a more difficult case as she was the shyest of the litter. Unfortunately, despite being a sweet girl Patch has difficulty in trusting new people and she has lingered in kennels as one of the longest resident. She is now 4-5 years old and is in good health. Patch has trust issues but once she gets to know someone she is a lovely girl who has even learned a few tricks like giving high fives. She has been spayed and is fully vaccinated.



Benji

The Costa Animal Society...



Patch

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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

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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.

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Axarquia Animal Rescue

AAR 2823 – Nina

Nina is now 12 months old and is a GSD Malinois X. She will be a large dog. She was found alone on private fenced land and we think the only way she could have got there was by being thrown over the fence. Although being a little shy and nervous at first, once she gets to know you she is a very happy and playful girl. She is currently in a lovely foster home with other dogs but would love a forever home. She is fully vaccinated, chipped and has a passport.



AAR 2830 – Rosie

Rosie is a Mastin pup so will be a large dog. She is 3 months old and has started her vaccinations and has a chip and passport. She was rescued from the side of a road with her 2 siblings and is currently in a foster home with them both. She is a very happy puppy and being a Mastin has a wonderful temperament. She loves playing with her siblings and the fosterers own dogs. Rosie is looking for a forever home to give her the care, training and affection she deserves.

AAR 2828 – Brin

Brin is a beautiful Mastin puppy with a lovely nature. Rescued from the side of the road at the end of January, she's now safe in a foster home. She is 3 months old and the quietest of the 3 siblings rescued. She is a very happy puppy that loves to play and loves a cuddle. She has started her vaccinations been chipped and has a passport. She is now ready for a forever home. Please contact us at axarquia-rescue@hotmail.com for more information.



AAR 2817 – Patch Patch is now 6 months old, happy and sociable, Patch was rescued with his siblings by a cyclist. He is sharing his foster home with one brother and the family's other 2 dogs and young son. Has his passport and all vaccinations to date. Loves his food which is good as he has so much energy! Medium size expected. Email axarquia-rescue@hotmail.com



AAR 2563 – Alfie

Alfie is a four-year-old German Shepherd who longs to be your lifelong canine companion. He is in a kennel after ill-health forced his owner to put him up for adoption. Alfie is a big lad at 41 kilos. He's energetic and loves to play with other dogs. Alfie thrives on human contact. He wants to be everyone's friend and enjoys being fussed. He's eager to please but needs firm leadership from a person with experience of the breed and confident handling large dogs. Alfie's had some basic obedience training and is learning to walk on a lead but needs someone with the time and energy to devote to his development. Alfie reacts well to children he meets on his walks but has never lived with kids and would be more suited to a home without youngsters. Unfortunately, Alfie hates cats and may not be suited to a home with small dogs or other small pets. He would be best suited to a home as the only dog or with another similar sized dog. Alfie needs plenty of secure space to burn off his energy and enjoy beach or campo walks. Alfie will reward you with limitless loyalty and make you proud. Email axarquia-rescue@hotmail.com



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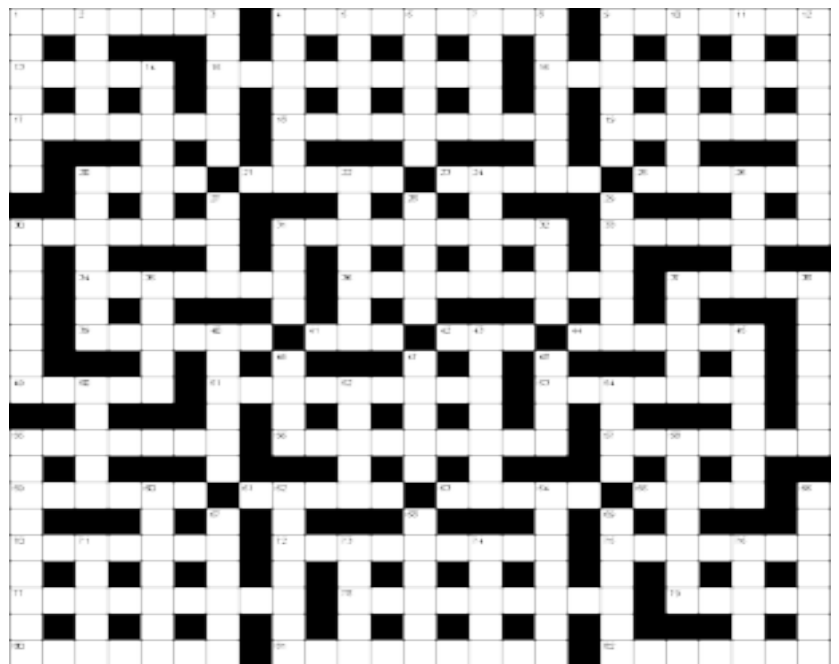
Across

- Pitiless (8)
- Slope (8)
- Cure-all (7)
- Rabid (9)
- Greek letter (5)
- Small openings (9)
- Choose (5)
- Obstructions (9)
- Brother or sister (7)
- Atmosphere (3)
- Insinuation (8)
- Small fry (7)
- Type of hat (6)
- Announces (8)
- Lackadaisical (7)
- Desert plants (5)
- Unfathomable (7)
- Mundane (7)
- Measure of size (9)
- Improvement (11)
- Subdivided (11)
- Heedful (9)
- Fruit (7)
- Large rock (7)
- Throw out (5)
- Ordinary (7)
- Teeth (8)
- Light beams (6)
- Accumulate (7)

- Astonishes (8)
- Hearing organ (3)
- Obtain (7)
- Eggplant (9)
- Become liable to (5)
- End (9)
- Scottish landowner (5)
- Sapient (9)
- Hates (7)
- Longing (8)
- Postponed (8)

Down

- Declination (7)
- Variety of mandarin orange (9)
- Svelte (5)
- Root vegetable (6)
- Breed of dog (9)
- Empowered (7)
- Surpassed (11)
- Gratify (6)
- Illustrious (7)
- Welsh canine (5)
- Tryst (11)
- Singing voice (4)
- Large church building (9)
- Merit (7)
- Sentiment (7)
- Exemplify (10)
- Fraudulent



- scheme (4)
- Light (9)
- Unforeseen (10)
- Goes on (9)
- Nemesis (4)
- Deduct (5)
- Milliners (7)
- Keeps back (7)
- Arrow (4)

- Increased speed (11)
- Scintilla (4)
- Intricately (11)
- Waving (9)
- Musical instrument (9)
- Artificial lake (9)
- Dried grapes (7)

- Herbaceous plant (7)
- Lauded (7)
- Part of a flower (6)
- Concealed (6)
- Unit of weight for precious stones (5)
- Direction (4)
- Hoard (5)



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CATS	HAIR	RENT
CHICAGO	HAMILTON	SEESAW
COMPANY	HAMLET	SLEUTH
DANCIN	HARVEY	WICKED

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People With Happy Spouses May Live Longer



Research suggests that having a happy spouse leads to a longer marriage, and now study results show that it's associated with a longer life, too. The study was published in *Psychological Science*, a journal of the Association for Psychological Science.

"The data show that spousal life satisfaction was associated with mortality, regardless of individuals' socioeconomic and demographic characteristics, or their physical health status," says study author Olga Stavrova, a researcher at Tilburg University in the Netherlands.

Notably, spouses' life satisfaction was an even better predictor of participants' mortality than participants' own life satisfaction. Participants who had a happy partner at the beginning of the study were less likely to pass away over the next 8 years compared with participants who had less happy partners.

"The findings underscore the role of individuals' immediate social environment in their health outcomes. Most importantly, it has the potential to extend our understanding of what makes up individuals' 'social environment' by including the personality and well-being of individuals' close ones," says Stavrova.

Life satisfaction is known to be associated with behaviours that can affect health, including diet and exercise, and people who have a happy, active spouse, for example, are likely to have an active lifestyle themselves. The opposite is also likely to be true, says Stavrova:

"If your partner is depressed and wants to spend the evening eating chips in front of the TV — that's how your evening will probably end up looking, as well."

Stavrova examined data from a nationally representative survey of about 4,400 couples in the United States who were over the age of 50. The survey, funded by the National Institute on Aging, collected data on participants who had spouses or live-in partners; 99% of the sampled couples were heterosexual.

For up to 8 years, participants and their spouses reported on life satisfaction and various factors hypothesized to be related to mortality, including perceived partner support and frequency of physical activity. They also completed a self-rated health measure and provided information related to their morbidity (as measured by number of doctor-diagnosed chronic conditions), gender, age at the beginning of the study, ethnicity, education, household income, and partner mortality. Participant deaths over the course of the study were tracked using the National Death Index from the Centers for Disease Control and Prevention or spouses' reports.

At the end of 8 years, about 16% of participants had died. Those who died tended to be older, male, less educated,

less wealthy, less physically active, and in poorer health than those who were still alive; those who died also tended to report lower relationship satisfaction, lower life satisfaction, and having a partner who also reported lower life satisfaction. The spouses of participants who died were also more likely to pass away within the 8-year observation period than were spouses of participants who were still living.

The findings suggest that greater partner life satisfaction at the beginning of the study was associated with lower participant mortality risk. Specifically, the risk of mortality for participants with a happy spouse increased more slowly than mortality risk for participants with an unhappy spouse. The association between partner life satisfaction and mortality risk held even after accounting for major sociodemographic variables, self-rated health and morbidity, and partner mortality.

Exploring plausible explanations for these findings, Stavrova found that perceived partner support was not related to lower participant mortality. However, higher partner life satisfaction was related to more partner physical activity, which corresponded to higher participant physical activity, and lower participant mortality.

This research demonstrates that partner life satisfaction may have important consequences for health and longevity. Although the participants in this study were American, Stavrova believes the results are likely to apply to couples outside of the United States, as well.

"This research might have implications for questions such as what attributes we should pay attention to when selecting our spouse or partner and whether healthy lifestyle recommendations should target couples (or households) rather than individuals," says Stavrova.

Future research could also investigate larger social networks to see if the same pattern of results emerges in the context of other relationships.

All analysis code for this study has been made publicly available via the Open Science Framework. The data are available through the Health and Retirement Study's website. This article has received the badge for Open Materials.

(APS) Association for psychological science



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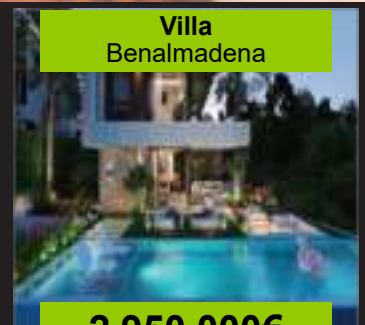
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Ref:- CD 2862 Albuñol South facing apartment in a quiet area, 8km to coast with easy access to the sea and all services. Bright living/dining room with access to an outdoor area, large main bedroom, office that can be a 2nd bedroom, bathroom, fully equipped kitchen, a/c and garage. Fully furnished. Living area 90 m², plot 110 m². Terrace with views of the village and mountains.

299,995€



Ref:- CD 2732 Viñuela Country villa with views across Lake Viñuela, living area 156 m², plot 5.699 m². 10 minutes drive to all local amenities. South facing with a large 53 m² open terrace, 3 bedrooms, 2 bathrooms, a bright living area, open-plan kitchen. Large windows maximise natural light, enhancing the sense of space. Alarm system, 20,000 litre water deposit.

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Ref:- CD 2742V Frigiliana Charming country house with 2 bedrooms, bathroom, living space with fireplace and an open plan fully fitted kitchen. Fully furnished. A/c, laundry area, storage room, private parking for 5 vehicles. Pool, solarium, several terraces with mountain views. Landscaped gardens with fruit trees. South facing. Established tourist licence.

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SCAN ME



Patatas Brava Meatballs

Patatas Brava Meatballs

Serves:- 4

Ingredients:-

3 1/2 tbsp olive oil
 1 onion finely chopped
 3 garlic cloves crushed
 1 1/2-2 tsp hot smoked paprika
 400g can chopped tomatoes
 2 tsp sugar
 100g pitted black olives
 400g pork mince
 70g fresh breadcrumbs
 1 egg yolk
 Pinch of chilli flakes
 Small bunch of parsley finely chopped
 1kg white potatoes cut into 3cm cubes
 Aioli to serve

Preparation:-

Heat 1 tbsp olive oil in a saucepan and fry the onions with a pinch of salt for 10 mins until soft. Stir in two-thirds of the garlic and cook for 1 min more. Add the paprika and cook for another minute, then stir in the tomatoes and sugar. Season to taste. Cook for 15 mins until thickened.

Remove from the heat, stir through the olives and set aside.

Heat the oven to 220C/200C fan/gas 8. Put the mince in a large bowl with the breadcrumbs, the rest of the garlic, the egg yolk, chilli flakes and half the parsley. Season. Mix using your hands until well combined. Divide into 12 pieces, weighing for accuracy if you like, then roll into meatballs. Cover and put in the fridge to chill while you prepare the potatoes.

Toss the potatoes in a roasting tin with 1 1/2 tbsp of the remaining oil and some seasoning. Roast for 40 mins until golden, tossing halfway through. Heat the rest of the oil in a frying pan over a medium-high heat and fry the meatballs for 5 mins, stirring until evenly browned. Add the meatballs to the tin with the potatoes and roast for 10 mins more. Reheat the tomato sauce, if needed, then spoon over the meatballs and potatoes. Top with the remaining chopped parsley and serve with some aioli.

Aioli:- Mix 5 tbsp mayonnaise with the juice of 1/2 lemon and 1/2 garlic clove, finely grated.

Ham & cheese croquetas

Serves:- makes 24

Ingredients:-

25g butter
 1/2 small onion finely chopped

50g plain flour
 250ml milk
 140g sliced smoked ham diced
 50g mature cheddar coarsely grated
 50g gruyère finely grated
 1 tsp Dijon mustard
 2 tbsp double cream
For the coating:-
 2 large eggs
 50g plain flour
 140g fine dried breadcrumbs
 Sunflower oil for deep frying
For the tomato chilli jam:-
 300g ripe tomatoes roughly chopped
 1 long red chilli finely chopped
 1 small red onion finely chopped
 4 large garlic cloves crushed
 100g demerara sugar
 100ml red wine vinegar

Preparation:-

To make the croquetas, melt the butter in a medium saucepan and gently fry the onion for 3 mins or until lightly coloured. Stir in the flour and cook for 30 secs. Gradually add the milk, stirring constantly, and cook over a low heat for 5 mins until thick and glossy.

Stir in the ham, cheese, mustard and cream, and season to taste. Cook for 1 min more until the cheese melts, stirring constantly.

Pour into a bowl and cover the surface with cling film to stop a skin forming. Leave to cool, then chill for 4 hrs or overnight - the mixture needs to be very stiff to form the croquetas. Take heaped teaspoons of the mixture and, with wet hands, roll into 24 small oval shapes and put on a tray. Beat the eggs in a shallow bowl, put the flour on a plate and half of the breadcrumbs in a bowl. Roll each of the croquetas lightly in flour, then in egg before coating in breadcrumbs.

Place on a baking tray lined with baking parchment. Use the remaining breadcrumbs to top up the bowl halfway through the coating process. Chill for 30 mins.

Meanwhile, make the tomato chilli jam. Put all the ingredients in a large saucepan and bring to a gentle simmer. Cover loosely with a lid and cook for 50 mins - 1 hr, stirring occasionally, until thick and glossy. Leave to cool before serving.

Fill a large saucepan one-third full with the sunflower oil and heat to 180C (or heat the oil in an electric deep-fat fryer). Using a metal slotted spoon, lower 6 croquets into the oil and cook for 1.5 mins or until golden brown.

Transfer to a baking tray lined with kitchen paper to absorb excess oil, and continue cooking the rest. Serve with the chilli jam for dipping.



Ham and Cheese Croquetas



Citrus and Fennel Marinated Olives

Citrus and Fennel Marinated Olives

Serves:- 4 as a snack

Ingredients:-

½ tsp heaped fennel seeds
Zest 0.5 orange (use a vegetable peeler to get long strips)
Zest 0.5 lemon
2 bay leaves
3 rosemary sprigs
3 medium dried red chillies halved, deseeded and roughly chopped
250g drained mixed olives
50ml olive oil

Preparation:-

Heat a large dry pan, add the fennel seeds and cook for 1-2 mins until fragrant. Add the citrus zests, bay leaves, rosemary and chillies, then cook for 30 secs more. Tip in the olives and add the olive oil. Mix well and cook for 1-2 mins, then turn off the heat and leave to cool in the pan before serving. Will keep in a plastic container in the fridge for up to 1 week - bring to room temperature before eating.



Spanish Omelette

Spanish Omelette

Serves:- 4

Ingredients:-

500g waxy potato (such as Charlotte)
Knob of butter
2 small onions finely sliced
1 red pepper finely chopped
8 - 9 eggs
1 x 25g pack chives

Preparation:-


Finely slice the onions and chop the red pepper, removing the seeds. Cut the potatoes into roughly ½ cm slices. Heat a knob of butter in a medium (about 24cm) frying pan over a low heat, add the onions and cook gently for 10 - 15 until starting to go brown, add the peppers and cook for a further 5 mins.

Put the potatoes in a steamer over boiling water for 10 - 12 mins to soften. If you don't have a steamer, put in a saucepan, cover with boiling water and simmer gently for around 8 - 10 mins until just cooked through and drain well. Break the eggs into a jug and beat with a fork, season with a generous grind of pepper and a pinch of salt. Use scissors to snip the chives into small pieces and stir in. Heat the grill. Add a little more butter to the frying pan and add the potatoes.

Pour over the egg mixture. Cook for 15 mins until almost set and golden brown underneath. You can use a fish slice to lift the omelette up and check.

Put the frying pan under the grill.



Make sure the handle is outside the oven as it will become very hot and can burn. Cook for a further minute or two and serve.



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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.

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.

What is Piramidalis Syndrome?

Anatomy and function of the piriformis muscle

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

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.

Causes and risk factors

Predisposing factors for piriformis syndrome include direct trauma, differences in leg length, and activities that involve lifting weights or repetitive

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11:30H	TORROA MAYORES	TORROA YOGA*** prematutino	TORROA MAYORES	TORROA YOGA*** prematutino	
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18:00H	TORROA PLATES*** prematutino	TORROA YOGA*** prematutino	TORROA PLATES*** prematutino	TORROA YOGA*** prematutino	CLASE PRIVADA - CON RESERVA
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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

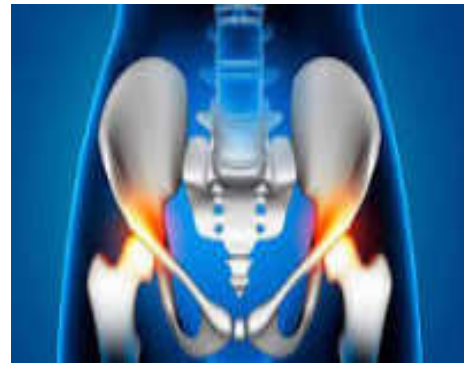
- Specific stretches: To lengthen the piriformis muscle and relieve nerve compression.

- 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

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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Is it bad to sleep near your Smartphone?

IF YOU'RE ANYTHING like the average mobile phone owner, you probably sleep with your smartphone within arm's reach. A recent report has found that 71% of people sleep with or near their phones, and that includes the 13% who said they slept with their phones in their beds.

Maybe you've wondered whether keeping your phone nearby is a bad idea, perhaps it's zapping your brain with radio waves or otherwise harming your health. It would be comforting if researchers firmly and finally quashed any notions that our devices can cause negative health effects. No such luck. In November 2018, the U.S. government's National Toxicology Program wrapped up a 10 year, \$30 million study on the health effects of cellphone radiation exposure. In essence, the government scientists blasted rats with different levels of radio frequency radiation (RFR) for varying lengths of time and then watched to see what would happen. 'Our studies showed that radio frequency radiation at the frequencies and modulations used in cellular telecommunications and under the exposure conditions we used can produce adverse biological effects', says John Bucher, one of the study's authors and a senior scientist with the National Institute of Environmental Health Sciences. Specifically, Bucher's study found 'clear evidence' of tumours in the hearts of male rats exposed to RFR, as well as, 'some evidence' of tumours in the brains and adrenal glands of male rats. They found 'equivocal' evidence of adverse effects in female rats, meaning it wasn't clear if the tumours that turned up were caused by RFR exposure.

What to make of these findings? Depends on who you ask.

Bucher says his study was never intended to be the final word on the issue of cellphone radiation and human health. 'Were using this to put together follow-up research programs', he says.

Even so, Bucher says there may be some 'low' risk when a phone is held against the head or body, like if you're on a call or keeping the phone in your pocket while using some kind of hands-free setup. He says these risks could go up with 'prolonged and persistent use', though at this point, defining each of these terms is guesswork.

'If there is a risk, I think it's minimal', says Larry Junck, MD, a neuro-oncologist and professor of neurology at the University of Michigan. 'We haven't seen an increase in brain tumours since



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mobile phone use has become widespread.' Moreover, Junck says the research showing any mechanistic link between cellphone radiation and brain tumours is inconsistent and 'methodologically flawed.' Others look at the existing research with great concern. 'I think there's compelling evidence that electromagnetic radiation exposure is indeed harmful,' says Joel Moskowitz, director of the Center for Family and Community Health at the University of California, Berkely. He reels off the findings of a dozen recent studies, including a 2017 review from China that found heavy mobile phone users were at significantly increased risk of glioma, a type of malignant tumour in the brain and spinal cord. A 2018 U.K. study found rates of glioblastoma, another cancerous brain tumour, more than doubled in England between 1995 and 2015. Specifically, frontal and temporal lobe tumours, locations that correspond with where we rest our phones during calls, showed some of the steepest increases. In a follow-up letter to the journal's editor, the authors of that U.K. study say they looked closely at the U.S. data on glioblastoma rates. After adjusting for post-2000 population changes, changes they say are not factored into the U.S. Central Brain Tumour Registry and other databases that track tumours, they turned up glioblastoma increases similar to the ones they tracked in England. Brain tumours aren't the only worry for cellphone users. 'If you look at modern smartphones, the antennas are in the corners, both upper and lower,' Moskowitz says. But the bulk of the cellular signal is now directed down through the lower antennas, 'which would make the most significant exposures in the neck area,' he says. Her mentions tumours of the neck and thyroid as particularly concerning. And there again, some data suggest rates are rising. Rates of thyroid cancer

have tripled in the past three decades and are increasing more rapidly than any other type of cancer, according to the American Cancer Society (ACS). But none of these findings constitute proof that cellphones are to blame. For example. The ACS says the increased use of tumour detecting thyroid ultrasounds could explain the uptick in rates of those cancers. 'If there is a risk, I think it's minimal.' Why is it so hard to pin down the potential health effects of our devices? One gigantic hurdle is that the technologies these devices employ are constantly evolving, and the research on their health effects is often running a decade or two behind. 'Most of the epidemiological studies looking at brain tumour risk collected data in the early to mid 2000s from users whom used the old candy bar or flip phones, which were primarily using 1G or 2G cellular technology,' Moskowitz says. Meanwhile, the telecom industry is now moving forward with 5G technologies, even though health experts still hardly have any data on 4G, he says. Since this might keep you up at night, let's get back to the question of sleeping next to your phone. Moskowitz says tumour risks don't top his list of concerns, because a sleeper's phone isn't steadily transmitting the way it does during a call. But he says it's likely that low level night time radiation exposures could disrupt sleep and cause other neurological effects. He points to a small 2016 study from Germany that found exposing men to cellphone radiation seemed to change the structure of their sleep, increasing or decreasing REM and other sleep parameters, though the health ramifications of these shifts aren't clear. Whatever risks may exist could be



heightened in kids, 'I personally believe that children should be dissuaded from sleeping with a phone under the pillow, as RFR is thought to penetrate farther into their tissues than in adults,' Bucher says. The obvious advice is to keep your phone out of the bedroom. Or, if you use it as an alarm clock, you could switch it into airplane mode, which stops it from sending or receiving signals, Moskowitz says. He also repeats the longstanding advice to use a wired handsfree device when making calls and to keep your phone away from your body. Start with all that and hope that the cellphone radiation Pollyannas turn out to be right.

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Osteoporosis: Staying Active, Independent, and Confident



As we get older, keeping our independence and enjoying life becomes more important than ever. One condition that can affect this is osteoporosis—but the good news is that there's a lot you can do to manage it, and physiotherapy can play a key role.

What is osteoporosis?

Osteoporosis is a condition that weakens the bones, making them more likely to break - often as a result of a simple fall. Bone strength naturally decreases with age, and this happens more quickly for women after menopause. While ageing is the main factor, lifestyle also plays a role. Things like smoking, excess alcohol, and low activity levels can increase your risk. Many people don't realise they have osteoporosis until they experience a fracture, which is why prevention and early action are so important.

Why it matters as we get older.

For many people over 65, a fall can have a significant impact on confidence, mobility, and independence. If you're living abroad, away from family support or familiar healthcare systems, staying strong and steady on your feet is especially important.

How physiotherapy can help.

Physiotherapy isn't just for injuries - it's a powerful way to stay strong, mobile, and independent.

A physiotherapist can help you:

- Improve strength in your muscles and bones
- Reduce your risk of falls



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- Improve balance and coordination
- Manage pain, including back pain from spinal fractures
- Build confidence in movement and daily activities

Bone is living tissue, and the right kind of exercise can actually help maintain - and even improve - its strength. A physiotherapist will design a safe, personalised plan that suits your lifestyle and fitness level.

What to expect from a physiotherapy session.

If you visit a physiotherapist, they will:

- Take time to understand your health, lifestyle, and concerns
- Assess how you move, balance, and walk
- Provide tailored exercises and practical advice
- Offer hands-on treatment if needed

You'll be treated with respect and confidentiality at all times. It's a good idea to wear comfortable clothing so you can move freely during the assessment.

Simple ways to help yourself.

There's a lot you can do day-to-day to support your bone health:

Stay active.

Gentle, regular movement is key. Walking, dancing, or light exercise classes are excellent options -especially in a sunny climate where it's easier to stay active year-round.

Work on balance and strength.

Simple exercises can make a big difference in preventing falls.

Eat well.

A balanced diet with enough calcium (found in dairy products, leafy greens, and fortified foods) supports bone health.

Get some sunshine.

Living in places like southern Spain is a real advantage - sunlight helps your body produce vitamin D, which is essential for strong bones.

Make your home safer

- Remove loose rugs or trip hazards
- Ensure good lighting, especially on stairs
- Wear supportive, well-fitting shoes (even indoors)

Check your health regularly.

Eye tests and general check-ups can help reduce fall risks.

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A place in the Country

I have to say my heart sinks when I hear of yet another couple finding their "dream home" in the Campo. I listen to all the pluses of having no "near neighbours", no parking issues, no festivals in the streets... I listen to how much bigger the rooms are and the quirky spiral stair case. The rooms on different levels and the bathroom is "tucked away" behind two bedrooms down a very "cute" but narrow corridor... The icing on the cake is the price...

A few years later I get a call...

The lovely rural retreat is down a long winding track. (I'm assured that it is only 10 minutes from the main road). As if to prove the number of kilometres the leading vehicle (which is the 4x4 that they bought from the money they saved on the house purchase) races down the track raising dust. My colleague observes the peppering of sharp stones on the paintwork of the lead vehicle and the cloud of exhaust fumes from the partially sheared off exhaust pipe. We take the hill a little slower... Following a couple of hairpin bends and a dip in the track that felt like a Blackpool rollercoaster I make the obvious conclusion that an ambulance would not get down the track in an emergency. It would also be difficult to get care staff to come out.

Yes, it WAS a bargain but the nearest health centre is about 15 Kilometers away. The husband tells me it's much nearer if you know the road! The wife is undernourished and stiff from her confinement to bed which was at one time because it was a warmer place. Now her legs are weak and the uneven floors make the bathroom visit a perilous journey. The scene is that of domestic chaos. In earlier times they used to make the journey by car, go out to eat have a few drinks and return to their rural retreat but those days are gone. How they wished that HE had learned to cook. It's ok because he can strip an engine but at this particular time in life it isn't quite so helpful. The term "principal carer" doesn't really fit the bill but it's the title he can't duck away from. It seems to be not so much of a caring role but more of a "sparing partner" as they bat verbal abuse and regret for the situation they are in. Sadly the husbands falls and dizzy spells may well lead to his having to surrender his drivers licence. It was a serious question... the wife asked if I thought the "doctor would see her at home". I responded honestly that I felt it very unlikely. The rural retreat has become "Campo Confinement". The moral of this story is to think ahead as to whether the home you choose will still be a good fit in the years to come and plan accordingly...

To be continued.

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Telephone:
952 52 81 44

Clinica de Fisioterapia
NERJA

Physiotherapy - Physiotherapie

Carmen López - Mariví Díaz

Mobile:
649 96 40 47

Avda. Pescia, 1
E-29780 NERJA (Málaga)





University of the Third Age (U3A) April/May activities

Please take a look at our exciting BRAND NEW webpage U3Ax.com. Here you will find all the details you need about any of the groups and also a helpful monthly calendar to help you plan your leisure time

For any information about any of the groups or U3A membership, (currently held at €5 per person for 2026) you can email us on: U3axmail@gmail.com

Our weekly **GAMES group** has become so popular, we have had to change the day from Monday to a Tuesday afternoon, at Mena Golf in Laguna Beach. Contact JUDY for more information .

The new **ART group** meets every Wednesday afternoon at la Azotea in el Morche. There will be some basic materials to get you started. Contact JEANNE.

HISTORY group meets once a month at Media Caña on el Penoncillo. Some very interesting illustrated talks are available. Contact SUE for all information.

Media Caña is also the meeting place for the monthly **DISCUSSION group**. Contact GERRY to find out what topics are suggested for this month and details of the date and time.

NORMA organises a **MUNCH BUNCH** meal venue once a month, also a **WRITERS' WORKSHOP**, and a **LECTURE/PRESENTATION group** with interesting and varied themes. Contact her for more details, and to be added to her lists.

Once a month, the **MONTHLY MEAL DEAL (MMD)** chooses a local restaurant with a menu del dia at a reasonable price. This has become a very popular group. Please contact JUDY for details.

Another popular new group is **PETANCA (boules)** run by IAN twice a month on a Thursday. Always the last Thursday of the month, to coincide with the monthly **COFFEE MORNING** also at Mena Golf, and mid month too. Contact IAN B for more information. We play for FUN!

Another regular meeting is the **READING group** for book lovers held in Algorrobo by Robert (SKIP). A different book is chosen to read and discuss every month. Contact him for the venue and date

The new **PHOTOGRAPHY group** run by STEVE is on hold at the moment while Steve recovers from an op, but please contact him for details and to be informed of the next meeting.

The **MEDITATION group** meets, either in person or online, twice a month. Contact EWA, who is a very knowledgeable and friendly leader.

Another new start-up is led by RAMON at Mena Golf every Thursday. It's **MAHJONG**. Ramon teaches and



explains the rules, and you can come and enjoy a game whether you are an experienced player or a beginner.

Don't forget our monthly **COFFEE MORNING** held on the last Thursday of the month at Mena Golf at 11 am. Feel free to pop in and meet us

FEATURED GROUP.:

HISTORY GROUP.

This group meets monthly at Media Caña on el Penoncillo in Torrox Costa. It is run and organised by SUE who will be happy to send you any information if you contact her via our email as above. It is held on the last Monday of each month.

January's meeting was a talk led by Norma. This power point presentation attracted about 30 U3A members and a couple of guests. The presentation lasted about 90 minutes followed by a number of discussions regarding comments in the audience. About 50 women were presented ranging from scientists such as Maggie Aderin-Pocock, who in spite of being black and dyslexic was brilliant as England's most beloved space scientist and educator, to heroines during WWII, such as Andree de Jong, who braved bomb and air attacks to nurse soldiers on the battle fields, to literary giants such as Elizabeth Barret Browning, a few US civil rights fearless women such as Angela Davis, and towards the end we presented the victims of racial exploitation of black women who underwent torture in the name of science at the hands of unscrupulous men surgeons who in addition to experimentation on black women without anaesthesia, left the hospital without their uterus as a form of curbing the black population. We also covered women in art such as Françoise Gillot, fine painter, who was married to Picasso and left him due to his machismo. We then concluded with the French courageous Gisele Pelicot, the 2025 criminal case featuring her as the victim of a decade long drugged and sexually abused victim of her own husband. In spite of the many life styles, nationalities, ages, races, languages and religions, these women shared much in common in their resolve to serve and survive with courage, resolve and dignity.



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Directory

AIR CONDITIONING/HEATING SUPPLIERS

Malagaclima – 95 296 7803
Avda. Victoria Kent 3A, Torre del Mar

ART GALLERIES

Galeria de Arte – 669 678 967
Pasaje Fuente de Cantarero, Blq. 1, bajo D, Nerja

BEAUTICIANS

All about beauty – 95 296 7968
C/. Infantes 23, Torre del Mar

All about beauty

Micro needling - Microdermabrasion - Chemical peels
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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

Porcapecunia Charity Shop

Avda. Rodriguez Acosta, Edif.

Tucaman, Nerja

Royal British Legion -

+44 759 071 7384

CLOTHING ALTERATIONS

Carmen – 95 190 3595

C/. Bronce 2, Nerja

Advertising in the Streetwise directory is less than €5 per week!
Call Dawn on 638 47 47 18 for the latest offers

DENTAL TECHNICIANS

English Dental – 633 157 891

DENTISTS

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

Rosaríco 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

Sunset Properties Spain –

601 626 525

Avda. Andalucia 65c, Torre del Mar

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

FURNITURE STORES

Brea – 95 252 1408

C/. Carabeo 39, Nerja

De Tropen – 680 480 276

Autovía del Mediterráneo A7, exit

953, Vélez Málaga

Muebles Piramedes – 95 255 0669

Avda. de Andalucia 187, Caleta de

Vélez

GARDEN CENTRES

Garden La Palma – 95 123 7013

Camino de Remanentes s/n, Vélez

Málaga

GYMNASIUMS

Manantía – 95 177 4819

Avda. Garcia Peñalver, Blq. 76, Bajo

6, Torrox Costa

HAIRDRESSERS

Nora Gerritzen – 95 252 2762

C/. Chapàril, Nerja

HOUSE AND HOME

MATERIAL SUPPLIERS

Grupo Mostazo -

+34 744 624 212 Edif. Los Olivos,

Cruce Puente Don Manuel, Alcaucin

INSURANCE COMPANIES

Axa – 95 252 0952

Pasaje Fuente de Cantarero, Blq. 1,

bajo D, Nerja

Mapfre – 95 252 7185

Avda. de Pescia 13, Nerja

KITCHEN STORES

Idecocina – 95 254 1895

C/. Los Prados 4, Torre del Mar

MEDICAL CENTRES

Clinica Cecilia – 95 252 0124

C/. Los Huertos no.46, Nerja

Clinica Europa – 95 253 0908

Centro Internacional, Blq. 86, Torrox

Costa

MOBILITY EQUIPMENT

Blue Badge – 95 296 7015

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

Torrox Costa

OPTICIANS

Chaves – 95 252 1994

Avda. Castilla Pérez 24, Nerja

Heiko by Heiko 95 296 7923
 Avda. Andalucia 119, Torre del Mar
 Nerja Vision – 95 252 3911
 Avda. Castilla Pérez 3, Nerja
 Nueva Optica – 95 2525 5876
 Avda. Pescia 18, Nerja

ORTHOPAEDICS

Chatelin – 658 773 857 / 695 481 082
 C/. de la Cruz no.60, Nerja

PET SCHOOLS/TRAINING

Dog School Nerja – 711 020 098
 www.dogschoolnerja.com

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 Avda. Pescia no.1 bajo, Nerja

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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

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NEWS & What's ON

Emergency numbers

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

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

Airports

Granada-958 245 200
 Málaga-952 048 804

Train Stations

Granada-958 271 272
 Málaga-952 239 261

Consulates

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

Guardia Civil

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

Local Police

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

Bus Stations

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

Taxis

Frigiliana-952 533 231

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

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,

Church Services

Anglican Church of Nerja & Almuñecar Iglesia de SanMiguel (St.MichaelsChurch), Nerja. Tel:- 952 52 1 339.
www.nerjaalmunecaranglican-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
 CallePintada 35, 2nd floor, Nerja. Tel: 952 521 776. English/Spanish serviceSundays at 10am. El Salvador,Balcon de Europa,Nerja.
 Tel: 952 52 0291. Mass times, English and SpanishSundays 10.30am, 12 noon and 8pm.
 Parish priest: Father José Maria.

Presbyterian Church, Torre del Mar
 Wenow 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 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.
 VélezMálaga, Holy Communion or Morning Prayer. Sunday mornings at 10.30 a.m. in the Antigua Capella de San José, Calle Linares 7, Vélez Málaga.
 Chaplain: Fr.Louis Durrant, Tel: 630 909 131
 Email: info@stgeorgemalaga.org or contact one of the chaplacy wardens. More information can be found at: www.stgeorgemalaga.org

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



NEWS & What's ON

Lux Mundi Ecumenical Centre, Torre del Mar, Avda. Moscatel 1ªIª, (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 APRIL/MAY 2026 COMING EVENTS AND EXCURSIONS

The food drive is still taking place every month. Lux Mundi now supply 35 local families with necessary items of food, etc. We appreciate your contributions with a packet of imperishable food or monetary donations given for that purpose to our reception desk at the Centre.

Every Monday - Monday Club. Friends meet at various restaurants for a chat. Please contact the Centre for more information. Time 11.30.

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, women's and men's clothes, shoes, handbags and fashion accessories at very good prices. Donations in good conditions are always welcome. Time 10.00 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.

Every Friday - Coffee morning. Come and meet friends and relax in our beautiful garden. Drinks & homemade cakes from 11.00 to 13.00.

Tuesday 21st April - Axarquia Business Networking group. Time 07.30 to 09.00.

Friday 24th April - Taizé Prayer for Unity at St Andrés Church Torre del Mar. Time 19.00 after the Mass.

Thursday 30th April - Coach Excursion to the Alpujarras. Please come and join friends and visit the beautiful Alpujarras in spring, with all the wonderful views of mountain tops covered in snow and the beautiful wild flowers.

There will be a stop for coffee along the way and arriving in the village of Capileira at approximately 10:30 where there will be free time to stroll through the narrow streets and visit the many arts and craft shops. You will leave the village at 12.30 for a short drive

down the hill to the village of Bubión, where there will be a short stop to admire the views and then continue further down into the valley to the village of Pampaneira arriving at approx. 13.00. Here there will be time to have lunch and also visit the Abuela illi Chocolate factory and shop, also the Mercedes Carrocosa Workshop where they have a loom which is working and may be the church of de la Santa Cruz. You will depart for the homeward journey at 16.30 arriving in Algarrobo at approx. 18.00. Tickets available at the Centre, price 30 euros for friends and 32 euros for visitors. Pick up points: Torre del Mar (Bus station) 07.45, Caleta (Opposite the Vets) 07.55, Algarrobo (Lidl) 08.00.

Friday 1st May - The Centre will be closed for a Public Holiday.

Monday 11th - Monthly Lunch. Information to be advised and please contact the Centre if you are interested. Lunch time 13.30 for 14.00.

Tuesday 5th and 19th May - Axarquia Business Networking group. Time 07.30 to 09.00 also on the 12th May an evening meeting 18:00.

Wednesday 6th May - Axarquia Business Networking. Open evening. Hi Dawn I am waiting for more information, I will keep you posted. Time 18.00.

Coming excursions

Thursday 25th June - Excursion to Alhama de Granada and Rio Frio.

Thursday 16th July - Excursion to Estepona.

La Asociación Banda de Música de Alcaucín

La Asociación Banda de Música de Alcaucín is a non-profit music association offering free music education, instrument loans, children's classes, and weekly rehearsals in the concert band open to all nationalities in the Axarquía.

La Asociación Banda de Música de Alcaucín Do you love music?

Do you care about animals?

We are a welcoming, multicultural community band open to people of all nationalities living in the Axarquía. Whether you are a beginner or an experienced musician, we invite you to learn, play, and grow with us in a supportive and friendly environment.

All classes and rehearsals are bilingual (English and Spanish), well organised, and free to participate - we simply ask for commitment and a love of music.

We are also proud to support AAR (Axarquía Animal Rescue) as our official charity, with animal welfare as our chosen cause. Find

us at: www.bandaalcaucin.com (click on English)

Call or WhatsApp: 656 506 841

Come and make music with us!



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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

¡ VEN Y OYENOS !

LIKE SINGING? JOIN OUR HARMONIOUS COMMUNITY
We welcome new members, all voice parts
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Casa Hermandad de la Cofradía de Los Estudiantes
Plaza de los Sastres, 1 CP 29700 Vélez-Málaga

COME AND JOIN US !
653.150.058 (ES) / 657.951.755 (UK)
coraxaliacoral@gmail.com

"NEW MEMBERS WELCOME ALL
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CALL US!



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

AXARQUIA ANIMAL RESCUE
Rescue, care and rehoming of abandoned animals.
We are currently looking for foster homes for dogs and cats.
Contact Foster, Adopt, Donate or Support!
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Support Enquiry: support@axarquiaanimalrescue.com



cudeca

FUNDACIÓN
CUIDADOS 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 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. Rodriguez Acosta, Edif. Tucaman
(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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EXCLUSIVE PROPERTIES IN TORROX COSTA



Duplex in Torrox Costa Ref:PS-2026-050 Price: €290,000
Renovated 2nd floor (no elevator) 2 bedroom duplex maisonette just 180 meters from the beach promenade "Playa Ferrara". Living area 95m². Ground floor: practical fully equipped kitchen, large bright living/dining room opening onto a south west facing terrace, bedroom with a built-in wardrobe and a bathroom with a walk-in shower. The hallway features several built-in wardrobes offering ample storage space. First floor: large bright room with spacious built-in wardrobes, sun terrace, and breath taking views of the sea and the communal gardens. Communal pool, tropical gardens, and tennis courts.



Apartment in Torrox Costa Ref: PS-2026-044 Price:€190,000
Beautiful apartment in Torrox Park with communal gardens and swimming pool. Living area 50m². Comprising 1 bedroom with a built-in wardrobe, living room with semi-open, fully equipped kitchen (new cabinetry and appliances installed in 2026). There is direct access to a partially glazed terrace facing south west. There is also a completely renovated bathroom. Stunning panoramic sea views from the terrace. Sold fully furnished.
Beaches are only a short drive away.

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**Garage, Torrox Costa,
RIO GUI
Ref: PS-2026-047**
Garage parking space directly on National Route 340. Good location. Entrance with automatic gate.
€17,550



**Countryside property,
Torrox Costa
Ref: PS-2025-093**
Fully fenced, rustic plot of approximately 1,500 m². Water from the Irrigation Community. Avocado plantation. Access to two roads. Only 900 meters from the beach. All access is paved.
€90,000



**Commercial property,
Nerja
Ref: PS-2026-015**
OPPORTUNITY! Want to open YOUR BUSINESS in NERJA? In EL ZOCO Shopping Centre a 24 m² corner unit with a 24 m² terrace, currently operating as a café. Next to the Nerja sports complex.
€150,000



**Studio, Torrox Costa,
AVENIDA EL FARO
Ref: PS-2026-037**
Beautiful renovated 40 m² studio, 50 meters to the promenade and beach. Equipped open-plan kitchen, living-dining room (AC), TV, glazed terrace with beautiful sea views. By amenities.
€175,000



**Apartment, Torrox Costa,
TORROX PARK
Ref: PS-2026-044**
1 BEDROOM Beautiful apartment on urbanization complete with lovely gardens and a pool. Partially glazed, southwest-facing terrace with stunning panoramic sea views. Being sold fully furnished.
€190,000



**Apartment, Torrox Costa,
TORROX PARK
Ref: PS-2026-048**
2 BEDROOM renovated apartment with stunning southwest-facing terrace offering panoramic sea and mountains views. Communal pool and gardens, minutes from shops, beaches and bars.
€239,000



**Apartment, Torrox Costa,
PEÑONCILLO PLAYA
Ref: PS-2026-035**
2 BEDROOM; 2 BATHROOM
Beautiful apartment with west-facing terrace in "Cañada del Barco" residential complex steps to the beach, close to Torrox Costa and Nerja.
€279,000



**Apartment Torrox-Costa
Ref: PS-2024-015**
3 BEDROOMS 2 BATHROOMS, IVING AREA M2 Apartment, private & gated with swimming pool sold furnished. Living room to a terrace with sea views, American kitchen with appliances. A garage space (value approx. 15,000 €). Close to the beach and El Morche promenade.
€189,000



**Apartment, Nerja
Ref: PS-2026-045**
3 BEDROOM, 3 BATHROOM
spacious apartment in central Nerja, close to amenities and beaches. Potential to divide it into two separate apartments, live in one, rent the other out!
€399,000

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TORROX **PRICE. 545.000€**

Fantastic country villa with guest apartment a short drive from the coast: 3 beds, 3 baths, lounge, kitchen, private pool, porch, conservatory, garden, parking space, Sea & mountain views.

Built: 163 m² **Plot:** 2.941 m² **EPC:** In Progress **REF.:** 7996



CÓMPETA **PRICE. 485.000€**

Fabulous country house with guest cabin and open mountain views: 3 beds, 2 baths, living/dining room, kitchen, private pool, porch, outdoor bar, storage, parking space.

Built: 126 m² **Plot:** 3.013 m² **EPC:** In Progress **REF.:** 7994



CANILLAS DE ACEITUNO **PRICE. 449.000€**

Large, spacious villa with guest apartment, 20 min. from the coast: 4 beds, 2 baths, lounge, kitchen, double garage, private pool, laundry/storage, panoramic mountain views.

Built: 300 m² **Plot.:** 3.286 m² **EPC:** In Progress **REF.:** 7993



TORROX **PRICE. 249.000€**

Large town house in the upper part of Torrox with mountain views; 5 beds, 2 baths, 2 lounges, 2 kitchens, 2 entrances, ceiling fans, covered terrace, patio, roof terrace.

Built: 143 m². **EPC:** In Progress **REF.:** 7679



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