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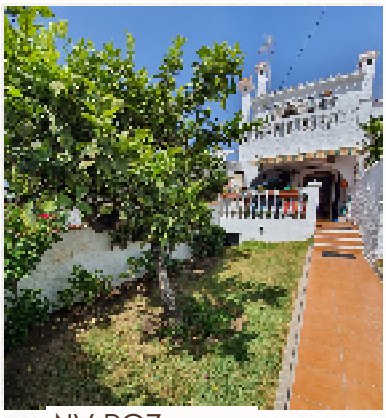
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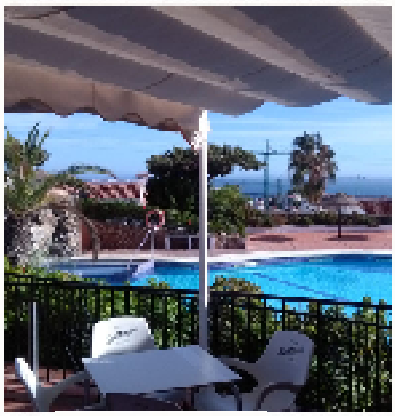
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REF: NV.PO7



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Awesome villa in Tamango Hill

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276 m² BUILT

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PRICE € 795.000€

REF: TAMANGO



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140 m² BUILT

2 bedrooms, 2 bathrooms, sea views, nearby parking, and a basement with potential for a 3rd bedroom and bathroom.

PRICE € 525.000€

REF: NV.CR



Huge villa in Alhambra

3 BEDROOMS
2 BATHROOMS
100 m² BUILT

Grand property in Alhambra offering exceptional space, peaceful surroundings, and ideal layout for family living or investment.

PRICE € 460.000€

REF: ALHAMBRA



Fantastic attic in Maro

2 BEDROOMS
2 BATHROOMS
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PRICE € 395.000€

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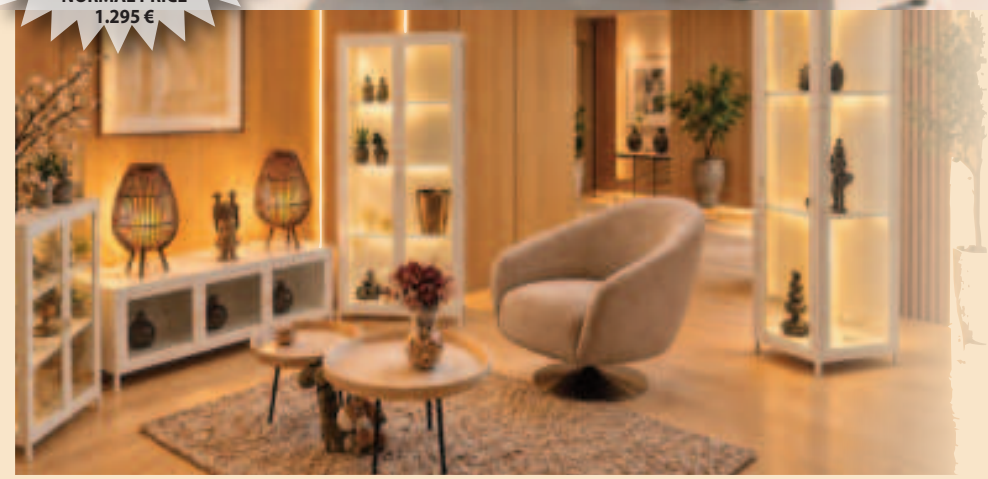
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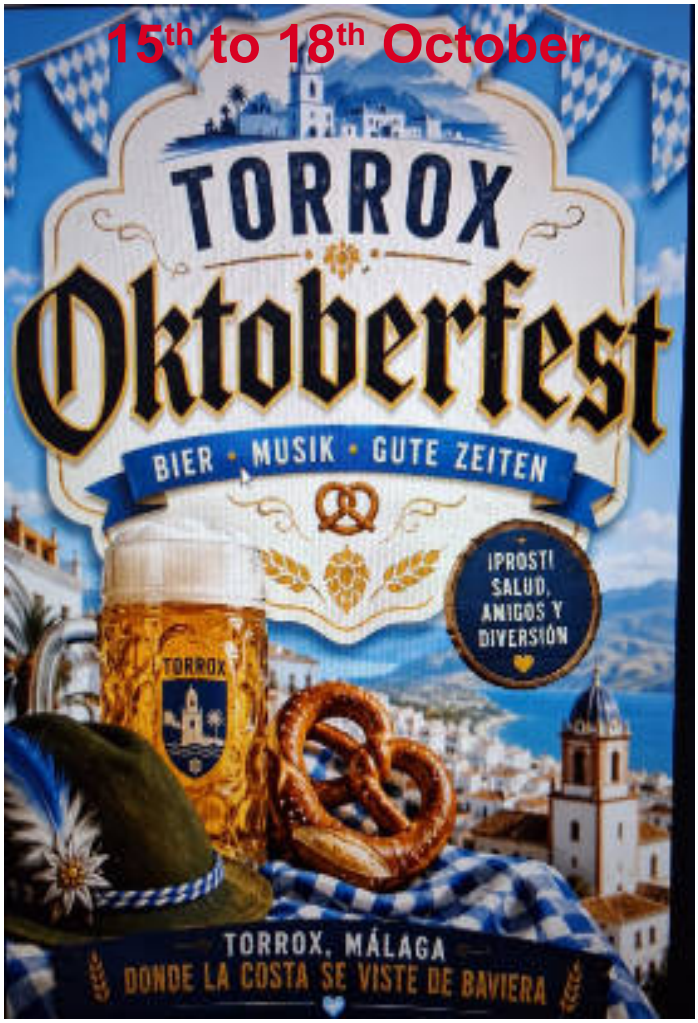
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Country Property of the month

Torrox: **Price: €269.000** **TCP278**



Country house, build 122m², plot 2.256m² and approx. a 20 minute drive from Torrox Pueblo and Cómpeta, accessed via a dirt track. An authentic rural setting within reasonable reach of local amenities. The property is divided between a main house and an apartment. Completely renovated main house with beautiful rustic character. Comprising living room, fully fitted kitchen, utility/laundry room, master bedroom with an en-suite bathroom, 2 beds and 2 baths. Pellet-burning stove and underfloor heating. Several sunny, beautifully maintained terraces, ideal for enjoying the wonderful views, soaking up the sun or simply relaxing in nature. Private pool 2 x 2.5m is perfect for cooling off and enjoying the summer months in a peaceful and private setting. The lower floor has a separate apartment with its own independent entrance, comprising bedroom, bathroom and a kitchen. This space is ideal for accommodating family or friends, offering them privacy and independence, and also provides excellent potential as a rental accommodation to generate additional income. The property has its own electricity and water supply, a 10,000-litre water storage tank, septic tank and solar panels for hot water. There is also a garage.






Cómpeta: **Price: 430.000€**



- Living space: 122m²
- Bedrooms: 3
- Pool: No
- Garage : No
- Terrace: Yes
- Bathrooms: 2
- View: Sea views
- Area: Village

Ref. CP815

Nerja: **Price: 382.000€**



- Living space: 72m²
- Bedrooms : 2
- Pool: No
- Garage: No
- Terrace: Yes
- Bathrooms: 1
- View: Sea views
- Area: Village

Ref. NAP081

Cómpeta: **Price: 110.000€**



- Living space: 43m²
- Bedrooms : 2
- Pool: No
- Garage: No
- Terrace: Yes
- Bathrooms: 1
- View: Village
- Area: Village

Ref. TH1238

Sedella: **Price: 185.000€**



- Living space: 139m²
- Bedrooms: 2
- Pool: No
- Garage: No
- Terrace: Yes
- Bathrooms: 2
- View: Village
- Area: Village

Ref. TH1258

Cómpeta: **Price: 165.000€**



- Living space: 100m²
- Bedrooms : 3
- Pool: No
- Garage: No
- Terrace: Yes
- Bathrooms: 1
- View: Village
- Area: Town

Ref. TH1269

Torrox: **Price: 199.000€**



- Living space: 74m²
- Bedrooms : 2
- Pool: No
- Garage: No
- Terrace: Yes
- Bathrooms: 1
- View: Village
- Area: Village

Ref. TTH707

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Oct/October 2026
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Welcome to this months Streetwise. The Oktoberfest that takes place in Torrox usually during the month of September has been moved to the 15th to 18th October. Hopefully the dates will remain the same!
This year I will be going to Maroween on the 31st October, watchout for the photos in the November issue.
Speaking to clients during the month I'm told that business is good and we have quite a lot of people visiting our area looking to buy property and make a permanent move to our area. I love to see new people moving here, we have such a great mix of different nationalities.
Enjoy this months issue and again please support your local businesses.

Dawn xx

Cover photograph of Pampaneira taken by Dawn Ashurst



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Historic Events throughout the Years in October

1st October 1207 - Birth of England's King Henry III.



2nd October 1452 - England's last Plantagenet King Richard III is born.

3rd October 1283 - Dafydd ap Gruffydd, Prince of Wales, became the first nobleman in Britain to be hanged, drawn and quartered.

4th October 1911 - Britain's first escalator opens at London's Earls Court.



5th October 1930 - The British airship R101 crashes near Beauvais, France killing 48 people.

6th October 1892 - Death of the English Poet Laureate Alfred, Lord Tennyson, who immortalised 'The Six Hundred' in his poem, 'The Charge of the Light Brigade'.

7th October 1920 - Women become eligible for admission as full members of Oxford University and are given the right to take degrees.



8th October 1967 - Clement (Richard) Atlee dies. British Labour politician. As Prime Minister 1945-51 introduced radical reform of the social welfare system and introduced the N.H.S.

Continued on page 9



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9th October 1967 - Transport Minister, Barbara Castle, introduces the breathalyser. The breathalyser offered a way of testing a person's BAC (blood alcohol concentration) level at the roadside.



10th October 1903 - Founded today by the English suffragette Mrs Emmeline Pankhurst at her home in Manchester… The Women's Social and Political Union, campaigning for women's suffrage in Great Britain.



11th October 1899 - Start of the Anglo-Boer War.

12th October 1984 - An IRA terrorist bomb kills 4 people at the Grand Hotel, Brighton, Sussex.

13th October 1852 - Birth of Lillie Langtry, actress and mistress of King Edward VII.

14th October 1066 - Harold II, England's last Anglo-Saxon King was killed at the Battle of Hastings in Sussex – possibly by an arrow in the eye as shown in the Bayeux Tapestry.

15th October 1666 - Samuel Pepys, diarist, records the wearing of the first waistcoat by King Charles II.

16th October 1902 - England's first prison for Young Offenders is opened at Borstal in Kent.



16th to 29th October 1962 - Cuban Missile Crisis

Continued on page 10



17th October 1860 - The first professional Golf Tournament is played at Prestwick, in Western Scotland. Mr. Willie Park heads the leader board.



18th October 1865 - British Tory politician Lord (Pumice-stone) Palmerston dies in office. His abrasive and arrogant style earned him his nickname.

18th to 31st October 1929 - Wall Street Crash – start of Great Depression


London Herald

WALL STREET CRASH!

Black Thursday in America

What Went Wrong!

19th October 1781 - British general Lord Charles Cornwallis surrenders to George Washington at Yorktown, Virginia, ending the American War of Independence (Revolution).

20th October 1632 - Birth of English architect Christopher Wren. Responsible for the rebuilding of St. Paul's Cathedral following the Great Fire of London.



21st October 1805 - Admiral Nelson is mortally wounded at the Battle of Trafalgar, near Gibraltar.

22nd October 1957 - The children's cartoon hero Captain Pugwash makes his television debut.

23rd October 1642 - The first major battle of the English Civil War takes place at Edgehill in south Warwickshire. Charles I and Prince Rupert lead the Royalists and the Earl of Essex leads the Parliamentarians.

24th October 1537 - Henry VIII's third wife, Jane Seymour dies following the birth of the future king Edward VI.



25th October 1854 - Lord Lucan leads The Charge of the Light Brigade at Balaclava during the Crimean War – famously recorded in Tennyson's poem.

Continued on page 16

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Price: €950,000
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REF:- TV515 TORROX PUEBLO
Spacious townhouse in the heart of the pueblo with 2 entrances. Built 190m2. Comprises of 3 bedrooms, 2 bathrooms, fully furnished kitchen, living room with 2 balconies, dining room with private patio. Roof terrace south facing with village and sea views. Needs some work to make it into a cozy home.

PRICES:- €265.000



REF:- TV517 TORROX PUEBLO
Spacious townhouse on one floor. Built 130m2 and facing East. Furnished. Comprises of 2 bedrooms, living room, kitchen, dining room, bathroom, laundry room and a large terrace with mountain, village and sea views. It also has a private patio that is accessed from the kitchen. Several storerooms are located under the property. Quiet pedestrian street.

PRICES:- €215.000



REF:- TV440 TORROX COSTA
Country house on one floor, located 300 metres from the beach, with good access and close to all amenities. Built 80m2, plot 1.187m2. Comprises living room, separate kitchen, 3 bedrooms, bathroom and an East facing terrace. Private garage for 1 car and a plot with several fruit trees. An ideal country property but yet waling distance to the sea.

PRICE:- €370.000



REF:- TV534 TORROX PUEBLO Spacious town 143m2 house to be renovated located in the upper part of Torrox Pueblo on 2 floors. Living room, bedroom, 2 kitchens. Kitchen with access to a private patio. large terrace with access to two additional rooms being used as storage rooms. Possibility of making 2 apartments with separate entrances. 1st floor 3 double bedrooms and a family bathroom. Complete renovation needed.

PRICE:- €190.000

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REF:- TV533 TORROX
Spacious and bright town house, 196M2, on 3 floors. Ground floor with open plan commercial premises (possibly 2 apartments). 1st floor, 2 living rooms, 3 bedrooms, 1 bathroom and small private patio. 2nd floor, independent kitchen, 1 bedroom, dining room, 1 bathroom and a laundry room and a sunny terrace. Perfect condition. Possibility to transform into 4 or 5 apartments for rent.

PRICE:- €370.000



REF:- TV519 TORROX CAMPO Country house 60m2 southeast facing, 8 mins from Torrox Pueblo. Good access all asphalted. Plot approx. 5,000 m2. Main house on one floor with 2 bedrooms, living room with fully equipped kitchen and bathroom. Small guest house being used as a storage area. South facing with sea and mountain views. Covered bbq area. Electricity, own well and 2 shares of water from Patamalara. Partially flat plot with more than 100 fruit trees.

PRICE:- €318.000





REF:- TV529 TORROX COSTA
Apartment for sale in the upper part of Torrox Park, "Las Colinas", 58.66m2 built, of which 40m2 correspond to the house (33.45m2 useful). Consists: living room, open kitchen fully furnished and equipped, 1 bedroom and a bathroom. Large southwest covered and closed terrace 16.69m2 with mountain, coast and sea views. Located in a quiet residential area, in a pleasant environment, about 6 minutes by car from the beach and the promenade. Good area. Communal pool and beautiful well kept gardens. Large parking area on the street for those who live in the area. Perfect condition, ready to move into.

PRICE:- €189.000

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

You may be of the opinion that certain people do not deserve your support, and you may be right, but support them anyway. With the Sun in the partnership area of your chart, you can afford to be generous, so think of it as an investment.

Luckiest day:- Saturday

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

Because you have achieved so much of late, you may be tempted to push your luck even further over the next month. Don't. The Sun's changing signs means you are unlikely to be as fortunate this month as you were last month, so be cautious.

Luckiest day:- Friday

GEMINI:-
(May 21st- June 20th)

One of the best months of the year is now with the Sun joining Mercury, it is in the most powerful area of your chart. Make the most of this fantastic combination to push ahead with creative projects that require dynamism and discipline in equal measure.

Luckiest day:- Sunday

CANCER:-
June 21st - July 22nd)

Make use of Mars in your sign to do something that even your friends think might be too much for you. What people tend to forget is that Cancer is a cardinal sign, which means you are determined to make your mark on the world. Make it big!

Luckiest day:- Monday

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

By all means, speak your mind this month, but don't expect everyone to agree with you. In fact, you may find the majority opinion is against you and that even people who respect your opinions are having doubts. Maybe you should listen to them.

Luckiest day:- Wednesday

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

Your persuasive power will be high as the new month begins, and if you use it wisely, you can easily turn a negative situation into a positive one. Be creative with your words but make sure those words are honest, you don't need to make stuff up.

Luckiest day:- Sunday

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

Venus, your ruler, has a challenging link to Uranus this month, so you could be in a rebellious mood. Nothing wrong with that, of course, but try not to say or do anything that might upset people in positions of power, including your employer.

Luckiest day:- Monday

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

Don't worry if you find it difficult to make up your mind about something, because so much is changing that any decisions you take this month may be worthless next month. Stay calm and focus on what is taking place in the world around you. Learn from events.

Luckiest day:- Wednesday

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

Get together with people who share both your values and your sense of adventure and make plans to do something special. This month will see opportunities to improve yourself on every level, and it's not something you can do on your own.

Luckiest day:- Tuesday

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

You may be cautious by nature but the Sun in the career area of your chart will encourage you to take the kind of risks that can either make you or break you. If life isn't a daily adventure, then you are playing the game wrong.

Luckiest day:- Thursday

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

It may be frustrating that many of your colleagues seem unable to raise their sights and set themselves targets of a more challenging nature but not everyone is as eager to succeed as you are. You may have no choice now but to go it alone this month.

Luckiest day:- Tuesday

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

The fact that you cannot explain how you reached a certain conclusion does not matter in the slightest. The only thing that counts is that you know in your heart of hearts it's the right thing to do. Clearly, there is a deeper power at work here.

Luckiest day:- Wedensday

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Price: 399,000 euros **Ref. JG1153TPM**

NEW LISTING



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Attractive three-level villa in peaceful Puerto Blanquillo, Frigiliana, enjoying beautiful mountain and Mediterranean views. The property offers three bedrooms, two bathrooms, a guest toilet, a fully fitted kitchen and two living areas, one with a fireplace and sunny terrace. Outside are a private swimming pool, established garden, welcoming front patio and secure private parking space.

Price: 950,000 euros **Ref. JG1145**

NEW LISTING



Colina Alta, Nerja

Elegant, recently built corner apartment in a peaceful Nerja development, featuring an open-plan living area with modern kitchen and a spacious terrace offering Mediterranean views. It includes two double bedrooms, fitted wardrobes, a stylish bathroom, air conditioning and private parking. The exclusive eight-property complex also provides a communal swimming pool and attractive sunbathing area.

Price: 379,000 euros **Ref. JG1147TPM**

NEW LISTING



Avda. de Pescia, Nerja

Spacious 192 m² first-floor apartment in a quiet Avenida de Pescia cul-de-sac, close to central Nerja and local amenities. It offers four large bedrooms, two bathrooms, a generous living-dining room, separate kitchen, utility room, patio and storage. Highlights include a west-facing terrace with sea and mountain views and access to a communal rooftop sun terrace.

Price: 445,500 euros **Ref. JG1149**

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25th October 1415 -The Battle of Agincourt.



26th October 1863 - Formation of the English Football Association who documents the first rules of soccer.



27th October 1914 - Birth of Welsh poet Dylan Thomas.

28th October 1831 - English physicist Michael Faraday demonstrates the dynamo founding the science of electro-magneticism.

29th October 1618 - English courtier, writer and explorer Sir Walter Raleigh is beheaded on the orders of King James I.



30th October 1925 - The first television transmission of a moving image is made by Scottish inventor John Logie Baird



31st October 1517 - Martin Luther nails his '95 Theses' to the church door at Wittenberg, Germany triggering the Protestant Reformation.

The Roman Theatre of Malaga: A Journey to Roman Times



The Roman Theatre of Malaga

The Roman Theatre of Malaga is one of the oldest and most emblematic archaeological treasures of the city, and at the same time one of the monuments that offers more testimonies about the Roman past of Malaga, known at that time as Malaca . Located at the foot of the Alcazaba, in the historic centre, this theatre stands as a symbol of the Roman presence in the city and a space of connection with the past. In this article, we will explore its history, characteristics and surrounding monuments making this visit an essential experience for those who wish to discover the historical soul of Malaga.

History of the Roman Theatre of Malaga

The Roman Theatre of Malacca was built in the first century BC, under the rule of Emperor Caesar Augustus, which makes it one of the oldest examples of Roman architecture in the Iberian Peninsula. During its period of splendour, the theatre was a central place in the social and cultural life of Malacca, being the scene of theatrical performances and public shows, which attracted citizens of various social classes.
The theatre was used until the third century AD, when the barbarian invasions and political changes in the Roman Empire caused the decline of the cities and their infrastructure. During the medieval period, in the 8th century, when the Muslims arrived in Malaga, the theatre fell into disuse. In fact, much of its structure was reused for the construction of the nearby Alcazaba, a typical example of how later civilizations made use of the remains of previous eras to erect their own monuments.
This ancient Roman theatre was hidden for centuries, until it was rediscovered in 1951, when work began on the construction of a building attached to the Casa de la Cultura. It was then that the first remains of what would later be identified as the Roman Theatre appeared. Today, it is one of the most important archaeological sites in the city and a testimony to the splendour of Roman Malaga.



Continued on page 29

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Your Garden Terrace - What to Plant, Pots, Walls and Care

Terrace gardening in Spain - I would love to live in a house with a vast garden; but I live in an apartment, so I have a terrace garden. And it is not bad at all! There are even a few advantages. The main difference probably is that I cannot have trees; but I can have climbing plants, and I certainly plant a lot in pots - large, small, coloured, terracotta, plastic… that I can move around until I find the perfect place for both the plant and the terrace. There is a lot of fun to be had gardening on a terrace, and a lot to experiment!

There is, of course, the permanent feel of novelty every time I bring a new plant home. Not to mention that I have fresh basil every time I want! And mint, chives, parsley, rosemary… Join as I share my two years of experience terrace gardening in Spain.

I am not new to terrace gardening. In Brazil, I lived in an apartment with a large balcony, and at some point, I had so many plants that I was afraid the balcony would collapse from the weight. Luckily it didn't happen, but the concern was not exaggerated; I used so much soil that sometimes ordered it from a company that delivered in bulk; my biggest order was 300 kg in one go. Well, the balcony was gorgeous…

I do see differences, though; plants I used to grow well in Brazil are giving me a hard time in Spain, but we are improving. Hubby, which is more of a farmer than a gardener - we are working on that - has added his own expertise and much needed help when a plant needs cutting and I become overprotective. Kiddo helps a lot by giving me news about the garden and suggestions about what we should try next - the time we planted broccoli was his suggestion, for instance. He also has long had my permission to cut chives, something Hubby just achieved recently.



Various herbs

Choosing what to plant

Everything, of course. But due to pot availability and to avoid terrace collapse, I have to limit my impulses; therefore, I have set some rules for choosing what to grow. In order from most important to less: 1) nothing with spikes (this rule has been broken several times, as we'll see later); 2) preference for herbs, because, being realistic, these are the most useful potted plants and 3) other useful plants - be it for food, good smell or good looks (because making the terrace look good is quite a good use).

1- Nothing with spikes

I don't like (much) spiky plants because I tend to get hurt while caring for them. Kiddo, though, is a cacti and succulents admirer, and often asks me to get

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Cacti

one when we go plant-shopping. How can I say no to the kid? I can't, so he has his own pot, in the living room, with a few small plants. He is the sole responsible and takes super good care of his plants, that he waters once a week with a dropper. He even named his main cactus!!

I broke my own number one rule, too, when I bought edible roses from a local garden centre. I thought it was irresistible, and that being both super beautiful and counting as food would be usefulness enough to justify my outlawness. I paid the price - a bug infestation hit the rose bushes, killing one; I worked hard manually cleaning the bugs from the second one and got spiked a million times. Lesson learned, again? Probably not. By the way, Hubby found online that every rose is edible, apparently.

For those who prefer plants that don't give much work, or for those that spend long periods out of their Spanish homes, cacti and succulents can be the way to go. A beautiful one is the Crown of Thorns (Euphorbia milii) because of the bright red flowers. This plant is also super resistant - it was on our terrace when we bought the place, and it didn't die even though we all kept far. It basically doesn't need anything - it is you who will need, though, to keep a safe distance.
If you have pets or small children, though, avoid not only this but anything from the Euphorbia family - they are all poisonous. The milk-like liquid that comes from them when broken can cause inflammation, irritation and even blindness.



Basil

2 - Herbs are a terrace gardener best friend

More precisely, herbs are a terrace gardener that are also useful for cooking. There is nothing like having fresh basil every time one decides to make a pasta - that is actually how I started with terrace gardening; as a college student, I realized the only practical way to have basil anytime I did spaghetti was if I planted some myself.

Basil is sure a gateway to other plants; it is very easy to multiply, you just need to remove the larger leaves of a branch and put the branch in the water (some two plant nodes under water; one out, above water). After basil, came the chives - super easy as well; choose on the market chives with roots, pot it, water regularly and wait. They multiply!



Crown of Thorns

Part 2 in November 2026

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Cómpeta **Large property!**
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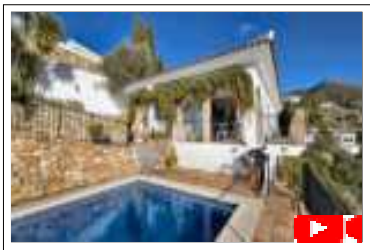
Almáchar **Fantastic views!**
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Price: 215,000 euros
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ref: t1597 EPC: In progress



Cómpeta **Sea views!**
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: v1588 EPC: D

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The Costa Animal Society...



Bekka

Bekka

Bekka was homed with another large female and lived with an elderly gentleman for a few years with no major issues. Unfortunately, this year the girls began to fight regularly, with the other female as the aggressor and the gent decided they needed to be separated, so he kept the aggressive female and gave up Bekka.
She is a Spanish Mastiff female who is about 5 years old. She has a very sweet disposition and gets along well with other dogs. She wants nothing more than to receive cuddles and hang out with her humans. She is in good health and vaccinated. Bekka will make a lovely addition to most homes as she is good with kids and other dogs.

Nina

Nina is a lovely Podenco old lady. Her owner Les, sadly passed away recently and now she is with us at Seacrest. Les was a bit of a local fixture, in that he walked her and her sister Tara daily on the streets of Nerja and was known by many people both Spanish and Expats. In fact, recently a Spanish lady asked me about Tara and Nina whilst I was at the Vet clinic. She knew them because she was a neighbour of Les and used to see them out and about 2-3 times a day.
She is small (approx 12 - 15kg) and around 10 years old. Her and her sister had lived in a house before, so she is already housetrained. She loves to be with people and is great with other dogs. Nina's sister Tara, was adopted earlier this year, which now leaves this sweet old lady on her own. Nina is on medication for epilepsy, but is fit and healthy. She is neutered, passport and vaccinated. To arrange a visit or learn more about Nina.



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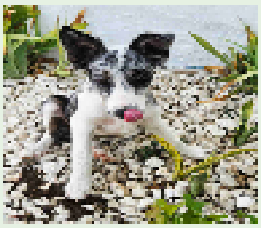








Axarquia Animal Rescue



Lucy

AAR 2849 - Lucy Lucy a young pup found running up the slip road towards the motorway. Now safe in a foster home. Lucy is a loving pup, although a bit timid at first, which is understandable. She has settled well already, and is loving the attention from the children in her foster home, and gets on well with the other dogs and cats.
The vets say she is a Border Collie, approximately 3 months old, weighing 7kg. Lucy has been vet checked, and started her vaccinations. She is a bundle of joy and loves to snuggle under your neck.
For more information please mail Margaret at **axarquia-rescue@hotmail.com**



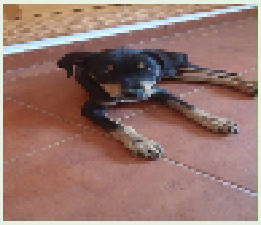
Pookie

AAR 2834 - Pookie Pookie has been in our care for quite a while now, he has come on really well, from the scared, bewildered dog that he was, to a happy outgoing, slimline normal Bodeguero.
Sadly his owner died, and he was thrown out on to the streets, but he has been in his foster home now for some time and really come out of his shell, he is still a bit wary at first, but once he gets to know you, all is good.
Pookie is 4 years old, fully vaccinated and neutered.
For more information, please email **axarquia-rescue@hotmail.com**



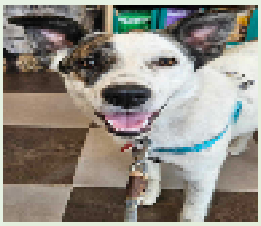
Bob

AAR 2850- Bob 1 of a litter of 5 pups recently come into our care. Bob is 3 months old, mixed type, but expected to be medium to large in size. He has started his vaccinations and is now ready for a home of his own.
Bob is in foster with his sister Gracie, and they are enjoying life to the full. Happy sociable pups, and they are just learning to play with toys.
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Tyler

AAR 2850- Bob 1 of a litter of 5 pups recently come into our care. Bob is 3 months old, mixed type, but expected to be medium to large in size. He has started his vaccinations and is now ready for a home of his own.
Bob is in foster with his sister Gracie, and they are enjoying life to the full. Happy sociable pups, and they are just learning to play with toys.
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Patch

AAR 2850- Bob 1 of a litter of 5 pups recently come into our care. Bob is 3 months old, mixed type, but expected to be medium to large in size. He has started his vaccinations and is now ready for a home of his own.
Bob is in foster with his sister Gracie, and they are enjoying life to the full. Happy sociable pups, and they are just learning to play with toys.
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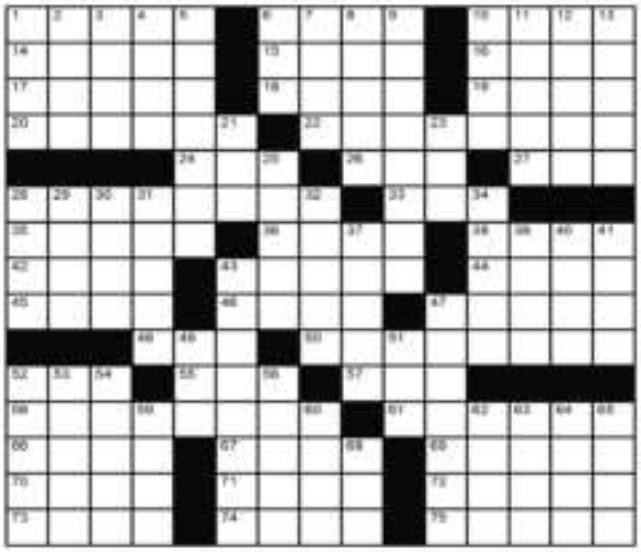
We're in the Endgame Now

Across

1. let $P = 0.5v$, where P is population and v is number of ____ done by Thanos
6. Oldest son of Eddard Stark, nephew of Lyanna
10. Research facility, abbr.
14. Caplets
15. Alakazam and Kadabra pre-evolution
16. Pokémon's silent Mister
17. A in MOBA
18. Analog device knob
19. Erna
20. Thanos' (favourite) adopted daughter
22. Thanos' favourite photo app?
24. Soviet state security, acronym
26. Double helix chains
27. Precedes except or catch
28. Peter Jason Quill, alternatively
33. Delete command
35. March 14th
36. Slimey *D&D* creature
38. North American game racer, acronym
42. At a distance
43. Disliked
44. *Borderlands 2* female character
45. What belongs to you, but others use it more than you do?
46. Common Turkish name
47. Scientist and *Cosmos* host, Carl
48. The Sun
50. High in demand after "The Snap", probably?
52. Select
55. 0
57. Sean Connery, Patrick Stewart, or Ian McKellen, e.g.
58. Thanos' golden glove
61. Thanos' (other) adopted daughter
66. Zora Princess in 49-Down
67. Hip bones
69. Fable writer
70. Tesla CEO and the web's favourite supervillain, Musk
71. Movie
72. Fortified castle towers
73. King
74. Board member, for short
75. 3 kills in 1 life will get you one

Down

1. Grab
2. *Heroes'* actress, Zeltner
3. Interruption
4. Wide photo, for short
5. Tony said to Cap, severely?
6. Sick or cool
7. Kenobi cosplayers
8. To mark with a hot iron
9. "Pretty, isn't it? Perfectly ____, as all things should be."
10. Apple computer
11. It's dark (and full of terrors)
12. Inklings or Amaterasu might do this
13. An irritable navigator
21. "A lifetime ____, I too sought the stones."
23. ruby
25. Wide, cutting sword
28. Range
29. *FF7R*'s Locklear
30. Marvel's Warlock, Him
31. Coveted cards
32. Primillion
34. To plot again



37. *FF7*' BBEG
39. Epic series
40. Deadpool and Pikachu voice actor, Reynolds
41. Mods give these to flamers and trolls
43. Thanos' favourite scifi game?
47. 22-Across combos
49. First 3D Zelda title, acronym
51. Immoral act
52. Sheik, Revan, and Malgarath, e.g.
53. Swiss Physicist, Wolfgang
54. Homework helper
56. PewDiePie, irl
59. Zero
60. Scrabble piece
62. Analog computer mouse
63. Mouse manipulator
64. Stride
65. Semicircular recess
68. The Walking Dead airer



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

Word Search

Heart Health

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

ACTIVE	EXERCISE	LEADER	SMOKING
ALCOHOL	FACIAL	MEALS	STRESS
BREATHING	HEALTHY	MEDITATION	STRESSFUL
CARDIO	HEART	RELAXATION	SURVIVAL
VASCULAR	HYDRATED	RELIEF	VEGETABLES
DISCIPLINE	KILLER	RISK	WOMEN





Finding where you belong

Alcoholism is often called a disease of isolation. Many people live with it for years, convinced that no one could understand what they are feeling. For Tim and Sarah, however, recovery began with something neither expected to find – a sense of belonging.

Tim first drank at the age of 12. "Lovely," he says. "I had arrived." For years he kept his drinking hidden. "My drinking only became apparent to the people around me when I tried to make amends for my behaviour. No one knew. I never let anyone close enough."

After admitting to himself that he was an alcoholic, he walked into his first Alcoholics Anonymous meeting on 2 August 2010. "I had come home. I had found my tribe. The people I'd been looking for my whole life, without knowing I was looking for them."

More than fifteen years later, Tim is still sober, one day at a time. When asked what keeps him sober, his answer is unchanged. "Trust God, clean house, help others."

Sarah's experience followed a very different path. She grew up in a difficult home and later found herself raising her son alone after leaving an abusive marriage. Alcohol gradually became a way of coping with loneliness and overwhelming anxiety.

"I never had an off switch," she says. "Drinking insulated me from thinking about the future and from my social anxiety."

Eventually, after losing her job and becoming increasingly isolated, she reached a point where she knew she needed help. "The best decision I have ever made in my life was to make that call." An AA member met her for coffee before taking her to her first meeting. Although she arrived feeling nervous, something changed as she listened.

"I realised that I was an alcoholic and that was the answer to the question I'd been secretly asking myself for years: 'What's wrong with me?'"

She poured the alcohol away that same day and has remained sober ever since. Today, Sarah says her life has changed beyond recognition. "I'm happy. I can think calmly and clearly. I have a network of sober friends and feel that I belong."

Although Tim and Sarah's stories are very different, they both discovered the same thing when they reached Alcoholics Anonymous: a Fellowship of people who understood exactly what they were going through.

Tim now describes his life in just two words: "I am grateful."

Sarah says simply: "Today, I have a life I never thought was possible."

If you are worried about your own drinking, you don't have to face it alone. 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:

+350 200 73774 Gibraltar or +34 600 379 110 Costa del Sol or visit the website for help & information:

www.aacostadelsol.com.

AA Recovery

Characteristics of the Roman Theatre

The Roman Theatre of Malaga has a semi circular floor plan typical of Roman theatres, with a capacity for about 1,000 spectators, which shows the importance it had in its time. The theatre is divided into several fundamental parts:
The Cavea : It is the area where the spectators were seated, arranged in semi circular tiers. The cavea is divided into three main sectors according to the social status of the audience: the lower part (ima cavea), for the highest ranking citizens; the middle part (media cavea), for the middle class; and the upper part (summa cavea), where the rest of the citizens were accommodated.
The Orchestra : Located between the cavea and the stage, the orchestra was a semi circular area reserved for the most important personalities of the city, such as magistrates and senators. In Malaga, as in other Roman theatres, it was a prominent area that was usually decorated with marble.
The Proscenium : The stage itself, where the theatrical representations took place. This part was the platform where the actors acted and the scenery was placed. The proscenium of the Roman Theatre of Malaga preserves part of its original decorations, which allow us to imagine the magnificence of the shows that took place there.
The Scaenae Frons : It was the architectural background of the stage, decorated with columns and statues that gave a majestic touch to the set. Although the scaenae frons of the Roman Theatre of Malaga is not completely preserved, archaeological studies have made it possible to reconstruct its original layout.
Today, visitors can tour the theatre and sit in its stands, imagining what the shows that gathered Roman citizens in this space would have been like.

Interpretation Centre

The Roman Theatre of Malaga has an Interpretation Centre that is located right next to the entrance of the theatre. In this space, visitors can get a more detailed view of the history and context of the theatre through explanatory panels, models and archaeological remains that have been recovered. It is a recommended visit for those who wish to delve into the history of Roman Malaga and understand the impact of this culture on the city.



Article by AccionMKIn Monuments
Continued in November 2026

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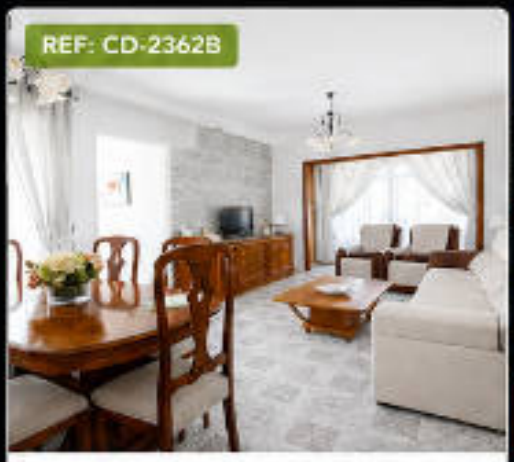
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Halloween Treats for Kids





Strawberry Ghosts

Strawberry Ghosts

Ingredients:-
12 fresh strawberries
4 oz white chocolate chips
36 mini chocolate chips

Preparation:-
Clean the strawberries and pat them dry with a paper towel. Let the strawberries come to room temperature, about 1 hour. Line a baking sheet with parchment paper and set aside.
In a microwave-safe bowl or using a double boiler, melt the white chocolate at 70% power in 30 second increments, stirring in between until the chocolate is smooth. Grab the strawberries by the leaves, then dip them into the white chocolate, allowing the excess to drip off. Place the strawberry on the parchment paper then add the mini chocolate chips to create the ghost face.
Place the strawberries in the fridge until hardened, about 5 minutes.
Strawberries will be ok at room temperature for a few hours.



Orio Mummy Cookies

Orio Mummy Cookies

Ingredients:-
10 Oreo cookies or other chocolate sandwich cookies
4 oz white chocolate chips
2 tbsp candy eyeballs

Preparation:-
Line a baking sheet with parchment paper. Line up the Oreo cookies side by side on the baking sheet. In a microwave-safe bowl or using a double boiler, melt the white chocolate in 30 second increments, at 70% power, stirring until smooth and creamy.
Scrape the melted white chocolate into a Ziploc bag or piping bag and cut the tip off the bag. Drizzle the chocolate back and forth across the cookies until the cookies are covered.
Place two mini candy eyeballs on each cookie.
Place the cookies in the fridge until the chocolate is hardened.
Cookies can be kept at room temperature for 1 - 2 weeks in an airtight container.



Halloween Fudge

Halloween Fudge

Ingredients:-1 can (300 mL) sweetened condensed milk
1 cup semi-sweet chocolate chips
1 cup white chocolate chips
1 cup blue candy melts
1 - 2 drops orange food colouring
1/8 cup candy eyes

Preparation:-
Line an 8 × 8 pan with aluminium foil and spray it with non stick spray. Set it aside. In a microwave safe bowl, combine 1/3 of the can of condensed milk with the semi-sweet chocolate chips. Microwave the mixture on high for 30 - 40 seconds, removing and stirring it with a spoon until smooth.
Spread the chocolate mixture into the bottom of the foil-lined pan. Set it in the fridge while you prepare the remaining colours.Once the condensed milk and chocolate chips are melted together, you should immediately be spreading it into the pan, as it will harden quickly as it sits.

In two more separate, clean bowls, combine 1/3 of the remaining condensed milk with the white chocolate chips, and the final remaining 1/3 condensed milk with the blue candy melts. If you're creating an orange portion as well, ensure you have another clean bowl at the ready, as well as the orange dye.
One after the other, microwave the white chocolate chip mixture for 30 - 40 seconds, stirring until smooth, then the blue chocolate chips mixture, stirring until smooth. Place half of the white (melted) mixture in the spare bowl and add a drop or two of orange food colouring, stirring immediately. Remove the prepared fudge from the fridge, then drop the prepared coloured fudge by spoonfuls on top of the dark fudge in the pan. Use the back of a spoon to spread out the colours.
Add sprinkles, candy eyeballs on top of the fudge, pressing them lightly into the pan.
Place the fudge in the fridge for at least 4 hours (preferably overnight). Use the handles of the aluminium foil to pull the fudge out of the pan, and on to a cutting board. Cut the fudge into 36 pieces and store in the fridge. Store the fudge in the fridge for up to 2 weeks, in an airtight container.



Peanut Butter Spider Cookies

Peanut Butter Spider Cookies

Ingredients:-
12 peanut butter cookies
12 mini peanut butter cups
1/4 cup semi-sweet chocolate, melted
24 mini candy eyeballs

Preparation:-
Melt the chocolate in a double boiler or in the microwave, stirring every 30 seconds until smooth and melted.
Transfer the chocolate to a piping bag or Ziploc bag with a tiny bit of the end snipped off. Place a tiny bit of melted chocolate in the middle of a peanut butter cookie then press a mini peanut butter cup on top. Using the piping bag, create 8 "legs" with the chocolate, 4 on each side. Repeat with remaining cookies.
Use a bit of the melted chocolate on the front of the peanut butter cup and place 2 mini candy eye balls on top, pressing them on.
Cookies will keep at room temperature, for 5 - 6 days.

Monster Rice Krispie Squares

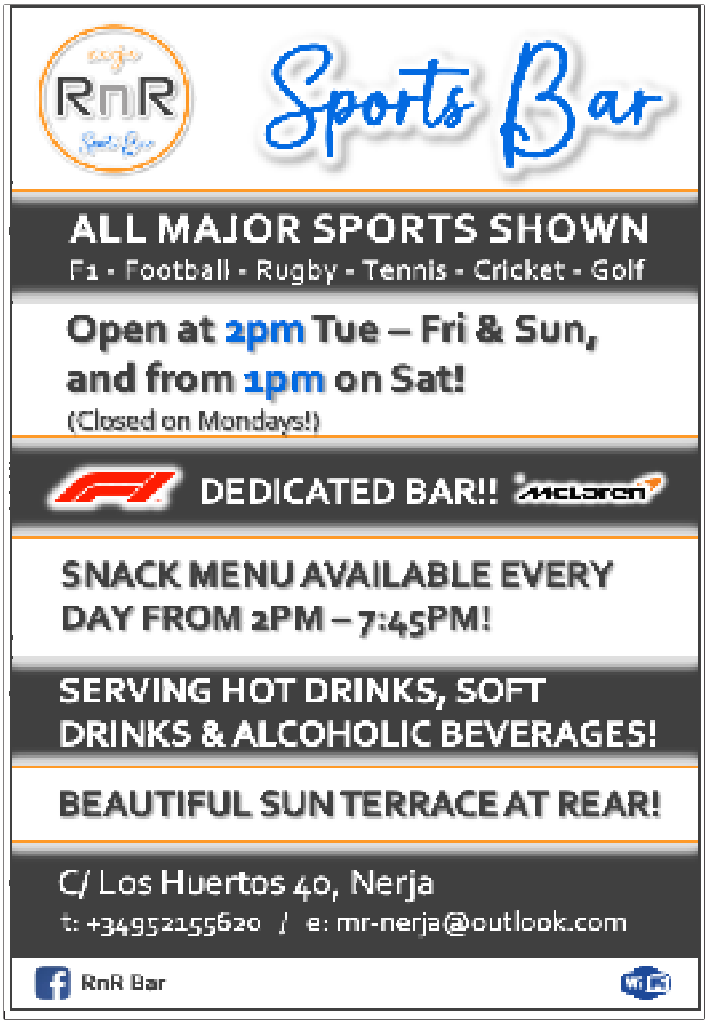
Serves:- 4

Ingredients:-
6 oz candy melts (Any colour)
8 Rice Krispie squares
1/4 cup assorted candy eyeballs
Sprinkles for decorating

Preparation:-
Line a baking sheet with parchment paper and set aside. In a microwave-safe bowl, melt the candy melts in the microwave in 30 second increments, at 70% power, stirring each time until smooth. Holding the end of a Rice Krispie square, dip it into the melted chocolate until it's covered 3/4 with chocolate. Hold it up to let the excess chocolate drip off. Place the square on the baking sheet. Immediately press in various candy eyeballs, and add the sprinkles. Repeat with remaining squares. Place the squares in the fridge for 10 minutes until the chocolate is hardened. Squares remain fine at room temperature for 4 - 5 days, in an airtight container.

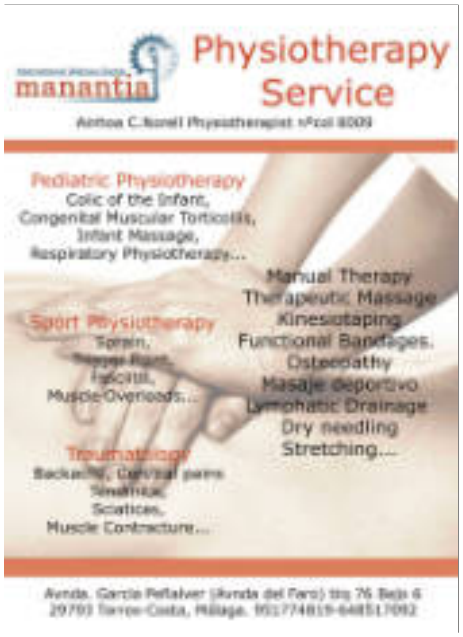


Monster Rice Krispie Squares



Manantia Services and timetable





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DIFFERENCE BETWEEN INJURY AND PAIN



Pain doesn't always mean there's an injury, and vice versa.

Pain may or may not be related to an injury or damage to a structure (body tissue). There can be a structural injury and it can hurt, and there can also be pain without any tissue injury, or there can be tissue injury and pain, but not necessarily due to the injury to that tissue.

Certainly, what we physiotherapists see most often in our practice is people with pain, and this is generally the area in which we are least trained. For this reason, it's urgent that we train ourselves in current pain concepts, because those used in most practices are at least 40 to 60 years old.

For years, pain has been described according to the International Association for the Study of Pain (IASP), which classifies it as nociceptive, nociplastic, and neuropathic. Ultimately, what we know is that not all pain indicates structural damage, and vice versa. However, currently, everyone, and unfortunately the vast majority of healthcare professionals, still believe that if something hurts, it must be due to some underlying structural issue.

This is especially true for many chronic pain conditions, even though it's well known that chronic pain is a problem in itself, regardless of whether the underlying structure is damaged or not. Of all





the pains the human body can experience, although we sometimes tend to say that some are worse than others, it's not that simple. Pain is certainly a personal experience, and the same type of pain can be experienced by one person but not another. Pain and suffering are two different things, because pain can involve a multitude of factors that may or may not cause suffering. The same pain can be much worse for one person than for another. It's true that certain cancer-related pains are described as the most painful because they don't go away completely; they can only be alleviated, and sometimes not even that. But generally, there is no single worst pain; it depends on the suffering it causes and what it means for each person's life.

It has also been known for many years, but the healthcare system, both public and private, is not prepared to address it, that all contextual, sociocultural, and socioeconomic factors absolutely influence the experience of pain and can even be its origin in many cases.

Consequently, the most important thing is to get to know the patient: There is something called the person-centred approach, which explains that the focus should not be on the healthcare professional or the techniques they master, but on what the patient needs based on their knowledge. This can also be combined with the ecological perspective, which means that the person lives in an environment and circumstances that must be taken into account. The key is not to focus solely on the physical aspect, which is certainly important, but to see everything that surrounds it to find out how we can help improve it from our area of expertise.

CLINIC OF PHYSIOTHERAPY OF NERJA.
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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



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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.



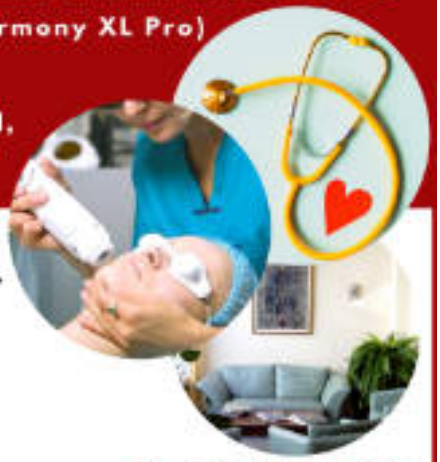
As a doctor working with women along the Costa del Sol, I see first hand how impactful these medications can be when used thoughtfully and alongside lifestyle support. GLP-1s aren't a magic bullet, but for many women, they represent a turning point - a chance to regain control over their health during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

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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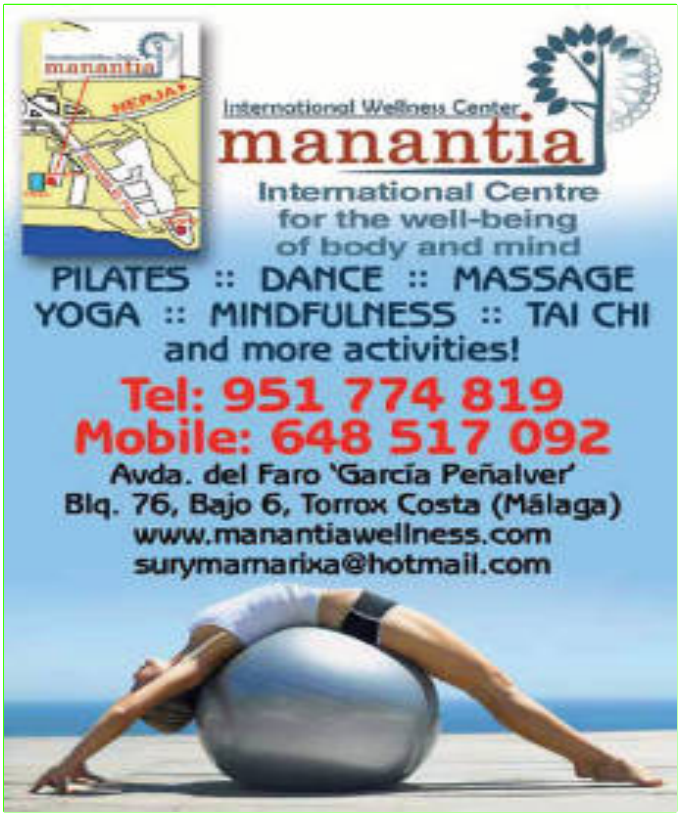
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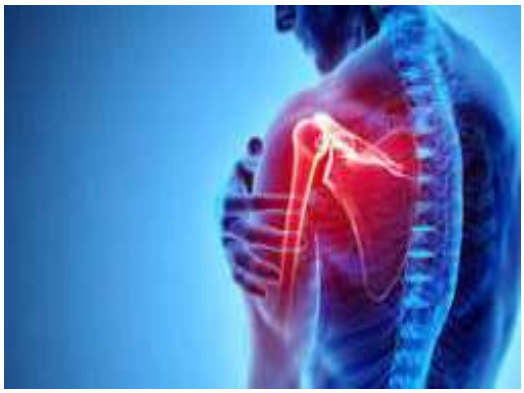
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Shoulder Pain: What You Need to Know and When to Get Help



Shoulder pain is extremely common and can affect most of us at some point in our lives. The good news is that, in most cases, it is not serious and will improve with time, appropriate exercise and some simple changes to your daily activities.
As a UK physiotherapist working in Nerja, I regularly see people from across the Málaga and Axarquía area with shoulder pain. One of the most important things to understand is that different shoulder problems require different approaches to treatment. Knowing what may be causing your symptoms can help you decide when to manage things yourself and when to seek professional advice.

Why does my shoulder hurt?

The shoulder is a complex joint that allows a very large range of movement. This flexibility is useful, but it also means there are several structures that can contribute to pain. The likely cause can also vary depending on your age.

Shoulder pain in younger people

In younger people, one of the more common problems is shoulder instability. This can happen following an injury where the shoulder partially or completely dislocates. Some younger people are naturally very flexible or "double-jointed" and may experience instability without a significant injury. Shoulder instability can be particularly troublesome for people who enjoy sports or activities involving the arm above the head. Physiotherapy normally focuses on restoring normal movement, strength and the body's ability to react quickly to unexpected movements. This can help reduce the risk of the shoulder becoming unstable again. Surgery is not usually necessary, although it may sometimes be considered following a significant injury or when instability continues despite appropriate rehabilitation.

Shoulder pain in your 30s, 40s, 50s and 60s

One of the most common causes of shoulder pain in adults is pain related to the rotator cuff - a group of muscles and tendons that help control and stabilise the shoulder. This type of shoulder pain can develop after an increase in activity, strenuous exercise or an injury such as a fall. However, it can also appear without any obvious cause.

You may notice:
• Pain when lifting your arm, particularly above shoulder height
• Difficulty reaching overhead

• Pain when reaching behind your back
• Some weakness in the arm
• Discomfort when sleeping on the affected side

You may hear this problem described using several different terms, including rotator cuff tendinopathy, subacromial shoulder pain or bursitis. Although these terms describe different structures or aspects of the problem, they can produce very similar symptoms.

Poor exercise technique can contribute to shoulder pain

As physiotherapists, we often see shoulder pain develop after someone changes their exercise routine or increases the amount they are doing too quickly. This doesn't mean that exercise is bad for your shoulders. In fact, the right exercise is an important part of recovering from most shoulder problems.

Instead, it is worth considering whether you have recently:
• Increased your gym training
• Started swimming or playing a new sport
• Increased the amount of lifting you do
• Changed your exercise technique
• Started exercising after a long period of inactivity

A gradual increase in activity, good technique and appropriate strengthening can help your shoulder adapt.

Frozen shoulder

Another common cause of shoulder pain, particularly in people in their 50s, is frozen shoulder. Frozen shoulder can be particularly painful, often causing significant discomfort at night. The shoulder gradually becomes increasingly stiff, making everyday activities such as dressing, reaching into cupboards or putting on a jacket difficult. Unlike some other shoulder problems, the main issue is not simply pain when moving the arm - movement becomes restricted in several directions. Pain relief is often important because it can otherwise be very difficult to exercise. Once pain is better controlled, gentle stretching and strengthening exercises can help restore movement and function.
A steroid injection may sometimes be recommended, particularly when pain is preventing you from exercising and sleeping properly. Most people improve without surgery, although other treatments may occasionally be considered when symptoms persist.

Part 2 in the November issue

Sarah Lazenby British Physiotherapist



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Winter Drawers on……





Shortly the days will be getting cooler and we are looking at winter clothing. Summer spoils us as there is generally only one layer to contend with and clothing is either loose or stretchy and minimal.
It is much better to have several layers of stretchy soft fabric than a stiff jacket.
When buying warmer clothes for an elderly person please stop and think about stiff and deformed limbs and the struggle of getting a limb through an unyielding jacket. It may be that clothes can be adapted with bigger buttons and Velcro fastenings to spare the discomfort of having to contort already malformed joints.
Consider buying "jogging bottoms" with drawer string waists rather than fitted trousers.
Look at existing clothes and whether an elasticated panel can be put in.

If there are any sewers in the Torrox area who want to spend a little time with us at Jubilee House please come along....the kettle is always on!

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University of the Third Age (U3A)

We are pleased to announce that as from our next General Members' Meeting on the 19th October, we will have a full committee in place.

A very successful and well attended coffee and cakes morning was held in September on behalf of the Macmillan charity. There was a friendly and lively atmosphere and the cakes went down well! So many members generously donated lovely raffle prizes, so there were lots to go round.



BOOK CLUB dates will be on 28th October and 25th November, where the books to be discussed will be 'The Moment ' by Douglas Kennedy, and 'All this I will give to you', by Dolores Redondo, respectively. Contact Skip

HISTORY GROUP will be held on November 23rd at El Pozuelo 11am. An International Champion bagpipe player, John Connor, is doing a talk and playing for us. Contact Sue

The **ART GROUP** continues EVERY Wednesday at Media Caña. Contact Jeanne

PETANCA continues on the 12th and 26th November at 10.30am at Mena Golf. Contact Ian

MEDITATION continues as usual. Contact Ewa.

DISCUSSION GROUP is held monthly, November's is on the 13th, at Media Caña, lead by Gerry

TABLE GAMES are held EVERY Tuesday at 1.30 at Mena Golf. Contact Judy

MAHJONG continues EVERY Thursday at Mena Golf at 10.30. Contact Ramon

The **MONTHLY MEAL DEAL (MMD)** will be held at Royal Faro (new restaurant near the lighthouse in TC) on 11th November. Contact Judy.

Contact Norma for details of the **MUNCH BUNCH** and **WRITERS WORKSHOP**.

COFFEE MORNING 26th November at Mena Golf 11.00. All are welcome. Look forward to seeing you there.

More information is available on our website U3Ax.com or by contacting any of the group leaders via the email: u3axmail@gmail.com









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REF:A4U2629



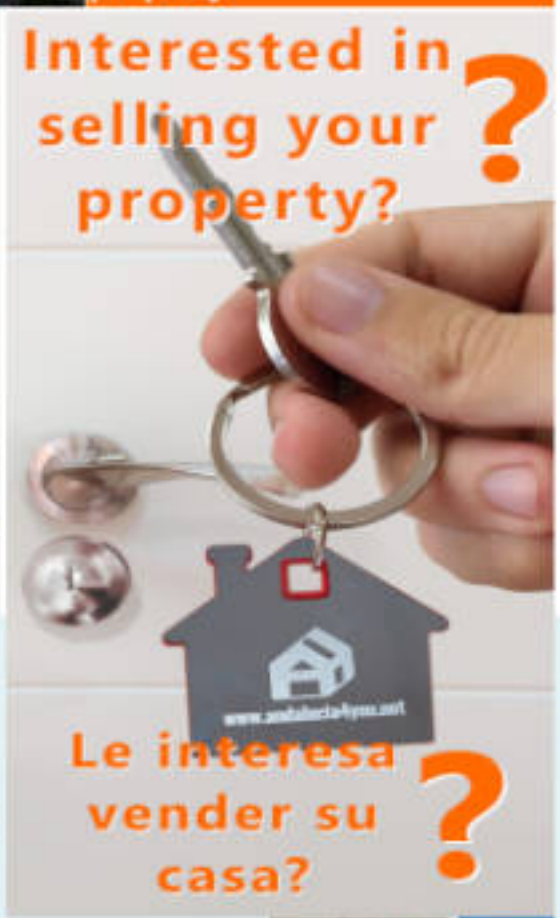
Renovated Detached Villa with Sea Views, Walking Distance to the Beach

A beautifully renovated detached villa offering stunning sea views and an unbeatable location, just a short walk from the beach. The property features separate guest accommodation, a private garage and a large storage area, with the exciting potential to create an additional two-bedroom guest apartment.

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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, Junebajo D, Nerja

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

All about beauty
Micro needling - Microdermabrasion - Chemical peels
Permanent makeup - HIFU non surgical facelifts
Facials - much more…
First class hair and styling, colours, low/highlights, perms and much more...
C/. Infantes 23, Torre del Mar Tel:- 95 296 7968

Rebeccah Curtis Wellness Centre – 95 253 0122
Urb. Laguna Beach, Centro Comercial B no.16, Torrox Costa

CAR RENTALS
Lessaggro – 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
Pocapecunia Charity Shop
Avda. Rodriguez Acosta, Edif. Tucaman, Nerja
Royal British Legion - +44 759 071 7384

CLOTHING ALTERATIONS
Carmen – 95 190 3595
C/. Bronce 2, Nerja



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DENTAL TECHNICIANS
English Dental – 633 157 891



DETISTS
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

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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, Cómpeta
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

villasol Real Estate s.l.
www.villasolrealestate.com
Calle Antonio Millon 10, Nerja
Tel:- 95 252 7201

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
Manantia – 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
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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 1024
C/. Los Huertos no.46, Nerja
Clinica Europa – 95 253 0908
Centro Internacional, Blq. 86, Torrox Costa

MOBILITY EQUIPMENT
Blue Badge – 95 296 7015
Costa del Oro, Blq. 3 nos. 3 + 10, Torrox Costa



OPTICIANS
Chaves – 95 252 1994
Avda. Castilla Pérez 24, Nerja

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

ORTHOPAEDICS

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

PET SCHOOLS/TRAINING

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

PHYSIOTHERAPY CENTRES

Fisio Nerja – 95 252 8144
Avda. Pescia no.1 bajo, Nerja

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RESTAURANTS

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



SOLICITORS

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

STAIRLIFTS

618 490 186 / 95 296 7015

VETERINARIANS/PET STORE

Fierecillas Pet Shop – 95 252 7295
Avda. Castilla Pérez 14, Nerja
Laguna Veterinary Clinic – 95 253 0463
Urb. Laguna Beach, Torrox Costa
San Fernando – 95 252 1838
C/. Chaparfil, Edif. Corona, Local 5, Nerja

Advertise here for less than €5 per week!

WINDOWS + DOORS MANUFACTURERS

Juan Verdun – 95 250 2527
Pol. Ind. LA Mata, Cno. del Higueral 9, Vélez Málaga

NEWS & What's ON

Emergency numbers

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

Guardia Civil

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

Local Police

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

Bus Stations

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

Taxis

Frigiliana-952 533 231
Nerja-952 524 519
La Herradura-958 630 017 / 670 995 257
Torrox-952 531 030

Airports

Granada-958 245 200
Málaga-952 048 804

Train Stations

Granada-958 271 272
Málaga-952 239 261

Consulates

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

Tourist Offices

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

Street Markets

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

Town Halls

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

Hospitals

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

Church Services

Anglican Church of Nerja & Almuñecar Iglesia de SanMiguel (St.MichaelsChurch), Nerja. Tel:- 952 52 1339. www.nerjaalmunecaranglican- church.co.uk.
Sundays at 12 noon and Capilla de Nuestra Señora del 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 hoiur and half. With tea and ocffee 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 Cemetry, Avenida de Pries 1, Málaga.
Veléz Málaga, Holy Communion or Morning Prayer. Sunday mornings at 10.30 a.m. in the Antigua Capella de San José, Calle Linares 7, Veléz Málaga.
Chaplain: Fr. Louis Durrant, Tel: 630 909 131
Email: info@stgeorgemalaga.org or contact one of the chaplaicy 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 1"l", (Jardines Viña Malága/ 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 OCTOBER AND NOVEMBER COMING EVENTS AND EXCURSIONS

Friday 2nd October. The Centre will be closed for a Local Holiday.

The food drive is still taking place every month. Lux Mundi now supplies 37 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. We would also ask you to keep in mind that in December there is a campaign for Christmas gifts for these children and special Christmas ITEMS for the families.

Every Tuesday - Spanglish sessions. We are announcing that interchange of language will take place every Tuesday from 11 to 12. We will appreciate a donation of 3€ per person to help us to maintain the centre and keep it open for the community. Please contact us via email. Luxmundi@lux-mundi.org or whatsapp to 654506249 or at the centre on Wednesdays and Fridays from 10.00 to 13.30. A minimum of 5 people will be required.

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.

Every Wednesday and Friday. The Fantastic Shop is Open. It offers a good selection of Household goods, women's, men's and children'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 Wedneday and Friday - Spanish learning group for beginners . From October we will offer this practice every Wednesday and Friday from 11.30 to 12:30. We will be grateful for a donation of 5€ per person to help us to maintain our centre open. Please contact us via email. Luxmundi@lux-mundi.org or whatsapp to 654506249 or at the centre on Wednesdays and Fridays from 10.00 to 13.30. A minimum of 5 people will be required

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 during October/November and relax in our beautiful garden. Visit the fantastic shop which offers a good selection of Household goods, women's, men's and children's clothes, shoes, handbags and fashion accessories at very good prices and also the second hand book shop. Drinks & homemade cakes from 11.00 to 13.00.

Tuesday - Axarquia Business Networking group. Timetable 20th October- at 07:20; 22nd October at 18:00, 3rd November and 17th at 07.20, 10th November and 24th at 18.00.Evening event. .

Wednesday 28th October - TAIZÉ PRAYER for the departed at San Andrés parish church Torre del Mar. Time 19.45 to 20.45

10th Monday November - Monthly Lunch Information to be advised and please phone the Centre, to be included in the lunch database list via email. Lunch time 13.30 for 14.00.

NOVEMBER Excursion

Thursday 19th November - Coach excursion to Gibraltar.

PHEONIX CLUB

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

October 2026
23rd - Trip to Almunecar Market with pick ups in Torrox and Nerja, €22pp
November 2026
8th - Visit Campillos Pueblo to celebrate their Jamon fiesta with lots of tastings. €22pp
26th - Craft Fair/Home Bake Sale at Chine, Caleta. Would you like to sell your wares?
27th - Black Friday Sales at La Canada, with a side trip to Iceland. €22pp
December 2026
4th - Trip to Gibraltar. €25pp
10th - Christmas Gifts tom local children via the Red Cross. We would be happy to accept 'nearlt new' but good condition gifts if your grandchildren have outgrown them.
23rd to 27th - 4* Hotel Marina Playa de Mojacar. Price for 2 people sharing €310pp, single €420pp. Deposit €150 non refundable and is advisable to have travel insurance.
For more information contact Gail on 626 370 695 or email pheonixsocialclub@yahoo.co.uk


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(sept - junio)

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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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LIKE SINGING? JOIN OUR HARMONIOUS COMMUNITY

We welcome new members, all voice parts
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Great multi-cultural atmosphere, wide repertoire,
concerts and social events.

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 !

653.150.058 (ES) / 657.951.755 (UK)
coraxaliacoral@gmail.com

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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.



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Cudeca Nerja Support Group to help people who are living with the difficult situation of cancer or other lifve 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

Want to join a choir?

Coraxalia multi-national Choir (Director: Celia Varo Aragon) welcomes new singers.
Coraxalia, based in Velez-Malaga 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.
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Apartment in Torrox Park Ref: PS-2026-3001
Exclusive ground floor apartment that is wheelchair accessible, living area 60m². Comprising two bedrooms (one with a built-in wardrobe), a living/dining room with an open-plan, fully equipped kitchen, and a modern bathroom. A highlight is the large east-facing terrace where you can enjoy the Andalusian afternoon sun. Ample parking is available directly in front of the building. Located in a beautiful residential complex with a communal pool, and just minutes from all the shops you need for daily life. Open west facing terrace 15m².
Price:- €219,000







Apartment in Torrox Park Ref: PS-2026-119
Exclusive ground floor apartment, built 50m². Comprising bedroom with a built-in wardrobe, bathroom, cosy living room featuring a renovated, fully equipped, semi-open kitchen with a serving hatch. The living room opens directly onto a west-facing, glazed terrace (7m²). The highlight is the garden situated right in front, offering a perfect spot to relax and unwind. Sold furnished. Communal pool and gardens. Beaches and all amenities are just minutes away. Contact us for more information or to arrange a viewing.
Price:- €189,000

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Countryside property, Torrox Costa
Ref: PS-2025-093

RUSTIC PLOT RIO GUI fully fenced, approximately 1,500 m². Water from the Irrigation Community. Avocado plantation. Access to two roads. Only 900 meters to the beach. All access is paved.

€90,000



Apartment, Torrox Costa
Ref: PS-2026-090

Centrally located charming apartment just 300 meters from the beach. One bedroom, open-plan living/dining, fully equipped kitchen, bathroom with shower.

€159,000



Studio, Torrox Costa
Ref: PS-2026-104

PANORAMIC VIEWS! Charming, furnished studio apartment in prime location, by the Ferrara beach promenade. Beautiful complex with communal pool, tennis courts, and spacious gardens.

€175,000



Apartment, Torrox Costa
Ref: PS-2026-060

Beautiful 1 bed apartment in a prestigious Torrox Park complex, complete with lovely gardens and a swimming pool. Being sold furnished. Enjoy the views from the terrace.

€189,000



Apartment, Torrox Costa
Ref: PS-2026-107

EL MORCHE CENTRO, a few meters to the beach, fully furnished 1 bed apartment, ready for immediate occupancy. Communal rooftop pool where you can enjoy the sun.

€192,000



Apartment, Torrox Costa
Ref: PS-2026-110

TORROX PARK just minutes to the sea, ground-floor with 2 beds, living-dining room with glazed west-facing terrace (approx. 17 m²), and open-plan kitchen. Lovely Communal Pool.

€230,000



Apartment, Torrox Costa
Ref: PS-2025-084

PEÑONCILLO PLAYA, modern, quality and stylish 2 bed, 2nd floor apartment right on the seafront with west-facing terrace and stunning sea views. Additional communal rooftop terrace.

€299,000



Terraced house, Torrox Costa
Ref: CASA NATALIE

Exceptional townhouse in Torrox Beach Club, minutes from Peñoncillo beach. Over 2 floors with 3 beds, 3 bathrooms, spacious living and terraces with sea views. Communal pool. Furnished.

EXCLUSIVE €399,000



Apartment, Torrox Costa Zona Duna Beach
Ref: PS-2026-079

Quality ground floor apartment, 3 beds, 2 bathrooms fully furnished, 23m² west facing terrace with sea views. Private underground parking and storage room. Communal pool. Meters from the beach.

€415,000

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